

Alex Bourke, co-author of *Vegetarian Scotland*, cannae complain about the dining options in Scotland's biggest city.

GLASGOW

Glasgow is a lively, fun, incredibly friendly and cosmopolitan city with a very 'Scottish' feel. Attractions include a big shopping centre, arts, museums and lots of cosy cafés, bars and live music venues. Vegetarian options abound, including seven – yes, seven! – vegetarian food pubs, six of them vegan. In the first week of December, Glasgow hosts the Only Way is Ethics festival, culminating at the weekend with Scotland's first Vegfest, so it's the perfect time to head to this exciting city.

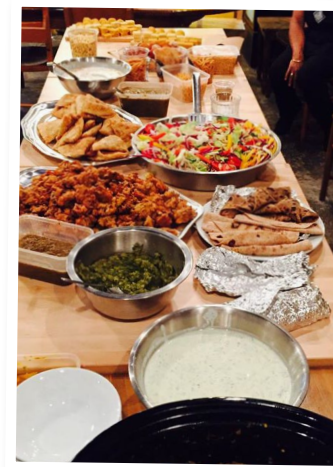
The Hug and Pint is the latest vegan music pub. While most focus on British comfort foods, here they serve healthy Asian vegan dishes every day until midnight. Try a bowl (small £3, large £6) of seaweed salad, fermented kimchee soya bean soup, Indonesian sweet and sour tamarind plantain and sticky rice, Japanese fried tofu in mushroom broth with udon noodles, aubergine with black pepper sauce and sticky rice, or savoury rice and wild mushroom pud with pickled red onion, crispy shallots and spring onions.

A few doors down from Nicola Sturgeon's constituency office is



Ranjit's Kitchen, a new Punjabi vegetarian restaurant run by chef Ranjit and her family. Sabji of the day (£3.95) is a simple meal based on a vegetable such as spinach, served with stoneground wholemeal rotis. Or fill up on a thali (£8.45) with sabji and dhal of the day, salad, rotis and pickles. Indian afternoon tea comes with samosas, pakoras, Punjabi sweets, and spiced tea or coffee (£11.95 for two).

The Flying Duck, one of a group of four vegan food and music pubs that includes Mono, Stereo and The 78, has just relaunched as a basement nightclub, open every day from noon till 3am. The new menu, served till 10pm, stars high-protein meaty munchies made



vegan, like hot dogs, spicy seitan burger, pulled 'pork' tacos, haggis kofta balls on rocket, or roast pepper and chickpea burrito. Cakes and brownies come with ice cream, and there are shakes with coconut milk and ice cream.

Also recommended...

- **The 78** in the West End is the closest vegan food pub to Vegfest. Enjoy chilli, wraps, curry, pies, burritos, and coconut and walnut chocolate torte with cream.
- **The 13th Note** veggie food pub has luscious vegan desserts, such as cheesecake, ice cream with liqueur, and sticky toffee pudding.
- Elegant **Saramago** vegan café-bar in the Centre for Contemporary Arts does proper restaurant mains (£9–£10.50), like asparagus and broad bean risotto, mezza platter or stonebaked pizza.



- **Tchai-Ovna** vegetarian café and tea shop stays open till 11pm for over 100 kinds of tea, plus soup, falafel, curry and unusual vegan cakes, like goji berry and raw chocolate.
- **Alamo Guest House** has a dozen rooms from simple single to luxurious four-poster (£35–£165) and can do veggie and vegan breakfasts.



NEED TO KNOW

The Hug and Pint

www.thehugandpint.com

Ranjit's Kitchen

www.ranjitskitchen.com

The Flying Duck

www.flyingduckclub.com

Other veggie pubs

www.monocafebar.com
Facebook: Stereo Café Bar
www.the78cafebar.com
www.l3thnote.co.uk

Saramago at CCA

www.cca-glasgow.com

Tchai-Ovna

www.tchairovna.com

Alamo Guest House

www.alamoguesthouse.com

Festivals

www.vegfestsotland.com
www.ethics.scot



GREAT SCOT

Buy *Vegetarian Scotland* from Vegetarian Guides for the special price of £7.95, with free p&p (RRP £8.95). This essential guidebook has just been reprinted with updates, a comprehensive Glasgow section with 35 pages of accommodation, cafés, restaurants, shops and a veggie map of the city. To order, visit www.vegetarianguides.co.uk/veglivingdec. Offer ends 9 December 2015.