

Alex Bourke of Vegetarian Guides and Anthea Prince of Love Revolution visit the town with the most vegetarian bed and breakfasts in Britain.

GLASTONBURY

Glastonbury, six miles from the legendary festival, is another world – a small, very alternative, town with several vegetarian cafés on the High Street and over 20 veggie B&Bs. Reconnect with nature and your inner self by climbing the Tor, relaxing in the Chalice Well meditation gardens and exploring the ruined abbey. Live music, talks and workshops are listed in the free monthly guide *The Glastonbury Oracle*, available in shops, cafés and online, and the tourist information centre sells a local guide for £1. You can also take side trips to nearby Wookey Hole (nothing to do with Star Wars), Cheddar Gorge and caves, or the Strode Theatre in Street.

Excalibur vegan café has just opened and is quite posh. Tapas-style starters include kale chips, sweet potato and garlic



dip, and baba ghanoush, or have a sharing platter. Mains (£9.50–£14) feature buckwheat masala dosa, beetroot and red onion gratin with cashew béchamel, or mushroom and olive burger on sourdough ciabattini bun with wedges and garlic mayo. There are delicious baked and raw desserts, such as coffee and walnut cake, raw chocolate ganache, and matcha ice cream. They serve organic wine, beer and cocktails, and children are welcomed too.

Rainbows End is the original Glastonbury veggie café, tucked away down a passage off the High Street, with outside seating in the enclosed garden. The mezze platter (£8.95) is hugely popular, or try vegan shepherd's pie, Cajun lentil bake, salads, and cracking vegan desserts like Black Forest gateau, Victoria sponge and Bakewell cake.

For the full flower power experience, **Shekinashram** retreat centre and vegan B&B is a spiritual community focused on yoga and meditation and welcomes day visitors. Stay in a

Also recommended...

- **The Assembly Rooms** café offers best value in town, with broad bean and chickpea falafels (£5.50) which you top up from a salad bar, and cakes and hot drinks for just £1.
- Vegetarian **Blue Note Café** now opens late Thursday to Saturday evenings in summer with live music. Head for the lovely garden out back and order from soups, tapas, mezze and sharing plates.



double, twin or single (£34–£55 per person) or a bargain shared cabin (£22), or you can drop in for a sauna (£5.50–£7.50), massage, yoga or meditation session, or a vegan lunch such as dhal, rice and three salads (£9). You can even join the community for a working retreat for a week or two (£65 per week). Half-board healing breaks start at £85 per day.



- **Earthfare** wholefood shop has takeaway juices, organic coffee and teas, fresh salads and cakes.
- **Café Sketch** in Cheddar does three courses with wine and coffee for £20, and Sunday afternoon vegan cream teas.



NEED TO KNOW

Excalibur Café

Facebook: Excalibur Café

Rainbows End

www.rainbowsendcafe.com

Shekinashram

www.shekinashram.org

Assembly Rooms

www.assemblyrooms.org.uk

Blue Note Café

4 High Street
Glastonbury BA6 9DU
01458 832907

Earthfare

www.earthfare.co.uk

Café Sketch

www.arthousecheddar.uk

- For accommodation and what's on: www.happycow.net, www.isleofavalonfoundation.com, www.glastonburyoracle.co.uk, www.glastonburytic.co.uk, www.glastonbury.co.uk

ABOUT ALEX

Alex Bourke is the publisher of *Vegetarian Guides* to London, the British Isles and Paris. Visit his website at www.vegetarian.travel for book extracts, links to veggie travel websites for many countries, and a calendar of vegan festivals.

