

Eatingout

Aurelia d'Andrea, author of *Vegetarian Paris*, explores the city's newest vegetarian restaurants.

PARIS

There's no better time to experience the City of Light than when it's dressed in its holiday finery. In late November, twinkling Christmas lights are strung across the avenues, the Champs-Élysées is reborn as a mile-long *marché de Noël*, and terrace cafés fire up their outdoor heaters, making it possible to enjoy your *coupe de Champagne* with a side of street theatre. Pack your chicest winter travel wardrobe and your appetite too. 'Tis the season to celebrate veg *à la française!*

Cosy dinners are a speciality at trendy new vegan bistro **Le Potager de Charlotte**, not far from the Gare du Nord Eurostar terminal. The market-driven dishes are vegetable-forward, and devoid of mock meats and faux fromages: think grain-stuffed pumpkins, smoked



mushroom and potato roasts, and brightly coloured root-veg salads. If the avocado fashioned as a deviled egg is on the menu, select it as your starter from the three-course set menu (€25), and definitely spring for a bottle of Bordeaux (€17).

Before launching a crowdfunding campaign to open their bricks-and-mortar café, **Cloud Cakes** worked the veg festival circuit, vending luscious dairy-free cupcakes in to-die-for flavours like tiramisu, lemon curd, and vanilla-raspberry. Now that they've settled into their new digs in the pedestrianised Montorgueil district, offerings have expanded to include rich soups and savoury open-faced sandwiches called *tartines*. The generous Sunday brunch spread (€25) includes scrambled tofu, spiced potatoes, salad, pancakes, and that elusive French treat, the vegan croissant.

Fans of Hank Burger were overjoyed when the popular vegan enterprise opened **Hank Pizza** in August. At this casual northern



Marais spot, a hefty rectangular portion is yours for €5. Try the truffle slice: the fragrant fungus is baked into the crust, topped with potato, seasonal mushrooms and truffle cream. For a vegan taste of Honolulu, order the Hawaiienne: tomato sauce, melted cheese, pineapple and smoked tofu. Or plump for the filling menu: two slices, organic drink and choice of dessert for €13.

Also recommended...

- Juice bar *du jour* **Wild and the Moon**, near the two Hanks, also does quinoa-seaweed salad and avocado toast.
- **Oatmeal Paris** in the Latin Quarter serves savoury and sweet breakfast bowls (€6.50–€8), matcha lattes and veggie burgers.
- By day, **My Kitch'n** does kale-infused smoothies, sushi burritos and organic Gamay; by night, Swedish proprietor Jennifer Eric hosts vegan cooking workshops.
- **Tien Hiang**, in arty Canal St Martin, focuses on faux



meat, big bowls of pho, grilled dumplings and noodles (€4.50–€7.50).

- At **Nata Yoga**, near Père Lachaise cemetery, learn to meditate, breathe and stretch with English-speaking staff, then linger for fun, hands-on cooking classes.

NEED TO KNOW

Le Potager de Charlotte

Facebook: Le Potager de Charlotte

Cloud Cakes

www.cloudcakes.fr

Hank pizza

www.hankpizza.com

Wild and the Moon

www.wildandthemoon.com

Oatmeal Paris

www.oatmealparis.com

My Kitch'n

www.mykitchn.fr

Tien Hiang

www.tien-hiang.fr

Nata Yoga

www.nataparis.com

ABOUT AURELIA

Aurelia is the author of four Paris guidebooks, and is travel and beauty editor of *VegNews*, America's premier vegan lifestyle magazine. Pick up a copy of *Vegetarian Paris* from the Vegetarian Guides stall at the Animal Aid Christmas Fayre in London on 4 December, or at www.vegetarian.travel.

