

SCOTLAND – 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.

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

Featuring...

32 vegetarian restaurants, cafes and pubs

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

15 vegetarian accommodation

41 more places to stay with great veggie grub

114 delis, wholefood and other stores where local veggies shop

Vegetarian caterers

Local vegetarian groups to meet new friends

See what's in your area:

	Places to stay		Places to eat		Shops	Page
	Veggie	Omni	Veggie	Omni		
Edinburgh	1	9	13	24	17	1
Glasgow		6	8	20	33	35
Lowlands	6	16	6	48	51	71
Highlands	3	6	2	20	10	129
Islands	5	4	3	8	4	143
TOTAL	15	41	32	120	115	

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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 Scotland, 1st edition

by Alex Bourke & Ronny Worsey
ISBN 978-1-902259-13-0

Published January 2012 by Vegetarian Guides Ltd,
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UK & worldwide Distribution: Bertrams, Bookspeed,
Gardners, Green City, Highland Wholefoods, Suma
USA/Canada distribution: Book Publishing Company, TN

Design and maps: Mickaël Charbonnel, Alexandra Boylan,
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Vegetarian Guides logo design: Marion Gillet
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Cover photos (clockwise from top left)

1. Tapa Bakehouse, Edinburgh
 2. Edinburgh from Carlton Hill
 3. The 13th Note vegetarian pub, Glasgow
 4. Loch Morlich watersports centre
 5. Henderson's shop & deli, Edinburgh
 6. Vegan vet Andrew Knight in the Cairngorms (by Jasmijn de Boo)
- 2,4,6 © www.andrewsadventures.info, where you can enjoy heaps more photos of Scotland and the world by vegan adventurers Andrew Knight and Jasmijn de Boo

Printed and bound in Great Britain by QNS, Newcastle upon Tyne
www.qnsprint.co.uk

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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 8:**

SCOTLAND

**Edinburgh, Glasgow, Aberdeen, Angus, Argyll, Ayrshire, Borders,
Fife, Morayshire, Perthshire, Stirlingshire, Highlands and Islands**

300 places to eat, sleep and shop veggie

**by Alex Bourke & Ronny Worsey
with special thanks to
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Vegetarian Guides



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- 2. EAST RENFREWSHIRE
- 3. RENFREWSHIRE
- 4. INVERCLYDE

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Quirky and Special Places

The Engine Shed, Edinburgh

There are limited opening hours, but awesome value all-veggie food in this community enterprise staffed by people with learning difficulties. They make the best smoked tofu we've ever tasted (photo right). Page 13.



The Piemaker, Edinburgh

Most pie shops are out of bounds to vegans, but this Edinburgh institution offers clearly-labelled sweet and savoury options including Thai mushroom and a maple syrup lattice. The long opening hours are a real bonus. Page 21.

Mono, Glasgow

If you like to groove while you scoff and sup, visit Mono, a cafe-bar with a built-in record shop. The place also doubles up as a gig venue in the evenings. The menu is all vegan and they brew their own ginger beer on site. If we could teleport, we'd be there. Page 46.

Tchai-Ovna House of Tea, Glasgow

Fancy an unusual brew? You won't be limited to Assam, Darjeeling and Co-op 99 in this tea emporium, which sells over 80 varieties, from Golden Dragon Jasmine to Oolong Wu-long. There's veggie nosh and poetry nights, too. Page 53.

The Findhorn Foundation, Morayshire

This long-established place on two sites manages to be an ecological village, a music venue, a spiritual retreat, an education centre, a caravan park, a vegetarian-friendly cafe and lots of other things. It's home to hundreds of people and welcomes thousands of paying visitors each year. Page 115.

Ullapool, Wester Ross

This tiny coastal town has a surprisingly mild climate, with palm trees. The mountains run right down to the harbour. Despite its remote location, the place is a mecca for book, music and art lovers, with festivals and events all year round. There are also two vegetarian bed and breakfasts. Pages 132, 141.

Sleeperzzz, Sutherland

Wake up to stunning views from the windows of this self-catering hostel in a train carriage. You'll find castles, distilleries and mountain-bike trails nearby.

Bonnie Scotland!

Like the cinema adverts say: visit Scotland!

Scottish people don't wear sporrans down the pub, toss cabers, dance around in kilts (except at weddings) or set fire to wicker men on beaches. The roads don't peter out into gravel tracks north of Carlisle. You won't get savaged by a million marauding midges every time you venture outdoors, and there's a lot more on the drinks menu than whisky (marvellous though it is).

Scotland is a beautiful, forward-thinking country full of friendly people and packed with great places to visit. Although it has a long-standing reputation for an abundance of battered, deep-fried stodgy food, you'll also find a wide range of fresh, quality dishes from around the world, especially in Edinburgh and Glasgow.

Organic and healthy foods are really taking off in Scotland, with lots of low fat eating initiatives being in schools and new wholefood shops popping up all the time. You'll be amazed at the sheer range of tasty and imaginative meals and snacks.

Glasgow is a cosmopolitan, ethnically-diverse and fun place, with more vegetarian pubs than anywhere else in Europe (four of them have vegan menus, in fact!). It has a big arts scene, with live gigs everywhere, and some of the best architecture in Britain. You'll miss out on a lot if you don't pay a visit.

Edinburgh is the number one tourist destination in Scotland, especially during August, when the population soars due to all the coinciding festivals. It's worth a visit all year round due to the sheer rugged beauty of the place, the range and quality of the restaurants, and the many attractions such as the castle and the Scottish History Museum, which I rate as one of the best I've ever visited.

Many tourists leave the cities behind to visit Loch Ness in search of the monster, **Loch Lomond** for the views, the **West Highlands** and the **Cairngorms** to hike up mountains, and the many **gorgeous islands like Skye and Rum** to get away from it all. These areas have fewer taste-bud sensations for veggies, but you'll still be well catered for. There's a wide range of accommodation to suit you all, from honeymooning couples on the spend, to backpacking students on a tight budget.

If you're a **stone circle** freak like me, you'll find plenty of neolithic sites in Aberdeenshire, where the Picts once ruled. Unlike southern England, where sites are ring-fenced and admission fees levied, the sites are free to visit and untainted by vandals.

Finally, a word on the **weather**. Yeah, Scotland tends to be a few degrees cooler than the rest of Britain. The North East has chilly, bracing winds, though unknown to many, it also has a dry, sunny climate, with lower rainfall than London. North West Scotland is milder and damper, so dress for drizzle all year round. Midges can be an annoying problem in summer in the mountains, though you won't see them in towns or right on the coast. Check the midge forecast afore ye go.

