

NORTH: CUMBRIA (LAKE DISTRICT)

NEW Sandburne Vegetarian Guest House, Chestnut Hill, Keswick CA12 4LS. Tel: 01768 773546. Opened May 2015, on the edge of Keswick is a piece of history, home of the legendary Donald Watson, a modest Cumbrian woodwork teacher and hill walker who in 1944 invented the word vegan and founded the Vegan Society. Two ensuite twin rooms £40-£55 per person, with views over the town and hills. £15 single supplement. Children welcome, high chair. No pets. Self-catering property next door. You can walk to the 3,000-year-old Castlerigg stone circle, take a boat trip or row a hired boat around the lake, and take the kids drawing at the Keswick pencil museum. Free wifi. Proprietor Anthony is Donald's son-in-law and an ambassador for the local Theatre by the Lake, giving you £3 discounts per seat; June to late October there are potentially 6 plays in rep, and in mid season they are all on in one week. www.sandburne.co.uk

NEW Ambleside Manor vegetarian B&B, Rothay Road, Ambleside LA22 0EJ. Tel: 015394 32062. From the people who brought us Yewfield, Fellinis and Zeffirelli's and close to those restaurants. Opened Dec 2015. 16 rooms. £45-£70 per person. Children welcome. No pets. www.ambleside-manor.co.uk

Lakeland Pedlar in Keswick has been sold and closed.

NEW Natterjacks vegetarian café in Sefton House vegetarian B&B at 34 Queen Street LA12 7AF. Open: Wed-Sat 16.00-23.00, Sun-Tue closed. Homemade organic cakes, muffins, biscuits 70p-£2.50, usually vegan options like flapjacks. Artisan coffees, teas, beer. Wine £2.40-3.20 glass. Children welcome, well-behaved dogs too. Facebook: [Natterjacks](#)

Fox Hall vegan bed and breakfast (page 52) has moved to Prizet Stables, Helsington, Kendal LA8 8AB. They no longer have a self-catering cottage. www.fox.hall.btinternet.co.uk

NEW The Heights Hotel vegetarian hotel and bar. Rakefoot Lane, Castlerigg, Keswick CA12 4TE. Tel: 01768-772251. 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. Children welcome, high chairs. Pets by arrangement £3. www.theheightshotel.co.uk

NEW Green Valley Organic Cafe and Vegetarian Restaurant at Lancrigg Vegetarian Country House Hotel (page 50), Easedale, Grasmere LA22 9QN. Tel: 01539-435317. Open from 8.30am to 8.30pm. for breakfast, coffee, lunch, teas and evening meals. International vegetarian cuisine, most of the dishes have vegan alternatives. See web site for sample menus. All day lunch menu soup £4.50, pizza £7.50, sandwiches £5.45, salads and hot dishes £5.75-7.75. A la carte starters £4.50-7.95, main courses around £13, desserts £6.65. Special diets, eg gluten free, dairy free and sugar free are all available. Extensive selection of organic wines, beers and unusual spirits. www.lancrigg.co.uk

Pickle Farm (page 58) has closed.

NEW Old Water View omnivorous bed and breakfast, Patterdale CA11 0NW. Tel: 017684-82175. 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. Vegetarian owned and aiming to go completely veggie when they have enough visitors. 3 double, 1 twin, 1 triple, all ensuite, £35 per person, or £45 as single. Family room with double and two 2-foot (60cm) children's singles and a travel cot, £35 per adult for double occupancy, children 6-17 £20, 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. www.oldwaterview.co.uk

NEW St John's Lodge omnivorous guest house (vegetarian owners) Lake Road, Windermere LA23 2EQ. Tel: 015394 43078. 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. Room prices per person per night: 1 single ensuite £20-37, 1 double with private adjacent bathroom ££20-27, 9 doubles and 1 twin all ensuite £24-34, 1 family ensuite £23-27. Single occupancy supplement. Spectacular choice of breakfasts. Children over 12 only. No pets. www.st-johns-lodge.co.uk

NEW Yewfield vegetarian bed and breakfast and self-catering, Hawkshead Hill, Ambleside LA22 0PR. Tel: 015394 36765. Impressive Gothic Victorian house with panoramic views over the Vale of Esthwaite, Lake Windermere and the fells beyond. There are four double ensembles and two twin ensembles for £27-45 per person per night. Single person supplement £5. If you prefer self catering, there are four self contained holiday apartments in the former coach house and stables, set 150 yards away from the main house. Please contact Heart of the Lakes on 015394 32321 with enquiries. Children over nine welcome. Pets accepted by arrangement in the self catering apartments only. www.yewfield.co.uk

NEW Conishead Priory and Conservatory Cafe vegetarian cafe and accommodation in Buddhist centre at Conishead Priory, off A5087 Priory Road / Coast Road, Ulverston LA12 9QQ. Tel: 01229-584029 (lines open Mon-Fri 9.30-17.00, Sat 10.00-12.00) Open Mar-Oct Mon-Fri 14.00-17.00, Sat-Sun & BH 11.00-17.00; Nov Sat-Sun only 12.00-16.00; Closed Dec-Feb and Buddhist festivals In the sunny conservatory of Conishead Priory Buddhist Temple for World Peace, with indoor and outdoor seating. 5 minutes drive or 30 minutes walk from Ulverston, or take a bus. The cafe is run by the same people as World Peace Cafe in Ulverston. Cakes, scones, coffee. Weekend also light lunches. Children welcome. Dogs welcome on lead. Also gift shop and books on Buddhism and meditation. Tours of the temple and historic house, and 70 acres of grounds and gardens with a beach on Morecambe Bay. Closed during festivals, see website or ask at the World Peace Cafe. Vegetarian accommodation: You do not need to take a course to stay at the centre, open throughout the year for guests except

during their Spring and Summer festivals, New Year retreats and certain weekends. Single, twin and dorm rooms £20-40 includes light breakfast and two meals a day. Bring sleeping bag and towel if in a dorm. Easter break family room twin £180, triple £240, quad £270, quint £300. Courses, festivals and retreats, £30-50 per day, £80-120 weekend. www.manjushri.org

NORTH: DERBYSHIRE

Jennifer and David's Guest House, Matlock, closed. (page 69)

NEW Sheldon's Luxury Retreat, vegetarian guest house, Home Farm, Sheldon, Near Bakewell DE45 1QS. Tel: 07877 315 216. In the Peak District National Park, in a recently converted barn house in a the quiet village. 5 individually designed ensuite rooms, 2 kingsize, 2 doubles, 1 twin £80-125 per room. Children welcome, two rooms can be joined as a family room, high chair, travel cot. Packed lunch £5, dinner £10. Vegan and veggie meals in nearby pub. No smoking. Usually no dogs. Patio areas and 10 acres of farm land. Dry room. Bike lockup. Wifi. Meeting facilities. www.sheldonsluxuryretreat.co.uk

NEW The Barn vegetarian bed and breakfast and World Peace Cafe, Ash Lane, Elwall, Derbyshire DE65 6HT. (6 miles from Derby city centre) Tel: 07875 250716. Cafe open: every day 10.00-17.00. Buddhist centre including a BandB set in 38 acres of mature woodlands, lawns, flowerbeds and grounds, surrounded by rolling countryside. Ideal for rest and relaxation. Meditation classes are available in the hall, home of the Tara Buddhist Centre. There are 18 rooms, 6 within the BandB part: 2 singles £35, 3 ensuite singles £40, 1 twin £30 per person. Children welcome. Rooms have broadband, wifi. No smoking or alcohol. **World Peace Cafe** does lunch of the month £5 such as West African peanut stew with rice. Panini or bagel with choice of two fillings and salad £3.50; soup with crusty bread and salad garnish £3.50; meal deal soup with half panini or bagel £5; baked potato with topping and salad £4. It looks like not much of the food is vegan. Kids' portions £1.75. www.thebarnretreat.co.uk
www.taracentre.org.uk www.kadampa.org

NEW Rockfield House vegetarian B&B, The Hay, Milltown, **Chesterfield** S45 0HB. Tel: 01246 591620. Mobile 07583 535437. In the Peak District near Matlock. Double and twin £80-90 per room. www.rockfieldhousebandb.co.uk

NEW Thyme to Eat vegetarian café, 5 The Shambles, **Chesterfield** S40 1PX. Tel 01246 558 550. Open: Mon-Wed 9.00-16.00, Fri-Sat 9.00-17.00, Sun closed. Facebook Thyme to Eat.

NEW Organic Kitchen and Home Products, vegetarian deli and wholefood shop plus omnivorous cafe, 4 Theatre Yard, off Low Pavement, **Chesterfield** S40 1PF (behind Peak Bookshop). Tel: 01246-224666. Open: Mon-Tue, Thu-Fri 9.30-17.30, Sat 9.30-17.00; Wed, Sun closed. www.organickitchen.uk.com

NEW Yaffle vegan cafe & bookshop Upstairs from Sound Bites wholefood shop, 11 Morledge, Derby DE1 2AW (between Eagle Centre Market and Guildhall Market, near the new bus station) Open: Mon- Sat 11.00-17.00 (Fri 18.00), & Thu 18.30-22.00. Tel: 01332-291369. Derby finally has a veggie, nay vegan, cafe, tea room and bookshop with social change library. Toasties £2.10. Cereals £1.50. Beans on toast with sausage £3.40. Cupcakes £1.50. Wide range of teas £1. Plungey coffee £1.20. Thu eve meals £4.95 such as pate starter, stuffed pumpkin with roast potatoes and sweet red cabbage. Book before 5pm on 07799815083. Events with authors, guest readers, storytelling, games nights. Cash only upstairs.
www.facebook.com/yafflecafe www.yafflecafe.co.uk

The Cottage Tea Room, Bakewell, has closed

NEW Green Way vegetarian café, Snitterton House, 3 Snitterton Road, **Matlock** DE4 3LZ (near Matlock train station). Open: Tue-Thu, Sat 10.00-16.00, Fri 10.00-22.00, Sun-Mon closed. www.greenwaycafe.co.uk
www.facebook.com/thegreenwaycafe

NEW Pulse vegetarian cafe, 34 Union Road, **New Mills** SK22 3ES. Tel: 01663 741468. Open: Mon-Wed, 9.00-16.00, Thu 9.00-21.00, Fri 9.00-15.00, Sat 9.00-16.00, Sun 10.00-16.00. Cooked breakfasts, vegan and gluten-free specials, cakes and puddings, Swedish Glace ice-cream. Toy room, baby changing, breast-feeding. Space for musicians and art. www.thepulsecafe.co.uk

COUNTY DURHAM

NEW Jumping Bean, 5 Neville Street, **Durham** DH1 4EY. Tel: 07719 621 569. Open: Mon-Fri 9.00-17.00, Sat-Sun 10.00-17.00, plus evening events. The veggie-friendly café has gone vegetarian. Almost everything is or can be vegan Tapas (95p per item) include sundried tomatoes, olives, bread, hummus, salsa. Main items are all £3.95 and include terrific sandwiches and toasties, soups and their speciality Spanish stew. Stew and sandwich £4.95. Three out of four cakes (£3) are vegan. Pot of tea just £1.50. Children welcome; high chair, board games. Outside decking with a view over the cobbled street; dogs welcome there, and inside if it's quiet. Cash only, cashpoint nearby. Comedy night third Tuesdays from 8.30pm till 10.30, £3 entry, food and drink available plus Budweiser vegan beer and vegan rosé wine. www.facebook.com/jumpingbeancafedurham

NEW The Health Warehouse vegetarian café, 15 Post House Wynd, **Darlington**, County Durham DL3 7LU. Tel: 01325 468570. Open: Mon-Sat 08.00-16.00, Sun closed, shop open till 5pm.

