

Vegetarian London Updates

Updates to the January 2005 fifth edition.

NEW Saf gourmet vegan restaurant 153-154 Curtain Road, **Shoreditch EC2A 3AT** (corner Old Street) Tel: 020-7615 0007. Open: Mon-Sat 11.00-23.00 last orders, closes midnight, 01.00 Fri-Sat. Sun closed, will be 12-23.00. Take-away available 11.00-17.00. Opened April 2009, The City now has a big gourmet vegan restaurant right by the bars and clubs of trendy Shoreditch. The menu is huge, 80% of it raw, and there are over 100 organic and biodynamic wines. Out front is a restaurant seating 78 with a long bar and open kitchen. Behind this is an courtyard where you can enjoy a bevvy, and at the back another area for courses and the library of 150 health and recipe books you can browse. Head chef Chad Sarno leads an international team to bring London the kind of green cuisine that you can find in American vegan and raw restaurants, creating innovative raw and plant-based versions of many traditional dishes foods.

Lunch: Take-away lunch £5-6 such as salads, garden wraps, TTS or TLT (see below). Eat in snacks £3.50-6.50 such as edamame, nachos with dips, nettle and onion dumpling, "Boursin" trio. Main dishes £5-8.50 such as tofu and lettuce sandwich (TLT), teriyaki tempeh sandwich (TTS), cashew cream cheese garden wrap, hummus wrap, salads, miso soba soup, Buddha bowl, truffle lasagne, ravioli. 3-course tasting lunch £17, or £28 with paired wines.

Dinner: Starters £4.50-£7 include gazpacho, miso soba soup, beetroot ravioli, "caviar", spinach rolls, spring dumplings, macadamia or cashew or almond cheese plate, salads. Mains £8.50-£13 such as lasagne, mushroom and truffle plate, sushi plate with aloe sashimi and parsnip "rice", cauliflower risotto with sage polenta, gnocchi, Buddha bowl (with forbidden rice, green tea smoked tofu, garlic greens, wakame, kimpira, sambal). 5-course chef's tasting menu £35, or £50 with paired wines selected for each course by their somelier. Fabulous desserts £5.50-£6 such as berry cheesecake with peppercorn ice-cream, brownie sundae, champagne poached fruits with hemp praline, superfood lucuma cookie with maca ice-cream and goji syrup, jasmine poached pears with matcha ice-cream and green chocolate, or try a 3-course dessert menu which can be paired with wine. Freshly squeezed fruit and vegetable juices and shakes made with almond milk and agave syrup £2.75-3.50. Beer £3.50. House wine £3.50 glass, £14.50 bottle. 100 organic and biodynamic wines, with vegetarian and vegan marked. Lots of organic cocktails. Coffee £2.25. Bar snacks available till midnight. (1 May 2008) www.safrestaurant.co.uk

NEW InSpiral Lounge vegetarian cafe 250 Camden High St, **Camden Lock NW1 8QS** (next to bridge over canal by Camden Market) Tel: 020-7428 5875. Open: Tue-Thu 10.00-20.00 (later if event is on), Fri-Sat 10.00-24.00, Sun 10.00-22.00. Newly opened on two floors in an amazing location. InSpiral Lounge serves organic visionary cuisine, lots of raw foods, and is licensed for alcohol with all drinks organic and vegan or vegetarian. Have a healthy meal or afternoon tea with vegan cake after shopping in the market or at nearby My Village, or wind down with a glass of wine by the outside canal seating. InSpiral is already a hotspot for events featuring ambient/downbeat electronica, multimedia performances, talks, film screenings, acoustic sessions, dance, healthy living and conscious being. There is a buffet with portions for £1.50-£3. You can mix from hot dishes and raw gourmet items. Combination plates start from £5.50. Sandwiches £3.28-3.95. Soup with bread £3.50. Organic cakes £2.50, cheesecakes and brownies include a vegan banana and date cake. Raw chocolate balls £1.50, guarana truffles £1, super cubes £2, hemp hearts. Homemade Chai £2.55, herbal teas and fair traded organic coffee from £1.30. Superior "superfood" smoothies with goji, maca, spirulina etc. £3.85-4.95. Organic ciders, spirits, wines, champagne. House wine £3 glass, £12 bottle. Innovative cocktails from £5. Bottle of beer or ale £3, Cannabia hemp beer £3.20. Sensatonics alcoholic herbal elixirs in cocktails, £2 shot or £2.25 for a little bottle to take home. Every Friday is Electronica Eclectica, Saturday night is Inspiral nights, free entry. They sell superfoods, books on raw, vegan, conscious and eco-living. And for parents it offers a nice child-friendly space downstairs with toys and books. (1 May 2008) www.inspiralled.net (events, menu)