Vegetarian Scotland

A holiday in Britain is not complete without visiting Scotland. The Highlands are breathtaking, the people are incredibly friendly, and the cities throb with life and culture.

Scotland has a slightly different **legal system** to that of England and Wales. Public access to the countryside is relatively unrestricted, with walking over uncultivated land and wild camping both being legal (provided no damage is caused, fires lit or litter dropped, of course!).

Top of the list of places to visit is Edinburgh, the capital. From the ancient castle, museums and galleries to the many pubs and night clubs, you will never be without something to see or do. The famous Fringe Festival, International Festival, Military Tattoo and Book Festival take over the city every August, so get in quick if booking accommodation for that month. You will not go hungry in this city. Edinburgh is excellent for vegetarians and vegans. **The number of vegetarian restaurants just keeps on growing** and it now rivals London as being the best city in Britain for vegetarian eating. Even if you are at an omnivorous restaurant, in Edinburgh they are used to catering for veggies and most know how to knock up a great meat-free meal.

Don't leave Scotland before you check out **Glasgow, the country's largest city. It is lively and cosmopolitan with a more 'Scottish' feel** than Edinburgh, and eating out is generally cheaper.

Glasgow was the first modern city in the West to be laid out in a grid and was the model for many of the American cities. It was recently used as an American city for a Hollywood movie. Glasgow is particularly known for its architecture due to Charles Mackintosh (1868-1928), the famous Glasgow-born architect and designer, who is renowned world wide for his innovative style which helped shape European Art Nouveau. Glasgow has a big shopping centre, a huge street market and loads of cosy cafes, bars and live music venues. Although not quite the vegetarian paradise that Edinburgh is, Glasgow is catching up fast and is the only city in Europe with an incredible **six vegetarian and vegan food pubs**: Mono, Stereo, The 78, The 13th Note, Heavenly and Saramago at CCA.

Aberdeen is Britain's northernmost city and it has a very distinct look, due to most of the buildings being made from granite, which sparkles in the sun. Aberdeen does not have any gourmet vegetarian restaurants, but do check out the bargain **all-vegan Tropical Gateway cafe**. A number of other places have good veggie options and the city gets better for eating out each year.

x If you love Scottish **malt whisky**, be sure to visit a distillery. Most welcome

visitors and offer guided tours, for which they'll charge anything from £2 to £6 per person. This normally includes a complimentary 'drammie' and a money-off voucher that you can redeem against a purchase from the shop, so if you intend to buy a bottle, the tour is effectively free.

If stunning scenery is what you're after, be sure to visit the **North West Highlands**. Once you get north of Glen Coe, the roads become narrow and the views are incredible, with beautiful mountains and valleys everywhere you look, especially in the Sutherland area. **Fort William** and **Aviemore** are popular ski resorts and although sadly lacking vegetarian restaurants, you can still find decent food. You can't go wrong in an Italian or Indian restaurant and you will find both in these towns.

North East Scotland is less dramatic, but has lots of attractive hills and mountains covered in swathes of purple heather, herds of stags, red squirrels and pine forests. This part of Scotland boasts a huge number of well-preserved neolithic sites that are generally free to visit, such as stone circles dating back 5,000 years – that's older than the pyramids! The **Cairngorms National Park** near Aberdeen is a very popular destination for walkers and skiers.

If you fancy a day out with a difference, try a tour of the **Black Isle Brewery** in Ross-shire: their beers are all vegetarian and organic. Close by is the **Findhorn Foundation** – a huge eco-community that runs a range of courses each year. They have a music venue with a veggie-friendly cafe that hosts acts from around the world.

All over Scotland there are vegetarian guesthouses in small towns or the remote and beautiful countryside. Imagine waking in the morning to the smell of vegetarian bacon and scrambled tofu, hearing the sound of birds chirping and knowing that all you have to do that day is enjoy yourself. Your Scottish hosts will do their utmost to ensure that you do.

For general tourist information on Scotland go to:

www.visitscotland.com
ww.scotland-info.co.uk
www.undiscoveredscotland.co.uk
www.wildlife.visitscotland.com
www.snh.gov.uk – Scottish Natural Heritage

Scotland what's on guide:
www.whatshappeningon.com

Scottish Vegans discussion forum:
<http://groups.yahoo.com/group/scottishvegans/>
They meet monthly for a potluck lunch in members' homes.

Edinburgh is one of the most attractive and striking cities in Britain, with stunning stone buildings overlooked by an imposing castle, and centuries of history and culture.

The city centre is full of lively pubs, cafes and shops, and is as good as Brighton and London for vegetarian food. Walking around requires a degree of fitness, as the city is very hilly and parts of the centre set on two levels, which adds to its atmosphere and rugged good looks. There are several excellent free museums, along with a thriving arts scene. The botanical gardens are also well worth a visit.

The annual Edinburgh Fringe Festival, International Festival, Book Festival and Military Tattoo draw thousands of people, so if you are planning to visit during late July or August, book your accommodation as far in advance as possible and expect to pay more than usual.

www.edinburghdaysout.com
www.edinburgh.org
www.edinburghcastle.gov.uk
www.edinburghcastle.biz
www.edinburgh-inspiringcapital.com

Websites recommended by Claymore Vegetarian Guest House:

www.edinburghsparkles.com
www.edinburghschristmas.com
www.edinburghguide.com/festival/edinburghwinterfestivals
www.informededinburgh.co.uk
www.edinburghspotlight.com
www.list.co.uk

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David Bann Restaurant

Situated just off the Royal Mile, a combination of modern, minimalist décor with candlelight makes this elegant gourmet eatery popular with tourists and locals.

The international menu starts with snacks and starters from £3.60–£7.65 and main meals around £10–13. Dishes include Thai fritters with smoked tofu; chilli crepe with griddled courgette and chocolate sauce; risotto with roasted tomato, peas and basil; asparagus risotto; koftas; Japanese style tofu and veg stir-fry with shitake mushrooms and udon noodles.

There are lots of desserts for £5.60 or have an assiette of several desserts for two to share for £9. Vegan options include raspberries in jelly with orange drizzle cake and rum sorbet; or apple, pineapple and plums with amaretto marinated figs, served in a filo basket with homemade coconut rum sorbet.

House wine from £3.35 glass, £13.95 bottle. Unusual bottled beers £3.20–3.75 include Scottish heather ale and Ben Nevis organic ruby red beer.

Good range of drinks including a gorgeous foamy hot chocolate £2.30. Teas and coffees £1.90–2.30. Hot port with cloves £3.40. Fresh pressed fruit juices £2.