The health food shop (page 68) also has a bakery and a new vegetarian café and juice bar. Soups (£3.65 with organic wholemeal bread) are mostly vegan. Big range of light meals (£3.95-£4.95) such as samosas, fritatas or burger with salads and sweet potato fries; spelt pasta salad with vegan pesto; ciabatta and gluten-free panini with lentil chips and coleslaw; twice baked potatoes with green leaves and salad, fillings include vegan cheese. Two daily specials (£5.25-£5.95) like chickpea and cashew nut tagine with brown basmati rice.

Desserts (£1.35-£1.95) include flapjacks, muffins, cupcakes, carrot cake, vegan chocolate cake and scones with jam.

Pot of Teapigs tea £1.80. Children welcome; half size portions. facebook.com/thehealthwarehouse

www.thehealthwarehouse.co.uk

NORTH: LANCASHIRE

Wildlife Hotel, Blackpool, closed.

NEW Whitmore Vegetarian B&B, Wennington Road, **Hornby** LA2 8JX (off A683, 5 miles NE of Lancaster). Tel: 01524-221 839. Open: May-October. Train: Lancaster 9 miles, Wennington 5 miles, Carnforth 10 miles. Stagecoach bus services Lancaster, Hornby, Wennington, Kirkby Lonsdale. In Lune Valley countryside, quarter mile from Hornby village, Lake District 12 miles. 3 acres of trees and pond, large organic kitchen garden. Single and twin each with private bathroom, £40 per person double, £35 single. Large private sitting room, tv downstairs.
www.hornbybedandbreakfast.co.uk

NEW Topaz vegetarian cafe/restaurant at Topaz Well Being Centre, 216-218 Katherine St, **Ashton-under-Lyne** OL6 7AS. Tel: 0161-330 9223. Open: Mon-Thu 10.16.00, Fri-Sat 10-15.00, Sun closed. www.topazcafes.org/ashton-cafe

NEW Lily's vegetarian Indian restaurant and takeaway, 83 Oldham Rd (A635), **Ashton-under-Lyne** OL6 7DF. Tel: 0161-339 4774. Open: Mon & Wed-Sat 11.00-20.00, Sun 11.00-19.00, closed Tue. Last order half an hour before closing. Great value and they have a chef from Gujarat and two from Kerala, plus they do Punjabi food. Snacks and starters £2-3.50. Curries £4.25-5.25, rice dishes £2-3. No desserts. Latest menu has a separate vegan page. Mon-Fri 12.00-15.00 is especially good value: sit-down specials £2.50-3.99 meal with soft drink; also Gujarati thali £6.99 with snack, 2 chapatis, dhal, rice, 2 curries, lassi (not vegan) and sweet. Take-away thali £2.99. Cobra beer is the only alcohol, £1.75. Children welcome, high chairs. Disabled toilet. MC, Visa. www.facebook.com/realindianfood

NEW The Kitchen on Great Moor Street vegetarian café, Unit 4 Commercial Union House, Great Moor Street, **Bolton** BL1 1NH. 5 mins walk from Bolton train station. Tel: 01204-770881. Open: Tue-Sat 09.00-17.00, Sun-Mon closed (hours may change). Good healthy vegetarian food at affordable prices. Lots of organic and local ingredients, and they sell them too. Turkish breakfast £2.50, full English big breakfast £4. Main meal such as Moroccan vegetable chickpeas with couscous £3.50. Soup £1.50. Cakes £1.50 are mainly vegan. Tea or coffee £1. Wheelchair access. Children welcome, high chairs. Cash only. www.thekitchen.coop and Facebook

NEW Beautiful Planet vegetarian café and wholefood shop, Preston Green Centre, 69 Friargate, **Preston** PR1 2ED. Tel: 01772-254746, 07914 221259. Open: Mon-Sat 10.30-16.30, Sun closed. Environmental Fairtrade community cafe and resource centre. Toasted teacakes 65p. Fairtrade tea 80p. Coffee £1.20. www.facebook.com/PrestonGreenCentre
<http://prestongreencentre.blogspot.co.uk>

Bear Café, Todmorden, is in fact in West Yorkshire.

NEW The Coven vegetarian café in Wigan at 43 Hallgate WN1 1LR (next to the bus station). Open Wed 10.30-17.00, Thu 10.30-17.30, Fri-Sat 10.30-late, Sun-Tue closed. www.thecoven.biz. Also on Facebook and Twitter.

NORTH: MANCHESTER

NEW Teatime Collective vegan cafe, St Wilfred's Centre, Royce Road, **Hulme** M15 5BJ (between the city centre and Chorlton). Open: Mon-Sat 10.00-17.00, Sun closed. New cafe and vegan ice-cream parlour. www.teatimecollective.co.uk/
www.facebook.com/teatimecollective

NEW Bistro 1847 vegetarian bar and restaurant, 58 Mosley Street (corner Booth St) M2 3HZ. Tel: 0161-236 1811. Open: Wed-Sun 12.00-22.00, Mon-Tue closed. Brand new, opposite Manchester art gallery, with vegetarian drinks too. The bar always has a small tapas style menu. £4.50 for one plate, £6.95 two, then £3 per plate, most dishes vegan. A la carte starters £3.95-4.95 include soup and tapas dishes. Mains £9.95-12.95. Desserts £4.50 such as vegan sticky toffee pudding. Sunday lunch main £9.95, two courses £13.95, three £16.95. Wine from £12 bottle, £4.75 glass. Children welcome, high chairs. Outside tables, dogs welcome. Booking advised. www.bistro1847.co.uk

NEW The Thirsty Scholar vegetarian pub at 50 New Wakefield Street, Manchester M1 5NP. Tel: 0161-236 6071. Train: Oxford Road. Pub open: Sun-Thu 12.00-24.00, Fri-Sat 12.00-02.00. Food served Mon-Fri 12.30-18.30, Sat-Sun 13.00-17.00. Late night party food on request. All day full cooked breakfast, classic British pub grub and world food from ciabatta toasties to Jamaican curry and Tex Mex. Everything on the menu is veganable. From £3 for a snack to £7.95 for the double size veggie/vegan brunchfast. Teas, coffees, fruit teas, soya milk £1-2. Organic ciders and beers and vegan wine. Children welcome during the day with responsible adult, no high chair. Visa, MC. Outside catering. www.thirstyscholar.co.uk

NEW World Peace vegetarian café, Vairochana Buddhist Centre, 76 High Lane, Chorlton, Manchester M21 9XF. Tel: 0161 861 7012. Open: Thu-Sun 11.00-16.00, Mon-Wed closed. The lunches for £5 with a pot of tea are extraordinary value. It's mainly organic, Fairtrade or local. Late breakfast (£2.25-£3.50) such as three sausage sandwich. Soup of the day £3.25, with sandwich £5. Hot or cold sandwiches (£5) on rye or ciabatta with garnish and chip. Mains include salads; spinach, lemon and coconut dhal with rice, onion bhajia, spinach and sweet chilli sauce; burger with crisps and garnish. Tray bakes and cakes around £2, usually with a vegan option. They have soya and rice milk. Fruit smoothie of the day £2. Sofas and armchairs. Children's meals; lots of floor space, high chairs. Some outside seating in summer; dogs welcome there. Meditation classes and events. worldpeacecafemanchester.org
www.facebook.com/MeditateinManchester

NEW Sanskruti vegetarian Indian restaurant, 95 Mauldeth Road M14 6SR. Tel: 0161 2244 700.
www.sanskritirestaurant.co.uk
Facebook Sanskruti Restaurant
facebook.com/pages/Sanskruiti-Restaurant/695998810429559

NEW Lotus Vegetarian Kitchen Chinese restaurant.
536 Wilmslow Road, Manchester M20 4BY. Tel: 0161 445 7457. Open: Mon, Wed-Thu 11.45-13.45, 17.00-22.30; Fri 11.45-13.45, 17.00-23.00; Sat-Sun 17.00-23.00; Tue closed.
Lots of soya, wheat and other mock meats.

www.lotusvegetariankitchen.com

NEW Jaipur Palace vegetarian Indian restaurant at the Lansdowne Hotel, 246 Wilmslow Road, Fallowfield, Manchester M14 6AB. Tel: 0161 257 2525. Open: Mon, Wed-Thu 17.00-23.00; Fri-Sat 17.00-24.00; Tue closed. Food from Gujarat, Punjab, South Indian and Rajasthan. www.jaipurpalacerestaurant.com and www.facebook.com/jaipur346

NEW Cowherds popup vegetarian organic cafe, various venues in Salford. Tel: 07974 800711. Also cooking classes. www.cowherds.org.uk and www.facebook.com/CowherdsCafe

CLOSED: Misty's, Mod Pop, Bean Counter, Diamond Dogs, Herbivore, The Greenhouse in Rushome, V2Go Arndale (V2Go Trafford still open)

NEW Oklahoma 99% vegetarian cafe and gift shop, 74-76 High Street (Turner St), Northern Quarter, £ M4 1ES. Tel: 0161-834 1136. Open: Mon-Sat 10.00-19.00. Friendly cafe opposite Earth Cafe. Lots of vegan dishes. Noted for their baked potato or sweet potato £5.20 with a range of amazing toppings £5.20. Cakes £2.60, some vegan. Vegan cornettos £1.80. (Vegan) ice-cream milkshakes £2.80-3.50. Tea £1.60, coffees £1.50-2.50, they have soya milk. Freshly squeezed juices £2.60-3.10. Outside seating, dogs welcome inside and out. High chairs. MC, Visa.

NORTH: MERSEYSIDE

CLOSED: The Green Fish vegetarian café in Liverpool is temporarily closed and moving to and renovating a new venue. For latest news follow Facebook: [Greenfish Cafe](https://www.facebook.com/greenfishcafe) or www.greenfishcafe.com

NEW Meeting House vegetarian café, 22 School Lane, **Liverpool** L1 3BT. Tel: 0151-709 6957. Open: Mon-Fri 9.00-15.00, Sat 9.00-17.00, Sun closed. www.meetinghousecafe.co.uk

NEW Food From Nowhere weekend vegan cafe, basement of News From Nowhere bookshop, 96 Bold Street, **Liverpool** L1 4HY. Bookshop: 0151-708 7270. Basement: 0151-703 6806. Train: Liverpool Central. Cafe Sat 12.00-17.00, alternate Sun evenings. Liverpool's only vegan cafe (previously known as The Basement) is run by volunteers. Food depends on who is working that day and you can usually get something hot for no more than £3 such as curry, veggieburger, soup. Cakes around £1-1.50. Hot drinks around 50p. Kids welcome, toys, high chair. Cash only. Fortnightly Sunday free film screening with vegan soup & cakes from 5pm, donations for food appreciated, film starts at 6. www.liverpoolsocialcentre.org

NEW Dragon Indulgence vegetarian wholefood/New Age shop, Gostins Shopping Arcade, 32-36 Hanover Street, Liverpool L1 4LN (next to Paradise Street bus station). Tel: 07906 743849. Open: Mon-Sat 9.30-17.00, Sun closed. Liverpool's central vegetarian shop (run by two vegans) has moved from Grand Central Hall to bigger premises and gradually adding more and more products. Fridge with Redwood cheezley, soya yogurts, Clearspot tofu, seacake. Vegan chocolate heaven, they say people even come from London to buy their vegan praline chocolate hearts. Cherry filled chocolate hearts, Carmel cups, vegan equivalents of Mars, Snickers and Milky Way. Carob flowers and eggs, Easter eggs and Christmas Booja Booja etc in season. Cash or cheque only. The Door cafe 3 doors along has vegan soups and does veggie sausages on toast. www.dragonindulgence.co.uk Also on Facebook with product reviews.

