

THE NORTH – VEGETARIAN HEAVEN

Vegetarian Guides are the most comprehensive vegetarian guidebooks in the world, carried and relied on by tens of thousands of UK vegetarians since 1994, and recommended by all the leading vegetarian organisations and magazines.

Veggie Guides offer vegans, vegetarians, meat reducers, their parents and partners a huge choice of places where everyone will enjoy a delicious, memorable and great value night out or weekend away.

Featuring...

99 vegetarian restaurants, cafes, even pubs

187 more restaurants, cafes and pubs that veggies and vegans love

23 vegetarian B&Bs

45 more places to stay with great veggie grub

290 delis, wholefood and other stores where local veggies shop

Vegetarian caterers

Local vegetarian groups to meet new friends

See what's in your area:

	Guest Houses		Restaurants Cafes & Pubs		Shops	Page
	Veggie	Omni	Veggie	Omni		
Cheshire		2	1	20	14	4
Cumbria	10	9	13	13	21	10
Derbyshire	2	5	9	18	14	49
County Durham	1	1	1	5	12	62
Lancashire	1	1	10	12	45	68
Lincolnshire		3	1	11	16	83
Manchester			7	29	14	89
Merseyside		2	3	14	14	103
Northumberland	1	5	3	9	8	117
Nottinghamshire			9	12	17	125
Tyne & Wear			3	10	16	136
North Yorkshire	6	6	5	4	16	147
York		3	3	4	9	158
East Yorkshire		1	5	3	12	167
South Yorkshire			8	7	17	174
West Yorkshire	2	6	17	14	39	186
Isle of Man		1	1	2	6	217
TOTAL	23	45	99	187	290	

Contents iv, Vegetarian Index vi, Top Places vii–xi
Booze 2, A–Z Index 221, Locations Index 226

For latest openings visit
www.vegetarianguides.co.uk/updates



The perfect present for vegetarians, vegans, meat reducers
and those who love them (but never knew where to take them)

Vegetarian North of England, 1st edition

by Alex Bourke & Ronny Worsley
ISBN 978-1-902259-11-6

Photos by Sophie Fenwick-Paul, Zuki Fenwick-Paul,
Patricia Tricker, the entries themselves

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Organic Heaven, Chesterfield
Yewfield B&B, Cumbria by Sophie Fenwick-Paul
Lakeland Pedlar inside, Cumbria
Lake District by Sophie Fenwick-Paul

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For free information on the region's attractions:
www.visitengland.com
www.visitnortheastengland.com
www.visitenglandsnorthwest.com
www.visitnorthwest.com
www.primenorthwest.co.uk
www.enjoyenglandseastmidlands.com
www.carfreewalks.org

Tourist information sites for counties are listed in those chapters.

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Disclaimer: Restaurants are continually changing their owners and opening hours and sometimes close for holidays. Every effort has been made to ensure the accuracy of information in this book, however it is impossible to account for every detail and mistakes can occur. Before making a special journey, we recommend you call ahead to check details.

Vegetarian Britain 4th edition part 2:

NORTH of England

Cheshire, Cumbria, Derbyshire, Co. Durham, Lancs, Lincs, Manchester
Merseyside, Northumberland, Notts, Tyne & Wear, Yorkshire, Isle of Man

600 places to eat, sleep and shop veggie

by Alex Bourke & Ronny Worsley
with special thanks to Philippa Lennox and Patricia Tricker

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Isle of Man: Bryony Whipp



Vegetarian Guides

Vegetarian North: Contents

Highlights	i	Cheshire		Cumbria	
Contributors	ii	Alderley Edge	5	Map	11
Contents	iv	Altrincham	5	Introduction	12
Veggie Index	vi	Bramhall	5	Accommodation	14
Top 10 Trips	viii	Cheadle	6	Ambleside	33
Crème de la Crème	x	CHESTER	6	Appleby-in-	
Quirky Places	xi	Crewe	7	Westmoreland	36
		Hale	7	Barrow-in-Furness	36
Pies and Prejudice	1	Knutsford	8	Brampton	37
Beer	2	Lichfield	8	Caldbeck	37
		Macclesfield	8	Cockermouth	37
		Nantwich	8	Grasmere	39
		Sale	8	Kendal	40
		Tarporley	9	Keswick	42
		Warrington	9	Milnthorpe	43
		Wilmslow	9	Penrith area	43
		Chain stores	9	Ulverston	45
				Whitehaven	46
				Wigton	46
				Windermere	47
				Workington	47
				Chain stores	47



Derbyshire	
Introduction	49
Accommodation	50
Etwall	51
Ashbourne	52
Bakewell area	52
Buxton	53
Chesterfield	54
DERBY	55
Edale	58
Glossop	58
Hathersage	59
Matlock	59
Scarthin	60
Caterers	60
Chain stores	61
Local groups	61
County Durham	
Accommodation	63
Chester-le-Street	63
Darlington	63
DURHAM	64
Guisborough	65
Middlesbrough	65
Stockton-on-Tees	66
Chain stores	67
Local groups	67
Lancashire	
Introduction	68
Accommodation	69
Ashton-uner-Lyne	70
Bispham Green	71
Blackburn	71
Blackpool	72
Bolton	72
Burnley	73
Bury	73
Chorley	74
Colne	74
LANCASTER	75
Preston area	77
Rossendale	79
Tarleton	79
Todmorden	79
Wigan	80
Chain stores	82
Lincolnshire	
Accommodation	84
Boston	84
Bourne	84
Cleethorpes	85
Grimsby	85
Holbeach	85
Harrogate	85
LINCOLN	85
Louth	87
Tealby	87
Chain stores	88
Local groups	88

Manchester	
Introduction	89
Vegetarian	91
Pubs	95
Omnivorous	97
Shops	99
Caterer	102
Chain stores	102
Local groups	102
Merseyside	
Introduction	104
Liverpool Map	105
Accommodation	106
LIVERPOOL	106
Southport	112
Wirral	113
Chain stores	116
Delivery services	116
Local groups	116
Northumberland	
Introduction	117
Accommodation	118
Amble	120
Berwick upon Tweed	120
Falstone	121
Hexham	122
Hedley on the Hill	122
Morpeth	123
Thropton	123
West Woodburn	123
Chain stores	124
Local groups	124
Nottinghamshire	
Introduction	125
NOTTINGHAM	126
Chain stores	134
Caterer	134
Local groups	135
Tyne & Wear	
Gosforth	137
Heaton	137
NEWCASTLE	140
Whitely Bay	144
Chain stores	145
Local groups	145
Caterer	145
North Yorkshire	
Introduction	147
Accommodation	148
Grassington	151
Harrogate	152
Helmsley	152
Knarsborough	153
Pocklington	154
Ripon	154
Saltburn by the Sea	154

Scarborough	155
Skipton	156
Whitby	156
Chain stores	157
YORK	158
East Yorkshire	
Introduction	167
Accommodation	168
Beverley	168
Bridlington	168
Goole	169
HULL	170
Local group	173
Chain Stores	173
South Yorkshire	
Introduction	174
Bawtreay	175
Doncaster	176
SHEFFIELD	176
Chain stores	185
Local groups	185
West Yorkshire	
Introduction	187
Hebden Bridge	188
Accommodation	194
Boston Spa	194
BRADFORD	195
Brighouse	197
Cleckheaton	198
Denby Dale	198
Dewsbury	198
Halifax	199
Haworth	200
Holmfirth	201
HUDDERSFIELD	201
Ilkley	203
Keighley	204
LEEDS	204
Otley	211
Shipley	213
Slaithwaite	213
Sowerby Bridge	213
Wakefield	213
Wetherby	215
Chain stores	216
Local groups	216
Isle of Man	
Introduction	217
Accommodation	218
Castletown	218
Douglas	218
Port Erin	219
Ramsey	219
St Johns	220
Caterers Index	220
A-Z Index	221
Locations Index	226

Top 10 Veggie Trips

Welcome to the first vegetarian guide to the North of England. If you're overwhelmed by the huge choice of places to visit, stay over and eat out in these 16 counties, here are our suggestions to get you started.

Country Weekends

1. CUMBRIA and the Lakes, page 10

One of Britain's top walking destinations, the **Lake District National Park** has stunning scenery, stone houses, boat trips on Lake Windermere, a dozen vegetarian or vegan bed & breakfasts from budget to luxury, and a further dozen vegetarian cafes and restaurants. Hotspots include **Ambleside, Grasmere, Kendal, Keswick** and **Ulverston**.

2. DERBYSHIRE and the Peak District, page 49

Most of the Peak District National Park is in Derbyshire. This rugged landscape of the **Pennine** hills, bogs and wooded valleys is one of the most visited areas in Britain for day trips, as it is within 3 hours drive of around half the population. There are some lovely veggie cafes and even a pub with only vegan food.

3. NORTHUMBERLAND, page 117

In total contrast to Cumbria, Northumberland is relatively unspoilt by tourism yet has Hadrian's Wall, stunning coastline and lots of ancient castles and ruins to visit.

4. NORTH YORKSHIRE, page 147

There are several each of vegetarian B&Bs and cafes, either in the country or by the seaside. The big attraction is **York**, see below.

5. WEST YORKSHIRE, page 186

The county is packed with a huge diversity of big city and country town vegetarian delights. Big cities **Bradford** and **Leeds** have lots of terrific places to eat, but we would start with counterculture capital **Hebden Bridge**, just outside Halifax. Rural locations have four of Britain's best vegetarian restaurants: **Cheerful Chili, Dandelion & Burdock, The Veggie** and **Mango**.

City Nights Out

6. LIVERPOOL, page 104

The north's capital of culture offers the Beatles, museums, art and lots of veggie-friendly places to eat.

7. MANCHESTER, page 89

Along with York, this is one of the five most visited cities in Britain. (The others are London, Birmingham and Edinburgh.) Popular for music and drinking, there are several pubs specialising in vegetarian food and two gourmet vegetarian restaurants.

8. NEWCASTLE UPON TYNE, page 136

Tyneside has two of Britain's best veggie cafes and, right by the Tyne Bridge, a vegetarian pub. The Alternative Stores vegan shop carries a massive range of hard-to-find delights.

9. NOTTINGHAM, page 125

This university town has more veggie cafes than any other medium-sized city and is quite popular with vegans.

10. YORK, page 158

York is history heaven with Romans, Vikings, lots of museums, and three superb vegetarian eateries.

Also good for eating out are **Sheffield** (page 176), and **Hull** (page 170) which is worth visiting just for Hitchcocks.

Romantic dinners, birthday and anniversary celebrations don't have to be limited to your county. Why not whisk your loved one, or just yourself, off to a veggie hotspot. Each has its own character and there are enough here to keep you coming back every month for years. Turn the page for the very best restaurants and vegan specialists.

Great Vegetarian/Vegan Food
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Vegi Ventures, Castle Cottage, Castle Acre, Norfolk PE32 2AJ
www.vegiventures.com

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Do you like the sound of the following? Egg-free egg bread, gourmet wheat-free sosages, yoghurt that wants to be cheesecake, geek crumpets, power smoothie and chocolate fudge cake?

If so, you need the brand new 20 page cookbook:

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Available now from Vegetarian Guides for £1.50, see page ii

Wholesale orders visit www.actedistribution.org

Bulk orders (50+) at a big discount, contact the publisher: scoffer@chef.net
or write to: Scoffer Towers, c/o 245 Gladstone St, Nottingham NG7 6HX

Pies and Prejudice

Ronny is a Merseyside lass now living in Derbyshire who has worked in a number of vegetarian cafes and restaurants all round the region.