Edinburgh

Vegetarian restaurant

56–58 St Mary's Street
(Royal Mile and Cowgate)
Edinburgh EH1 1SX

Tel: 0131-556 5888

www.davidbann.com
Email: info@davidbann.co.uk

Open:
Sun–Thu 12.00–22.00
Fri–Sat 11.00–22.30

Children welcome, high chairs

MC, Visa

Booking recommended, except during August when they don't take them; arrive early!

SCOTLAND

Edinburgh – vegetarian

Real Foods

Vegetarian wholefood supermarket

37 Broughton Street, Edinburgh EH1 3JU
Tel: 0131-557 1911
Open: Mon-Fri 08.00-20.00,
Sat 9.00-18.30, Sun 10.00-18.00

8 Brougham St, Tollcross, Edinburgh EH3 9JH
Tel: 0131-228 1657
Open: Mon-Fri 8.00-18.30, Sat 9.00-18.00,
Sun 10.00-17.00
www.realfoods.co.uk

Huge, well-stocked shops with stuff you won't find elsewhere and long opening hours. Thousands of vegan products. Lots of organic fruit and veg. Plenty of bread including gluten-free. Fridge with take-away sandwiches, wraps, rolls, pasties, sushi, hummus, tofu, vegan cheeses, meat substitutes. Freezers with ready meals, Swedish Glace, Booja Booja and other vegan ice-cream and desserts. Vegan chocolate by Plamil, Montezuma, Divine, Organica, Willie's, Booja Booja.
80 organic and vegan wines, some beer.
At least 2,000 bodycare products by Faith in Nature, Jason, Lavera, Green People, Urtekram, Weleda, Essential Care, Natracare. Maltex and other nappies.
Supplements include the full range of Solgar, Viridian, Bioforce, Quest,

Biocare, Nature's Plus, Nature's Aid, Higher Nature and lots more. Some Weleda and New Era homeopathy, Nelson's Bach Flower. Aqua Oleum and Absolute Aromas essential oils. Occasionally visiting practitioners doing evening events and late night shopping, see the webshop where you can buy tickets.

Cleaning products by Ecover, Almawin, Attitude, Suma Ecoleaf with refills if you ask. Health and diet books, incense, cards.

Early Bird discount scheme, just go early and sign up for 10% off 8-10am Mon-Fri, Sat 9-10am, Sun 10-11am. Over 250 items on special offer every month, and look out for half-price daily manager's specials.

Huge online shop with vegan clearly marked, thousands of items for immediate delivery. MC, Visa.

shops - Edinburgh
SCOTLAND



Edinburgh local groups

Cruelty Free Edinburgh

Online resource

www.crueltyfree.org.uk/edinburgh

This website gives local news and views about where to eat out and shop vegan in the city.

Edinburgh Raw Food

Social group

www.meetup.com/Edinburgh-Raw-Foodies

Vegan raw food potluck meals, workshops and outings.

Edinburgh Vegans

Online resource

<http://groups.yahoo.com/group/edveg>
David Harrington 0789 686491
Mail@davidharrington.org.uk

Local branch of both UK Vegetarian and Vegan Societies.

Ethical Voice for Animals - Bunny Huggers

Animal rights campaigning group

54 Manor Place, Edinburgh, EH3 7EH
EVA stall 1pm every Saturday 1pm, weather permitting, opposite Balmoral Hotel, Edinburgh
www.ethicalvoiceforanimals.org.uk
info@ethicalvoiceforanimals.org.uk
Facebook: EVA For Animal Rights

National group set up in 2007, based in Edinburgh, working to end all forms of animal abuse. Lots of actions in Aberdeen, Dundee, Edinburgh, Glasgow, Inverness. Stalls, protests, demos, school talks, workshops, food fairs, film nights, fortnightly email newsletter, campaigning skills workshops.

Onekind

Animal rights campaigning group

10 Queensferry Street, Edinburgh EH2 4PG
Tel: 0131-225 6039
www.onekind.org

Formerly known as Advocates for Animals, this group focus on getting to the root of animal exploitation by raising the status of animals in society, rather than simply highlighting areas of animal abuse, and campaigning for changes in the law.

Runs glossy "We're not that different" advertising campaign, endorsed by celebrities.

Scotland for Animals

Online resource

www.scotlandforanimals.org

This website gives info about animal welfare campaigns and issues.

Vegan Edinburgh + Glasgow

Online resource

Facebook: Vegan Edinburgh + Glasgow
www.facebook.com/groups/106588816094435

This is a group for vegans, and people thinking about becoming vegan, in the central belt of Scotland.

Tourist information websites
www.glasgowguide.co.uk
www.seeglasgow.com
www.glasgow.gov.uk/en/AboutGlasgow/Touristattractions

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Heavenly

Heavenly is an independent vegan cafe/bar located in the heart of Glasgow. It serves a varied, full menu in addition to its daily specials. It has an independent music policy; creating a soothing atmosphere by day and an invigorating, toe-tapping feel for the late evening. Occasional DJs at weekends. Framed LP's on the wall.

Weekends till 6pm **breakfast** £7.45 with tempeh rashers, sausage, scrambled beech smoked tofu, roasted mushrooms, potato scone, grilled tomato, beans and toast.

Starters and snacks £2.95–3.45 such as soup of the day, tempura, polenta cakes with spinach and pesto, beetroot salad, crostini, hummus and pitta.

Wraps and sandwiches £4.25–4.50 include TLT tempeh rasher; falafel; grilled seitan; BBQ jackfruit.

Mains £5.95–7.95 include bangers and mash with red wine and onion gravy; kale Caesar salad with beech smoked tofu; sweet and sour tofu with rice; roast vegetable pie with creamy mash; marinated tofu burger with roasted peppers and mushrooms in an organic rolls, served with chips, onion rings and salad; Moroccan 7-veg tagine stew with date and coconut couscous; daily specials.

All day lunch deal £4.95 soup and sandwich, sandwich and chips, or burger and beer.
Tuesday any two specials for £10.

Proper desserts £3.25–3.95 include sticky sponge with toffee sauce and ice-cream; apple and pear crumble with ice-cream or cinnamon custard; gingerbread with cinnamon custard.

Cakes: cupcakes and muffins, pastries, tarts all £1.95.

House wines are all vegan, as are most of the other drinks, and are marked if vegan. Bottle of wine £10.50, glass £2.95. Only Fosters isn't vegan, vegan beers include Heineken, Samuel Smith's, Becks, Brewdog Coffee, cappuccino, latte, hot choc (can be with mint or spices) £1.30–2.25. Teas £1.60. Irn Bru, juices, Whole Earth organic sodas, Fentimans, Red Bull, drinking vinegars £1.30–2.40.