NEW The Purple Carrot vegan wholefood shop, 286 Smithdown Road, **Liverpool** L15 5AJ. Tel: 0151-378 8069. Open: Mon-Sat 10.00-18.00. www.facebook.com/purplecarrotliverpool

NEW Honest to Goodness vegan ethical grocery store, 11 Market Street, **Hoyle, Wirral** CH47 2AE. Tel: 0151-632 6516. Open: Mon-Sat 9.00-18.00, Sun 12.00-18.00. If you like Unicorn vegan grocery in Manchester, you'll like this, and they have lots of sugar, ice-cream, chocolate. Over 1600 vegan products. Chocolate by Booja Booja, Organica, vegan equivalents of Mars, Snickers and Milky Way, Lyme Regis marzipan bars. They also have an online shop. www.honest-to-goodness.org.uk

NORTH: NORTHUMBERLAND

NEW Loaf Vegan B&B Mount Pleasant Cottage, **Berwick-upon-Tweed**, Northumberland, TD15 2XQ. Tel: 01289-308751. www.loafbnb.co.uk and Facebook Loaf vegan b&b

NORTH: NOTTINGHAM

New Govinda's vegetarian Indian café, 7-9 Thurland Street, Nottingham NG1 3DR. Tel: 0115 985 9639. Open: Mon-Sat 11.00-18.00, Sun closed. Plenty for vegans including soya lassi. Self-serve lunch buffet £6.95. Daily specials (£4.25) such as savoury Cantonese fried rice. Veggie burger and chips £4. Also snacks like samosas and spring rolls. Desserts (£1.50-£2.50) include apple and blueberry crumble, cupcakes, carob cake, cheesecake. www.facebook.com/GovindasNotts www.harekrishnayoga.com/2013/04/govindas-vegetarian-cafe-nottingham.html

NEW Bluebird vegan cafe, in the building previously occupied by mm..Deli, 610 Mansfield Road, Sherwood, Nottingham NG5 2FS. Tel: 07542 230976. Open: Wed 17.00-23.00; Thu 11.00-15.00, 17.00-23.00; Fri-Sat 12.00-15.00, 17.00-23.00; Sun-Mon closed. www.bluebird-cafe.co.uk Facebook BluebirdCafeNG5

Squeek is now **Aubergine Cuisine** at 23-25 Heathcoat Street, Nottingham NG1 3AG Tel: 0115 955 5560. Open: Tue-Sat 17.30-22.00 web, Sun-Mon closed. New gourmet vegetarian restaurant in upmarket Hockley on the edge of the city centre, with dishes from around the world and heaps for vegans. Starters £5.75 include smoked tofu aubergine wraps in spicy tomato sauce, or mushrooms in stout with spinach on toasted ciabatta. Mains £12.95 such as Moroccan aubergine Wellington, West African peanut stew, black bean and tofu with pak choi and steamed coconut rice, red wine ratatouille with wheat-free pasta, spicy bean tortilla with (vegan) cheese and Spanish rice. Desserts £5.75 such as vegan chocolate tart with cream or ice-cream, beetroot and chocolate cake, affogato ice-cream with espresso and amaretto. Three courses £21.50, two £17.50 or £14.95 ordered before 6.30pm. Vegan organic house wine from £3.75 glass, £14.95 bottle. Children's menu £6.25 for two courses, high chairs. Braille menu. No dogs. www.aubergine-cuisine.co.uk and Facebook: [Aubergine Cuisine](https://www.facebook.com/AubergineCuisine)

NEW Crocus Fairtrade vegetarian café, Unit 2 Church Square, Lenton, Nottingham, NG7 1SL. Tel: 0115-950 5080. Open: Mon-Fri 9.00-16.00, Sat 10-16.00 (last hot food orders 15.00), Sun closed. The best value veggie food in Nottingham! Crocus is a community project in the student area of Lenton, which offers Fair Trade and locally-sourced food that's totally vegetarian and there are plenty of vegan options. As well as daily specials, there are always light meals such as soup for £1.80; pastries; salads and main meals such as Thai green curry or pizza for £3.50. They always aim to have at least one vegan cake and they vary from week to week such as banana loaf 85p, cornflake cakes (3 for £1), choc and orange brownie £1. Juices 70p, cans 90p, squash 40 or 80p, tea 60p, coffee £1

NEW Dotty's vegetarian cafe, 197 Mansfield Road, Nottingham, NG1 3FS Tel. 0115-958 3633. Open: Mon-Sat 09.00-17.00. New very cheap vegetarian (mostly vegan) cafe close to the Forest recreation ground, about 10 mins walk from the Victoria centre. Has a selection of light snacks such as sandwiches, and a vegan pizza and quiche for £2. Possible plan to do breakfasts in the future. Lovely decadent cupcakes in flavours such as vanilla £1. Pot of tea for one £1. The place has a retro look, with mis-matched china crockery, and is particularly popular with families. www.myspace.com/dottys_cafe

NEW World Peace vegetarian café and shop, Akshobya Buddhist Meditation Centre, Pelham Road, Sherwood Rise, Nottingham, NG5 1AP. Tel: 0115-985 7356. Cafe open: Mon-Fri 12.00-15.30. Soup, hot filled paninis, jacket potatoes, cakes. Fairtrade tea and coffee. In summer you can eat outside in the peace garden. See website for meditation classes and retreats, including the Monday and Friday lunchtime meditation. www.akshobya.com

V1 and The Vegetarian Pot have closed.

NORTH: TYNE & WEAR

NEW Painted Elephant vegan restaurant, 61 Upper Princess Square, Newcastle NE1 8ER. Tel: 07527 150970. Open: Tue-Wed 17.30-22.00; Thu-Sat 12.00-16.00, 17.30-22.00; Sun-Mon closed. Check website as sometimes closed for group bookings. Evening a la carte menu. www.painted-elephant.com
[facebook.com/paintedelephantne](https://www.facebook.com/paintedelephantne)

NEW The Good Apple vegetarian cafe, Sunderland at 18 Derwent Street SR1 3NU. Tel: 0191-564 1763. Open: Mon- 10.00-15.00, Tue-Wed 10.00-16.00, Thu-Fri 10.00-18.00, Sat 10.00-16.00. Cooked breakfasts, wraps, toasted filled bagels and ciabattas, toasties, soup, salad. Specials such as falafel, burgers, noodles, curries. Cakes and traybakes are all vegan. Gluten-free options. Monthly evening supper club, £15 for 3 courses, booking required.
www.goodapplecafe.co.uk and www.facebook.com/TheGoodAppleCafe

Heartbreak Soup has closed. There is no longer a café inside **Almonds and Raisins** health food shop. **Bob Trollops** pub is no longer completely vegetarian.

Bob Trollop's pub in Newcastle is no longer veggie but still has the huge vegetarian menu.

NEW Alternative Stores vegan wholefood shop and lots more, Brunswick Industrial Estate, Wideopen, Newcastle upon Tyne NE13 7BA (bus 45 from city centre or from Regent Centre metro station). Tel 0191-236 8519. Open: Wed-Sat 10.00-16.00, Thu till 17.30, Sun-Tue closed, but they can open up specially if you are desperate! Wholefoods, 400 kinds of vegetarian shoes, ethical gifts, green products, sosmix, frozen and chilled food, health and beauty. Fridge with vegan cheeses, spreads, sausages, burgers. Freezer with lots of meat substitutes and ice-creams. Huge range of vegan chocolate. Vegan sweets. Big range of health and beauty. Baby stuff. Cleaning products. Supplemements. Lots of eco and recycled household products/ 400 different styles of vegetarian shoes from safety boots to ballet and dance shoes and they do mail order too. Animal rights and recipe books, magazines. www.alternativestores.com

NORTH: NORTH YORKSHIRE

NEW Danby Health Shop 1 Briar Hill, Danby, near Whitby YO21 2LZ. (on Whitby to Guisborough road) Tel: 01287-669200. Open: Mon-Sat 9.00-17.00 (Wed 12.00), Sun closed.

Wild Ginger, Harrogate, has closed.

NEW Helmsley Vinehouse vegetarian café within the Helmsley Walled Garden, Cleveland Way, Helmsley YO62 5AH. Garden office: 01439-771 427. Cafe 01439-771 194. Open: April-Oct every day 10.30-17.00. The café is situated in the newly restored Victorian Vinery, sit beneath the vine arches or out on the terrace. Lots of organic. Very open to different requirements such as vegan, gluten-free. www.helmsleywalledgarden.org.uk

NEW Scarborough Nutmeg vegetarian cafe, 93 Victoria Road, Scarborough YO11 1SP. (next door to Victoria Health Shop) Tel: 01723-503867. Open: Tue-Sat 10.00-17.30, Sun-Mon closed. Modern vegetarian cuisine, global flavours, organic vegetables. Lots of vegan and gluten-free options. www.nutmegcafe.co.uk

NEW Scarborough Venus vegetarian café, 29 Ramshill Rd, South Cliff, Scarborough YO11 2LW (start of the A165 to Filey, opposite Sainsbury Local). Tel: 07950 163160. Open: Mon-Wed, Fri-Sat 10.30-16.30; Thu, Sun closed. Also first Sat 19.00-22.00. Opened 2010. Vegan and gluten-free options. Soup with bread £3. Two main dishes daily £4.50-4.95, one usually vegan. Sandwiches and toasties £2.50. Desserts £1.50 include cakes, scones, vegan flapjacks and apple crumble (not necessarily every day). Children's section of menu, high chair, toys. First Sat of month live music 7-10pm with meal and drink around £10. Alcohol licence applied for. [Faceook Cafe Venus](https://www.facebook.com/CafeVenus)

NEW Scarborough C-A-L-F vegan café, 62 Eastborough, Scarborough YO11 1NJ. Tel: 07919 310839. Open Wed-Sun 11.00-17.00, Mon-Tue closed. Home-made traditional comfort foods, fast food and cakes. Fantastic British desserts. Cash only, cashpoint nearby. www.c-a-l-f.com and Facebook C-A-L-F

YORK

The Blake Head vegetarian café has closed.

Cornmill Lodge has closed. These omnivorous guest houses cater to vegetarians and vegans

www.yorkalternativebandb.co.uk

www.dairyguesthouse.co.uk

www.cafeconcerto.biz luxury 2-bedroom apartment £190 per night.

Vanilla Black has moved to London. But there is now

NEW Goji vegetarian café and deli, 36 Goodramgate, York YO1 7LF. Tel: 01904-622 614. Open: Sun-Fri 11.00-16.00, Sat 9.30-16.00; also Fri-Sat 18.30-23.00 (last orders 21.30); planning to open Thu evenings. New cafe using local suppliers and organic produce, but no microwaves or aluminium pans. Vegan and gluten-free options. www.gojicafe.co.uk (menus)

NORTH: EAST YORKSHIRE

NEW Green Ginger vegetarian cafe, 8a Bowlalley Lane, Land of Green Ginger, **Hull** HU1 1XR (in the Old Town). Open: Mon-Sat morning and afternoons. New central cafe, great for a fast take-away lunch or a quick coffee. Menu changes daily. www.greengingercafe.com

NEW Pocklington World Peace vegetarian organic café and retreat, Madhyamaka Buddhist Centre, Kilnwick Percy, near Pocklington YO42 1UF (15 miles east of York on the A1079 to Hull). Tel: 01759-304832. Open: Wed-Sun 10.30-16.30, Mon-Tue closed (check website for possibly extended hours or days). Set in lots of gorgeous woodland and gardens where you can relax or explore. Home baked light meals £4.95. Space for kids to play and dogs kept on a lead welcome in outside area with tables. www.madhyamaka.org

NEW The Little Organic Bakery vegetarian café, 12 Wellington Road, **Bridlington** YO15 2BG. Tel: 07853 303 049. Open: Mon-Sun 10.00-16.00. Bread and cakes using organic flours and other organic or Fairtrade ingredients. Soup such as leek and potato or spiced lentil and tomato with roll £3. Facebook: The Little Organic Bakery.

