

## Vegetarian Europe Updates

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### AUSTRIA - VIENNA

**Banyan**, Nussdorferstrasse 22, A-1090 Wien. Tel: 01-319 22 57 Open: 11-23.00 every day. Vegetarian restaurant. Rooftop terrace and elegant indoor seating. Buddhist based, 95% vegan. Email: [banyan@banyan.at](mailto:banyan@banyan.at). [www.banyan.at](http://www.banyan.at)

### BELGIUM

For vegetarian restaurants in Flanders try [www.vegetarian.be](http://www.vegetarian.be)

### CZECH REPUBLIC - PRAGUE

**Lotos** has closed. But there is a separate vegetarian menu in the nearby a la carte restaurant on two floors at the 3-star **Hotel Cerna Liska**, Mikulasska 2, 110 00 Praha 1. Tel +420-2-2423 2250. Fax +420-2-2423 2249. In Old Town Square.

### ENGLAND - LONDON

**Vitao** at 74 Wardour Street, Soho W1F 0TE is a new vegan organic buffet restaurant. Open: Mon-Sat 12.00-22.00, Sun 13.00-21.00. Tel: 020-7734 8986. **Country Life**, **Greenhouse**, **Mandeer**, **Nuthouse**, **Futures!! (but not Futures!)**, **Veg SW3**, **Cranks** and **Crazy Salads** have all closed. Try Crussh juice and sandwich bars instead, see [www.crussh.com](http://www.crussh.com). Or Maoz falafel bar at 43 Old Compton Street, Soho. Planet Organic WC1 now has a café with lots of food, juices and smoothies. **CTJ** in Greek St, Soho, has closed, but there is another branch **Tata** at 3-5 Caxton Walk, Charing Cross Road, or **Veg** at 33 Old Compton Street. **Mildreds** has moved to 45 Lexington Street, W1. **The falafel cafes** are on the NE entrance of Leicester Square, not NW. But the falafels at Maoz at 43 Old Compton Street, Soho, are much better. **Mandeer** in Bloomsbury has closed. But there's a new and much cheaper Indian restaurant called Vegetarian Paradise, nearby at 59 Marchmont St. Open: every day 12-15.00, 17-23.00. Lunch buffet £4.50. Tube: Russell Square. **Cafe Pushkar** and **Heather's** in south London has closed. **Oshobasho in North London** has closed. For comprehensive coverage and new places see *Vegetarian London*.

### FINLAND - HELSINKI

**Happy Carrot** has closed

### FRANCE - PARIS

**NEW Paris**, **The Gentle Gourmet vegan bed & breakfast**, 21 rue Duret, 75016 Paris. Metro : Argentine. Tel : +33-1-45 00 46 55 (landline), +33-6 45 02 29 20 (mobile/cell). 130 euros for 1, 155 euros for 2. 4-course dinner 50 euros. Day tours to Versailles, Normandy, Loire etc 240-350 euros. [www.gentlegourmetbandb.com](http://www.gentlegourmetbandb.com) [gentlegourmetbandb@gmail.com](mailto:gentlegourmetbandb@gmail.com)

**NEW Paris 4th**, **Le Grenier de Notre Dame** has a new branch nearby in the middle of Isle St Louis at 17, rue des Deux Ponts 75000. Metro : Pont Marie. Tel: 01 46 34 60 41. Open: Mon-Fri 12.00-1430, 18.30-23.00, Sat-Sun 12.00-23.00.

**NEW PARIS 3rd**, **Le Potager du Marais** 22 Rue Rambuteau, 3rd arrondissement. Open every day noon until midnight (Sun 1pm till midnight), last orders 10.30pm. Metro: Rambuteau (line 11), Hotel de Ville (1 and 11) Tel: 01-42 74 24 66. New vegetarian restaurant next to Pompidou Centre, separate vegan menu. Dishes 7 to 12.50 euros, set menu 15 euros

**NEW PARIS 1st**, **Saveurs Veget'Halles** replaces La Victoire Supreme du Coeur at 41 rue des Bourdonnais and is mostly vegan. Tel 01-40 41 93 95. Open Mon-Sat 11.30-15.00, 18.00-22.30, closed Sunday. Starters around 5-6.5 euros, main courses 12-13 euros. [www.saveursvegethalles.fr](http://www.saveursvegethalles.fr) (in French)

**NEW PARIS 19th**, **Le Marchand de Soupes**, 70 rue Rebeval, 75019 Paris. Tel: 01-42 41 79 64. Metro: Pyrenees. We hear this is a new organic vegetarian restaurant.

**MAOZ** new falafel bar at 8 rue Xavier Privas, 6th arrondissement. Metro: St Michel. Eat for 3.7 to 5.2 euros. Open: 11.30-midnight. Tel: 01-43 26 36 00. No smoking.

**Po Mana vegetarian** restaurant, 39 rue des Vinaigriers, 10th arrondissement. Metro: Gare de l'Est (near Eurostar). Open every day 12.30-14.30, 19.30-22.30. Tel: 01-40 37 19 19. Fixed menu 17-19. You get a large bowl of rice, salad, soup, vegetables, bread, chutney and dessert. Note for vegans: some dishes are dairy based. 12 seats. No smoking.

**Tien Hiang** restaurant, 20 rue Nationale, 13th arrondissement (Chinatown). Metro: Porte d'Ivry. Tel: 01 45 82 99 54. Open: Wed-Mon 10.30-23.00, Sat 11.30-23.00, closed Tue. Meals 6 to 7.5 euros. No smoking.