It isn't actually grim up North. We don't spend our days toiling in mills, scrubbing our front steps and adjusting wrinkled stockings and hair rollers. We're too busy dining and supping in a wide range of cafes, restaurants, pubs and takeaways that serve good veggie food from all round the world, often at half the price you'd pay down south.

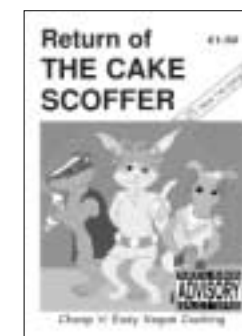
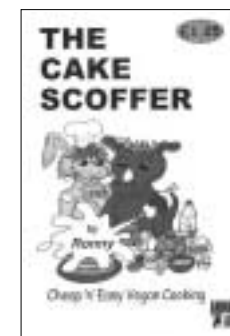
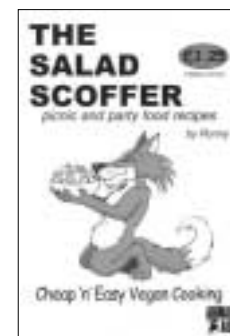
We've got all of England's most beautiful mountains, many of the lakes and forests, and some stunning beaches. We also have a down to earth outlook on life, friendly approach to visitors and a much more dry, witty take on life than them Southerners (though maybe I'm just biased).

This guide includes the sprawling urban centres of Leeds, Manchester, Sheffield, Newcastle and Liverpool, showing you where to find good grub amongst the crowds and traffic. It also takes in more serene places such as Northumberland, The Peak District and the Yorkshire Dales.

The Lake District, which encompasses the Cumbrian fells, is the second most visited part of Britain outside London with good reason: the scenery is stunning. Bear in mind when visiting that public transport is limited and accommodation tends to be booked up well in advance during summer months.

Finally, a word on the weather. Yes, northern England does in general get more wind, snow and rain than the south, particularly if you stay to the west of the Pennine mountain range. However, this is more than made up for by the landscape, top scran and warm welcome you'll encounter. Just remember to pack boots and a waterproof coat and you'll be reet.

Ronny has written various books including the legendary Scoffer series, magazine features and information packs about veggie cooking and living. She can sometimes be found locked up in a vegan cake laboratory. A keen hillwalker, she is currently on a quest to find the perfect vegan pie.



To find out if your favourite drink is suitable for vegetarians or vegans consult:

www.veggiewines.co.uk
www.vegansociety.com/AFSSearch.aspx
www.enchant.me.uk/Vegetarian_beers.html

For a guide to vegetarian wine:
www.vegetarianguides.co.uk/wine

The information on this card is provided in good faith based on information supplied by veggiewines.co.uk and the Vegan Society August 2010, who have contacted the manufacturers. Vegetarian Guides cannot be held liable for any inaccuracy. You are advised to make your own enquiries to confirm the latest situation.
www.vegetarianguides.co.uk

Alderley Edge	5
Altrincham	5
Bramhall	5
Cheadle	6
Chester	6
Crewe	7
Hale	7
Knutsford	8
Macclesfield	8
Nantwich	8
Sale	8
Tarporley	9
Warrington	9
Wilmslow	9
Chain stores	9

Cheshire

Alderley Edge

Gusto

Omnivorous Italian restaurant

75 London Road, Alderley Edge SK9 7DY
 Tel: 01625-583 993
 Open: Mon–Thu 11.00–23.00
www.gustorestaurants.uk.com
www.athomewithgusto.com (deliveries)

In the glamorous, wealthy Cheshire village, frequented by footballers and WAGs if you want to see how the beautiful people live. No more expensive than an average pizzeria with a lively buzz about it and relaxingly chilled on a Sunday afternoon. Sunny outside terrace.

Starters and salads £2.75–4.50 include red pepper and tomato soup, raisin bread bruschetta, garlic pizza bread, roasted almonds. Mains £5.95–8.59 include wild mushroom risotto, pasta dishes, pizzas, all dishes made to order and can be adapted.

Fabulous bar. Wine from £14.50. Lots of champagnes from £24 to Cristal £275. Cocktails and champagne cocktails £6–9. Beers from four continents. Children’s menu. Free wifi. Private hire. Previously called Est Est Est. Also in Knutsford, Heswall (Wirral), Liverpool and beyond.

Altrincham

The Greenhouse

Vegetarian restaurant and health food shop

41/43 Oxford Rd, Altrincham WA14 2ED
 (10 minutes walk from the Metro station)
 Tel: 0161-929 4141 restaurant
 Tel: 0161-928 4399 shop
 Open: Mon–Sat 08.30–17.30
 Now offer a take away service

Soups £3.25 such as spicy African soup, £5.50. Ten different salads. Savouries are mainly vegetarian rather than vegan,

but some of the daily bakes are vegan such as winter vegetable and bean £6.15 with bread and side salad. Lots of desserts, including dairy-free Bakewell tart. Gluten-free available. Also take-away, catering size orders, and outside catering.

The **shop** has lots of allergy-free food, including Wholemeal bread. Fridge and freezer with hummus, tofu, sprouts, dairy-free ice-cream. Vegan chocolate by Plamil, and Booja Booja at Christmas. Over 100 kinds of tea. Lots of gluten-free food. Wholemeal bread. Some bodycare and Natracare. Supplements by Solgar, Quest, Bioforce/Vogel, Pharmanord. Weleda and Nelson homeopathy. Ecover. Big leaflet display. Visa, MC. Two gyms upstairs.

Dilli

Omnivorous Indian restaurant

60 Stamford New Rd, Altrincham, WA14 1EE
 Tel: 0161-927 9219
 Open: Mon–Sun 12.00–15.00, 17.30–23.00
 (22.30 on Sund) www.dilli.co.uk

They have a separate veggie menu, and even a vegan set meal. Starters £4.25–5.50 or have a platter for two £9.50. Mains £5.50–7.50, rice 2.25–2.45, veg biriyani £5.25. 10% discount to Vegetarian Society members.

Bramhall

Ego, Bramhall

Omnivorous Mediterranean restaurant

38–40 Bramhall Lane South, Bramhall SK7 1AH. Tel: 0161-439 0693
 Open: Mon–Sun 12.00.22.30
www.egorestaurants.com

Modern chain of restaurants in the north-west which cook everything to order, so they are happy to adapt for special diets. Typical vegetarian dishes include roast aubergine with peppers;

Yewfield Vegetarian B&B

Impressive Gothic Victorian house with panoramic views over the Vale of Esthwaite, Lake Windermere and the fells beyond. There are ten doubles and twins, all ensuite, for £38-£60 per person per night. Single person supplement £25.

Begin the day with a wholefood continental buffet including fresh fruits, vegan muesli, cereals and home baked bread with preserves, followed by a full cooked breakfast. Vegan margarine and soya milk available. Dinner is not offered but Ambleside's veggie restaurants, Zeffirellis and Fellinis, are only four miles away.

Yewfield is ideally situated for walking and enjoying this region of rare natural beauty. A ten minute stroll takes you to a magnificent viewpoint overlooking Tarn Hows and the rugged fells of the central Lakes. The house stands in over thirty acres of private grounds, which include native woodland, rough fell pasture and a small tarn and stream. Areas closer to the house include organic veggie gardens, orchards, a herb patio and a mixed border. A nature trail through the land and gardens is there to guide you.

If you prefer self catering, there are self contained holiday apartments in the former coach house and stables, set 150 yards away from the main house. Please contact Lakeland Hideaways on 015394-42435 with enquiries.

Tea and coffee making facilities, radios and televisions in the rooms. Lounge and library area available for guests' use. Children over nine welcome. Pets accepted by arrangement in the self catering apartments only.

Ambleside

Vegetarian B&B and self-catering

Hawkshead Hill
Ambleside
Cumbria LA22 0PR
England

Tel: 015394-36765

www.yewfield.co.uk

Email: derek.yewfield@
btinternet.com

Train Station: Windermere,
6 miles, then taxi

Open: Feb-end Nov

Directions: from Ambleside take the A593 Coniston Road and at Clappersgate (1/2 mile), turn a sharp left at junction signposted B5286 Hawkshead. Proceed for just over one mile, then on the brow of a hill, turn right into an unclassified road signposted Tarn Hows. Follow this road for 2.4 miles (passing the Drunken Duck Inn), before reaching the drive up to Yewfield on the right.

Parking: available

No smoking throughout

No children under 9 years,
except in self-catering

No pets except in self-
catering

Visa, MC

Yewfield
Tarn Hows / Hawkshead



Vegetarian Bed & Breakfast

PLUS

Luxury Self Catering Accommodation

NON-SMOKING

a peaceful and quiet retreat in the heart

of the English Lake District

Hawkshead Hill, Hawkshead, Ambleside, Cumbria LA22 0PR

Telephone: 015394 36765

www.yewfield.co.uk email: derek.yewfield@btinternet.com

Lancrigg

Lancrigg is set in 30 acres of idyllic gardens overlooking the serenity of Easedale. You will appreciate the total absence of traffic noise and the sound of nearby waterfalls and birds. There is excellent walking right from the doorstep.

There are 12 rooms, with singles, doubles, twins and families, all with ensuite bathrooms. Most have special features such as gorgeous views, 4-poster and whirlpool spa baths. Prices range from £85-£110 per person per night and include a four course organic dinner. Cheaper rates for stays of three nights or more. Deduct £25 if you don't want dinner. Children under 5 £4 B&B, 5-15 £12 B&B. Dogs in certain rooms £10 per stay.

In the morning help yourself to fruit juices, fruit salads and natural cereals. This is followed by a continental or full cooked breakfast of basil tomatoes, vegetarian burgers, baked beans, mushrooms and toast. Vegan margarine, soya milk, soya yoghurt, vegan muesli, veggie sausages and vegan croissants are all available.

Dinner in their **Green Valley** vegetarian restaurant (open to non-residents 08.30-20.30 last orders, booking recommended, see page 39) could be roasted aubergine and tomato torte with a romesco sauce, followed by carrot and fennel soup. Your main might be provençal mushroom, leek and pine-kernel stuffed pepper, with a tomato and olive sauce and new potatoes, roasted in lemon and fresh herbs, served with salad. They always have vegan desserts available such as chocolate and walnut cake. Finish off with fresh ground coffee and chocolates. Organic wine available. Special diets catered for. Food is organic where possible and free from artificial additives.

Grasmere

Vegetarian country house hotel & restaurant

Easedale
Grasmere
Cumbria LA22 9QN
England

Tel: 015394 35317

Fax: 015394 35058

www.lancrigg.co.uk

Email: info@lancrigg.co.uk

Train Station:
Windermere 8 miles
then taxi

Open: all year

Directions: From the M6, take the A591 to Grasmere. In the centre of the village, turn left up Easedale Road. The entrance is 1/2 mile on the right.

Parking: available

Children and pets welcome. They have cots and high chairs.

Breakfast can be served in rooms if requested

10% discount to members of the Vegetarian Society, Vegan Society, Viva! and people presenting this book.

See page 39 for Green Valley Cafe & Restaurant

Champagne, flowers and truffle chocolates may be ordered to be in your room on arrival. Tea & coffee making and TV in rooms.