Bean There café in Bridlington has closed.

NORTH: SOUTH YORKSHIRE

Fieldgate Centre, Doncaster, closed. Kumquat Mae, Sheffield, closed.

NEW Homemade vegetarian café daytime, mostly vegetarian evening restaurant, 4 Nether Edge Road, Nether Edge, **Sheffield** S7 1RU (opposite Zed Wholefoods, 1.5 miles from centre. Bus 22 to Nether Edge from centre of town, also 75, 76, 97). Tel: 0777 4013 438. Cafe: Mon 9.30-15.30; Tue, Thu 9.30-16.00; Wed, Fri-Sun 9.30-14.30. Fri bistro evening 19.00- 22.30 bring your own wine. Wed May-Oct 17.00-21.00 burger & shakes. Three places in one. Firstly a small but excellent daytime vegetarian cafe. Also Wednesday night for burgers (4 vegan, one meat) and shakes, and Friday night bistro when there is one fish dish. Sat-Sun all day massive cooked breakfast £7. Booking essential well in advance for Friday evening. See website for menu. www.homemade-sheffield.co.uk

NEW Number 9 vegetarian coffee shop, 9 Nether Edge Road, **Sheffield** S7 1RU. Tel: 0114-258 1383. Open: Tue-Sun 10.30-18.30, Mon closed. A proper coffee shop where you can hang out, enjoy the papers or have a game of backgammon, chess, backgammon, scrabble or go. They don't use eggs. Cup of tea £1.20. Coffee, cappuccino, mocha etc £1.60-2.50. No soya milk. Bagels, beans on toast, toasted sandwiches all £2.95, made to order with brown bread. Cakes £1.50, probably not vegan. Children welcome, kids' books. Outside seating, dogs welcome there. Bring your own alcohol evenings if they're open later.

NEW World Peace vegetarian café, Gyaltsabje Buddhist Centre, 685-691 Ecclesall Road, Hunters Bar, **Sheffield** S11 8TG. Tel: 0114 -266 1142. Open: Thu-Sat 11.00-15.00. Opposite Endcliffe Park, 20 minutes walk from the centre. Home-cooked soup £3.50 with bread. Main meals £5.50 such as curries, chilli. Cakes £1.20-2.50, some vegan. www.meditateinsheffield.org.uk

NEW The Bohemian 95% vegetarian cafe-bistro-restaurant, 53 Chesterfield Road, **Sheffield** S8 0RL. Tel: 0114-255 7797. Open: Tue-Sat 11.00-23.00, Sun 11-16.00, Mon closed. Daytime cafe becomes a candlelit restaurant in the evening where you can save money by bringing your own alcohol. This is the closest Sheffield has to a vegetarian restaurant open late in the evening. Everything is veggie apart from two fish items, and it attracts 80% non-veggies looking for healthy food. Sandwiches and wraps made to order £3.50-3.80. Light bites £3.25-3.75 such as soup £3.25 with bread, Mediterranean veg tartlet, garlic mushrooms. Main meals £7.95. Half the cakes £3 are vegan. www.thebohemiancafe.co.uk

NORTH: WEST YORKSHIRE - HEBDEN BRIDGE

NEW Thorncliffe vegetarian bed and breakfast, Alexandra Road, Birchcliffe Road, Hebden Bridge HX7 8DB. Tel: 01422-842163. Mobile: 07949729433. Open: all year. www.thorncliffe.uk.net

Myrtle Grove B&B in Hebden Bridge has closed. Almost every B&B in Hebden Bridge will do some sort of vegetarian breakfast. There are also self-catering apartments and cottages, though the ones we investigated had leather sofas.

NEW Greens vegetarian cafe, Oxford House, Albert Street, Hebden Bridge HX7 8AH. Tel: 01422-843587. Open: Thu-Sat 10.30-15.00, Fri-Sat also 18.30-late (last orders around 20.30). Opening 21st Oct 2011 in the premises of Relish, by the founder of The Veggie (Ikley) and with a similar menu. Breakfast till 12.00. Lunch includes a hot dish of the day, sandwiches with side salad, main course salads. Cakes and desserts. Plenty for vegans. Evening starters £4.95, mains £9.95, desserts £4.95. Children welcome, high chairs. Well-behaved dogs welcome. Bring your own alcohol evening, no corkage, off-licence nearby. MC, Visa. www.greensvegetariancafe.co.uk

NEW Nelson's vegetarian wine bar, Crown Street, Hebden Bridge HX7 8EH (off St George's Square, under an off-licence). Tel: 01422-844782. Open: Tue-Thu 17.00-23.00, Fri-Sat till 01.00, Sun 17.00-23.00, Mon closed. Fantastic, this basement wine bar in the centre has a completely vegetarian menu with mainly Mediterranean food. DJ's and sometimes acoustic live music.

Tapas dishes £2-3. Soup £3 with bread. Wraps £4.50. Mains around £7 such as Greek platter, Mexican pancakes with veggie chilli in tortilla, bake, falafel salad, couscous, Thai red curry. A few desserts, occasionally vegan, £3. Organic beer and wine.

Organic House has changed hands and gone over to the meaty dark side. **Canalside Café** and **Laughing Gravy** closed.

NORTH: WEST YORKSHIRE

NEW Heatherlea vegetarian guest house, 105 Littlemoor Rd, **Pudsey** LS28 8AP. Tel: 0113 257 4397. Midway between Leeds and Bradford. One single, one twin. From 1 night to 6 months.

www.yell.com/biz/heatherlea-guest-house-pudsey-3080175/

Prashad vegetarian Indian restaurant in Bradford has moved to 137 Whitehall Road, **Drighlington** BD11 1AT (south-east of Bradford, south-west of Leeds) Tel: 0113-285 2037. Open: Tue 17.00-22.30, Wed-Thu 17.00-23.30, Fri-Sat 12.00-24.00, Sun 12.00-21.00, Mon closed. www.prashad.co.uk Facebook Prashad

Fair Trade Café in Bradford is now called Treehouse www.treehousecafe.org

NEW Ginger vegetarian cafe, above Food Therapy healthfood shop, 11 Northgate, **Halifax** HX1 1UR. Tel: 07775 570 923. Open: Tue-Sat 9.30 till 16.00, Sun-Mon closed. This new vegetarian cafe fills the gap left by the closure of Laughing Gravy and Okra House (which used to be here), and was a finalist in the Vegetarian Society 2009 award for best catering. They are big on local, seasonal and Fairtrade ingredients, including from a nearby organic farm. Full cooked breakfast £5. Light lunch is around £3.50 for sandwiches, jacket potatoes, filled pitta. 2 or 3 specials daily £5. Lots of cakes, all vegan, from £1.50. On Facebook and Myspace

Pharo's, near Halifax, has closed.

NEW The Veggie organic vegetarian café, 32 Leeds Road, **Ilkley** LS29 8DS. Tel: 01943-600245. Open: Mon-Thu 10.00-17.00; Fri-Sat 10.00-20.00 (last orders), Sun closed. Daytime cafe, plus cosy candlelit evening restaurant Fri-Sat. Always vegan options. All-day cooked breakfast £6.95 includes tea or coffee. Lunch dishes £4.25-6.95. Desserts £1.80-3.95 include scones and vegan cakes. Evening starters £3.50, mains from £7.95. Bring your own booze and pay corkage. MC, Visa.

www.theveggiecafe.co.uk

NEW World Peace vegetarian cafe, in Buddha Land Kadampa Buddhist Centre, 1 Lawkholme Crescent, **Keighley** BD21 3NR. Tel: 01535-958 189. Open: Tue-Sat 10.00-16.00, planning to open later, Sun-Mon closed. Sandwiches £3.

www.enjyomeditation.org/public-service-peace-cafe.php

NEW Global Tribe vegetarian café, 18 Swain Street, **Leeds** LS1 6LG. Tel: 0113-338 4289. Open: Tue-Sat 10.00-18.00. Opened July 2012 over a long established crystals shop. www.globaltribecafe.com

www.facebook.com/GlobalTribeCafe

NEW Nichols vegetarian cafe-deli, 86A Harrogate Road, Chapel Allerton, **Leeds** LS7 4LZ. Tel: 0113-345 0404. Open: Mon-Sat 08.00-17.00, Sun closed. Opened June 2012 serving salads, sandwiches and light lunches, cakes and hot drinks. They use lots of organic and local.

www.nicholsvegdeli.co.uk www.facebook.com/nicholsvegdeli

Caterpillar in Leeds has closed.

NEW That Old Chestnut monthly vegan market stall, Leeds Farmers Market, Kirkgate, **Leeds**. First Sunday of the month 9.00-14.00. Monthly vegan market stall with a big spread of take-away food. See website for next event.

www.thatoldchestnutishere.com

Dandelion & Burdock in Sowerby Bridge has closed.

NEW Kava Kafe vegetarian café, reopening spring 2015 at new premises 31 Rochdale Road, **Todmorden** OL14 7LA (opposite the library and Hall St). Tel: 01706 818730. Open: Tue-Sat 9.00-16.00, Sun 9.30-16.00, Mon closed. Planning to open evenings. (Bear Café, Todmorden, listed under Lancashire on page 80, should also be listed West Yorkshire)

www.kavakafe.co.uk facebook.com/kavakafebar

NEW Mango vegetarian Indian restaurant and cafe, 12 Bank Street, **Wetherby** LS22 6NQ. Tel: 01937-585 755. Open Mon-Sat; Sun closed. Café and deli 9.30-16.00. Restaurant: 18.00-23.00 (21.30 last orders). Buses from Leeds, Harrogate, York, Otley, Wakefield. New family-run vegetarian restaurant on two floors, near the market place. Daytime it is an Indian cafe. In the evening it turns into a restaurant with food from all over India. Have an Indian style breakfast any time of day such as utthapam. Lunch buffet 12.00-15.00, £7.99 for 3-courses eat as much as you like, you can come back for more. Restaurant: 11 starters £3.50-3.99 or a mixed platter to share £8.50 for 2 people, £12.50 for 3. Chaats £4.95. Gujarati and Mango's main course specialities £6.50-7.50. Main course thalis £13.50, £18.99, include dessert. Desserts £3.25-4.25 include for vegans Indian halva carrot cake, semolina, cakes, and Swedish Glace ice-cream. Vegetarian wines from £3.25 glass, £13.50 bottle. They have soya milk for hot drinks. Children welcome, high chairs. Optional 10 per cent service charge. MC, Visa, Amex. Email

info@mangovegetarian.co.uk

NORTH: ISLE OF MAN

Greens in Douglas (page 218) closed. when the Council refused to renew their lease. Try the same owner's new **Tynwald Hill**

Tea Rooms vegetarian cafe, Main Road, St Johns, Isle of Man IM4 3NA. Tel: 01624-800 129. Open: Mon-Sun 9.00-17.00, maybe Fri-Sat evenings in future. New 50% vegetarian cafe opened May 2010 on the west side of the island, with similar food and prices to Greens. The cafe has a pub licence. Children's area, high chairs, babies welcome. Garden with outside seating, dogs welcome. Take-away. www.greensiom.com

EAST: BEDFORDSHIRE

NEW Café Virtuoso vegetarian cafe 7 Harpur Street, **Bedford** MK40 1LA. Tel: 01234 354707. Open: Mon-Sat 9.00-15.30, Sun closed. Brand new vegetarian café and coffee shop in the town centre, specialising in wheat-free and vegan. Kids meals, high chairs. Meditation classes, book club, evening talks. www.cafevirtuoso.co.uk

NEW Courtyard vegetarian café, 6 High Street, Biggleswade SG18 0JA. Tel: 01767 319012. Open: Tue-Sat 9.00-17.00, Sun-Mon closed, Aug 12-18th 2013. In a complementary therapy centre. Mainly organic and local foods. Great for vegans. Breakfast 8.30-10am include toast, muesli, full cooked. Light lunches 12.00-14.30 such as miso soup with bread £4. Specials with salad £4-6. All day sandwiches with a bowl of salad £4.50. Cakes £3. Homemade vegan ice-cream. Freshly made fruit and veg juices £3, smoothies £3.50. Pot of tea £1.80. They have soya and oat milk. Children welcome, high chairs, baby changing. Outside courtyard gardens, dogs welcome there. Cash only, cashpoint opposite. Therapies include herbal medicine, massage, reflexology, acupuncture, homeopathy, counselling. Classes in yoga, pilates, dance and fitness including drop-ins. www.courtyardcentre.co.uk facebook.com/courtyardcentreforhealthandwellbeing

EAST: BUCKINGHAMSHIRE

The Eating Point, Milton Keynes, closed.