NEW Rootmaster nouveau vegan restaurant on a bus Ely's Yard, The Old Truman Brewery car park, Hanbury Street (2nd left coming from **Spitalfields**) **E1 6QR** Tel: 07912 389314. Open: Mon-Sun 11.00-22.00. Finally Brick Lane has a vegetarian restaurant and what an absolute cracker it is, gourmet vegan in a classic, nay iconic, Routemaster double decker red bus, situated in the car park of the Old Truman Brewery. Downstairs is an open-plan fully fitted galley, the top deck is a swish 28-seat bustaurant, and there are 26 more seats at tables outside under an awning. Drinks are organic, bread is baked on the bus, there are candles on tables at night, even the flowers are sustainable cacti and sunflowers in pots. It's manically popular already so best to reserve and that's absolutely essential on Friday and Saturday nights. Come at opening time for elevenses with a luxurious warm fruit muffin for £1.50 which will probably sell out by lunchtime as they appear to be the best vegan muffins in London. The nouveau vegan lunch menu starts with soup with bus baked bread £4; Rootmaster burger £5; pasta of the day £5; seasonal curry with organic brown rice £5. Crispy veg rolls £4.50 with chilli mango sauce. Assorted dips, olives and bread £4. Panini or sandwich with 3 fillings of your choice from tomatoes, pesto, roast courgette or peppers, red onion, olives, humus, sun-blushed tomatoes. Salads £5. Dinner appetizers: gyoza veg wraps with ponzu soya and lime dip £4; soup £4; veg rolls £4.50; edamame soya beans £3; meze selection £5.50; tempura veg with wasabi and ponzu sauce £5.50 for 2 or £7.50 for 4. Main courses: Pasta of the day with bus baked bread £7; seasonal curry with daily rice £7; mixed lentil filo purse with soft garlic polenta and wild mushroom red wine sauce £9; teriyaki stir-fry with marinated tofu £8.50; marinated pan-roasted tofu stacked with crispy wontons, with creamy coconut curried veg £9; homemade burger with roast veg, salad and wedges £8.50; cassoulet of tofu herb sausages and organic beer mix baked in a rich provincial sauce £8. Vegan desserts are where many a veggie restaurant falls down, but you won't be disappointed here. For a fiver you can have banana fritter, mango and cashewnut moose and trifle or Shanghai pastry with chocolate. They have applied for an alcohol licence but for the moment it is bring your own. Service is not included, but they say that tipping is sexy. If you really must you can smoke in the outside area, though this is discouraged when busy. (They have only two ashtrays) You can hire the top deck for 28 people. (1 Nov 2007)

NEW Sagar South Indian vegetarian restaurant 17A Percy Street, off Tottenham Court Road, London W1. (near Joi Chinese vegan buffet restaurant) Tel: 020-7631 3319. Open: Mon-Fri 12.00-14.45, 17.30-22.45; Sat 12.00-23.30; Sun 12.00-22.45; Bank Holidays 13.00-22.00. Opened August 2007. Mon-Fri 3-course lunch platter £4.95, lunch box

every day £2.95. Lots of curries, dosas and uttampam £3.95-6.50. Thalīs £10.95, £13.45. No vegan desserts on the menu, but they have mango sorbet if you ask. Licensed for alcohol. (24 Aug 2007)

