

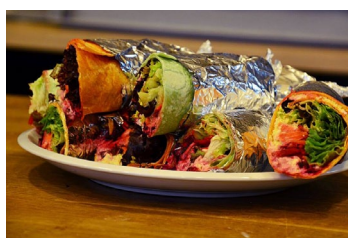
Alex Bourke of Vegetarian Guides 'Czechs out' Europe's most vegan-friendly city.

PRAGUE



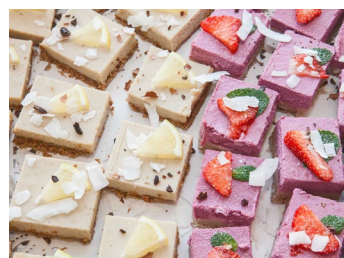
Prague has the world's greatest concentration of vegan eateries – a mouthwatering 30 in the centre of this walkable capital of just 1.27 million inhabitants. For the perfect sightseeing and gastronomic getaway recipe, stir in the hilltop castle, cobblestoned streets, museums and concerts, with great veggie dining out. Book a half-day, seven-course walkabout with **I Like Veggie** (£60 all-in), enjoy a steamboat trip, and at dusk ride the funicular up Petrin Hill to see the red-roofed city light up below.

Moment hipster vegan café, opposite Svatopluka Cecha park, is full of art, with a children's corner and menu in English. Come for breakfast fruit pancakes or scrambled tofu bagel with coconut bacon. Lunch could be bean soup with cardamom, then wraps or meal of the day (£4) such as moussaka or goulash with mushrooms. They major in desserts like coconut banana cake or cheesecake, which pair perfectly with soyaccino or almond latte.



Raw food fans will delight in eight luscious raw vegan cafés. The pioneer in 2013 was **Secret of Raw**, where at lunchtime soup is just £1 when you have a main (£4–£6), such as vegetable curry with coriander and cauliflower rice, courgette macaroni with mushroom ragout, falafel or portobello burger. Finish with banana pancakes with fresh fruit and açai cream (£3). Best value is the tasting menu (£10) with soup, three mains and a sweet. Their other café, **Sweet Secret of Raw**, offers a jaw-dropping 50 shades of dessert.

Lehka Hlava (Clear Head) vegetarian restaurant has magical interiors, three rooms that envelop you in a twinkly, starry sky or Gaudi-style painted walls. Mains (£6) feature spicy bean tacos, organic raw-tatouille, Thai tofu red curry, burgers,



smoked tofu and veg kebabs, and salads. Desserts include cashew and walnut cheesecake or chocolate cake. They have a Buddhist-themed sister restaurant, **Maitrea**, near the old town square.



wines, and a vegan bistro round the corner.

● Fake meat fans love **Loving Hut**, the chain of Chinese vegan buffet restaurants. Or try the five **Dhaba Beas** north Indian vegetarian buffets.

Also recommended...

- The central branch of **Country Life** vegan restaurant and shop at Melantrichova, off the old town square, has a wholefoods buffet and ice cream.
- **Green Spirit** vegetarian bistro has garden seating, between Petrin park and the river. Try the tofu burger and plum beer.
- **Vegan's Prague** is an elegant new restaurant between the castle and Petrin park, with world and Czech dishes like smoked tempeh with veg cream.
- **Etnosvet** is a posh vegetarian buffet restaurant with craft beer and local

NEED TO KNOW

I Like Veggie

www.ilikeveggie.com/prague

Moment

www.momentcafe.cz

Secret of Raw

www.secretofraw.cz

Sweet Secret of Raw

www.sweetsecretofraw.cz

Lehka Hlava

www.lehkahlava.cz

Maitrea

www.restaurace-maitrea.cz

Country Life

www.countrylife.cz

Green Spirit

www.greenspiritbistro.cz

Vegan's Prague

www.vegansprague.cz

Etnosvet

www.etnosvet.cz/en

Loving Hut

www.lovinghut.cz

Dhaba Beas

www.beas-dhaba.cz/en

● Tourist info

www.czechtourism.com

www.prague.eu/en

www.justapack.com/prague-travel-guide

ABOUT ALEX

Alex Bourke is the publisher of Vegetarian Guides to London, the British Isles and Paris. *Vegetarian Paris* is £9.95 from **www.vegetarian.travel**, where you'll also find book extracts, links to veggie travel websites and a calendar of vegan festivals.