EAST: CAMBRIDGESHIRE

Joan's B&B has closed. The Jolly Abbott has closed.

NEW Taste of Cambridge vegetarian falafel stall on Market Street by the church, near the market square. Tel: 077155 11260. Open: Tue-Sat 11.00-16.00, Sun-Mon closed (reduced hours in winter). All the falafels wraps £3.95-4.45 are vegan and contain hummus, harissa and tahini. They also do vegetarian pizzas to order, can be vegan without cheese. Winter soups £2.50-2.80, often vegan, with crusty sourdough bread. Vegan brownies £1.50 are always selling out. Organic fruit drinks £1.40, cloudy lemonade 80p. Cash only. www.tasteofcambridge.co.uk and Facebook Taste of Cambridge

EAST: ESSEX

NEW The Den at Twenty Three vegan cafe, Colchester opened March 2015 at 23 Crouch Street CO3 3HH. Tel: 01206-616966. Open: Mon-Thu 08.00-17.00, Fri-Sat 9.00-16.00, Sun closed. Breakfast, lunch, cakes, waffles, ice-cream, cakes, tea and coffee. Also take-away. facebook.com/thedenattwentythree

In Colchester, Garden Cafe, The Lemon Tree and Natural Bodycare have closed.

NEW LevelBest ArtCafe vegetarian cafe at D'arcy House, 3 Culver Street East, **Colchester** CO1 1LD (behind Natural History Museum). Tel: 01206-366059. Open: Mon-Fri 9.30-15.30, closed bank holidays and 10 days Christmas-New Year. Great value vegetarian Fairtrade cafe in arts centre and gallery in a grade 2 listed building. Soup £2 with gluten-free homemade rolls. Vegan spicy bean casserole with jacket potato or side salad £2.50. Muffins £1. Cakes £1 slice but not vegan. Fairtrade filter coffee, teas and herb teas £1. www.dacontrust.co.uk

Suruchi in Ilford has closed but there are two new vegetarian Indian places:

NEW Saravanaa Bhavan vegetarian Indian restaurant, 115-127 Cranbrook Road, **Ilford** IG1 4PU. Tel: 020-8911 8718. Open: 10.00-22.30. Train: Ilford. Tube: Gants Hill then bus. Very big restaurant on two floors near Ilford station, part of a worldwide chain with branches in East Ham, Tooting and Middlesex. Starters £1.45-4.50. Over 20 kinds of dosas and utthappam £2.45-3.95. Curries and Chinese dishes £3.95. Business meal £4.25, south Indian thali £6.95, north Indian £7.95. Desserts £1-3.95 include vegan halva, ladu, fruit salad. Wine from £5 glass, bottle £15-35. High chairs. Party room. www.saravanabhavan.com

NEW Dosa Rani vegetarian Indian and Singaporean restaurant and sweet shop, Goodmayes at 56-58 Goodmayes Road, Ilford IG3 9UR. Tel: 020 8598 8333. Train: Goodmayes BR. Open: Mon-Sun 11.00-23.00. Lunch special £3.99 rice, veg, curry of the day and dal. Starters £1.40-3.20. Dosas £2.95-4.20. Lunch thali £5.99, dinner £7.99. Noodle dishes £5.45. Curries around £5. No vegan desserts. Soft drinks, juices, tea, coffee £1.20-1.90. No alcohol. Children welcome, high chairs. Seats outside, dogs welcome.

NEW The Railway Hotel vegetarian pub-restaurant, 32 Clifftown Road, **Southend-on-Sea** SS1 1AJ. Tel: 01702-343194. Food: Tue-Fri 12.30-15.30, 18.00-21.00, Sat-Sun 12.30-18.30. Most of the food is vegan. Main courses £6.50, or weekday lunchtime only £5, such as Thai green curry with sticky rice, mixed bean chilli with rice or wedges, burgers with wedges, vegan calzone. Antipasti or portion of chips £3. Desserts £3 include vegan chocolate cake with orange sauce. Children welcome till 9pm. Beer garden, dogs welcome there. www.railwayhotelsos.co.uk

NEW Cafe Dharma in Yoga Dharma centre, 129 Southchurch Road, **Southend on Sea**, Essex SS1 2NW. Tel: 01702-600 762. Open: Mon-Sat 8.45-17.30, Sun bookings only. Vegetarian cafe with a vegan chef in a yoga and therapies centre, near the bus and train stations. Cooked breakfasts £2.95-4.55 such as porridge, spicy scrambled tofu with ciabatta. Wraps, paninis, sandwiches £2.95-3.95 include roast veg, sausage and tomato, falafel with beans and hummus, avocado with salsa and pesto. Light bites and lunches £3.95-6.95 are almost all vegan like carrot and coriander soup, mezze plate, pasta bowl, goulash, risotto or Thai tofu salad. Dairy-free cakes, vegan ice-cream and cookies £1.05-1.95. Fresh juices, smoothies, shakes £2.55-3.95. Cup of tea £1.25, pot of loose leaf herbal tea £2. Coffee £1.50-£2. Children welcome, toys, books. Sofas. Outside seating, dogs welcome. Drop-in adult yoga classes, kids you need to book for. www.yogadharmaco.uk

NEW The Railway Hotel, Southend, vegetarian pub at Clifftown Road SS1 1AJ. Tel: 01702-343194. Open: Mon- 17.00-23.00, Tue-Thu 12.00-23.00, Fri-Sat 12.00-01.00, Sun: 12.00-24.00. Food served Tue-Fri 12.30-15.30, Wed 19.00-22.00, Sun 12.30-17.30, and small parties can be accommodated outside these hours. www.railwayhotelsos.co.uk

Singapore Sling, Southend, closed. Cafe Pulse in Leigh-on-Sea has closed and they recommend the vegetarian menu at the **The Railway Hotel**, Clifftown Road, Southend SS1 1AJ. Tel: 01702-343194. Food: Tue-Fri 12.30-15.30, Wed 19.00-22.00, limited menu outside these hours. Sometimes it's two dishes for £10 on Wed night or all you can eat. www.railwayhotelsos.co.uk

EAST: HERTFORDSHIRE

NEW The Green Kitchen vegetarian cafe, St Albans at 419 Hatfield Road (A1057) AL4 0XP. Tel: 01727 753661. Open: Mon-Tue, Thu-Fri 9.00-16.00, Sat 10.00-16.00, Sun 11.00-15.00, Wed closed. Bus stop five doors down, from city centre ask for Oaklands, from Hatfield direction ask for Colney Heath Lane or Oaklands College. Free parking in nearby residential streets Longacres or Wynchlands Crescent. Mostly vegan. All day cooked breakfast, soup, vegan sausage rolls, pasties, tarts, salads, pasta, Mediterranean platter, sandwiches and wraps, cakes, bakes, biscuits, smoothies, shakes. Children's menu. Coffees include hazelnut or almond latte. www.the-green-kitchen.co.uk and Facebook the green kitchen

The Violin B&B has closed.

NEW Woody's vegetarian cafe, Apsley, near Hemel Hempstead at 19 Dickinson Quay, by the Grand Union Canal at Dickinson's Wharf, Apsley HP3 9WG. Tel: 01442-266280. Open: Mon-Sat 10.00-22.00, Sun 10-17.00 (last orders one hour before closing). Train: Apsley (opposite). Directions: On A4251 between Hemel centre magic roundabout and M25 junction 20. In a beautiful, tranquil location alongside the Grand Union canal. English cuisine with Italian Influences. Soups with home-baked bread £5.50, or £3.75 as a starter. Stone-baked pizzas with vegan bases £6.35-9.95. Salads small £4, large £6.20. Savoury filled pancakes, vegan options, £5-£7.90 according to number of fillings. Cookies, brownies, cakes and desserts £1.20-5.90 including at least one vegan and gluten-free option such as chocolate banana cake or chocolate fudge cake. Organic vegan wines and beers, house wine £3.40 glass, £11.80 bottle. Children welcome, 2 high chairs, colouring books and games. Outside seating in summer, dog water (but only guide dogs inside). Disabled access. You can park at the back Mon-Fri 10-5pm, at other times there is the Papermill pub on the other side of the canal where you can park out of hours. www.woodyscave.co.uk

NEW Anusia vegetarian cafe, Tring at 50 High Street HP23 5AG. Tel: 01442-823993. Open: Mon-Sat 9.00-17.00, Sun closed. In a grade 2 listed 16th century building, fitted out in a contemporary style. They can cater for gluten-free and raw. Breakfast options include their own supermuesli £3.95. Starter soup £3.95, main £5.90. Spicy chickpea and red kidney bean burger £8.95 with wedges and salad. Salads £4.95 small, £7.95 large. One or two daily specials (always something vegan) till 4pm from £7.85 such as Thai curry, lentil shepherd's pie. Club sandwiches, wraps and panini with toasted or untoasted sourdough bread £4.95-7.95 come with mixed leaves and vegetable crisps, fillings include Cajon marinated tempeh and vegetable fajita wrap. From July 2011 lunchtime buffet with salads and hot foods, small plate £5.95, large £8.95. Cakes, brownies, muffins and cookies £1.30-£2.70, raw vegan cheesecake or apple pie £4.50, add a scoop of their banana, strawberry or chocolate cashewnut ice cream £1.90. Lots of organic ales, apple or pear cider £3.50-4.50. House organic wine £3.25 medium glass, £4.65 large, £13.95 bottle. Some vegan wines. Children's portions, high chairs. Play room on the first floor for private parties or to rent out for yoga and evening events. Play area with little table, chairs, toys. www.anusiacafe.co.uk

Down to Earth in Ware is now The Lounge pizza-pasta restaurant with plenty of vegetarian and vegan food.