Lancrigg

VEGETARIAN
COUNTRY HOUSE HOTEL

THE LAKE DISTRICT

GRASMERE

“Where time stands still”

**Idyllic mountain setting, whirlpool baths,
4 posters, fresh air, pure food and fine wine
provides inspiration for Lakeland lovers.**

Lancrigg's timeless charm comes from its unrivalled position overlooking the serenity of Easedale. Whether on foot, car or local transport, you are but half a mile away from the Lakeland village of Grasmere. One aspect you will really appreciate is the total absence of traffic noise - the silence punctuated only by the sound of nearby waterfalls and birdsong.

Enjoy the relaxed atmosphere of the elegant Georgian dining room where meals are served overlooking Easedale valley. Soft music and candlelit tables add to the setting.

**Special
Breaks**

Tel: 015934 35317
Email: info@lancrigg.co.uk
www.lancrigg.co.uk

Beech Tree Guest House

Beech Tree Guest House is set in its own grounds, at the foot of the Old Man of Coniston, 150 yards from the centre of the village. There are six double rooms, three with ensembles and two twin rooms, one with an ensuite. Rooms with ensembles are £34 per person per night and those without are £28 per person per night.

Begin the day with fruit juice, cereals and grapefruit followed by vegetarian sausage-burgers or vegetarian sausages, mushrooms, beans, tomatoes and toast. Vegan margarine, soya milk and vegan muesli are available. Special diets catered for. Let them know your requirements when you book. No evening meal is offered, but there is a wide range of restaurants and pubs in Coniston and the surrounding villages.

There are walks right from the house to local waterfalls, the lower valleys or to Coniston Old Man and the high fells. Some of the most beautiful scenery in the Lake District is nearby, as well as many famous houses and attractions.

Coniston is an ideal stopover on the Cumbria Way. It is an excellent centre for many activities. There is much to do for people of all interests and abilities, such as walks ranging from gentle strolls to difficult climbs, sailing and canoeing, and of course just sightseeing and relaxing. Coniston makes a good base to explore the Langdale Valleys, Wastwater and the Southern Fells.

Guests are welcome to enjoy the small but interesting garden. Drying facilities are available. Tea and coffee making facilities in rooms. Guest lounge with television.

Coniston

Vegetarian Guest House

Yewdale Road
Coniston
Cumbria LA21 8DX
England

Tel: 01539-441 717

Train Station: Windermere,
12 miles, then bus

Open: all year

Directions: phone for details
and map

Parking: ample private
parking

Children over 10 only

No pets

No smoking throughout

Old Water View

Victorian house set on the banks of Goldrill Beck river in a charming and peaceful unspoilt Lakeland village nestling at the southern end of Lake Ullswater, away from the busy tourist centres, and yet within easy reach of Ambleside, Windermere, Keswick and Penrith. Vegetarian owned and aiming to go completely veggie when they have enough visitors.

3 double, 1 twin, 1 triple, all ensuite, £35 – 42 per person, or £45 as single. Family room with double and two 2-foot (60cm) children's singles and a travel cot, £35–42 per adult for double occupancy, children 6–17 £25, 0–5 free. Fridays and Saturdays are a minimum of 2 nights and must include both Friday and Saturday night. You can check availability of each room on the website.

Cooked veggie or vegan breakfast includes sausage, potato waffle, tomatoes, mushrooms, baked beans and toast. You may see red squirrels scampering in the trees in the large garden. Packed lunch available. There are vegetarian restaurants within a half hour drive.

Steamers sail on Ullswater year round from Glenridding, 1 mile away, and you can enjoy a leisurely cruise, perhaps with a gentle stroll back by the lake. Helvelyn, Place Fell, Sheffield Pike and St Sunday Crag are all within easy reach along with countless other fells and hills, and there are many low level easy walks along the lakeshore. Garden landing area for if you bring canoes.

Guests can relax at the end of the day and plan the next one with a drink in the garden or their own exclusive lounge with a real log fire, internet, TV and video, a wide selection of maps, guide books and games. Rooms have tea/coffee making, TV, video, CD player, hairdryer, iron and ironing board. Gift vouchers available. Drying facilities and laundry service.

Patterdale

Omnivorous Bed & Breakfast

Old Water View
Patterdale
Cumbria CA11 0NW
England

Tel: 017684-82175
Fax: 017684-82860

www.oldwaterview.co.uk
ask@oldwaterview.co.uk

Train Station: Penrith 15
miles then bus or taxi

Open: all year except Xmas

Directions: **From M6 north** junction 40 take A66 west (signposted Keswick), at first roundabout take A592 to Ullswater. Follow along side of lake to Patterdale. Old Water View is through village, 400 meters past White Lion pub on your left. **From M6 south** junction 36, take A590 then A591 west to Windermere. At mini roundabout turn right onto 592 signposted Penrith and Ullswater. The road takes you over Kirkstone Pass, past Brotherswater and Hartsop, to Patterdale. Hosue in on right, just after the Youth Hostel and before you enter village. Printable map on website.

Parking available

Children welcome, cot, high
chair and baby bath

No pets

No smoking throughout

Credit cards accepted

Fox Hall Vegan B&B

Prizet Stables is a continuation of the successful Vegan B&B established and run by Sylvia and Chris at Fox Hall in Sedgwick for 17 years. The new location is 2 miles nearer to Kendal and continues to offer reliable vegan accommodation, service and food to vegans and vegetarians from all over the world. The town is ideally situated for exploring the lakes and mountains of Cumbria and the North West coast.

2 doubles, 1 twin/double, 1 large family room (for 1 child plus baby), all ensuite, £30-40 per person. Children 5-16 £10, under-5 free.

Breakfast is entirely vegan and is a selection of cereals or porridge with soya milk, soya yoghurt and fresh fruit followed by a choice from several dishes including creamed mushrooms on toast; tofu, onion, mushrooms and dill on toast; home made lemon and sultana pancakes or the Big One-two nut rissoles or bean burgers with scrambled tofu, mushrooms, onions and plum tomatoes. Organic and GMO free foods are used where possible.

There is an extensive evening meal menu £15 for 3 courses, available to residents only, from which you could choose leek and potato soup, wholemeal pancakes layered with fennel, spinach and tomato and for dessert, chocolate and orange gateau. Child's meal £3.50. Packed lunches are available for £4. They can cater for all types of special diet including gluten or sugar free and raw. The dining room caters for 12 diners and there is a guest lounge with sliding doors to a pleasant lawned garden with fine views across the River Kent valley easterly towards The Helm.

A range of home-made preserves, walk leaflets and patchwork shopping bags are on sale. Vegan cookery courses. Gift vouchers. No credit cards.

Kendal

Vegan Bed & Breakfast

Prizet Stables
Helsington
Kendal
Cumbria LA8 8AB

Tel and Fax:
015395 61241

www.fox.hall.btinternet.co.uk
fox.hall@btinternet.com

Train Station: Oxenholme, 3 miles, then bus or taxi.

Open: all year

Detailed directions on webiste: 2 miles south of Kendal on A6 then A591. From M6 junction 36, take A590 then A591 towards Kendal. Pass Low Sizergh Barn Shop on right, then immediately turn right across dual carriageway signposted Prizet. After ¼ mile turn left through stone gateposts before first bungalow called South View, Prizet Stables is third house on right.

Parking for 6 cars. Cycle storage. Books and maps to borrow.

Travel cot and high chair

Tea and coffee making and colour tv's in rooms

No smoking inside. No pets

Use of washing machine on request

They no longer have a self-catering cottage

FOX HALL VEGAN B&B

Prizet Stables, Helsington, Kendal, Cumbria, LA8 8AB

Come and stay with a vegan family who care about your holiday in our eco-friendly home 2 miles south of Kendal, South Lakes. Extensive menu - all vegan. Comfortable, well-equipped, happy family home. Children very welcome, travel cot and high chair available. Sorry, no smoking or pets. Good local walks. Ideal base for exploring the English Lake District.

Tel/Fax: Sylvia or Chris on 015395 61241

E-mail: Fox.Hall@btinternet.com or

**Visit our Website: www.fox.hall.btinternet.co.uk
for more info and pictures.**



The Heights Hotel

Family run hotel in a traditional Victorian Lakeland stone house and grounds overlooking the bustling market town of Keswick, with panoramic views towards Skiddaw, Derwent Water and Bassenthwaite. The bar was converted from the original 17th century Cumbrian cottage, and along with the lounge is a great place to relax after a day's walking, climbing, cycling, touring or sightseeing. Red squirrels visit the garden, there are roe deer in the local woods and various birds of prey in the area.

11 ensuite rooms: 6 doubles, 1 twin, 4 family (3 with bath) – 3 with double & single bed and 1 with double and 2 singles. £30–35 per person per night, and may be higher for any stay that includes part of a Bank Holiday weekend (Fri–Mon). Partial occupancy £5 per room. Children 3–13 half price, babies 0–2 £3. You can check room availability online.

Cooked breakfast includes cereals, veggie/vegan sausages, with vegan margarine and soya milk available. A la carte menu available 7–9pm in dining room or bar. Packed lunches available. **Open to non-residents for dinner.** Lots of restaurants in town.

Outstanding walks and footpaths nearby include to Ashness Bridge, Derwent Water, Castlerigg Stone Circle and Walla Crag. You can take the steamer around Derwent Water, or sail or canoe there or at Bassenthwaite. There is the forest park at Whinlatter to explore or the Cumbrian Myths and Legends experience at Rheged. Further afield, St Bees headland is famous for its breeding puffins and guillemots.

There are plays and concerts at Keswick's modern Theatre by the Lake, a bowls club and several golf courses in the area. Groups of families and friends such as walkers, painters, golfers, bowlers, and those who just want to relax, return to The Heights year after year.

Keswick

Vegetarian hotel & bar

The Heights Hotel
Rakefoot Lane
Castlerigg, Keswick
Cumbria CA12 4TE
England

Tel: 01768-77 22 51

www.theheightshotel.co.uk
info@theheightshotel.co.uk

Open: Feb–Nov & Xmas/NY

Train: Penrith 17 miles
Regular buses and taxi.
Frequent buses to Keswick from Penrith and the 555 bus from Keswick stops at the end of Rakefoot Lane.

Directions: From the M6 junction 40 take the A66 west. After about 17 miles take the A591 to Keswick and Windermere. After half a mile you will reach a T junction with Chestnut Hill. Turn left up the hill and take the second turning on your right. This is Rakefoot Lane and is marked with a tourist sign indicating The Heights. The hotel is the second property on the right.

Private parking for 24 cars

Children welcome, high chairs

Pets by arrangement £3

Clothes drying facilities

Tea/coffee making, TV and hairdryer in rooms.

No smoking. Visa, MC



The Heights Hotel

The Heights Hotel

Rakefoot Lane, Castlerigg, Keswick
CA12 4TE

Friendly, family run **fully vegetarian** hotel

Vegan and special diets catered for
All rooms en-suite from £34 - Evening meals available
Breathtaking views of surrounding lakes and fells
Cosy bar with open fire and Jennings Real Ale on draft
Residents' lounge with views of Skiddaw
Many walks from hotel. 5 minutes walk to Walla Crag
An ideal base from which to explore the North Lakes.
Pets welcome - Large walled garden



www.theheightshotel.co.uk
info@theheightshotel.co.uk
01768 77 22 51

St John's Lodge

Vegetarian owned guest house with a spectacular choice of breakfasts. It's a short walk from Lake Windermere and an excellent base to explore all parts of the Lake District.

All rooms are ensuite, price per person per night: 1 single £35-45, 5 budget doubles £28-39, 2 double/twin £29-39, economy double £25-35, 2 standard doubles £33-44, 1 large double £38-48. Single occupancy supplement.

