

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 ensuites and two twin ensuites 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 and they have vegan cheese. 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](https://www.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 Bistro 1847 Chorlton, 123 Manchester Road, Chorlton-cum-Hardy M21 9PG. Tel: 0161 862 9557. Open: Mon 18.00-22.00, Tue-Fri 12.00-15.00, 18.00-22.00, Sat 12.00-22.00, Sun 10.00-21.00. New branch opposite Unicorn vegan grocery.

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](https://www.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 Bej vegetarian restaurant, 20 Market Street, **Hoylake, Wirral** CH47 2AE. Tel: 0151 632 1122. Open: Mon-Sat 12.00-22.00, Sun 11.00-20.00. Wirral's first vegetarian restaurant has stunning global food, lots of organic, and the Venezuelan chef can veganize any dish. Starters (£4-£4.50) feature soup of the day, sweet and sour tempura, wild mushroom bruschetta, or evening sharing platter. Mains (lunch £6-£7, dinner £7.50-£12.50) include open lasagne with soya mince, Sunday roast, falafel burger, pizzas with a selection of vegan cheeses, cottage pie, Thai green curry, or Venezuelan stuffed hallaca corn-maize parcels with fried plantain and rice. Desserts (£4-£5.50) such as blueberry cheesecake, cake of the day with cream or custard, chocolate fondant, poached pear in chai latte on a marzipan and toffee tart with cream or vanilla ice-cream. Sunday cooked breakfast £4.95. All alcohol is vegan. Organic house wine £4.50 large glass, £13.50 bottle. Children's menu; high chairs. Outdoor seating with canopy; dogs welcome there. www.bejrestaurants.co.uk [facebook.com/BejRestaurantHoylake](https://www.facebook.com/BejRestaurantHoylake)

NEW Honest to Goodness vegan ethical grocery store, 11 Market Street, **Hoylake, 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 auberine 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. Coffee, pots of tea. 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](#)

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, **Ikley** 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.enjoymeditation.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

© Vegetarian Guides 20 Feb 2016. For latest updates visit www.vegetarianguides.co.uk/updates

For the full story on the north for vegetarians and vegans, www.vegetarianguides.co.uk/products/vegetariannorthengland.shtml

COMING SOON: Vegetarian London 7th edition. Just published: Vegetarian Paris