EAST: NORFOLK

NEW Wild Thyme vegetarian restaurant, Norwich at The Old Fire Station Stables, Labour In Vain Yard, Guildhall Hill, Norwich NR2 1JD (above Rainbow Wholefoods, off Guildhall St). Tel: 01603-765562. Open Mon-Wed 10.00-17.00, Thu-Sat 10.00-20.00, Sun closed. www.wildthymenorwich.co.uk

NEW Namaste India vegetarian restaurant, 2a Opie Street, Norwich NR13DN. Tel: 01603 662016, 01603 662016. Open: Tue-Sat 12.00-15.00, 17.30-23.00, Mon 17.30-22.00. The lunch set menu (£6.95) is great value with a choice of masala dosa with lentil soup and chutney, or a thali that includes the curry of the day. Evenings and Sunday à la carte with usual starters and chaat (around £4), dosas and uttapam (£3-£7), mains (£8-£11) like Punjabi cashew curry in sweet and spicy sauce, Gujarati mashed mixed veg curry with toasted sandwich rolls, or north Indian Baingan Bharta aubergine. Desserts (£3.45-4.95) include vegan rice pudding with soya milk, or banana, almond and cashew with mango pulp. Bring your own alcohol, corkage £4.95 per bottle of wine, £1.45 beer. Children welcome, bring your own child seat. www.namasteindianorwich.com and www.facebook.com/namasteindianorwich

NEW Moorish vegetarian falafel café, 17 Lower Goat Lane, Norwich NR2 1EL. Tel: 01603 622 250. Open: Mon-Sat 11.00-17.30, later in summer, Sun 12.00-16.00 in summer. Facebook Moorish Falafel Bar

NEW River Green Cafe vegetarian restaurant and deli at The Street, **Trowse, Norwich NR14 8AH** (2.4km south-east of Norwich city centre). Tel: 01603-622448. Open: Tue-Sat 11.00-23.00, Sun 11.00-16.00, Mon closed. Buses from centre stop outside. The owners of the Red Lion veggie food pub in Great Bricett, Suffolk, have partnered with a local vegan businessman to open on the outskirts of Norwich, in an old bakery with cafe, formal dining area, meeting/event room and a deli. Food is similar to the Red Lion with an organic wine list and local ales. Starters £4.90, mains £9-£12, sumptuous desserts £5.50. Patio overlooking the village green. www.rivergreencafe.co.uk www.facebook.com/RiverGreenCafe

NEW Loving Hut Chinese vegan take-away & cafe, Norwich at 28 Cattle Market Street, Norwich NR1 3DY. (City centre, opposite Castle Mall) Tel: 07845-282127. Open: Tue-Sat 11.45-16.15. Mainly Chinese food, also salads, and frozen food to take home. Hot and cold buffet, fill up the container with as much as you like, £3 small, £4 large. Noodles, fried rice, Thai curry, sweet and sour veg, soya protein, stir-fry that changes every day such as broccoli and black beans, mini spring rolls, pasta and salads. Vegan hot dogs and burgers £3.50 with chips. Sandwiches from 2009. Vegan fish or sausages and chips £4. No seats, but you can stand at a table to eat. Previously called Vegeland. www.lovinghut.co.uk/norwich

NEW The Oasis World Peace Cafe, Attleborough at Amoghasiddhi Buddhist Centre, Cyprus House, Queens Square, Attleborough, Norfolk NR17 2AE. Tel: 01953-451 937. Open: Tue-Sat 10.00-15.30, Sun-Mon closed. Busy cafe with a peaceful atmosphere, run by volunteers, 15 miles west of Norwich on the way to Thetford. All day cooked breakfast ££5. Light lunches

£3-4.75 include 3-bean chili with rice; jacket potatoes with two fillings and salad; large bowl of soup with bread ; panini with salad; cup of soup & sandwich combo; spicy wedges with salsa and salad; nachos and spicy beans with dip. Homemade cakes are very good value at £1.70, though there is not always a vegan option. Very child-friendly, there is a lounge off the main cafe where they can roam with baby chair and kids' books. Garden with seating in spring/summer, dogs welcome. Cash or cheque only. www.amoghasiddhi.org.uk/world-peace-cafe

EAST: NORTHAMPTON

NEW World Peace Cafe, Kelmars at Nagarjuna Buddhist Centre, The Old Rectory, Kelmars, Northants NN6 9LZ (on the west side of Market Harborough). Tel: 01604-686778. Directions: X7 bus (hourly) Leicester to Northampton, get off at Kelmars Hall, follow signs for Buddhist Centre. Cafe: Mon-Sun 11.00-17.00. Office: Mon-Fri 11.00-13.00, 15.00-16.00. A peaceful oasis with a vegan manager. Paninis £3.75, jacket potatoes £3.50, toasties £3, scones. Cakes and flapjacks include gluten-free and vegan. Kids' meals could be a toastie with fruit or yogurt and drink. Full disabled access. www.meditation-nagarjuna.org/world-peace-cafe Also accommodation.

EAST: SUFFOLK

NEW The Red Lion vegetarian pub, Great Bricett at Greenstreet Green, Great Bricett IP7 7DD. Tel: 01473-657799. Pub open Tue-Sun 12.00-14.30, food till 14.00; Tue-Sat 18.00-23.00, food till 21.00; Sun eve, Mon closed. Directions: On the B1078 roughly halfway between Needham Market and Bildeston. Stay on the main road and you will find it about 200 yards past the turning to the village (coming from Needham). From A14 get off at Junction 51 at the bottom of the A140. Follow the signs into Needham, and then to Bildeston. Fantastic vegetarian country food pub, about 30 minutes from Bury St Edmunds and 20 minutes from Ipswich. The quality of the food is fabulous and worth a big detour for. Menu changes frequently. Starters could include £4.90 avocado salad; sweet potato soup with chilli oil and toasted almonds. 8 main courses £7.90-10.90 such as African sweet potato stew; Mediterranean vegetable and tomato pie. Specials board changes weekly, for example main course of walnut salad with brown rice, pear and avocado. Desserts £4.50 include vegan summer pudding with dairy-free ice-cream, or sorbet in a chocolate basket (suitable for vegans). Give them a call if you have any special dietary requirements. Wine from £3.05 glass, £11.90 bottle. Dogs ok in bar area and they can sit outside on the outside patio which has tables, and there are further picnic tables on the grass. Kids welcome, menu can be adapted. Baby changing facilities. Al fresco terrace. Can cater functions up to 30 people. Also owns Green River vegetarian cafe in Norwich. www.theveggieredlion.co.uk (menu)

NEW Museum Street Cafe, Ipswich at Westgate House, Museum St, Ipswich IP1 1HQ. Tel: 01473-232393. Open: Mon-Fri 8.30-16.30, Sat-Sun closed. Ipswich finally has a vegetarian cafe, and they aim to offer vegan options every day too. They operate on the canteen principle with hot food ready to serve on a hot-plate so that people who work locally or are in a hurry can grab a meal. Great value too with main courses under £5 including a green salad, and plenty more salads are available as extras. Mains include various tarts, sweet potato cakes, lentil patties with home-made chutneys, spinach roulade etc. Ploughman's includes home-made pickles, hummus and pitta bread with sun-dried tomato salad, vegans can have extra hummus or something else. Soups, usually vegan, served from autumn to late spring. Home-made cakes, some vegan such as orange and date, from 70p for a choc slice to £1.70 for a large slice of cake. Children welcome, and next door is the Real Nappy Network shop with baby changing facilities and can lend a high chair. One small outside table. Not licensed, corkage may be charged. No credit cards. www.museumstreetcafe.com

SOUTH: CORNWALL

NEW Pea Souk vegetarian cafe, 19c Well Lane, Church St, **Falmouth** TR11 3EG. Tel: 01326-317583. Open: Mon-Sat 10.00-17.00, Sun closed. Also evenings for advance bookings. New backstreet vegetarian café near the Polytechnic arts centre specialising in Arabic food. Uses local organic produce. Full English breakfast £6.50. Soups, salads, wraps, sandwiches £4.25. Meze platter £7.65. Specials ££7.95 such as curry or bake with salads and bread. Vegan lunches include daily tart such as Tunisian Filo Brik with roasted root veg and chickpeas on couscous, with salad and red cabbage coleslaw. Vegan desserts and cakes £2.45 such as chocolate and banana cheesecake. Organic vegan wines, beers and ciders. Wine £11 bottle. Dogs welcome. Open some evenings if booked. 2 course dinner £15, 3 courses £20. **Facebook: Pea Souk**

Cinnamon vegetarian café, 4-6 Brewery Yard, High Street, **Falmouth** TR11 2BY. Tel: 01326-211457. Open: Tue-Sat 10.00-16.00, Sun-Mon closed; Xmas-Easter closed. Licensed vegetarian café in a 450 year old courtyard, a real sun trap at the outside tables. Full cooked breakfast £5.80. Sandwiches and baguettes with side salad £4.40-£5.10 such as home-made hummus and tomato. Mains £4.70-£7.50 feature puy lentilburger, vegan spicy chickpea pie, salads, Mediterranean veg and hummus panini, Lebanese stew with brown and wild rice topped with toasted almonds. Cakes £1-£3 change weekly. Pot of tea £1.70. Wine from £3 glass, £12 bottle; vegan wine £4.10 small glass, £16.95 bottle. Beers and ciders. Kids' menu, high chair. Dogs welcome. Occasional evenings tapas and live music. **Facebook: Cafe Cinnamon**

Westaways vegan bed and breakfast, Latchley, Nr Gunnislake, Cornwall PL18 9AX. Tel: 01822-833745. Train: Gunnislake 2.5 miles (can collect free), Plymouth 20 miles (can collect £15). New vegan bed and breakfast in 17th century cotage. Single £25, double £25 per person or £35 as single. Shared bathroom. Full cooked breakfast. 3-course evening meal £15. Children welcome but no baby facilities. No pets. Meditation available. White Hart pub 1.5 miles away can provide veggie and vegan meals, or Totnes 15 miles away has a vegan restaurant. Bude and other sandy beaches 20 miles. westaway.westaway@googlegmail.com

Lanherne (page 259) has closed. Yam Parlour in Penzance (page 261) has closed.

NEW Archie Browns has added a second vegetarian cafe and wholefood shop in Truro at 105 Kenwyn Street, Truro TR1 3BX. Tel: 01872 278622. Open: Mon-Sat 9.00-17.00, Tue till 17.30, Sun closed. www.archiebrowns.co.uk and on **Facebook** at www.facebook.com/pages/Archie-Browns/56851579421

SOUTH: DEVON

NEW No.89 Vegetarian Bed & Breakfast. 89 Abbotsham Road, Bideford EX39 3AQ. Tel: 01237 472975.

M: 07511 230030, 07760 241630. On the edge of the historic port town of Bideford near pubs, shops, cafes and restaurants and the Lundy Island ferry. One king size/twin ensuite, one double ensuite, one single. TV, hairdryer. Around £30 per person. Full cooked breakfast. Packed lunches. www.bandbno89.co.uk

Ansteys Cove Hotel (page 437) has closed. The Garrett cafe in Brixham (page 278) has closed.

NEW Easdon Cottage vegetarian organic bed and breakfast, Easdon Cottage, Long Lane, Manaton, **Newton Abbot** TQ13 9XB. Tel/Fax: 01647-221389. www.easdoncottage.co.uk

NEW Epicentre vegan cafe, 59 Torquay Road, **Paignton** TQ3 3DT. (short walk from main bus and train stations) Tel: 01803-553 790. Open: Mon-Fri 9.30-17.00; Sat 9.30-16.00; Wed or Thu 19.30-22.30 if events; Sun closed. On Facebook (menu in Notes) www.epicentrebookcafe.org.uk

NEW The Terrace vegetarian art cafe, 6 Marine Crescent, **Seaton** EX12 2QN. Tel: 01297-20225. Open: Tue & Thu 10.00-17.00, Wed 10.00-15.00, Fri-Sat 10.00-21.30, Sun 11.30-15.00. www.artannapola.com

DORSET

NEW The Old Mill House vegetarian bed and breakfast, 1 East Road, **Bridport**, West Dorset DT6 4AG. Tel: 01308-422310. www.theoldmillhousedorset.com

NEW The Sands vegetarian bed and breakfast, Flat 1, Seashells, 7 Burlington Road, **Swanage**, Dorset BH19 1LR. Tel: 01929 422 794 after 6.30pm and all weekend, otherwise leave message. www.swanagesands.co.uk

NEW Variety Cottage vegetarian guest house & retreat, Burton Bradstock, Dorset (3 miles from Bridport). Tel: contact via website form. www.arnoldsretreats.co.uk

NEW Zoukini's vegetarian restaurant, 18 Seamoor Road, Westbourne, **Bournemouth**. BH4 9AR. Tel: 01202-766 797. Open: Tue-Thui 11.30-15.30, Fri 11.30-21.30, Sat 10.00-22.00, Sun 10.00-16.00, Mon closed. May start opening Thu evening. Sat-Sun breakfast till 11.30. Various cooked breakfasts £4.95, whopper £6.25, French toast vegan style with bananas and maple syrup £3.50. Lunch menu 12.00-16.00 includes soup with toasted baguette £3.95, pasta of the day £6.25, falafel with hummous and salad £5.95, cannellini bean & rosemary bruschetta with salad £4.95, jacket potatoes £4.25-5.95, veggie burger with chips and salad £6.75, Mexican "no" meatballs on tortilla with black bean salsa £6.25. Evening meals tapas style from £3.55, at least 20 to choose. Also specials £7.75-8.95 such as a pasta dish. Themed evenings are very popular such as Mexican or Indian night, 3 courses for £18.50. Lots of cakes including vegan and gluten-free £2.20-2.40 and other desserts from £3.95. Wine £3.25-4.30 glass, £12.90 bottle. Beers £2.70, non-alcoholic £2.50. www.zoukinis.com

Wessex Tales in Bournemouth has closed.