Glasgow

Restaurant/cafe/bar with vegan food

185 Hope Street
Glasgow G2 2UL

Tel: 0141-353 0884

Open: Mon–Sun 12.00–24.00

Last food orders 20.00, but cakes all night

www.heavenlyglasgow.co.uk
Facebook Heavenly Cafe/Bar

All day lunch deal £4.95
soup and sandwich,
sandwich and chips, or
burger and beer.

Tuesday any two specials
for £10.

Doggy bags if your eyes
turn out to be larger than
your stomach.

Kids welcome daytime,
children's portions, 2 high
chairs, baby changing

All wines vegan

No dogs

Free wifi

Occasional weekend DJs

Visa, MC

Glasgow food wholesalers

Green City Wholefoods

Vegetarian food wholesaler

23 Fleming St, Dennistoun (East End),
Glasgow G31 1PQ
Tel: 0141-554 7633
Open: Mon-Fri 9.00-17.00, Fri -15.00
www.greencity.co.uk

A huge, well-stocked vegetarian wholefood co-op, no longer cash and carry. Minimum order £10 if you collect. Minimum order for delivery £100 to central Edinburgh or Glasgow. If you're an individual in these areas, best to enquire about bulk buying at one of the wholefoods stores they supply.

Lazy Day Foods Ltd

Vegan cake and biscuit bakery

1 Moncrieffe Road, Chapelhall Industrial Estate, Chapelhall, North Lanarkshire, ML6 8QH (off the M8 on the way to Edinburgh)
Tel: 01236-765 300
Open: Not currently open to callers
www.lazydayfoods.com online shop

Not a shop you can visit, but wholesale and online retail vegan and wheat-free biscuits and cakes, sold by stores in this book including Roots & Fruits and the new Whole Foods Market, plus Real Foods in Edinburgh and others supplied by Green City. Also in Waitrose, Sainsburys, Dobbies garden centre shops and restaurants across Scotland (Aberdeen, Ayr, Dundee, Dunfermline, Lasswade on Edinburgh outskirts, Stirling) and some National Trust for Scotland cafes.

The chocolate fudge cake, available only online, comes highly recommended and has won awards.

SCOTLAND

Glasgow - food wholesalers

Aberdeen is the hub of the North Sea oil industry and ferry port for the northern isles. It lacks the cosmopolitan bustle of Edinburgh and Glasgow and has more of an overgrown village feel. Tourists use the city as a base from which to explore the Cairngorms and the rugged coastline. Aberdeen has a distinctive look due to all the granite buildings, which sparkle in the sun. There's an ancient university, free museums and art galleries, a cathedral, Stratosphere science and discovery centre, and the Codonas Amusement Park where the big wheel offers views of the city.

Aberdeen is the gateway to the Malt Whisky Trail and the Castle Trail. A short drive away at Cruden Bay are the ruins of Slains Castle, which inspired Bram Stoker's *Dracula*. The area has miles of rugged beaches with sand dunes and pine forests, footpaths for all abilities in the Grampian hills, and many neolithic stone circles. The edge of the Cairngorms National Park is about an hour away.

Stonehaven is a nearby coastal town, which hosts an awe-inspiring fireball parade every Hogmanay. The Aberdeenshire coast has many great sites for spotting dolphins, seals and seabirds, which, combined with forests further inland full of red squirrels and stags, makes the area an ideal destination for nature-lovers.

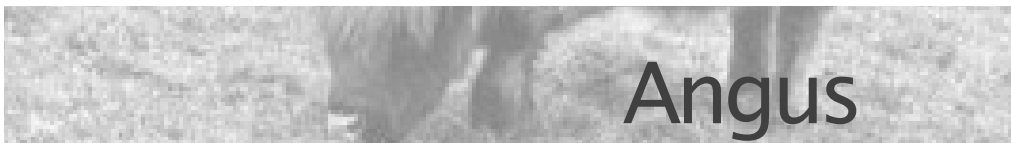
Aberdeen is well-connected by road and rail and has an airport. Ferries run to Orkney and Shetland.

Tourism info:
www.aberdeenshire-grampian.com
www.maltwhiskytrail.com

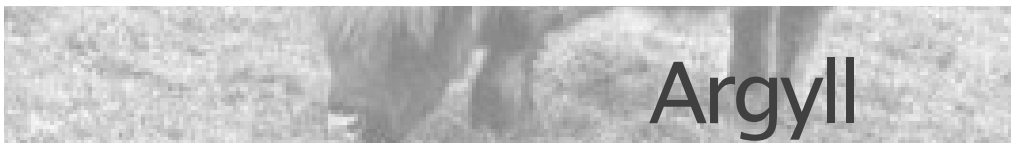
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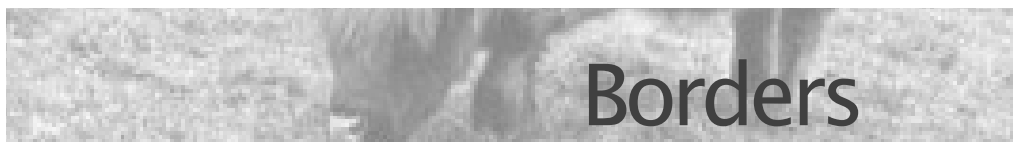
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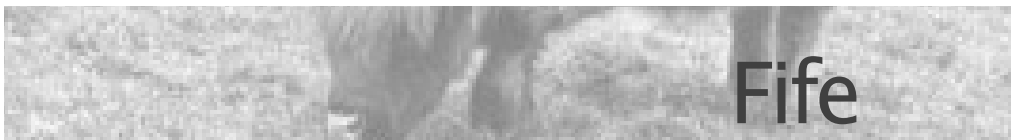


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Perth is a gateway to the Highlands and an excellent base for touring. By car it's half an hour from Dundee, less than an hour from Edinburgh, and just over an hour from Glasgow.

www.perthcity.co.uk
www.perthshire.co.uk
www.perthshire-scotland.co.uk
web.undiscoveredscotland.com/perth/perth
www.scone-palace.co.uk
www.pitlochry.org

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To visit the Highlands really means getting away from it all. The area contains the best scenery in Britain, remote white-washed crofts and herds of shaggy orange cattle. The Gaelic language is widely-spoken here, though everybody speaks English too.