The large breakfast menu caters for many tastes and diets, with over 14 vegetarian and vegan dishes. All are home made and they do not use processed veggie sausages and burgers. There are 7 gluten-free veggie dishes and the home made bread is suitable for vegans. You might start with a choice of fruit juices, cereals and fresh fruit, followed by for example vegetable patty, bean rissole (both home made), sauté potatoes, mushrooms, baked beans, grilled tomatoes. Fair Trade teas and coffee, herbal teas, soya milk, vegan margarine and muesli are all available. The owners pride themselves on their home made cooking and say there is no such thing as a 'special diet', their menu caters for everyone.

Windermere and Bowness have more restaurants than any other area of the Lake District, many offering veggie dishes. A full local restaurant list is available to all guests.

Nearby are Lake Windermere (cruises, motor and rowing boats), the World of Beatrix Potter attraction, historic houses, gardens, the Steamboat Museum, secluded walks, lots of restaurants, pubs and tea rooms. Minibus tours can be arranged. Free access to a nearby luxury leisure club.

Free 24 hour wireless broadband and free internet access on a dedicated computer. Tea/coffee making, TV and hairdryer in rooms.

Windermere

Omnivorous Guest House (veggie owners)

St John's Lodge
Lake Road
Windermere
Cumbria LA23 2EQ

Tel: 015394 43078
Fax: 015394 88054

www.st-johns-lodge.co.uk
mail@st-johns-lodge.co.uk

Train Station: Windermere,
15 minute downhill walk or
2 minutes in a taxi.

Open: all year except Xmas

Directions: Leave M6 at Junction 36. Follow signs to South Lakes and Kendal on A590/591 then A591 to Windermere. Approaching Windermere turn left at Windermere Hotel. Follow signs for Town Centre. Drive through village towards Bowness and Lake on New Road. After half mile there is a Catholic Church on left. St John's Lodge is 100 yards on left. If you reach police station or lake, go back!

Parking: some on-site. Free parking bay opposite and plenty of unrestricted free street parking.

Children over 12 only.
No pets.
No smoking throughout.

5% discount for Viva! supporters and people presenting this book.

Visa, MC

AA 3 red diamonds;
Tourist Board 3 stars

St John's Lodge

Windermere Guest House

Ideally situated. 10 minutes walk from the lake and secluded woodland. Easy walk to good selection of restaurants, pubs, tea rooms and cinema and close to all amenities.

Vegetarian owners offer daily choice of over 15 vegetarian, vegan and gluten-free home-made breakfasts. Fair-trade tea and coffee. This pretty guest house caters exclusively for non-smokers.

*Free access to nearby luxury leisure club
Free internet access including 24-hour wi-fi*

St John's Lodge, Lake Road, Windermere LA23 2EQ
Tel 025394 43078 Fax 015394 88054 Email: mail@st-johns-lodge.co.uk
www.st-johns-lodge.co.uk



Quince and Medlar

Gourmet vegetarian food, three times winner of 'vegetarian restaurant of the year' and four times runner up. Situated in a listed Georgian building with a wood panelled candlelit dining room featuring work by local artists. Very swish, recommended for a special occasion.

Starters £3.95–£6.95 such as soup, roast aubergine and sundried tomato paté, and baked French onion tart.

Main courses £13.95 such as parsnip, fennel and basmati rice discs with white truffle oil and Madeira sauce; lentil and apricot strudel in filo pastry on a bed of wilted spinach leaves with tomato and red wine sauce; spiced Moroccan vegetable cone with creamed coconut, lemongrass and tumeric, with a ring of wild rice and chutney.

Home-made garlic bread £1.35.

Desserts £4.95 include chocolate orange pie, lemon tart, and coffee and Tia Maria parfait, some vegan options. Vegan ice cream is available.

The menu changes every 6–8 weeks. Vegan options are available but not marked on the menu. About half the ingredients used are organic.

House wine £11.60–12.60 a bottle, £3–3.20 glass, other wines up to £30.

They appreciate advance notice of special diets.

Cockermouth

Vegetarian Restaurant

13 Castlegate
Cockermouth
Cumbria CA13 9EU

Tel: 01900-823 579

www.
quinceandmedlar.co.uk

Open:
Tue–Sat from 19.00

Free parking on Castlegate
Drive or in the marketplace

Booking advisable

Licensed

Children over 5 years
welcome

Visa, MC

Bodycare includes Jason, Green People, Weleda, Aubrey, Grandma Vines, Faith In Nature, Natracare full range. Specialise in supplements including Nature's Aid, Bioforce (A.Vogel), Quest, Higher Nature, Lifeplan, Solgar, body-building. Full range of Weleda and New Era homeopathy. Full Ecover range and refills.

Upstairs is the Whole Body Centre with a homeopath, acupuncture, remedial massage, reflexology, beauty therapist, allergy testing. MC, Visa.

Grasmere

The Green Valley Organic Cafe & Restaurant at Lancrigg

Organic vegetarian restaurant

Easedale, Grasmere, Cumbria LA22 9QN
(see Lancrigg entry for directions)

Tel: 015394-35317

Open: every day 08.30–20.30

www.lancrigg.co.uk

New international restaurant at luxury vegetarian hotel Lancrigg, open for breakfast, coffee, lunch, teas and evening meals. Most dishes have vegan alternatives and the very experienced chef is also a qualified nutritional therapist.

Start the day with cereals, fruit salad or smoothies, followed by a full cooked breakfast including patties and grilled tofu.

All day menu: soup with wholemeal bread £4.50; pizza £7.50; garlic focaccia, rosemary and olive roll or wholewheat roll sandwiches with salad £5.45; Greek salad £6.95; hot dish of the day £7.75; linguini with roast aubergine and pinenuts £7.50; marinated grilled tofu, lettuce and tomato roll £6.75. Desserts £6.25 include fruit crumble, tofu cheesecake,

or fig and almond pudding with orange liqueur syrup.

Sample evening meal could start with courgette parcels filled with "cashew ricotta", olives and pine nuts with gazpacho and capers; root vegetable rosti; chef's salad marinated tofu with chargrilled veg, pesto, olives and seeds. Main courses include gnocchi, beet, chestnut mushrooms and butterbeats in a beet-merlot sauce; tofu burger with pesto, char grilled veg, paprika wedges and salad; Cajun spiced aubergine, corn cakes and guacamole with refried beans, salsa and coriander mojo; Swiss chard, roast almond and red wine bake. Desserts include several vegan option such as lemon "cheesecake" with fruit compote; rich chocolate espresso mousse with coconut sorbet; apple, cinnamon and sultana strudel with ice-cream.

Lots of organic vegetarian (most vegan) wines, beers and unusual spirits.

The Rowan Tree

Vegetarian and fish cafe & restaurant

Church Bridge, Grasmere LA22 9SN

Tel: 01539-435 528

Open: Spring–Autumn Mon–Sun 10–16.30,
17.30–20.30; Jan–Feb just weekend daytime
Closed Xmas and New Year holidays

Mostly veggie cafe by day, restaurant by night, with a terrace by the river Rothay. **Daytime** soups always have a vegan option £4.25 with roll. Hummus, olives, pitta and tortilla chips £5.85. Baked potatoes with fillings including chilli £5.25–6.25. Pizzas day and night made to order £7.50–8.75 (9 inches), can be without cheese, they sometimes have vegan mozzarella.

Lots of cakes £1.60–2.95 includes gluten-free, vegan date slice and fruit scones.

Teas and herb teas £1.60. Coffee, cappuccino, latte £1.95–2.35. Usually

they have soya milk. Soft drinks such as pink lemonade, sasparrilla, organic lemondade and elderflower £2.25. House wine £3.50 glass, £13.75 bottle. Bottled beers and ciders £2.95–3.50.

Evening there are two veggie main dishes £10.75–13.95 plus 5 veggie pizzas, vegans are best going for a pizza. Desserts £4.25 usually not vegan, but if you let them know you're coming they can have vegan chocolate cake.

Children welcome, high chairs. Visa, MC.

Kendal

The Tapestry Tearooms

Vegetarian cafe

Friends Meeting House, Stramongate, Kendal LA9 4BH. Tel: 01539-722 975

Open: Mon–Fri 10.00–16.30 summer, 10.00–15.00 winter, Sat–Sun closed.

Summer "Open Saturdays" listed on website
Closed 24 Dec–10 Jan

www.quaker-tapestry.co.uk

Part of The Quaker Tapestry Exhibition Centre. Vegan and gluten-free marked on the menu. Soup and roll £3.30, soup and sandwich £5.50, sandwiches £3.95, toasted £4.25. Page and toast with salad £4.95. Filled baked potato £4.75, vegans can have hummus or beans. Daily and weekly specials £4.75–5.95. Cakes and desserts £1.55–3.30 include vegan sorbet and sticky toffee pudding. Soft drinks and juices 65p–£1.30. Hot drinks are all Fairtrade. Pot of tea £1.20–1.35. Coffee £1.10, cafetiere £1.55, cappuccino/latte/choc £1.95. Soya milk available.

Children welcome, high chairs, toys. Outside seating, dogs welcome, they have water bowls. Gift shop. Meeting rooms for hire. MC, Visa.

KAN Health Foods

Vegetarian wholefood shop

9 New Shambles, Kendal LA9 4TS (off the main market square)

Tel: 01539-721190

Open: Mon–Sat 9.00–17.00, Sun closed

www.kanhealthfoods.co.uk

Fridge with pasties, vegan cheese, meat substitutes. Lots of vegan chocolate such as Montezuma, Organica. No freezer. Lots of bodycare such as Jason, Organic Surge, Weleda, Tom's, Aubrey Organics, Urtekram, whole Natracare range. Babycare section. Homebrew kits. Supplements include Higher Nature, Solgar, Nature's Aid, Lifeplan, Pharma-nord, Bioforce, Swiss Herbals organic tinctures, sports nutrition. Ecover, Earth Friendly, Jason and Suma cleaning products, and refills.

Lots of remedies, homeopathy, Lakeland Herbs local organic tinctures. Owner is a medical nutritionist, Ayurvedic practitioner and herbalist and can give advice. Health books and lots of free advice sheets.

They don't sell fruit and veg since the outdoor market is nearby on Wed and Sat, with on Wed the Green Mangle organic fruit and veg stall.

Waterside Wholefood

This vegetarian café and shop has been thriving for over 30 years on the traffic free bank of the river Kent in the heart of this busy market town. They offer a cosmopolitan range of food and strive to be as organic and Fairtrade as possible. Plenty for vegans. Everything made in house.

There is always at least one vegan full meal and on request several others can be made so. Main dishes £6.00–6.75 include pasta and vegetable bakes, mushroom and bean stroganoff, Turkish pilaff, spiced vegetable and chickpea tagine, cauliflower and cashew nut curry, cider lentil and hazel nut loaf, all served with either a choice of three salads or rice, millet, bulgar wheat as appropriate.

Salads include bulgar wheat with mint, cucumber and tomato; pasta with mixed peppers, French dressing and herbs. Salad plate £4.35–6.20, point to what you want.

Tarts and lots of cakes are not vegan, but slices £1.45–1.95 are such as crumble, or apricot, chocolate and date, or flapjacks such as sunflower seed and cherry.

Coffees and teas are largely Fairtrade. Filter £1.40, latte, cappuccino £1.90. Fine organic wines are available from £2.60 per glass. Also organic beers and lager.