SOUTH: EAST SUSSEX – BRIGHTON

NEW The Cowley Club vegan cafe, 12 London Road, Brighton BN1 4JA. Tel: 01273-696 104. Open: Wed-Fri 12.00-16.00; Thu 19.00-23.00, Sun 14.00-18.00; Sat, Mon-Tue closed. Social centre with vegan cafe, radical bookshop and library, perfect for an afternoon reading. Seasonal soup £1.80. Wraps £2.30. Main meals £3-3.50 can be moussaka, or home-made burger and wedges, with Friday specials such as creamy mushroom, leek and pea risotto. Sunday nut roast and roast veg £4.50, sometimes a pudding too £5 total. Vegan cakes ££1. Juices and Zapatista filter coffee 80p. Tea 50p, pot 70p, hot chocolate £1. Children's playhouse, toys, board games, high chair, baby changing. Terrace, dogs welcome. Cash only. www.cowleyclub.org.uk

NEW Loving Hut Chinese vegan cafe and take-away, The Level, St. Peter's Place, central Brighton BN1 4SA. Tel: 01273-689 532. Open: Mon-Sun 10.00-19.00. Full English breakfast £3.50, toasted sandwich £1.90. Burger £2.95. Spicy wrap £2.90. Not Dog £2.20. Golden Nuggets £2.80. Main dishes £3.95-4.95 include stir-fry vermicelli, chow mein, chunky satay, sweet & sour, kung pao. Hot and cold drinks 80p-£1.95. No alcohol. 2 tables inside, 5 outside. Children welcome, one high chair. Dogs outside welcome, dog bowl. No cards, cash only. www.lovinghut.co.uk

NEW Iydea vegetarian cafe, 17 Kensington Gardens, North Laines, Brighton. Tel: 01273-667 992. Open: Mon-Sat: 9.30--17.30, Sun 10.00-17.30. Open later when busy or it's sunny. Lunch £4.70-7.40 gets you your choice of main dish then fill up your plate with any of the hot veg, salads, toppings and sauces. Vegan cakes. www.iydea.co.uk

NEW V-Bites vegan international café and deli, originally opened in Hove, moved May 2013 to 14 East Street, central Brighton BN1 1HP. Tel: 01273-933757. Open: Mon-Sun 08.30-11.30 for breakfast, then from 11.30 for food orders, kitchen closes 18.00. Heather Mills' vegan cafe and grocery has a restaurant feel in a new location in Brighton's Lanes. There's more fresh food plus their traditional carnivorous style dishes and lots of gluten-free. Breakfasts £3.25-£7.95 range from smoothies to full cooked. New is the self-serve salad bar, small £3.95, large £7.95. Their classics £4.95-9.95 include huge burgers and 8-inch hot dogs, wraps, stone-baked pizzas, and specials such as Tuscan bean soup, BLT, meatball baguettes, fishy steak and fries. Desserts £4.25 feature knickerbocker glory, cakes with ice-cream, raw chocolate torte with summer berries; also shortbread and flapjacks £1.50. Drinks include Spanish thick hot chocolate with cream and marshmallows or try a hazelnut latte. Teapigs teas £3.70 pot for two. Glass of wine £2.50-4.95, bottle £13.95. Kids' meals £5.95; high chairs. Dogs welcome. www.vbites.com

NEW World Peace Café, Bodhisattva Buddhist Centre, 3 Lansdowne Road, Brighton & Hove BN3 1DN (Driveway entrance is on Lansdowne Road, opposite the top of Cambridge Road. See map on website). Tel: 01273-732917 Cafe: Mon-Sat 14.00-17.00 term time only. Relax and unwind in serene, friendly vegetarian café lounge serving cappuccino, espresso, lattes, mocha, hot chocolate, herbal tea, cakes and a range of organic and Fairtrade products. www.meditateinbrighton.com/temple

EAST SUSSEX – HASTINGS

NEW Bay Tree House vegan hotel, 59 Baldslow Road, Hastings TN34 2EY. Tel: 01424-446300. Double/twin £90-£125, triple £135. Bar. Wifi. Dogs welcome. www.baytreeveganhotel.co.uk

SOUTH: HAMPSHIRE

NEW The Art House vegetarian café, 81a Bedford Place, **Southampton** SO15 2DF (entrance on Henstead Road). Tel: 02380-238582. Open: Tue-Thu 11.00-17.00, Fri 11.00-21.00, Sat-Sun 12.00-17.00, Mon closed. Lunch served 12.00-16.00. www.thearthousesouthampton.co.uk

SOUTH: KENT

NEW Fortify vegan café, 32 High Street, **Maidstone** ME14 1JF (near Argos). Tel: 01622-670533. Open: Mon-Fri 8.00-17.00, Sat 9.00-17.00, Sun 11.00-17.00; Thu-Sat 18.00-22.00. www.fortifycafe.co.uk

SOUTH: MIDDLESEX

Chetna's and Woodlands have closed.

SOUTH: SOMERSET – GLASTONBURY

www.vegetarianliving.co.uk/placestogo.php?do=view&article=265

SOUTH: WILTSHIRE

NEW The Lodge vegetarian bed and breakfast, High Street, Avebury, Wiltshire SN8 1RF. Tel: 01672-539 023. Grade II listed building. Two rooms with kingsize beds, one ensuite, one with big private bathroom, can put a single bed in as well, from £155 as single, or from £195 as double. Antique furniture. Off street parking. Evening meal if booked in advance around £15. Children welcome, bring your own cot. Wifi. No pets. The Wagon and Horses pub nearby always has a veggie option for an evening meal, or go to Marlborough which has pizza places, Indians and Italians. www.aveburylodge.co.uk

WEST: BRISTOL

NEW The Base.vg vegetarian bed and breakfast, 564 Fishponds Rd (A432), Fishponds, Bristol BS16 3DD. Tel: 0117-902 3456. Train: Temple Meads then bus or cab £10. Directions: M32 junction 2 for Fishponds, 1 mile on right. Close to Bristol city centre and motorways. You can check room availability on line. Singles en suite £37-52, doubles/twin ensuite £55-64. Superior double ensuite £75, as single £58; self-contained double ensuite apartment with kitchen £75, twin £84, double plus single £95, plus optional lounge extra £8, or as 2 doubles or 4 singles £120. Surcharge for 1 night bookings £5 one person, two or more £8. Additional adults on sofa bed or camp bed £25. Kids 3-12 £5 (one per adult); additional £14 or toddlers under 3 years £7 includes travel cot, high chair and toys. Full-on veggie fry-up breakfast or have something lighter such as creamy porridge or muesli topped with fruit, soya and rice milk available. Budget rooms in another building 10 minutes walk from £28 per person night single or twin/double for minimum 2 nights, shared bathrooms, large kitchen/diner, without breakfast and bring your own towels, check in at main building. www.thebase.vg

NEW Kebele CommunityCo-operative Cafe vegan restaurant, 14 Robertson Road, Easton, Bristol, BS5 6JY. Tel: 0117-939 9469. Open: Sat 11.00-14.00, Sun 18.00-21.00. Activist social centre has vegan brunch Saturday mornings (suggested donation £2.50, and 50p for drinks). Vegan dinner Sunday evenings (suggested donation £2, £1 for pudding, 50p drinks). Completely volunteer led, chefs take it in turns. Some Sun evenings include talks or videos. Arrive early to be in time for all 3 courses (or sometimes no starter just a big main), which come out one after the other. Get there early as they can get very busy, so if you turn up at 7.30pm on Sunday you will arrive in middle of main course or towards back of queue and miss starter. At 8.15 you'll be in time for pud. Portions are very generous. Food is mainly sourced locally, usually organic. Come round 4pm if you'd like to help preparing. May open longer hours in future. www.kebelecoop.org

NEW Café Kino, 99% vegan co-operative cafe, 108 Stokes Croft, Bristol, BS1 3RU. Tel: 0117 924 9200. Open: Mon-Sun 09.00-21.30, food served 10.00-22.30. Cooperative café with friendly feel. All food is vegan, apart from dairy milk option for hot drinks. Specials from £5.50 include kino burger with either salad or chips, or Thai green curry. Hot sausage sandwich £3.50, curly fries £1.80. Vegan choc fudge cake and more vegan goodies. Hot drinks include soya milk steamers, and Brandy hot chocolate in winter. www.cafe-kino.com

WEST: HEREFORDSHIRE

Bramlea B&B and Haie Barn have closed.

STAFFORDSHIRE

NEW The Big Strawberry vegetarian cafe and coffee shop, Unit 1, Grosvenor Chambers, Foundry Street, Hanley, **Stoke-on-Trent** ST1 5HE. Tel: 07955 530345. Open: Mon-Sat 11.00-17.30, Sun closed. Stoke's first vegetarian café and coffee lounge was started by a local young vegan couple. All food is vegan and extraordinarily good value and they are big on local and Fairtrade. Lower floor coffee lounge, and an upper floor dining area with a small library. Soup £1.95 such as Thai vegetable or leek and potato. Wraps £2.95 include falafel salad with Thai sweet chilli; chilli and coriander; Mexican mince with hummus. Panini £3.25 such as spiky Mexican veggie mince with hummus, salad and nachos; jalapeno pepper; chargrilled veg; all-day breakfast sausage, hash browns, beans and mushrooms. Specials £3.25-4.25 include lasagna with garlic bread and salad, pie and mash with peas, chargrilled burger with fries, pasta flatbread, Thai curry. Desserts and cakes 65p-£1.25 include cherry Bakewell, banana bread, triple choc muffin, chocolate brownies and cookies. Tea just 75p, green and fruit tea £1, coffees and hot choc £1.50, latte £1.65, five kinds of milk including almond and hazelnut. Cans 60p. Fruit cocktails £1.75. Milkshake £1.35. Dairy free shakes with a scoop of ice-cream £1.60. Children's menu, play area. Dogs allowed upstairs. Cash only, cashpoint opposite. www.thebigstrawberry.co.uk, Facebook: [The Big Strawberry](https://www.facebook.com/TheBigStrawberry)

WEST: WEST MIDLANDS

NEW Bistro 1847 vegetarian restaurant at 23 Great Western Arcade, Colmore Row, **Birmingham** B2 5HU. Tel: 0121-236 2313. Open: Mon-Thu 12.00-22.00, Fri-Sat 12.00-22.30, Sun 12.00-18.00. Opened Sept 2013. www.bistro1847.com

Sibila's and Rooty Frooty have closed.

NEW Natural Choice, vegetarian cafe in a food court, Top floor of Pavillions Shopping Centre, **New Street**, Birmingham B4 7SL. Tel: 0121-643 6096. Open: Mon-Sat 9.00-17.30, Sun 11-16.30. Sandwiches, baguettes, wraps, salads, bakes and other vegetarian take-aways. Main courses £4.65. Salad platter £3.85. Juices and smoothies. Better for veggies than vegans. No soya milk nor vegan cakes.