Sutherland and **Wester Ross** are remote, stunning and wind-swept, with few towns and mostly single track roads, but plenty of wildlife spotting and mountai climbing opportunities. **Ullapool** is a tiny, beautiful town with a thriving arts scene, two vege-tarian bed and breakfasts and mountains that slope right down to the harbour.

Fort William is set amidst some of the most beautiful scenery in Scotland and is just around the corner from Ben Nevis, the highest mountain in Britain. The town relies on tourists and is ideal for a quiet walking holiday, or a more active skiing, rock climbing, canoeing or cycling fix. Also nearby is the Ben Nevis Distillery, where visitors can take a tour.

Kingussie is an excellent centre for touring the Central Highlands. It's within easy reach of the **Aviemore** ski slopes and the western half of the **Cairngorms**, a National Park with some very remote forests filled with deer and red squirrels. The area offers lots of outdoor activities such as hill walking, mountaineering, natural history tours, skiing and snowboarding. There's also a Folk Museum, Wildlife Park and a Whisky Trail. **Loch Ness** is an hour's drive.

If you want city culture both traditional and modern, head for **Inverness**, which is well-linked by road, air and rail.

There's little to see at the famous **John o'Groats** besides a ferry terminal to Orkney, but people travel there just to say they've stood at the northeastern-most point in mainland Britain. The northernmost point is actually the wind-blasted **Dunnet Head**, which has a small nature reserve, car park and hotel.

Highland Wholefoods in Inverness is the perfect place to stock up on supplies, and they also supply many remote shops.

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Highland accommodation**Nevis View****Omnivorous B&B (vegetarian owned)**

14 Farrow Drive, **Corpach, Fort William**, Inverness-shire PH33 7JW (4 miles from town centre, 3 buses until 5pm, then hourly)
 Train: Corpach (Glasgow to Mallaig line)
 Tel: 01397-772 447
 Mobile: 07570 133 425
 Open: all year, but check for Xmas
www.neisviewfortwilliam.co.uk
enquiries@neisviewfortwilliam.co.uk

3 rooms, one with double, one single, plus Easter to end Aug one double/single, from £22.50 per person, from £30 single occupancy. Children 4–13 £12.50 sharing with 2 adults, or full price in own room. Family room with double and single, good for family of 4 using adjacent single at under-14 rate. Rooms have tv, clock radio, hospitality tray. Cooked vegetarian or vegan breakfast available, just be sure to tell them when booking. Packed lunch £5; 2 or 3 course evening meal £12.50–£15 with 24 hours notice. Well behaved dogs welcome with own bedding. Drying room. Bike and ski storage. Hairdryer available. Wifi.

Rhu Mhor Guest House**Omni guest house, veggie owners**

Alma Road, **Fort William**, Inverness-shire PH33 6BP
 Tel: 01397-702 213
 Train: Fort William, 10 mins walk
 Open: Easter–October
www.rhumhor.co.uk
ian.macpherson12@btinternet.com

Set in an acre of wild tree-shrouded garden, overlooking Loch Linnhe and the hills of Loch Eil. Veggie kilt-wearing proprietor!

7 rooms, 4 ensuite. Standard double or twin £21–25 per person. Double or twin

ensuite £29–33. Children 4–12 years sharing with 2 adults £14–17 in family or triple, charged as adults if in their own room. Under 3 no charge. Three adults sharing 10% discount. Single occupancy £29–59 according to room and season.

Light or full cooked breakfast, can cater for vegans. Rooms have washbasins, tea and coffee making. Cot. Tv lounge and separate sitting room. MC, Visa.

Sonnhalde**Omnivorous guest house**

East Terrace, **Kingussie**, Highlands PH21 1JS
 Tel: 01540-661 266
 Train Station: Kingussie 1/2 mile, then owners can collect
 Open: all year
www.sonnhalde.co.uk
sonn.gh@btopenworld.com

Victorian villa with an open outlook across the Spey Valley to the Cairngorm mountains. Seven rooms: 2 doubles ensuite £30 per person; 3 twins ensuite or with private bathroom £27–30; large ensuite family room, 4 single beds, £30; double plus adult bunk beds with shared bathroom, £26 each. Children under 16 half price.

Hearty vegetarian or vegan breakfast includes muesli or porridge, buckwheat crepes with tomatoes and mushrooms. Tea and coffee making in rooms, tv by request. Lounge with tv.

Cuilorag House

Veggie bed and breakfast with three rooms amidst some of Britain's most magnificent landscapes. The double and family room are £27.50 per person per night, single occupancy £40, and the double ensuite is £32.50 per person, single occupancy £50. Families from £66. For one night's stay add 10%, subject to availability. Children under 2 stay for free.

Breakfast is cereal or porridge followed by veggie sausages, potato scone, baked beans, mushrooms and tomatoes, Fairtrade tea or coffee. Vegan margarine and soya milk are always available and sometimes soya yogurt. A three course dinner is offered by arrangement for £20, such as home-made soup with chilli scones or hummus with garlic toasts followed by stuffed pancakes, winter vegetable crumble or sesame and lemon stir-fry and finish with pavlova with fresh fruit. Organic produce is mainly used, sometimes from the garden. There are veggie options at restaurants in nearby Fort William.

Fort William is a popular tourist centre and is close to the ski fields of Ben Nevis (Britain's highest mountain) and Glencoe. Skiing, snowboarding, hiking, climbing and bike riding are top activities in the area and you'll find plenty of shops where you can buy or hire equipment. There are walks for all levels, from strolls along Glen Nevis through the gorge to Steall Meadows, to the strenuous hike up Ben Nevis. Or you could embark on an eighty mile bike ride along the Great Glen Cycle Route which links Fort William and Inverness.

The Isles of Skye or Mull make great day trips.

All three rooms have a television and tea and coffee making facilities. Lounge with wood-burning stove, books and music. The garden attracts wildlife including red squirrels, deer and badgers.

Fort William area

Vegetarian bed and breakfast

Onich near Fort William
West Highlands PH3 6SD
Scotland

Tel: 01855-821 529

www.cuiloraghouse.com
enquiries@cuiloraghouse.com

Train Station: Fort William,
10 miles, then a bus

Open: Mar–Nov

Directions: from the south, it is half a mile past Onich village store. Take the left turn signposted for Ardrhu / Cuilcheanna / Cuilorag House, look for their sign. From the north, just over a mile past the Corran Ferry. Come through the Onich sign and look for the next turning on the right.

