

Places to go



Alex Bourke of Vegetarian Guides welcomes you to a new series that takes you to a top destination for a veggie trip. First up is the relaxed Cornish seaside town and vegetarian hotspot, **St Ives**.

St Ives is the picture-perfect place for a romantic weekend away, single break or family holiday. There's a big vegetarian B&B, two veggie restaurants, and lots to see and do including art galleries, sandy beaches, surfing and coastal walks. Walking around St Ives offers wonderful scenery in several directions – you don't have to take a car anywhere – and day trips to the Eden Project, Lost Gardens of Heligan and the Scilly Isles are within reach.

The top place to stay is **Coast Cornwall B&B**, a vegetarian establishment on the east side of town, which has six double rooms and a twin, all en suite and most with fabulous sea views. The B&B also contains an art gallery, featuring the work of co-owner, photographer and artist Katrina Slack, with handmade cards, prints, watercolours and media pieces made from items collected on local beaches. Gail Richards, the other owner, is a hypnotherapist and can provide sessions to help with relaxation and stress reduction, as well as other conditions.

A full English vegetarian or vegan breakfast is served in their in-house restaurant, **The Bean Inn**, which also offers gourmet dinners. Starters and sides include dishes like Puy lentil, avocado and walnut salad; or garlic Forrestier, chestnut and Portobello mushrooms in white wine with organic toast. Inventive mains could be Moroccan veg and chickpea chermoula casserole with pistachio couscous; or cashew and Brazil nut roast with sun-dried tomato and olive gravy, roast veg and stuffing. Desserts are almost all vegan, with delights such as chocolate and raspberry mud pie, summer fruit filo tart, and chockerbocker glory.

Spinacio's vegetarian restaurant is at the other end of St Ives above a pasty shop and a gallery, with views over the harbour. It offers a different dining experience, with spicier food, and they always have a vegan curry. The menu is constantly changing according to what's in season, and could be golden griddled chickpea patty nuggets, carrot and almond

soup, cashew and coconut curry, beanburger, or something you've never had before, like black bean and stout stew with horseradish and walnut scones and roast cauliflower. The most popular among their desserts are the hazelnut meringues, and they also have vegan carrot coconut drizzle cake, and chocolate Agen prune pudding. Children are welcome, and can choose to have smaller portions or share yours.

Also recommended...



GOOD HEALTH wholefood store in Tregenna Place (by the bus station) has a salad bar, plus falafels, samosas and onion bhajis.

PENGENNA PASTIES on the high street is great for vegans, with pasties seven days a week, plus vegan cakes, fruit and plain scones, Eccles cakes and apple turnovers.

The **FARMERS' MARKET** on Thursdays has a vegetarian curry stall in the Guildhall.

JOHNNY'S CAFÉ, a few miles east in Hayle, offers delicious breakfasts and mains, plus vegan cakes and vegan cream tea – kids welcome.

ARCHIE BROWN'S in nearby Penzance features a thriving health food shop, therapy space and café, which cooks fresh locally sourced vegan and vegetarian food every day.



NEED TO KNOW

Coast Cornwall B&B The Bean Inn

St Ives Road
Carbis Bay
St Ives TR26 2RT
Tel: 01736 795918
www.coastcornwall.co.uk
www.thebeaninn.co.uk

Spinacio's

Old Custom House
Wharf Road
St Ives TR26 1LF
Tel: 01736 798818
www.spinacios.co.uk

Good Health

Tregenna Place
St Ives TR26 1SB
Tel: 01736 794726
Facebook:
Good Health St Ives

Pengenna Pasties

9 High Street
St Ives TR26 1RR
Tel: 01736 794100
www.pengennapasties.co.uk

Johnny's Café

51 Penpol Terrace
Hayle TR27 4BQ
Tel: 01736 755928
www.johnnyscafe.co.uk

Archie Brown's

Bread Street
Penzance TR18 2EQ
Tel: 01736 362828
www.archiebrowns.co.uk

For more info, visit:

www.vegancornwall.wordpress.com

www.stives-cornwall.co.uk

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