Special diets catered for, such as gluten-free, diabetic and raw. They have vegan margarine and soya milk. Everything is available for take-away at 12% less. The 'stock your freezer' menu is particularly well used.

The small wholefood shop sells the things that are in the recipes. Massive selection of spices and herbs. They can order in anything else you need.

Kendal

Vegetarian cafe, restaurant and shop

Kent View
Waterside
Kendal
Cumbria LA9 4DZ

Tel: 01539-729743 shop and restaurant,
01539-733252 office

www.watersidewholefood.co.uk
Toni@watersidewholefood.co.uk

Train: Oxenholme

Open: Mon–Sat 8.30–16.30,
Sun closed

Licensed with food

Vegan and vegetarian wholefood 50% organic

MC, Visa

Half portions for children.
High chairs
Baby changing
Feeding mothers welcome

Dogs welcome at outside seating, and at one inside table at the front

Outside catering service is popular for weddings and office parties

The Lakeland Pedlar

This veggie cafe in central Keswick, popular with cyclists and walkers, has great views of the fells. Decorated in warm deep reds and yellows with the walls festooned with cycling prints and memorabilia, it makes a memorable and relaxing place to pass the time. Most dishes are or can be vegan.

Start the day with a full "Pedlar's" veggie breakfast, served until 11.30am, including veggie sausage or bacon, beans, grilled tomatoes, mushrooms, hash browns for £5.65, add £1 for coffee. Mini-breakfast £3.95 hash brown, sausage and beans. Or try the Bacon or sausage ciabatta buttie £4.90, made with vegan rashers, or child's version £3.50 on wholemeal bread.

Soup of the day with organic bread £4.05, with salad and bread £6.60, or soup and a sandwich £6.35. Hummus and falafel wrap with side salad £6.95. (Toasted) sandwiches with salad garnish £5.65. Filled baked potato with salad £6.25. Vegan garlic bread £2.85. Olives with bread £3.70. Main courses, £7.90, include veggie chilli with pitta bread and side salad; 3 bean burritos with jalapenos. Lunchtime specials change frequently, for example Bengali vegetable curry with rice, noodle and tofu stir-fry, or Moroccan veg and chickpea tagine.

Lots of desserts such as vegan fruit crumble £3.95, at least 5 cakes £2.35 including vegan chocolate cake or fruit cake, vegan fruit scones £1.95. Swedish Glace ice-cream with chocolate sprinkles.

Fairtrade coffee, mocha, cappuccino, tea and herbal teas £1.75-£2.40. They have soya milk. Cold drinks, £1.75-£2.95 include ginger beer, juices, freshly made smoothies and Purdey's.

In summer Thu-Sat the Pedlar is open for the usual cooked food menu, plus pizzas £7.80-8.60, can be without cheese. Vegan wines £3.25 glass, £4.25 large, £12.50 bottle. Bottled beers and ciders £2.95-3.80.

Keswick

Vegetarian cafe & bicycle centre

Hendersons Yard
Bell Close Car Park,
Keswick
Cumbria CA12 5JD

Tel: 017687-74492

www.lakelandpedlar.co.uk

Open summer:
Mon-Sun 9.00-17.00
Thu-Sat till 21.00

Open winter:
Mon-Fri 9.00-16.30
Sat-Sun 9.00-17.00

Xmas and summer open
later end of the week until
9pm, call to confirm

Licensed for cider, beer and
wine. Organic and vegan

Allergies catered for

10% discount to Viva!,
Vegetarian Society, Vegan
Society and CTC members

Children's menu £2.450-
4.50 and half portions

Dog friendly

Private parties catered for.
Outside catering.
Outside seating where you
may smoke

Bike shop and expert advice
on routes for any ability

Check local press for
speciality evenings such as
themed, Xmas, slide shows,
talks and presentations

Visa, MC

Keswick

The Heights Hotel

Vegetarian restaurant in hotel

Rakefoot Lane, Castlerigg, Keswick
CA12 4TE. 01768-77 22 51
Open: 19.00-21.00
www.theheightshotel.co.uk

Open to non-residents for dinner, see
page 26.

Mayson's Restaurant

Omnivorous restaurant

33 Lake Road, Keswick CA12 5DQ
Tel: 01768-774 104
Summer: Mon-Sun 10.00-20.30;
Winter: Mon-Thu 10.00-16.30,
Fri-Sun 10.00-19.30

About 30% of meals are veggie such as Indonesian veg curry £6.75 with coconut milk, but vegans should check for cream or call ahead. Jacket potatoes during they day from £3.50-4.25, the ratatouille filling is vegan. Salad bar £3.25 bowl, £6.50 plate, point to what you want. Desserts from £3.75, not vegan, but strawberries when in season. House wine £3.50 glass, half carafe £9.25, litre carafe £18.25. Lots of bottled beers from £3.50. Pot of tea £1.25, coffee from £1.50. No soya milk. Cash or cheque only. Small portions for children, no high chairs. Outside seating in summer, dogs welcome there.

Milnthorpe

Living Well

Vegetarian wholefood shop

26 The Square, Milnthorpe CA7 7QJ
Tel: 01539-563 870. Open: Mon-Fri 9.15-
17.00, Sat 9.15-13.00, Sun closed
www.livingwellhealth.co.uk

Fridge with 3-bean salads, pots of
wholegrains with beans, vegan cheeses.

Full Provamel range. Freezer with 3 varieties of Swedish Glace, children's ice-pops. Local bread, some organic. Vegan chocolate. Bodycare includes Jason, Faith In Nature, Weleda, Eco Cosmetics, Avalon Organics, some Natracare. Supplements include A.Vogel, Nature's Aid, Nature's Plus, Lambert's, Viridian, Solgar and FSC. Ecover cleaning, with laundry and washing up refills. Weleda homeopathy, Bach flower remedies, Kabooshi aromatherapy oils. Rooms for homeopath, allergy testing, massage. MC, Visa.

Penrith area

Upfront Gallery, Coffee Shop & Puppet Theatre

95% vegetarian cafe
& self-catering accommodation

Near Hutton-in-the-Forest, **Unthank**, Penrith CA11 9TG (6 miles north of Penrith on b5305 to Wigton)
Tel: 017684-84538
Cafe all year: Tue-Sun 10.30-16.30
also open bank holiday Mondays.
Closed Xmas, Dec 31-mid Jan (call to check)
www.up-front.com

Long established small visitor attraction with something for everyone. The gallery and cafe are open throughout the year, the puppet theatre in summer school holidays, Easter and Christmas. The **cafe** has tables in the gallery, conservatory and on the outside patio. Plenty for gluten-free and vegans, they use vegan margarine in all their baking. Soup £3.75 is gluten-free, with roll. Sandwiches, toasted sandwiches and panini made to order £3.75-4.75 with salad. They also have rice cakes and oat cakes.

Main courses £6.50-7.25, which come with bread roll or rice and four salads, include mixed bean casserole, Homity Pie, curry, vegetarian chilli, mushroom stroganoff.

Wraps £5.50 such as falafel with 43



The Peak District

The Globe vegan pub



Derbyshire is a long, tall county. To the north-west, it borders with Greater Manchester, to the north-east with Yorkshire, and to the south with Leicestershire and Nottinghamshire. It can therefore be thought of as being in the Midlands as well as the North.

Most of the **Peak District National Park** is in Derbyshire. This rugged landscape of the Pennine hills, bogs and wooded valleys is one of the most visited areas in Britain for day trips, as it is within 3 hours drive of around half the population.

The **Dark Peak** area around **Glossop** and **Edale** is the start of the **Pennine Way** long-distance footpath. The scenery round here is beautiful, rugged and rocky, and it is easy to lose the crowds on Kinder Scout or Bleaklow.

The **White Peak** area, south and east of this, has more gentle hills and more general tourist attractions. The busy, pretty villages like **Buxton**, **Matlock**, **Matlock Bath** and **Bakewell** have a good selection of pubs and cafes. They can get very crowded on summer weekends.

www.visitderbyshire.co.uk
www.derbyshireuk.net
www.peakdistrict.org
www.visitpeakdistrict.com
www.derbyshire-peakdistrict.co.uk
www.edale-valley.co.uk
www.thepennineway.co.uk
www.nationaltrail.co.uk/PennineWay

Accommodation	50
Ashbourne	52
Bakewell area	52
Buxton	53
Chesterfield	54
DERBY	55
Etwell	51
Edale	58
Glossop	58
Hathersage	59
Matlock	59
Scarthin	60
Caterers	60
Chain stores	61
Local groups	61

Derbyshire

Lancashire is a large, hilly county with some good walking areas and lots of forests, such as the **Forest of Bowland**. This isn't a National Park, but is a quiet and very underrated area of outstanding natural beauty. The Lancashire/Yorkshire border in particular has several attractive small former mill towns such as Hebden Bridge (see West Yorkshire) and Todmorden which have become tourist attractions in recent years.

Lancaster is a smallish ancient city which has a large university and is used by many as a base for exploring the nearby Lake District.

Blackpool is a popular seaside resort for many families living in the north west, with theme parks, a long beach and the famous illuminations. By night it has a thriving nightclub scene. The county has over half a dozen unique veggie cafes and restaurants for a day trip or night out.

- www.visitlancashire.com
- www.citycoastcountryside.co.uk (Lancaster area)
- www.blackpool.com
- www.visitblackpool.com
- www.visitblackburn.co.uk
- www.visittodmorden.co.uk
- www.wlct.org (Wigan)



The Whale Tail vegetarian cafe, Lancaster

Accommodation	69	Colne	74
Ashton-under-Lyne	70	LANCASTER	75
Bispham Green	71	Preston area	77
Blackburn	71	Rossendale	79
Blackpool	72	Tarleton	79
Bolton	72	Todmorden	79
Burnley	73	Wigan	80
Bury	73	Chain stores	82
Chorley	74		

Crazi Carrots

Vegan or raw bed & breakfast in a quiet semi-detached house in Bolton near a country park, 15 minutes from Manchester. One simple twin room with wooden floor and en suite shower room, £30 single or £50 double.

Breakfast is fresh fruit salad, yoghurts, nuts and seeds, cereals, cooked if required. There is vegan muesli and margarine, soya milk, veggie sausages. There is a small garden frequented by frogs, birds and butterflies where you can have breakfast on the patio.

It is a bright, calm, private space with no nasty chemicals. Food is organic where possible. You can use the diner, sitting room and kitchen. There is a reverse osmosis water filter and juicer and a library.

Packed lunches and simple suppers available. Ten minute walk to shops and pubs – the local does veggie but not vegan meals. There is a new vegan cafe in Bolton, The Kitchen on Moor Street, open 3 days a week, otherwise the nearest veggie places to eat out are in Manchester such as Eighth Day, the Greenhouse and Earth Cafe.

The owner teaches yoga and massage by arrangement and there are therapists nearby including a Life Coach, sports massage, reflexology, aromatherapy.

Bring walking boots (for outside, the house is shoe free) for the many nearby walks including to Entwistle Reservoir by a real ale pub The Strawberry Duck which serves good food. Rivington Pike hill walk is in Horwich with views across to the sea. There is an old fashioned coffee shop in a chapel.

5 minutes from Moses Gate Country Park, with a lake with ducks and geese and a path suitable for prams or wheelchairs. 30 minutes from areas of outstanding beauty: Jumbles, Entwistle, Wayoh, Rivington Pike.