Parking: available

There is a cot and the proprietor may even babysit for you

No dogs in the house (but ok to sleep in your car)

Smoking in the garden only

5% discount on stays of two nights or more to members of the Vegetarian Society, the Vegan Society, Viva! and people presenting this book

Lazy Duck Hostel

Self-catering hostel, cottage,
camping and eco hut

Badanfhuarain, **Nethy Bridge**,
Inverness-shire PH25 3ED
Train: Aviemore, then £24 taxi ride, or bus
Open: all year, camping Easter to end Oct
Tel: 01479-821 642
www.lazyduck.co.uk
Mobile calendar:
lazyduck.co.uk/mobile.html
lazyduckhostel@gmail.com

The Lazy Duck in the Cairngorms National Park is one of Scotland's smallest hostels sleeping only eight people in an open plan sleeping gallery £15 per person. Private use by arrangement. Well equipped kitchen, with home baked bread on request. No smoking. Also woodman's hut for two £60 per night, or £150 for two nights weekend, can also take a baby under 1.

Cottage for 5 with double, twin and single plus cot. Pets by arrangement in the cottage only. From under £20 per person per night, see website for full details.

Advance groceries delivery service. Village shop one mile. Linen provided, bring own towels. Safe cycle storage. Washing machine and dryer by arrangement. Organic veg and salads grown on site. Sauna.

Ross-shire accommodation

Corry Lodge

Vegetarian bed & breakfast

Garve Road, Lochbroom, **Ullapool**, Wester
Ross IV26 2TB
Tel: 01854-612 777
Train: Inverness, 60 miles
Open: all year
www.corrylodge-ullapool.co.uk
Email: corrygarve@btinternet.com

Self-contained log cabin in one and a half acres of garden surrounded by woodlands, overlooking the loch and hills. One twin and one double bedroom, £27 per person. An extra bed can be put in the twin for £65 total per night. Children and animals welcome. Lounge/dining room, bathroom, kitchenette, microwave and fridge, although no cooker. However the vegetarian owners, who cook with seasonal organic ingredients, will bring cooked breakfast over to you. Vegans no problem.

Nearby are nature walks, the beach and sailing. The picturesque port town is a walk away and has a museum, theatre, pubs with live music and numerous restaurants serving vegetarian food. The cabin has all amenities including an iron and hairdryer. Televisions in the bedrooms. High chairs, toy box and cot. Be careful not to trip over one of the hens that run free in the garden.

Suilven

Vegetarian bed & breakfast

Rhue, **Ullapool**, Ross-shire IV26 2TJ
Tel: 01854-612 955
www.bvegb.co.uk
www.highlandpeaks.co.uk
info@bvegb.co.uk

This eco-home uses passive solar energy and a ground-sourced heat pump gives underfloor heating and hot

water, supplemented by a solar panel and wood-burning stove in winter. One double ensuite, one twin, call for prices.

Living room and sun room with views over the sea loch and mountains. Friendly cats.

The owner is a qualified mountain leader who offers guided walking and navigation courses.

Nearby restaurants include Indian and Chinese.

Little Hill of my Heart

Omnivorous bed & breakfast

Meall mo Chridhe, Cammusterach,
Applecross IV54 8LU
 Tel: 01520-744 432
www.applecrossaccommodation.co.uk

3 double rooms ensuite or with private bathroom, £32.50-£45 per person. Single by arrangement. No children under 12 (no family room).

The vegetarian breakfasts are truly amazing and as a result many non-veggers choose them. Their vegan menu for example includes juice, cereals, fresh fruit salad, soya yogurt, croustade of mushrooms, brazil nut roast haggis, soya and chickpea sausages. All vegan cooked dishes are home-made. They even make their own granola, muesli and bread.

No dogs, they have one. Rooms have wifi. One room is downstairs. Cash or cheque only.

Nearby the Applecross Inn and The Walled Garden cater for veggers and vegans.

For more on the area see the links page on their website.

Sutherland accommodation

Sleeperzzz

Self-catering hostel

Rogart Station, Pittentrail, **Rogart**, Sutherland IV28 3XA
 Tel: 01408-641 343
 Text/mobile: 07833 641226
 Open: beginning Mar - end Sep
 Train: Rogart (on Inverness Wick/Thurso Far North line, 4 trains daily each way, one on Sunday)
www.sleeperzzz.com
kate@sleeperzzz.com

Budget hostel in a train in an unspoilt crofting village, ideal for families, backpackers, walkers and cyclists. 26 beds. Two carriages each have 4 compartments, sleeping two in each, plus shared kitchen, dining room, living area, toilets and showers.

Another carriage has two self-contained sections, one with two beds, the other with two compartments sleeping two in each. Both sections have own kitchen, dining room, living area, toilet and shower.

A showman's wagon has one double bed and living area. Renovated Bedford SB bus has two beds and living area. These use cooking and toilet facilities in the adjacent carriages.

£15 per person, children under 12 £10, 10% discount for guests arriving by bicycle or rail. Free bicycle hire for guests. Bedding supplied, bring towels. No pets. Cash or cheque only. No smoking.

Spar shop 100m away which sells organic muesli. Great for hill walking or cycling, and sampling malt whiskies in the inn 100m away which does vegetarian food though not vegan. See website for full details and pictures.

Aviemore, Cairngorm**Mountain Cafe****Omnivorous cafe**

111 Grampian Road, Aviemore PH22 1RH
 Tel: 01479-812 473
 Open winter: Sat–Mon 8.30–17.30, Tue–Fri
 8.30–17.00; summer till 17.30 every night
www.mountaincafe-aviemore.co.uk
 Facebook: Mountain Cafe Aviemore

Scottish cafe with a kiwi twist, a huge Facebook following, and menus that indicate the many items that are veggie, vegan, dairy-free, gluten-free or wheat-free. Go through the mountain shop to get to the cafe upstairs. Views of the Cairngorms.

Breakfast till 11.30 from £1.50 for toast and spreads to £8.75 for a monster veggie all day cooked breakfast with filter coffee or tea. They even have vegan muesli £5.95 with poached plums, fresh fruit and berries. Red lentil and chunky veggieburger £9 with seasoned fries.

Lunch from 11.30 till they close. Soup £3.75, with a wrap £6.95 such as hummus falafel with couscous and salad. Wrap on its own £5.20. Salad £9.50 includes chickpeas, charred veg, pine nuts and roasted sweet potato. Filled baked potato £6.75. Fries £2.50. They can also do you a packed lunch £6 for wrap, cake, crisps and a drink.

Stacks of cakes £2.80–£3 include a vegan carrot, fruit and nut cake, berry pine flapjack.

Coffee, latte, cappuccino £2.20–2.60, they have soya milk. Tea £1.50. Juices and cans £1.80–2.10. Wine £4.35 small glass. Cairngorm Brewery local beers £4.50.