NEW The Spirited Palace organic vegan Caribbean cafe 105 Church Road, Crystal Palace SE19 (near Crystal Palace bus station, bus 63/363 from Central London). Tel: 020-8771 5557 or 07939 474 507. Open: Tue-Fri 11am-22.00, Sat 14.00-21.00 or later, Sun 14.00-21.00, closed Mon. Finally south-east London has a veggie cafe! And it is open long hours. Rotis and wraps £3.50, sandwiches, rolls. Choose from vegan cheese, sausages, bacon, chick pea or veg fritters, roasted mixed veg, curried chick peas, curried veg, seasoned tofu and pumpkin, sprouted seeds and salad. Soup of the day £3-4. Organic raw veg and sprouted seeds platter £4.50. Patties (veg, spinach and potato, or wheatmeal and coriander), pasties and pizza £1.30. Lots of sweets and cakes £1-2 including sweet potato pie, apple crumble, choc chip slice, ginger squares, pineapple cup cake, coconut bun, carrot cake, fridge cake (dry and raw fruits and nuts set in the fridge). Freshly made organic juices £2, herbal teas, soya drinks, organic canned drinks, smoothies. **Special events** featuring live music, poetry, seminars, culture, [More details](#)

NEW VitaOrganic 74 Wardour Street, Soho W1F 0TE. Tel: 020-7734 8986. Open: every day 12-22.00 Unique organic vegan gourmet cuisines like the original branch in West Hampstead on page 121, specialising in raw, juices and Malaysian buffet. Phong and Mui use Oriental techniques to show healthy food is tasty, leaving you feeling light and energised. Super healthy food, nothing heated above 100 degrees C, curries cooked by steaming or with high-oleic sunflower oil, lots of raw food and sprouts. They use ayurvedic principles and it is great for macrobiotic and raw fooders too or people following the principles of Hippocrates Health Institute. Most importantly the food is tasty without frying. There are biodynamic water features, bonsai, crystals, candles, chakra lights complement the wood and glass tables. No sugar. No credit cards. Soups and starters £2.50-4.90 such as miso, sweet potato dal. Desserts £3.80-5.80 include sugar free redberry, coconut and seed cheesecake; banana mousse with macademia nut; blueberries, figs and pecan tart; steamed purple sticky rice pudding with coconut cream; orange zest carrot sprouted rye cake; green tea and nettle, almond agar pudding. Juices, juice cocktails, lassi, smoothies, nut milks, soya or carob cappuccino or latte. www.vitaorganic.co.uk

NEW thecafe@Foyles 113-119 Charing Cross Road WC2H 0EB. Tel: 020-7440 3207. Open: Mon-Sat 9-21.00, Sun 11-18.00. Regular cafe on the first floor of the giant bookshop Foyles, with Fair Trade soya cappuccino and several vegan cakes such as banana and orange loaf, pear and nut loaf, passion loaf, ginger loaf or triple chocolate cake, all £1.80-2.00. Yep, now you can get vegan cake in Soho on Sunday when Govinda and Beatroot are closed, fantastic! Also vegan and veggie baguettes, panini and sandwiches and a vegan salad. Live jazz music every Thursday evening.

Country Life has closed so if you miss their superhealthy vegan food, your best bet is VitaOrganic (above). There is now a second branch of Maoz falafel bar nearby at 4 Brewer Street (Old Compton Street end), open 11.00am till 01.00am www.maoz.nl

NEW Green Note 106 Parkway, Camden Town NW1 7AN. International vegetarian restaurant with stacks of vegan food and a chef who used to work at Manna, but lower prices. Open: Tue-Fri noon-23.00, Sat 10-23.00, Sun 10-22.30. Live music some nights. www.greennote.co.uk

Yao Thai omnivorous Chinese restaurant near Harrods at 8 Egerton Garden Mews still has the vegan menu of the previous Red restaurant including crispy aromatic vegan duck, main courses £5.50. (Kim Gilmour)

Organic13 and Eco13 (North London) have closed.

CTB (Euston) has re-opened as Gi Gi Hut

Chinese Veg (Islington) has closed. That was the one in Chapel Market with the green front that was not actually veggie. But vegan Tai Buffet and the nearby vegan Noodle Bar opposite Angel tube station are both very much still open.

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