**Piccolo Teatro** and **Aquarius** (page 107) have closed.

### GERMANY - BERLIN

**La Mano Verde** new gourmet vegan restaurant, Wiesbadener Str. 79 - D 12161 Berlin. Open: Mon-Sun: 11.30-15.00 and 18.30-22.30. Tel. 030 841 83 446 [www.lamanoverde.de](http://www.lamanoverde.de)

## HUNGARY - BUDAPEST

**BUDAVEG** self catering apartment and tour guiding for vegetarians. English website [www.budaveg.com](http://www.budaveg.com) tells you about the town and new vegetarian restaurants in Budapest. **Mirtusz** has closed.

## ICELAND - NEW SECTION!

**A Naestu Grosum**, Laugavegur 20b, Reykjavik. Tel: +354-552 8410. On the main shopping street. Vegetarian buffet restaurant, bright and cheerful, off the main shopping street with good vegan food too and good prices. Menus changes often. Sandwiches, soups, salads and hearty main courses. [www.anaestugrosum.is](http://www.anaestugrosum.is)

**Graenn Kostur**, Skolavororoustigur 8, Reykjavik. Tel: +354-552 2028. Buffet and take-away with vegan food and good prices. They use spices, but not yeast, sugar, bleached flour, eggs or milk. Also **Garourinn**, Klapparstíg 37, Reykjavik. Tel: +354-561 2345. And finally **Salatbarinn Hja Eika**, Posthusstraeti 13, Reykjavik. Tel: +354-562 7830. Two blocks from the harbour. Lunchtime special buffet.

## ITALY

**Le Cornacchie**, Piazza Rondanini 53, Rome. The sister of Margutta Vegetariano, delicious food including vegan.

## NORWAY - OSLO

**Eatyrego** vegan restaurant in Storgata, central Oslo (next to the club Killyrego and Gunerius), Mon-Sat 3pm-10pm.

## POLAND - GDANSK

**Green Way** vegetarian cafes have opened all over Poland. [www.greenway.pl](http://www.greenway.pl)

**WARSAW Greeny Way** at Gorczewska 124 (CH Wola Park), ul.Hoza 54, ul. Marszalkowska 28, ul. Szpitalna 6. In Warsaw, Mata Hari and Nowe Miasto have closed. The health food shops can be replaced by 3 branches of **Zolty Cesarz** at ul. Bruna 34, ul. Nowolipie 25 and Plac Grzybowski 10. [www.zoltycesarz.pl](http://www.zoltycesarz.pl)

**Biosfeera** elegant vegetarian restaurant at Al. Niepodleglosci 80. Open every day 10.00-22.00. [www.biosfeera.com](http://www.biosfeera.com)

**GDANSK Restauracyjka Wegetarianska** has closed. Green Way cafes in Sopot have relocated to the train station. **Zolty Cesarz** new health food shop at Pl. Gornoslaski, ul. Bytomska 22.

## RUSSIA - MOSCOW

**NEW Cafe Avokado**, Shistoprudni Boulevard D 12, Korp 2. Vegetarian cafe, no eggs. [www.vege.ru](http://www.vege.ru) (in Russian)

## SPAIN

**MALAGA, Relax Cafe Bar**, Calle Los Remedios 27, 29400 Ronda, Malaga. Vegetarian cafe and bar. Open Mon-Fri 13-16.00, 20-00.00. +34-952 877 207. [www.relaxcafebar.com](http://www.relaxcafebar.com) (Andrew Richards, March 2004)

**NORTH TENERIFE (Canary Islands), Forest Garden Retreat** in quiet valley near sea and village. Raw vegan meals available. Cottage for two £120 per week. Yurt £60. Helpers also needed. Veggies and vegans only. +34-676 438 936.

**BARCELONA MAOZ** Three falafel bars close together, one on the Ramblas almost opposite the Cafe de l'Opera, and two in Calle de Ferran. And there is a new vegetarian restaurant and health food store VEGETALIA in the heart of the Gothic quarter at 54 Escudellers St, open 10am to midnight. [www.vegetalia.es](http://www.vegetalia.es)

**BARCELONA Sesamo**, Calle Sant Antoni Abat 52, 08001 Barcelona. Metro: Sant Antoni (Line 2). Tel: 93-4416411. Open: Mon 12-18.00, Tue closed, Wed-Thu and Sun 12.00-01.00, Fri-Sat 12.00-02.30. Kitchen 13.30-15.30, 21-23.30. New vegetarian restaurant in old part of Barcelona, in the bustling Raval. Nearby is one of Barcelona's oldest markets, the Mercat de Sant Antoni, where you can find food, clothes and accessories, and on Sunday mornings there is a market selling second-hand books, records, comics and curiosities. Lunch 7 euros 3 courses with bread and a drink. Take-away available lunchtime. Evening a la carte 13-17 euros. Good idea to book evenings. Air conditioned. Visa, MC.

## TURKEY, ISTANBUL - NEW SECTION!

Three good veggie restaurants, one with vegan meals indicated on the menu. Menu in Turkish and English in all 3 restaurants, but only in Nature and Peace they spoke good English.

**Nature & Peace cafe-restaurant**, Buyuk Parmakkai Sokak 21/23 (side street of Istiklal Caddesi which is a big shopping street near Taksim & Beyoglu) Tel: 0212-252-86-09. Vegan dishes available. Open: 11-23.00.

**Zencefil healthfood restaurant**, Kurabiye Sokak 6, 80080 Beyuglu (near Taksim). Tel: 0212-243-82-34

**Parsifal**, Kurabiye Sokak 6, 80080 Beyuglu (near Taksim). Tel: 0212-243-82-34