Children's menu, high chairs. No dogs. MC, Visa.

Fort William & Ben Nevis

Fort William isn't the best place in the world for vegetarians and watch out for high prices. You can find Indian, Chinese, Thai and Italian on the High Street. Here are some possibilities recommended to us by vegans who have visited Fort William:

Mango Thai/Indian at 24 High Street.

Cafe 115 at 115 do nice coffees, meals in the evening including vegetarian as a matter of course.

Everest Indian at 141.

Highland Star Chinese at 155.

Ben Nevis Inn**Omnivorous pub & self-cater hostel**

Claggan, Achintee PH33 6TE
 Tel: 01397-701 227.

Open: Apr–Oct Mon–Sun 12.00–23.00,
 late Oct–Apr Thu–Sun only, 12.00–23.00
 Food served until 21.00
www.ben-nevis-inn.co.uk

At the start of the track up Ben Nevis, caters veggie and vegan. Really nice atmosphere say local veggies.

Spring rolls with salad leaves and sweet chilli dip £5.75. Roasted vegetables in a tomato sauce topped with a nut roast crumble £8.95. Bowl of chips £2.50. Half portions for children.

The hostel bunkhouse is a good place to sleep just before climbing Ben Nevis, and go afterwards for a pint and a good rest. 24 beds in three sections, around £15 per night. Bunks have duvet and all bed linen, no sleeping bags allowed. Showers. Large kitchen. Drying area. It's very popular with walkers and mountaineers so advance booking is strongly recommended. MC, Visa.

Inverness restaurants**Riverdale Centre
Organic Cafe****Omnivorous organic cafe & shop**

105–107 Church Street, Inverness IV1 1EY
Tel: 01463–250 589
Open: Mon–Sat 9.00–17.00, Sun closed
www.therapies-inverness.co.uk

The omnivorous cafe is the best place to eat in Inverness for veggies. Everything is home-made and they use local organic veg, and organic bread from Findhorn, with the option of oatcakes and gluten-free bread too.

Soup and a roll or savoury muffin £3.95 (note the muffins are not vegan but could be if it's a gluten-free one). Sandwich with salad £4.60–4.95, include hummus, roast red pepper hummus, patés. Soup and sandwich combo £6.20–6.60. Toasties £3–4.50. For something more substantial they are building a range of daily specials such as falafel or veggieburger £4.95. Home-made cakes £2.20 and cookies £1.75–£2, always a gluten-free and vegan cake, usually sugar-free, such as carrot, apple, orange, pumpkin seed and raisin cake.

Coffees £1.95–2.50. Tea £1.75. They have soya milk. Organic vegetable juices, fruit smoothies and soft drinks. Children welcome, no high chair but they have high stools. MC, Visa.

The small organic **shop** has breads, local organic veg and herbs, local organic salad bags from Easter till November, and many gluten-free and vegan products.

Therapies in the centre include acupuncture, Alexander technique, psychotherapy, hypnotherapy, herbal medicine, homeopathy, massage, osteopathy, physiotherapy, reflexology, Reiki, shiatsu, nutrition.

Pizza Express**Omnivorous restaurant**

Unit B Eastgate Centre, Inverness IV2 3PP
(near the train station)
Tel: 01463–709 700
Open: Sun–Wed 11.30–22.00, Thu–Sat 22.30
www.pizzaexpress.com

For menu see Glasgow. Live jazz Thursday evening. Baby changing. Outside seating.

Most places in Inverness town centre cater for vegetarians. Some suggestions from locals:

Aspendos Turkish at 26 Queensgate IV1 1DJ.

George's Thai & South Indian at 19 Queensgate IV1 1DF.

Rendezvous Cafe at 14a Church Street IV1 1EA.

The Rajah Indian at 2 Post Office Ave IV1 1DN.

Riva Italian at 4–6 Ness Walk IV3 5NE.

Yum Cafe at 14a Margaret Street IV1 1LS (open till 6pm).

Inverness shops

Highland Wholefoods

Vegetarian wholefood distributor

Highland Wholefoods Workers Cooperative, Unit 6, 13 Harbour Road, Inverness IV1 1SY (opposite Inverness College on the Longman Industrial Estate, 10 mins walk from the main bus and train stations)
Tel: 01463-712 393
Showroom: 01463-712 696
Fax: 01463-715 586
Open: Mon-Fri 9.00-17.00, Sat 10.00-16.00
www.highlandwholefoods.co.uk
www.facebook.com/HighlandWholefoods
sales@highlandwholefoods.co.uk

Organic, vegetarian, GM-free and Fairtrade products. Bulk buy warehouse at the back, retail showroom at the front which is a regular wholefood shop. They have supplied local communities in the Highlands, Islands and north-east Scotland since 1989, even the remotest areas.

You can come in, browse and select your own order. Or phone first then phone, fax or email your order for delivery or collection. There's a price list on the website, click the Products tab on the home page. If you're self-catering

and get your order in a week ahead, they can deliver to your accommodation. No minimum order.

The shop has fresh bread. Fridge and freezer with vegan cheeses, meat substitutes, hummus, tofu, vegan ice-cream by Swedish Glace. Japanese products.

Vegan chocolate by Plamil, Moo Free, Booja Booja, Divine, Organica, Montezuma.

All their wine is vegan organic. Beer, cider. Whisky on special order.

Bodycare by Faith in Nature, Weleda, Green People, Kingfisher, Caurnie soaps, Toms, Natracare. Maltex and Bambino nappies, Hipp and Ella's Kitchen baby food.

Cleaning by Ecover, BioD, Clearspring, Fodasan, Earth Friendly and Faith in Nature.

Some supplements and remedies. Aqua Oleum essential oils. Local books and cds. Candles, incense. MC, Visa.



The Health Food Shop

Health food shop

20 Baron Taylor Street, Inverness IV1 1QG
Tel: 01463-233 104
Open: Mon-Sat 9.00-17.30, Sun closed
Website on the way

In the town centre, great for stocking up on wholefoods, they even have spelt bread. Fridge and freezer with vegan cheeses such as Tofutti and Bute Island Sheese, fake bacon, chicken, tofu, vegan Swedish Glace ice-cream. Lots of non-dairy milks such as rice, oat, almond, coconut.

Vegan chocolate by Plamil, Montezuma, Conscious raw, Booja Booja, Organica. Bodycare by Faith in Nature, Jason, Avalon, Weleda, full Natracare range, some baby stuff.

Supplements by Solgar, Viridian, Vogel, Nature's Aid, Quest, Lifeplan, Lamberts. Weleda and Nelsons homeopathy. Essential oils.