Bolton

Vegan or raw bed & breakfast

113 Aintree Road
Little Lever
Bolton
Lancashire BL3 1ES

Tel: 01204-704600
Mobile 07968 021393

www.wellbeingworkshopsworldwide.com

Email:
alwynne@wellbeingworkshopsworldwide.com

Train Station: Bolton, 2 miles, then taxi/bus or owner can collect you

Open: all year

Directions: 15 minutes from Manchester on the A666, exit Farnworth/Kearsley

Parking available

Children welcome

Well behaved pets welcome

No smoking throughout

No credit cards

Disabled access: downstairs bathroom and sofa-bed available

10% discount to members of the Vegetarian Society, Vegan Society, Viva!, PETA, Animal Aid and people presenting this book.

Vegan owner

Hairdryer available



Chain Stores**Holland & Barrett****Health food shop**

23 Station Road, **Ashington** NE63 9UZ
Tel: 01665-579225
Open: Mon-Sat 9.00-17.30, Sun closed

Chiller with vegan cheese and meat substitutes but no take-aways. Freezer with Tofutti, veggie ready meals.

74 Marygate, **Berwick** TD15 1BN
Tel: 01289-309262
Open: Mon-Sat 9.00-17.30, Sun 12-16.00

5 Keel Row Shopping Centre, **Blyth**
NE24 1AH. Tel: 01670-360411

Chiller with vegetarian pasties but not vegan.

31-33 Fore Street, **Hexham** NE46 1LU.
Tel: 01434-609067
Open: 9-17.30 Mon-Sat Sun 10.00-16.00

Chiller with pasties and pies

Julian Graves**Health food shop**

36 Bridge Street, **Morpeth** NE61 1NL
Tel: 01670-511 758
Open: Mon-Sat 9.00-17.30
www.juliangraves.com

Lots of nuts, dried fruit and trail mix for hungry veggie hikers and cyclists.

Local Groups**Veg NE****Local vegetarian & vegan group**

www.vegne.co.uk
Contact Mark 079410 79 999

Active social group affiliated to the Vegetarian Society, based in Newcastle with members from County Durham, Northumberland and Tyne & Wear. They meet regularly at Bob Trollops and Jack Sprats in Newcastle. Mainly a social group but also puts on exhibitions and stalls.

They run an annual week long vegan gathering during April school holidays in Morpeth, Northumberland.

Northumbria Veg*ns**Local social group**

Gordon Forrest, 9 Seymour St, N. Shields,
Tyne & Wear NE29 6SN.
Tel: 0191-258 6793
gmforrest@tiscali.co.uk

Monthly picnic or bring and share.

Nottingham is famous worldwide due to the legend of Robin Hood. It is a small city, but has some lovely old pubs and buildings, and is very easy to get to by road and rail. If you want to see what remains of Sherwood Forest, you'll need to head north on the A60 to Edwinstowe, where you'll find a visitor centre and the ancient Noble Oak.

The 700 year old *Goose Fair* still takes place in Nottingham during the first weekend in October, though these days it is mostly a huge funfair. In December there is usually the East Midlands Vegan Festival, though in 2010 the Council were being awkward about the venue as the festival has grown so big and successful.

Nottingham has stacks of vegetarian places, but only one is in the city centre. For others head for the student area of Lenton, or north up Mansfield Road to Forest Fields and Carrington / Sherwood.

Unfortunately on Sundays veggie places tend to be closed, but there are lots of good curry houses. The local Veggies crew highly recommend Kayal south Indian in the city centre, and Royal Thai on Mansfield Road, as knowing exactly what vegetarians and vegans like.

www.visitnottingham.com
www.nottinghamgoosefair.co.uk
www.vegan-nottingham.co.uk
www.veggies.org.uk/veganfestival

NOTTINGHAM	125
Vegetarian restaurants	126
Omnivorous restaurants	130
Chain stores	134
Caterer	134
Local groups	135

Nottinghamshire **Nottingham**

Ramsey

Mother Nature

Health food shop

Bourne Place, Ramsey IM8 1AN
planning to move to bigger premises in
Parliament St late 2010
Tel: 01624-815 118
Open: Mon-Sat 9.00-17.00, Sun closed

Small shop with big range of foods and
drink. No fridge or freezer.

Bodycare by Jason, Dr Hauschka,
Giovanni, Avalon, Elsambre, Natracare,
baby things. Supplements by Nature's
Aid, Viridian, Quest, Nature's Answer,
Pharmanord.

Homeopathy and remedies by Weleda,
New Era, Vogel Jan de Vries and
Nelsons.

Cleaning by Method, BioD and Ecover.
Some health books. MC, Visa.

St Johns

The Tynwald Hill Cafe

Omnivorous cafe

Main Road, St Johns, Isle of Man IM4
Tel: 01624-800 129
Mon-Sun 9.00-17.00
www.greensiom.com

New 50% vegetarian cafe opened May
2010 on the west side of the island with
the same owner as Greens and similar
food and prices. Main courses £6.95-
7.95 such as Homity pie. Soups, baked
potatoes, 6 salads. Cakes. Usually they
have a vegan dish. This cafe has a pub
licence, wine £3 glass, beer £2.80 pint.
They have an espresso machine for
cappuccino and latte. Soya milk
available.

The cafe is quite big with a large
conservatory, and seats about 100.

CATERERS INDEX

Cheshire		Veggies, Sumac Centre	134
The Greenhouse	5	Tyne & Wear	
Lucy's Grocer	35	Jack Sprats	137
Waterside Wholefood	41	Khan's Restaurant	138
Lakeland Pedlar	42	The Sky Apple	139
Derbyshire		The All Good Catering Co	145
The Buxton Tram	61	North Yorkshire	
Co Durham & Cleveland		El Piano, York	161
The Waiting Room	66	Seasalt & Passion, Bridlington	169
Lancashire		Hitchcocks, Hull	171
Surya	73	South Yorkshire	
RK Sweet	77	Blue Moon Café, Sheffield	177
Bear Café-Bar	79	Homemade Café, Sheffield	177
Manchester		The Bohemian Café, Sheffield	180
Eighth Day	92	UK Mama, Sheffield	183
Greens	93	West Yorkshire	
The Thirsty Scholar	95	Prashad, Bradford	195
Sweet Tooth Cupcakery	99	Treehouse, Bradford	196
Something Fishy	102	Kwerki Café, Huddersfield	202
Merseyside		The Veggie, Ilkley	203
Cooks Catering	106	Hansa's, Leeds	205
Maharajah Restaurant	109	The Cheerful Chilli, Otley	211
Nottingham		Healthy Option, Wakefield	214
Crocus Café	126		
Alley Café	127		

33 Newgate B&B, Barnard Castle 63
9 Green Lane, Buxton 52

ABC of Health, Harrogate 152
Acorn Guest House, Hull 168
Advanced Nutrition, Morpeth 123
Airy Fairy, Sheffield 176
Aiseford Tea Rooms, Ashford 53
AJ's chip shop, Hebden Bridge 192
Alhana Falafel, Durham 64
All Good Catering Co., Newcastle 145
Alley Café, Nottingham 127
Alligator Wholefoods, York 165
Almonds & Raisins, Newcastle 142
Alms Houses, Durham 64
Alternative Stores, Newcastle 143
Anand Sweets, Leeds 205
Aphrodite HF, Penwortham 78
Appleseeds, Ulverston 46
Archway Cottage, Ilkley 192
Ardrig Vegetarian B&B 32
Arthur Street Trading, Hull 172
Ask, Hull 172
ASM, Ashton-uner-Lyne 70

Bailgate Health Store, Lincoln 86
Balti House, Nottingham 130
The Bar (Marble Brewery),
Manchester 96
Barburrito, Manchester
Deansgate 97
Piccadilly 97
Trafford Centre 97
Barf House, Cockeremouth 17
The Barn at Ashe Hall, Etwall 51
The Barnacle, Whitley Bay 144
Bawtry Deli & Cafe 175
Bawtry Natural Health 175
Bay Horse Inn, West Woodburn 118, 123
Bean There, Bridlington 168
Beansies Wholefoods, Sheffield 183
Bear Cafe-Bar, Todmorden 79
Bear Healthfoods, Todmorden 80
Beech Tree Guest House, Coniston 22
The Beehive, Leeds 208

Bella Italia
Blackpool 72
Lancaster 76
Bilash, Sheffield 181
Birds Nest Cottage, Glossop 51
Blackpool Nutrition Ctr, Blackpool 72
Blake Head, York 162
Blue Moon Café, Sheffield 177
Bob Trollop's Pub, Newcastle 141
Bohemian Cafe, Sheffield 180
The Book Case, Hebden Bridge 193
Briar Lea Guest House, York 160
Brimelow C L, Dewsbury 198
Broadway Media Ctr, Nottingham 130
Buddhist Centre Café, Buxton 53
Burnley House, Hutton-le-Hole 149
Bury Natural Health Store, Bury 74

A-Z INDEX

Butterfly Cabinet, Newcastle 138
Buxton Tram, Derbys 61

Cafe @ Green Pavilion, Buxton 53
Cafe Curio, Berwick 120
Cameo Hotel, Blackpool 72
Carriages, Knarborough 153
Castletown Health Store 218
Caudwell's, Rowsley 52
Chantry Tea Room, Morpeth 123
Cheerful Chilli, Otley 211
Chevin Health Store, Otley 212
Chorley Health Foods, Chorley 74
Chorlton Wholefoods, Manchester 99
Chrysalis Wholefoods, Wigton 46
Coach House, Cornhill-on-Tweed 118
The Common Place, Leeds 205
Corner Cafe, Leeds 206
Coven Delicatessen, Wigan 80
Crazi Carrots, Bolton 69
Crewe Hall, Crewe 7
Crocus Café, Nottingham 126
Croft Guest House, Cockeremouth 18
Curio Cafe, Berwick 120

Dairy Guest House, York 160
Dandelion & Burdock, Sowerby Br 213
Derby Vegetarian Society 61
Derbyshire Vegetarians 61
Dhesi Sweet Centre, Derby 57
Dilli, Altrincham 5
Dog & Partridge, Ashbourne 52
Doi Intanon, Ambleside 34
Dosa House, Middlesbrough 65
Dough, Manchester 97
Down to Earth, Sheffield 183
Dragon Indulgence, Liverpool 111

Earth Café, Manchester 91
Earth Mother, Bury 74
East and West, Sheffield 181
East Midlands Vegan Festival 135
East Riding Vegans 173
Eastern Spice, Hebden Bridge 192
Eat Me, Scarborough 156
Eating Whole, Doncaster 176
Edendale House, Southport 106
Edwardene Hotel, Keswick 28
Egg Café, Liverpool 106

Ego
Bramhall 5
Heswall 113
Liverpool 108
Ego, Warrington 9
Eighth Day café, Manchester 92
Eighth Day shop, Manchester 100
El Piano, York 161
Elliotts's, Chesterfield 54
Encounters, Nottingham 130