NEW Shoba's vegetarian Indian restaurant, Kiosk 4, Watson Road, off Cuckoo Road, **Star City**, Nechells B7 5SA. Tel: 0121-328 9922. Open: Tue 17.00-23.00, Wed-Thu 14.00-23.00, Fri-Sat 14.00-24.00, Sun 14.00-23.00, Mon closed. Next to the cinema box office. Hot dishes £3.75-4.50 such as dosas, utthapam. South Indian platter £6.50 with dosa, uttapam, vada, idli, sambhar. Lots of snacks, samosas, spring rolls, chaat. Meal deal £5 with samosa, salad, chickpea curry and deep fried leavened breads. Hot and cold drinks £1.20, cans 80p. Star City is north-east of the centre, between Aston and Erdington, on the way to Sutton Coldfield. There is a 30-screen cinema, bowling, casino, indoor ski-slope, restaurants and bars.
www.shobhasonline.com www.starcity.org.uk

NEW Veggie Lounge vegetarian fast food restaurant and take-away at 441 Dudley Road, **Wolverhampton** WV2 3AQ. Tel: 01902 546360. Open: Mon-Thu 15.30-22.00, Fri 15.30-23.00, Sat 12.00-23.00, Sun 16.00-22.00. It's egg-free and they can use vegan cheese in any dish. Hand made pizzas from a 7-inch Margherita £2.95 to extra large 16-inch Tandoori Feast £11.95 with chicken style chunks, sausage and pepperoni. Lots of burgers and wraps £2.50 such as cheeseburger, chicken, fish, spicy aloo tikee. Calzone, chicken and mushroom bake both £5.99. Snacks £1.50-£3 include garlic pizza bread, chicken nuggets, patties, veggie fish, Chinese chicken skewers, piri piri fries, salads. Eggless muffins £1, whole vegan cheesecake £4 for 6 slices. Soft drinks from 70p, shakes £2, coffee and tea 99p. Children welcome. No alcohol. www.veggielounge.co.uk

WEST: WORCESTERSHIRE

NEW Karmic Cafe vegetarian cafe and coffee shop, Market Hall, The Shambles, Worcester WR1 2RA. Tel: 07961 507221. Open: Mon-Sat 08.30-16.30, Sun 10-14.00. Fairtrade drinks. Breakfasts and lunches. Menu at www.thekarmiccafe.co.uk

SCOTLAND

EDINBURGH

NEW Meadowlark No. 39 vegetarian cafe, 39 Argyle Place, Edinburgh EH9 1JT. (near The New Leaf) Tel: 0131 225 1220. Open: Sun-Mon 08.30-16.00, Sat 9.00-17.00. www.meadowlarkyoga.com

NEW Natural Foods Etc vegetarian café and health food shop, 55 Clerk Street, Edinburgh EH9 8JQ. Tel: 0131 662 0820.

Open: Mon-Fri 9.00-18.30, Sat 9.00-18.00, Sun 10.00-18.00. www.naturalfoodsetc.co.uk www.facebook.com/NaturalFoodsEtc

Ann Purna is now called Bindi and open for lunch Wed-Sun.

Black Bo's has closed.

GLASGOW

NEW Usha's vegetarian Indian restaurant, 2 Byres Road, West End, Glasgow G11 5JY. Tel: 0844 884 9399. Open: Sun-Thu 12.00-22.0, Fri-Sat 23.00.

www.ushas.co.uk www.facebook.com/UshasVegetarian

NEW The Flying Duck vegan pub, 142 Renfield Street, Glasgow G2 3AU. Tel: 0141-5641 450. Open: Mon-Thu 13.00-01.00, Fri 13.00-03.00, Sat 14.00-03.00, Sun 14.00-01.00. Vegan food served till 10pm, soup, sandwiches, burgers, hot dogs, quesadillas, wedges, mezze platter, tacos, nachos, ice-cream, all £5 or under. www.flyingduckclub.com

NEW Tramway vegetarian café-bar, 25 Albert Drive, Glasgow G41 2PE, Tel: 0141 276 0953. Open: Mon-Sat 9.30-16.30, Sun 12.00-16.00; kitchen closes an hour before closing time. In an arts centre. www.tramway.org/Pages/cafe-bar.aspx

Grassroots Organics has closed.

Stereo has moved to 20-28 Renfield Lane, **Glasgow** G2 6PH. Tel: 0141-222 2254. www.stereocafebar.com

NEW The 78 vegan cafe-bar and music venue, 10 Kelvinaugh Street, **Glasgow** G3 8NU. Tel: 0141-576 5018. Open: Mon-Fri 12.30-24.00. Sat-Sun 12.00-24.00. In the premises that previously housed Stereo, Glasgow now has a fourth vegetarian and vegan pub (the others are Mono and the 13th Note). Impressive range of dishes prepared in a largely organic kitchen, and everything is homemade on the premises from scratch and absolutely everything is free of any sort of animal product. Also look out for some unusual theme nights. Menus on website. www.the78cafebar.com

NEW Foxwood vegetarian bed and breakfast, 11A Ullinish, by Struan, **Isle of Skye** IV56 8FD. Tel: 01470-572331. A new house designed by the owner, standing in 4 acres of land surrounded by countryside, mountains and moorland, sea and islands. 3 separate areas: large twin ensuite with own lobby; double with separate single room, large bathroom with sauna, jacuzzi bath & shower; large family ensuite with double & single bed, with lobby and space to prepare snacks. £30 per person. Children £15 in family room, no charge for baby. JJ's Bistro, with lots of vegetarian/vegan food, is 5 mins by car. Treatments available include acupressure, aromatherapy, cranio-sacral therapy, Feldenkrais, holographic repatterning, hypnotherapy, massage, psychotherapy qi gong, raw food living, reflexology. www.scotland-info.co.uk/foxwood

NEW The Old Croft House, Isle of Skye vegetarian B&B, 6 Carbost, Skeabost, By Portree, Isle of Skye IV51 9PD. Tel: 01470-532375. Open all year. 19th century former croft house beautifully located by River Snizort, with views over the hills and plenty of walks from the door. They are perfectly positioned central to Skye and only 4 miles from Portree. One double en suite room from £25 per person, with private patio. Children welcome. Dogs welcome. www.vegetarianskye.co.uk

NEW Woodland Vegetarian Guest House & Yoga Retreat Woodland, Rosehall, By Lairg, Sutherland IV27 4BD. Tel: 01549-441715 before 8pm. Open all year. 1 double, 2 twins/double (beds can be zipped together), £21 per person per night, single £25. Children welcome. No pets. One owner is vegan and there are amazing optional mostly organic evening 3-course vegan meals for £12.50 (open to non-residents).

www.vegetarian-scotland.com www.yogaretreatuk.co.uk

Pinto's restaurant in Argyll has closed. (page 441)

For the latest listings get a copy of the new **Vegetarian Scotland** book from www.vegetarianguides.co.uk

WALES

NEW Ana-Loka vegan café, Cardiff, opening spring 2015 at 114 Albany Rd. Tel 07516 630228.
www.facebook.com/annalokacafebar

NEW The Walnut Cafe vegan cafe, Milford Haven, Pembrokeshire at 91 Charles Street SA67 2HL. Tel: 075444 923200.
Open: Mon-Sat 9.00-17.00. Opened Nov 2014. [facebook.com/thewalnutcafe](https://www.facebook.com/thewalnutcafe) and food photos with prices
at twitter.com/the_walnut_cafe

NEW Penrhiw vegetarian bed and breakfast, Penrhiw, Llanafan, Dyfed SY23 4BA. Tel: 01974-261 738. 9 miles east of Aberystwyth, cottage on a hill on the edge of a peaceful village. Single, double/family £25 per person, discount for 3 nights. Children over 8 welcome. No pets. Bike storage. Packed lunches can be provided. Meeting room for hire. Nearby are Ceredigion coastal path, Nant y Arian kite centre, Aberystwyth Castle and Museum, cliff railway, Camera Obscura (largest in Europe), National Library of Wales, Borth Beach (surfing), Kayaking the Ystwyth, Devil's Bridge steam train, Cambrian Way (inc. Plynlimon, highest hill in West Wales), Ystwyth Cycle Trail. www.vegetarianpenrhiw.com

NEW Living Fountains vegetarian detox clinic, Henffordd, Abergorlech, Carmarthen SA32 7SZ. Weekend Friday evening to Sunday £200 per person, intensive £700. www.livingfountains.org

NEW Vegetarian Food Studio Indian restaurant, 109 Penarth Road, Cardiff, CF11 6JT. Tel: 029-2023 8222. Open: Tue-Sun 11-21.30, Mon closed. Excellent value Gujarati restaurant and take away with a welcoming, informal atmosphere. They do not use eggs in their cooking, and there are plenty of dairy-free dishes. Starters (£2-2.50) include chilli chips, spring rolls and chilli mushrooms. Chutney dosas for £4.25, plus a whole range of other traditional vegetable dishes for about the same price. Children welcome. www.vegetarianfoodstudio.co.uk

NEW Cafe Atma, vegetarian cafe, 40 Crwys Road, Cardiff CF24. Opened Easter 2010.

NEW Canteen on Clifton Street, 40 Clifton Street, Cardiff CF24 1LR. Tel: 029-2045 4999. Open: Thu-Sat 19.00-22.00. We list this as Cardiff does not have a proper vegetarian restaurant, but this omnivorous gourmet place comes close as most of the food, including desserts, is vegan and gluten-free. Menus at www.canteenoncliftonstreet.com

NEW Snowdonia Mountain Lodge vegetarian bed and breakfast, Nant Ffrancon, Bethesda, Bangor, Gwynedd LL57 3LX. Tel/Fax: 01248-600500. 22 ensuite twin/double or family rooms, ideal for groups and courses up to 42 people. Low season single £40, double/twin £55, family room 3-4 people £69-79. Add approx 10 per cent high July-Sep. Packed lunches and meals available. Treat yourself to massage, reflexology or shiatsu. www.snowdoniamountainlodge.com

Green Haven has closed (page 455)

Dyfigest, Machynlleth has closed, but there is a new 4-star omnivorous bed and breakfast **Dyfiview** next door doing vegetarian and vegan breakfasts. 21 Ffordd Mynydd Griffiths, Machynlleth SY20 8DD. Tel: 01654 702023, mobile 07952 370569. Ensuite rooms £25-33 per person, no single supplement. www.dyfiview.co.uk

NEW Awen Vegetarian Bed and Breakfast, Gwent 1, Penrhiwgwair Cottage, Twyn Road, Abercarn, Gwent NP11 5AS. (12 miles Newport) Tel: 01495 244615. Vegetarian B&B in 16th century cottage. Also meals for non-residents in the heart of South Wales valleys. Sumptuous organic veggie/vegan meals. See website for current seasonal menu. Cardiff and Newport within easy reach on public transport. Gorgeous walking country too. **They have now started doing dinner for non-residents** with 24 hours notice, £10 for 1 course, £15 for 2, £20 for 3, see website for menu. www.awenbandb.com

NEW Over the Rainbow vegetarian guest house and residential courses, Plas Tyllwyd, Tan-y-Groes, Ceredigion SA43 2JD Tel/Fax: 01239 811155. Open Feb-Dec. Comprehensive directions and map on website. An 18th century Georgian mansion in 18 acres, run by women primarily for women, in a peaceful and secluded rural location. 3 doubles £26-28 per person, and one twin/double with private bathroom £37-40 per person. Evening meal £15. Licensed for civil ceremonies. Children welcome. Pets welcome in some rooms. www.overtherainbowwales.co.uk

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COMING SOON: Vegan London (the 7th edition of Vegetarian London). Also available: Vegetarian Paris