Cleaning by Ecover and six refills, Ecoleaf. Good range of books, some magazines. They can order in anything you need. Also mail order. MC, Visa, Amex.

Holland & Barrett, Inverness

Health food shop

34 Eastgate, Inverness IV2 3NA
Tel: 01463-234 267
Open: Mon-Sat 9.00-17.30,
Sun 10.30-16.30
www.hollandandbarrett.com

Inverness local group

Vegan Inverness

Local social group

www.veganinverness.weebly.com
Facebook: Vegan Inverness

Meet for meals out around Inverness and surrounding towns. They welcome local or visiting vegans or people interested in becoming vegan.

SCOTLAND

Highlands - Inverness

Nairn**Sky Delights****Vegetarian organic shop & coffee bar**

9 Leopold Street, Nairn IV12 4BE
 Tel: 01667-452 874
 Open: Mon-Sat 9.00-17.00. Sun closed
 www.skydelights.co.uk

Officially a vegetarian take-away but they do have four bar stools, and it's a 98% organic wholefood shop too.

The cafe/take-away has homemade soups, filled pitta breads, spelt flour tarts including vegan options. Hot and cold organic sandwiches to order. Homemade vegan cakes, with gluten-free, sugar-free, nut-free and raw options. Organic smoothies, teas, Fairtrade coffees, cold drinks.

The shop has all organic fruit and veg. Findhorn organic breads daily Wed-Sat. Chilled goods with vegan cheeses, meat replacers, their own hummus, vegan yogurts. No freezer. Vegan chocolate by Plamil, Montezuma, Moo Free, Seed & Bean, Booja Booja.

Some bodycare and supplements and they can order in anything you need including Natracare and baby stuff.

Cleaning by Ecover and a couple of small refills. Some Detoxyourworld books.



140

The owner is a nurse and there is a qualified nutritionist in store a couple of days a week. Cookery and nutrition workshops. Outside catering, bespoke cake orders, specialise in sugar, dairy, wheat and gluten-free. MC, Visa.

Sky Delights tell us places to eat in Nairn include three Indians, Thai, Italian, Chinese, and a new bistro called Thyme which has some vegetarian dishes, lot of gluten-free and dairy-free and can cater for vegans. This seaside town has lots of hotels and B&Bs, and the owners often pop into Sky Delights to get food for their veggie guests.

Wester Hardmuir Fruit Farm**Fruit farm and omnivorous shop**

Auldearn, Nairn IV12 5QG
 (5 miles east of Nairn on A96)
 Tel: 01309-641 259
 Open: Jun-Dec every day 9.00-18.00
 www.hardmuir.com

Family-run fruit farm near Nairn where you can buy a wide range of fruit and veg picked fresh each morning. In summer you can walk around the farm and pick your own.

In June they have rhubarb and poly-tunnel strawberries, followed by gooseberries (end June); raspberries, black, red and white currant, logan and tayberries, brambles, blueberries; apples and plums (end August). Use their baskets or bring your own. There are some "table-top" strawberries under cover for picking on wet days or by elderly or less abled people.

The farm shop also sells potatoes and, according to season, beans, beetroot, broccoli, cabbage, carrots, cauliflower, leeks, onions, parsnips, peas, sprouts, swedes and turnips. Also oatcakes, home baking, jams, chutneys and more. Picnic and play area.

Ross-shire – Ullapool**West Highland Organics****Self-service organic veg stall**

25 Argyle Street, Ullapool
Ross-shire IV26 2UB
Tel: 01854 613 265

Open: all year round:

Apr–Oct every day, daylight hours, stall at the house;

Apr–Oct Sat stall at the market in the car park of the Seaforth pub–restaurant;

winter contact the house.

Email: whorganics@gmail.com

Not a shop, it's a house where Simon grows veg, which whilst not officially certified are clearly organic.

In the summer April to end October there's a stall at the house where you help yourself and pay for courgettes, tomatoes, peppers, salad, chard, potatoes etc.

Apr–Oct on Saturdays there is also a market stall 9.00–17.00 in the car park of the Seaforth pub–restaurant. This stall also has home baking and jams.

In the winter the house can still supply salad grown in polytunnels, potatoes, chard, leeks, broccoli.

Since the Troll–Yard wholefood store closed a few years ago, **Costcutter** on West Argyle Street in Ullapool do some wholefoods which they get from Highland Wholefoods. You can also find some in Tesco.

Recommended by local vegetarians for eating out are:

The Ceilidh Place, 12–14 West Argyle St.

The Ferry Boat Inn, Shore St.

The Frigate pizza restaurant, Shore St.

The Argyll pub/hotel at 18 Argyle St, does vegetarian but not vegan food, and won Wester Ross pub of the year 2011. Weekly quiz night, live music in the season, real ales.

And there are a Chinese take-away and "a fantastic though pricey Indian."

Tourist info:

www.ullapool.com

Ross-shire – Munloch**Black Isle Brewery****Vegetarian brewery with tours**

Old Allangrange, Munloch
Ross-shire IV8 8NZ

Tel: 01463–811 871

Open for tours: Mon–Sat 10.00–18.00,

Sun (Apr–Sept only) 11.30–17.00

www.blackislebrewery.com

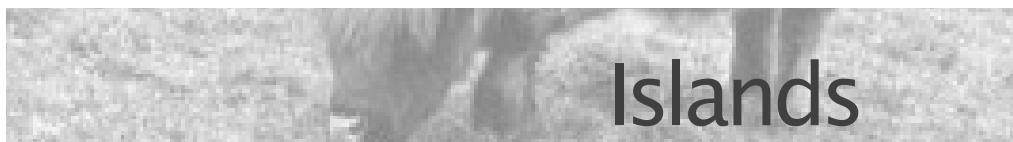
Organic, vegetarian brewery selling a range of fabulous bottled ales and supplying cask ale to many pubs. The beers are all vegan besides one that contains honey. You can order cases of their bottled ales online, or buy from their shop. Phone to enquire about tours, or just turn up.

SCOTLAND

Highlands – Ross-shire

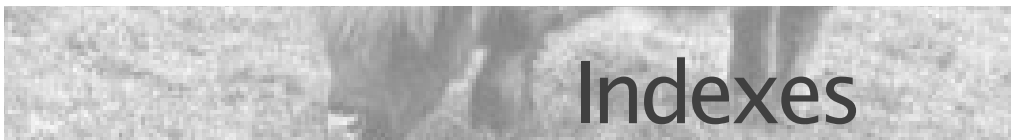


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HELP MAKE THE NEXT EDITION EVEN BETTER

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