- Fairchild's, Scarborough 155
 Falcon Guest House, Whitby 149
 Falstone Tearoom, Falston 121
 Farmer's Arms, Bispham Green 71
 Fat Cat, Sheffield 181
 Feathers Inn, Hedley on the Hill 122
 Feel Good Factory,
 Appleby-in-Westmoreland 36
 Fellinis 33
 Fenwicks Food Hall, Newcastle 144
 Fernleigh Hotel, Peel, Isle of Man 218
 Fiesta Mhicana, York 164
 Firenze, Buxton 54
 First Season, Whitby 156
 Flamenco, Buxton 54
 Flying Goose 126
 Food From Nowhere, Liverpool 107
 Food Therapy, Halifax 200
For Goodness Sake
 Coulby Newham 65
 Guisborough 65
 Middlesbrough 65
 Forum, Lincoln 86
 Fountains Court, Scarborough 150
 Fountains, Ripon 154
 Fox Hall Vegan B&B, Kendal 24
 Fuel, Manchester 94
Gaia Wholefoods, Lincoln 87
 Garden Station, Hexham 122
 Garstang Nat Health, nr Preston 78
 Gekko, Newcastle 140
 Gianni's, Whitby 150
 Gillam's Tearoom, Ulverston 45
 Ginger Vegetarian Café, Halifax 199
 The Globe pub, Glossop 58
 Goji, York 163
 Golden Harvest, Workington 47
 Good Health, Port Erin 219
 Good Life, Wetherby 215
 Goodbody's Café, Middlesbrough 65
 Grain Wholefoods, Hull 172
 The Granary, Chester 6
 The Granary, Cockermouth 37
 The Granary, Heswall 115
 The Granary, West Kirby 115
 Granny Smiths, Ambleside 36
 Great Panda, Buxton 54
 Green Action Food Co-op, Leeds 208
 Green Days, Aigburth 108
 Green Fish Café, Liverpool 107
 Green Ginger, Hull 170
 Green Health Shop, Cleckheaton 198
 Green Health Shop, Ikkley 204
 Green Pavilion Cafe, Buxton 53
 Green Shop, Berwick 121
 Green Vale Restaurant, Grasmere 39
 Green Valley Grocer, Slaithwaite 213
 Green Way Café, Matlock 59
 Green's, Douglas, Isle of Man 218
 The Greenhouse vegetarian restaurant, Altrincham 5
 Greenhouse Natural Healthstore, Longridge 78
 Greenhouse Restaurant, Manchester 93
 Greens Cafe, Hebden Bridge 190
 Greens, Lincoln 86
 Greens Restaurant, Manchester 93
 Gregson Centre, Lancaster 75
 Grimsby Vegetarians 88
 Grove Cafe, Leeds 207
Gusto
 Alderley Edge 5
 Heswall 113
 Knutsford 8
 Liverpool 108
Half Moon Wholefoods, Brampton 37
 Half Moon, Huddersfield 202
 Hall Croft,
 Appleby-in-Westmoreland 16
 Hanni's, Sale 8
 Hansa's, Leeds 204
 Hanuman Thai, Todmorden 80
 Hawkers Green, Leeds 207
 Hazelmere, Keswick 32
 The Headless Woman, Tarporley 9
 Health & Vegetarian Store, Manc 100
 The Health Shop, Shipley 213
 The Health Store, Nottingham 133
 Health Warehouse, Darlington 64
 Healthfood Co, Leeds 209
 Healthy Life, Skipton 156
 Healthy Option, Wakefield 214
 Heeley City Farm Cafe, Sheffield 179
 The Heights Hotel, Keswick 26
 Hellon's Health, Blackpool 72
 Hexham Tans, Hexham 122
 Hitchcock's, Hull 171
 Holbeach Wholefoods, Holbeach 85
Holland & Barrett
 Cheshire 9
 Cumbria 47
 Derbys 61
 Co. Durham 67
 Isle of Man 219
 Lancs 82
 Lincs 88
 Liverpool 110
 Manchester 102
 Northumberland 124
 Notts 134
 Southport 112
 Tyne & Wear 145
 Wirral 116
 East Yorks 173
 North Yorks 157
 South Yorks 185
 West Yorks 216
 York 165
 Homemade Café, Sheffield 177-8
 Honest to Goodness, Hoylake 115
 Honey Tree, Newcastle 140
 Honister House, Keswick 28
 Host, Liverpool 108
 Hotel Roma, Chester 6
In a Nutshell, Sheffield 183
 In the Peak of Health, Glossop 59
 Isle of Man Health Food Centre 219
 Ivy Guesthouse, Bradford 192
Jack Sprats, Newcastle 137
 Jhinook, Sheffield 182
 Jim Skaffy, Colne 74
 JK's Chinese, Hebden Bridge 192
Julian Graves
 East Yorkshire 173
 Douglas, Isle of Man 219
 Morpeth, Northumberland 124
 Scarborough, N Yorkshire 157
 Wigan, Lancas 81
 Jumbo Buffet, York 164
KAN Health Foods, Kendal 40
 Kayal, Nottingham 130
 Kerala Kitchen, Prenton 113
 Kersal House B&B, Hebden Bridge 190
 Kershaw's, Whitehaven 46
 Khan's, Newcastle 138
 Kielder Youth Hostel, Kielder 119
 Kings Arms, Halifax 200
 Kings Head, Tealby 88
 Kirkwood Guest House, Windermere 32
 Kitchen on Great Moor St, Bolton 72
Kro, Manchester
 Kro Bar 95
 Old Abby Inn 95
 Piccadilly 95
 Trafford Centre 95
 Kro2 95
 Kwerki Café & Deli, Huddersfield 202
Lakeland Living, Cockermouth 19
 Lakeland Pedlar, Keswick 41
 Lam's, Crewe 7
 Lancrigg 20
 Langtong Thai, Nottingham 131
 Laughing Lentil, Salford 101
 Leeds Farmers Market 206
 Leeds Veg & Vegan Society 216
 Libra, Tarleton 79
 Lidmoor Farm, Bransdale 148
 Lily's, Ashton-umer-Lyne 70
 Little China, Grimsby 85
 Little Tokyo, Leeds 206
 Living Well, Milnthorpe 41
 The Long View, nr Berwick 118
 Louth Vegetarian Group 88
 Louth Wholefood Co-op 87
 Love Organic, Leeds 207,209
Lucy's, Ambleside
 Lucy's on a Plate 34
 Lucy's Specialist Grocer 36
 Lucy4 Wine Bar & Bistro 36
 Lumb Cottage, Hebden Bridge 189
Lush
 Arndale, Manchester 101
 Royal Exchange, Manchester 101
 Trafford Centre, Manchester 101
 York 165
Maharajah, Liverpool 109
 Man Zen, Hale 7
 Man Zen, Knutsford 8
 Manchester Veg & Vegan Group 102
 Manchester Vegan Society 102
 Mango cafe, Wetherby 214
 Mango restaurant, Wetherby 215
 Manuka Health Store, Windermere 47
 Manzil Tandoori, Morpeth 123
 Marina Arms, Amble 120
 Market Shop, Berwick 121
 Mattas, Liverpool 111
 Maud's Tearoom, Boston 84
 Mayson's Restaurant, Kendal 41
 McQueens, Knaresborough 153
 Meltons Too, York 164
 Mezze, Wallasey 113
 Michelango, Buxton 54
 Millennium Saagar, Douglas 219
 Millies, Leeds 209
 Mimosa, Hull 172
 Ming Vase, Birkenhead 113
 Mm... Deli, Nottingham 128
 Modern Herbals, Halifax 200
 Moguls, Lancaster 76
 Mojo's Music Café, Scarborough 155
 Momtaz, Sheffield 182
Monk Bar Chocolatiers, York
 Goodramgate 165
 Shambles 165
 Monsell, Skegness 84
 Mooch Cafe, Hebden Bridge 192
 Mooreys Health Stores, Preston 77
 Mooreys, Blackburn 71
 Mooreys, Rossendale 79
 Morrisons Café 7
 Mother Nature, Ramsey 220
 Mungo Deli, Knaresborough 153
 Myrtle Grove, Hebden Bridge 189
Nab Cottage, Ambleside 32
 Nag's Head, Edale 58
 Nat's Kitchen, Buxton 54
 Natural Choice, Knaresborough 153
 Natural Food Co, Nottingham 133
 Natural Food Store, Leeds 210
 Nature's Best, Wigan 81
 Nature's Boutique 116

Nature's Health Store, Penrith	44	Pizza Margherita, Lancaster	76
Nelson's, Hebden Bridge	191	Pomegranate Organics Etc, Leeds	207
New Roots cafe, Sheffield	179	Prashad, Bradford	193
New Roots shop, Sheffield	184	Preston Health Food Store	77
New Water Margin, Derby	56	Prima, Ripon	154
Newgate Market, York	166	Prospect End B&B, Hebden Bridge	190
News From Nowhere, Liverpool	111	Purely Natural, Leeds	211
Ning, Manchester	97	Pyewipe Inn, Lincoln	84
Noah's Place, Berwick	119		
Nomad, Nottingham	128	Quality Health Foods, Harrogate	152
North Cliff, Robin Hood's Bay	150	The Quarter, Liverpool	109
Northumbria Veg*ns	124, 145	Quince and Medlar, Cockermouth	38
Nottingham Animal Rights	135		
Number 9, Sheffield	178	Rattle Gill Café, Ambleside	34
Number 37 B&B, Wirksworth	52	Ravensdowne GH	119
Nutmeg Café, Scarborough	155	Rawal Restaurant, Bradford	197
		The Red Cow, Nantwich	8
Oakwood Health Foods, Leeds	210	Red Hot World, Nottingham	131
Oast Guest House, Settle	150	Red Triangle, Burnley	73
Odd, Manchester	96	Relish (now Greens), Hebden Br	190
Odder, Manchester	96	Retreat Cafe, Grassington	151
Oddest, Manchester	96	Review Coffee Bar,	
Offshoot Wholefoods, Keighley	204	Barrow-in-Furness	36
Oklahoma, Manchester	94	Rim Nam Thai, Hebden Bridge	192
Old Sun Hotel, Halifax	200	Ritz, Lincoln	86
Old Water View, Patterdale	23	RK Sweets, Preston	77
Olde Barn, Tealby	87	Hotel Roma, Chester	6
Olive Branch, Bradford	197	Roots and Fruits, Leeds	205
Olive Deli, Manchester	101	Roots Natural Foods, Nottingham	133
Only Natural, Wigan	81	Rosemary's, Nottingham	133
The Orange Tree, Rosedale	149	Rotcher Coffee Bar, Holmfirth	201
Organic Direct, Liverpool	116	Rowan Tree, Grasmere	39
Organic Heaven, Chesterfield	55	Roya's at The Flying Goose,	
Otley Apothecary, Otley	212	Nottingham	126
Out of This World, Leeds	210	Royal Thai, Nottingham	131
Outside Shop Café, Hathersage	59	Ruffi, Buxton	54
		Ryecorn Wholefoods, Brighouse	197
Palm Tree, Nottingham	131		
Paprika, Bury	73	Sabai, Liverpool	109
Paradise Indian, Hebden Bridge	192	Saker, Hebden Bridge	193
Pastures New,		Saltburn Health Foods	154
Appleby-in-Westmoreland	36	Sanders Yard GH, Whitby	151
Pennine Provisions, Hebden Br	192	Sanders Yard restaurant, Whitby	156
Peppercorn, Goole	169	Scarthin Books, Scarthin	60
Perkins' Pantry, Louth	87	Scouseveg	116
Phoenix Court, Scarborough	150	Screaming Carrot, Nottingham	134
Pimento Tearooms, Lincoln	85	Scrupmy Willow & Singing Kettle,	
Pizza Express		Newcastle-upon-Tyne	142
Menu 6		Seasalt & Passion, Bridlington	169
Cheadle, Cheshire 6		Seasons, Chester-le-Street	63
Manchester (8 branches) 98		Sefton House, Ulverston	32
Darlington 63		Shahensha, Derby	56
Derby Irongate 56		Shalimar, Derby	56
Derby Westfield 56		Sheffield Animal Friends	185
Durham 64		Sheffield Vegetarian Soc	185
Gosforth 137		Sheldon's Luxury Retreat, Sheldon	51
Hale, Cheshire 7		Shepherd's Purse B&no-B, Whitby	149
Knutsford, Cheshire 8		Shepherd's Purse shop, Whitby	157
Macclesfield, Cheshire 8		Sheriff Lodge, Matlock	51
Newcastle-upon-Tyne 140		Simply Natural, Kirkham	78
Wilmslow, Cheshire 9		Simply Thai, Buxton	54

