

Vegetarian Europe Updates

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 www.banyan.at

BELGIUM

For vegetarian restaurants in Flanders try 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 74 Wardour Street, Soho W1F 0TE is a new vegan organic restaurant. Open: Mon-Sat 12.00-22.00, Sun 13.00-21.00. Tel: 020-7734 8986. Another is **Vantra**. 11-13 Soho Street, W1D 3DJ (next to Govinda's). Tel: 07834535999. Open Mon-Sat 12.00-23.00, Sun 12.00-20.00. **Country Life**, **Greenhouse**, **Mandeer**, **Nuthouse**, **Futures!** and **Futures!**, **Veg SW3**, **Cranks** and **Crazy Salads** have closed. **Maoz** new bargain falafel bar at 43 Old Compton Street, Soho, open every day till midnight or later. 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 **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 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 Vegan Folie's vegan organic cake shop at 53 Rue Mouffetard, 75005 Paris (5th arrondissement). Tel 01-43 37 21 89.

Open: Tue-Sun 11.00-20.00. Metro: Monge www.veganfolies.fr and www.facebook.com/VeganFolies

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 gentlegourmetbandb@gmail.com

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 MAOZ new falafel bars near Metro St Michel at 8 rue Xavier Privas, 5th arrondissement., tel 01-43 26 36 00, and at 36 rue Saint-André des Arts, 6th arrondissement. Both open daily 11.00-23.00, Thu-Sat till 02.00. www.maozusa.com

Les Quatre et Une Saveurs in the 5th is now called Les Cinq Saveurs D'Anada, 72 rue du Cardinal-Lemoine. Tel: 01-43 29 58 54. Metro Cardinal-Lemoine or Monge. Open Tue-Sun 12.00-14.30, 19.00-22.30, Mon closed. Macrobiotic vegetarian/vegan plus fish. www.anada-5-saveurs.com

NEW Saravanaa Bhavan south Indian vegetarian restaurant, 170 rue du Faubourg Saint Denis, 10th arrondissement.. Tel: 01-40 05 01 01. Open 10.30-23.00. www.saravanabhavan.com

NEW Loving Hut, 92 boulevard Beaumarchais (near rue Saint-Claude), 11th arrondissement. Metro: St-Sebastien-Froissart. Tel : +33-1 48 06 43 84. Open: Mon-Sat 11.30-15.00, 18.00-22.30, Sun closed. Vegan fast food cafe/restaurant and food shop. Starters 5-8 euros, mains 9.50-13.50 euros such as big salad with vegan cheese, mushroom pancake and salad, spaghetti, quiche and salad, vegan pizza and salad, stir-fry veg with tofu and noodles. Burger 6.50 euros, with French fries 10.50 euros. Desserts 6-9 euros include chocolate cake, fruit crumbles, cheesecake, banana split. Organic juices, non-alcoholic beer, soft drinks, hot drinks 2.00-7.80 euros. paris.lovinghut.fr

Tien Hiang restaurant, 14 rue Bichat 75010. Tel: 01-42 00 08 23. Metro: Goncourt, Republique; and at 92 rue du Chemin Vert 75011. Tel 01-43 55 83 88. Metro: Voltaire, Pere-Lachaise.

La Victoire Supreme du Coeur, **Country Life**, **Piccolo Teatro** and **Aquarius** in the 4th (page 107) have closed.

See also www.veganparis.com

GERMANY

For new restaurants www.vebu.de/restaurants (in German)

HUNGARY - BUDAPEST

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

NEW Napfenyes Etterem vegan restaurant, Rozsa utca 39, 1077 Budapest. Tel: +36-1-313 5555. www.napfenyesetterem.hu

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 New second branch in Kringlan shopping centre first floor, at Kringlumyrarbraut and Miklabraut. This one is omnivorous but has a mainly vegan menu including soups, desserts, and soy-based drinks.

Graenn Kostur, Skolavoroustigur 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.

NEW Durum, 42 Laugavegur in the downtown core. Primarily vegetarian restaurant, vegan food available. Menu in English.

Gardurinn, Klapparstíg 37, Reykjavik. Tel: +354-561 2345. Two vegetarian set meals per day, not always vegan.

Salatbarinn Hja Eika, Posthusstraeti 13, Reykjavik. Tel: +354-562 7830. Two blocks from the harbour. Lunchtime special buffet.

Heilshusid chain of health food stores have organic food, grains, pulses, and vitamins. In Reykjavik on Laugarvegur and in the Kringlan shopping centre, also in Selfoss (at Austurvegur and Horduvellir) and in Akureyri at the Glerartorg shopping centre (corner of Glerargata and Borgabraut).

Netto and **Hagkaup** are the most veg-friendly mainstream grocers and sell pulses, hummus, soya milk and tofu.

ITALY

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

NETHERLANDS - AMSTERDAM

De Groene Gewoonte closed. **De Vliegende Schotel** now sell bottled beer & small tubs of vegan ice cream.

NORWAY - OSLO

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

POLAND - GDANSK

Green Way vegetarian cafes have opened all over Poland. 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

Biosfeera elegant vegetarian restaurant at Al. Niepodleglosci 80. Open every day 10.00-22.00. 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 Loving Hut vegan cafe/restaurant, Kapitoly Shopping Centre 2nd floor, ulitsa Pravoberezhnaya 1 B, Moscow. Tel: +7-495-785 1236. Metro: Rechnoi Vokzal then free bus to Kapitoly shopping centre. Open every day 09.00-22.00. Vegan fast food cafe. Cash only. www.lovinghut.ru (in Russian)

NEW Cafe Avokado, Shistoprudni Boulevard D 12, Korp 2. Vegetarian cafe, no eggs. 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 (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

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

For great value new Chinese vegan restaurants opening all over Europe see www.lovinghut.com