Single Step, Lancaster	77	Vegan Nottingham Guide	135
Sinners Café, Berwick	120	Vegge B&B, Durham	63
Sky Apple, Newcastle	139	Veggie, The, Ikley	203
Sokrates, Bolton	73	Veggies, Nottingham	134-5
Sokrates, Sale	8	V-Fresh, Blackburn	71
Something Fishy, Manchester	102	Victoria Hotel, Nottingham	132
Sonargaon, Cleethorpes	85	Vinehouse Café, Helmsley	152
Sound Bites, Derby	57		
South Square Café, Bradford	193	Wagamama	
Southwell's, Bispham Green	71	Menu 99	
Spice of Life, Bourne	84	Corporation St, Manchester	99
Spurriergate Centre, York	165	Spinningfields, Manchester	99
Square Sail, Lincoln	86	Newcastle-upon-Tyne	142
Squeek, Nottingham	128	Nottingham	132
St John Street Gallery, Ashbourne	52		
St John's Lodge, Windermere	30	The Waiting Room,	
Stonecroffe, Edale	50	Stockton on Tees	65
Studio2@Parr Steet, Liverpool	106	The Watermill Café, Caldbeck	37
Sultan Food Court, Lancaster	76	The Watermill, Little Salkeld	44
Sultan of Lancaster	76	Waterside Wholefood, Kendal	40
Sumac Centre, Nottingham	129	Well Bean, Scarborough	155
Surya Snack Bar, Bolton	73	The Whale Tail, Lancaster	75
Sweet Tooth Cupcakery, Chorlton	98	White Rabbit Chocolate, Beverley	168
Sweet Tooth Cupcakery, N Qtr	98	Wicker Herbal Stores, Sheffield	184
Swinton Health Foods, Swinton	101	Wild Carrot, Buxton	54
		Wild Oats, Skipton	156
Tamatanga, Nottingham	132	Windmill Wholefoods, Wavertree	112
Tampopo, Manchester		Wirral Veggies	116
City Centre 98		Wok 1, Derby	57
Trafford 98		Wolds Retreat, Pocklington	148
Triangle 98		Women's Holiday Centre,	
Tapstry Tearooms, Kendal	40	Horton-in-Ribblesdale	148
Tees Veg	65	World Peace Café	
Thai Boran, Derby	56	Etwall, Derbys	51
Thai House Restaurant, Hull	172	Halifax, W Yorks	199
Thai Jantra, Boston Spa	192	Huddersfield, W Yorks	201
Thailand No.1, Nottingham	132	Nottingham	129
Thailand Number One, Lincoln	85	Pocklington, N Yorks	154
That Old Chestnut, Leeds	206	Sheffield, S Yorks	180
Thirsty Scholar, Manchester	95	Ulverston, Cumbria	45
Thorncliffe B&B, Hebden Bridge	190	World Peace Shop, Gosforth	137
Three Wheat Heads, Thropton	123		
Tikka Tikka, Whitby	150	Yaffle, Derby	55
Topaz Café, Ashton-uner-Lyne	70	Yewfield Vegetarian B&B, Ambleside	14
Treehouse, Bradford	196	York Alternative B&B, York	160
Tullivers, York	166	The York Nut Centre	166
Tulsi, Bradford	196	Your Nuts	
Tynwald Hill Café, St Johns	220	Broomhill, Sheffield	184
		Denby Dale	198
UK Mama, Sheffield	182	Holmfirth	201
Unicorn Grocery, Manchester	102	Yuet Ben, Liverpool	110
Upfront Gallery, Unthank, Penrith	41		
		Zed on the Edge, Sheffield	184
Va Bene, Glossop	59	Zeffirelli's	33
Valley Organics, Hebden Bridge	193	Zoo Café, Hull	170
Veg NE	67, 124, 145		
Vegan Cake Direct, Matlock, Derby	61		
Vegan Hot Dog Stall, Manchester	95		
Vegan Lincs	88		

LOCATIONS INDEX

Accrington	82	Chorley	74,82	Hebden Bridge	188-193	Nantwich	8,9	Rotherham	185	Tarleton	79
Aigburth	108	Chorlton on Medlock	95	Heeley, Sheffield	179,182-3	Nether Edge	177-8,184	Rowsley, nr Bakewell	52	Tarporley	9
Alderley Edge	5	Chorton-cum-Hardy		Helmley	152	Newark	134	Runcorn	9	Tealby	87-88
Altrincham	5,9		95-6,98,99,102	Helsington	24	Newcastle-upon-Tyne	140-145	Rusholme	93	Teesside	67
Amble	120	Cleckheaton	198	Heswall	113,115	Newton Heath	100	Sale	8,9	Thirsk	157
Ambleside	14,32-5,47	Cleethorpes	85	Hexham	122,124	North Shields	145	Salford	82,98,101	Thornton, Bradford	195
Appleby-in-Westmoreland		Cleveland	62-7	Hockley	127-8,130-4	Northallerton	157	Saltburn by the Sea	154	Thropton	123
	16,36	Cleveleys	82	Holbeach	85	NORTH YORKSHIRE	147-166	Scarborough	150,155-7	Todmorden	79-80
Ashbourne	52	Cockermouth	17-19, 37-9	Holmfirth	201	NORTHUMBERLAND	117-124	Scarthin	60	TYNE & WEAR	136-145
Ashford-in-the-Water	53	Colne	74	Hope Valley	50	Northwich	9	Scunthorpe	88	Ulverston	32,45-6
Ashington	124	Coniston	22	Horsforth, Leeds	211	Nottingham	125-135	Selby	157	Unthank, Penrith	43
Ashton-under-Lyne	70-1,82	Cornhill-on-Tweed	118	Horton-in-Ribblesdale	148	NOTTINGHAMSHIRE	125-135	Settle	150		
		Cottingham	173	Hoylake	115	Oakwood, Leeds	210	Sharrow Vale	181,183	Wakefield	214,216
Bakewell area	51-53,61	Coulby Newham	66	Hucknall	134	Oldham	82	Sheffield	176-185	Wallasey	113,116
Barborough	61	Crewe	7,9	Huddersfield	201-3,216	Ormskirk	82	Sheldon, near Bakewell	51	Warrington	9
Barnard Castle	63,67	Crookesmoor	183	Hull	168,170-3	Otley	211-212	Sherwood	128-130,133-4	Washington	145
Barnsley	185	Crookham	118	Hunters Bar, Sheffield	180	Parbold	71	Shingley	213	Wavertree, Liverpool	112
Barrow-in-Furness	36,47	CUMBRIA county	10-47	Hutton-in-the-Forest	43	Parbold, Lancs	71	Skegness	84,88	West Bridgford	133
Bawtrey	175	Darlington	63-4,67	Hutton-le-Hole	149	Patterdale	23	Skipton	156-7	West Didsbury	93,98
Beeston	126,132,134	Denby Dale	198	Ilkeston	61	Peak District	49	Slaithwaite	213	West Kirby	115
Belper	61	Derby	55-7,61	Ilkley	192,203-4	Peel, Isle of Man	218	South Shields	145	West Woodburn	118,123
Berwick upon Tweed	118-121,124	DERBYSHIRE county	49-61	ISLE OF MAN	217-220	Penrith area	43-4,47	SOUTH YORKSHIRE	174-185	WEST YORKSHIRE	186-216
Berwickshire	118	Dewsbury	198,216	Keighley	204,216	Penwortham	78	Southport	106,112	Wetherby	194,214-5
Beverley	168,173	Doncaster	176,185	Kendal	24,32,40-41,47	Prenton	113	Sowerby Bridge	213	Whitby	149,151,156-7
Birkenhead	113,116	Douglas, Isle of Man	218-9	Keswick	26-9,32,42-3,47	Preston area	77-78,82	Spalding	88	Whitehaven	46
Bispham Green	71	Durham city	63-4,67	Kielder	119	Prestwich	98	St Annes	82	Whitley Bay	144-5
Blackburn	71-2,82	DURHAM county	62-7	Kingston upon Hull	168,170-3	Port Erin, Isle of Man	219	St Helens	82	Wideopen, Newcastle	143
Blackpool	70,72,82	Easedale, Grasmere	20,39	Kirkham	78	Prenton	113	St Johns, Isle of Man	220	Wigan	80-82
Blyth	124	EAST RETFORD	134	Knatesborough	153	Preston area	77-78,82	Stamford, Lincs	88	Wigton	46
Bolton, Lancs	69,72-3,82	EAST YORKSHIRE	167-173	Knutsford	8	Prestwich	98	Stockport	9	Wilmslow	9
Bootle	116	Edale	50,58	Lake District	10-47	Ramsey, Isle of Man	220	Stocksfield	122	Windermere	30,32,47
Boston Spa	194	Ellesmere Port	116	LANCASHIRE county	68-82	Redcar	67	Stockton-on-Tees	66-7	Wirksworth	52
Boston, Lincs	84,88	Etwall	51	Lancaster	75-77,82	Ripon	154	Stretford	82	Wirral	113-116
Bourne	84	Falstone	121	Langley on Tyne	122	Robin Hood's Bay	150	Sunderland	145	Withington	94
Bradford	193-7,216	Forest Fields	134	Leeds	204-211,216	Rochdale	82	Sutton in Ashfield	134	Workington	47
Bramhall	5	Formby	116	Leigh, Lancs	82	Rosedale	149	Swinton	101	Worksop	134
Brampton	37	Gainsborough	88	Lenton	126	Rossendale	79			YORK	158-166
Bransdale	148	Garstang	78	Lincoln	84,85-88	Rothbury	123			YORKSHIRE	147-216
Bridlington	168-9,173	Gateshead	145	LINCOLNSHIRE county	83-8						
Brighouse	197	Glossop	51,58-59	Little Salkeld	44						
Broomhill, Sheffield	182,184	Goole	169	Liverpool	104						
Burngreave, Sheffield	179	Gosforth	137	Long Eaton	134						
Burnley	73,82	Grasmere	20,39	Longridge	78						
Bury, Lancs	73-4,82	Grassington	151	Louth	87-9						
Buxton	52-4,61	Grimsby	85,88	Macclesfield	8,9						
		Guisborough	65,67	MANCHESTER	89-102						
Caldbeck	37	Hale	7	Mansfield	134						
Carlisle	47	Halifax	199-200,216	Matlock	51,59,61						
Carrington	128	Harrogate	152,157	MERSEYSIDE county	103-116						
Castleford, W Yorks	216	Hartlepool	67	Middlesbrough	65-7						
Castlerigg	26	Hathersage	59	Middleton, Lancs	82						
Castletown, Isle of Man	218	Haworth	200	Milnthorpe	43						
Chain stores	9	Headingley, Leeds	207,210	Morecambe	82						
Chapel Allerton	207-9	Headley on the Hill	122	Morpeth	120,123						
Cheadle	6	Heaton	137-140	Mossborough	185						
CHESHIRE county	4-9										
Chester	6,9										
Chesterfield	54-5,61										
Chester-le-Street	63										
Chirnside	118										

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