

Vegetarian London (6th ed.) Updates

CENTRAL: SOHO

NEW Vantra vegan and raw food restaurant 11-13 Soho Street W1D 3DJ (next to Govinda's). Tel: 07834535999. Tube: Tottenham Court Road. Open: Mon-Sat 12.00-23.00, Sun 12.00-20.00. Fantastic new place opened Oct 2010 and great value main courses. You get a tray with your choice of individual portions from their buffet, £2 a portion for lasagne, shepherd's pie, chickpea curry, green curry, stroganoff, cooked & raw salads. Rice or lentils £1. Big steamed spelt tortilla £2 to make your own wrap. Flax cracker with two canapé dips £2. Take-away box £4 medium, £5 large. Raw & steamed chocolate cake, cheesecake or apple pie £4.50. Lush muffins £3 eat in, £2.50 take-away. Organic wine from £3.20 small glass, £16 bottle. www.vantra.co.uk

Tai vegan Chinese buffet at 10 Greek Street (page 63) has closed, also closed in Lexington Street, so go to 33 Old Compton St.

Red Veg has closed to make way for the Crossrail station. Best bet now for fast food is Maoz falafel in Old Compton St.

Lush and B in Carnaby Street, Soho (pages 69-70) had their leases terminated and had to close but you can still go to the nearby Regent Street Lush (page 69) and Mayfair Lush (page 127), the flagship Covent Garden Lush and B (page 84), and the new B at 332 Oxford Street W1C 1JF (Bond Street tube).

CENTRAL: BLOOMSBURY

Veg (p.94) has closed. **Buffet V** has added another section **Cai** with take-away round the corner in Coptic Street.

CENTRAL: COVENT GARDEN

World Food Cafe is now Wild Food Cafe, upstairs in Neal's Yard, Covent Garden. Open: Mon-Sun 12.00-17.00. Gourmet vegetarian and raw food and amazing juices. www.wildfoodcafe.com and www.facebook.com/WildFoodCafe

NEW Sagar Covent Garden Indian vegetarian restaurant, 31 Catherine Street WC2B 5JS (near Aldwych). Tel 020-7836 6377. Open: Mon-Sat 12.00-23.00, Sun 13.00-22.00. Like the branch at Tottenham Court Road, page 101.

World Food Café in Neal's Yard has closed.

CENTRAL: TOTTENHAM COURT ROAD

Health Food Centre in Warren Street (page 100) has taken over the shop next door and now has a vegetarian café plus therapy rooms offering acupuncture, reflexology, nutrition etc.

Joi on Percy St has closed so go to Wai on Goodge St.

CENTRAL: EUSTON

The two Chinese buffet restaurants have closed.

NEW Bio Organix health food shop, 141-153 Drummond St NW1 2PB. Tel: 020-7383 3993, 020-3174 0520. Tube: Euston, Euston Sq.

CENTRAL: MARYLEBONE & MAYFAIR

Eat & Two Veg and **Total Organics** have closed.

NEW Tibits vegetarian restaurant, 12-14 Heddon Street, W1B 4DA (off Regent Street, half way between Oxford Circus and Picadilly Circus). Tel: 020-7758 4110. Open: Mon-Wed 09.00-22.30, Thu-Sat 09.00-24.00, Sun 11.30-21.00. Gourmet buffet with over 50 items. Breakfast £1.50 per 100gr, lunch £1.90, dinner £2.10, take-away £1.40. Buffet includes vegan desserts. Extensive wine list, from £3.50 glass, £12.50 bottle. Organic lager £2.10 (25cl), £3.90 (pint, 568ml). Cocktails £7. Freshly squeezed juice £3.70-4.10. Coffee and cappuccino £1.60-2.40. Kids area downstairs. Some outside tables. No reservations (except downstairs party area). www.tibits.co.uk

CENTRAL: THE CITY

NEW Planet Organic near Liverpool Street station at 10 Devonshire Square EC2M 4AE. Tel: 020-7220 9060. Open: Mon-Fri 07.30-21.00, Sat-Sun closed. www.planetorganic.com

NEW Amico Bio Italian vegetarian restaurant at 44 Cloth Fair, Farringdon EC1 5JQ. Tel: 020-7600 7778. Open: Mon-Fri 12.00-22.30, Sat 17.00-22.30, Sun and bank holidays closed. Tube: Barbican, Farringdon. Plenty of vegan food including a dessert. www.amicobio.co.uk

Saf Shoreditch phone (p.134) is 020-7613 0007. Now open for Sunday lunch.

NEW Vanilla Black, off Chancery Lane 17- 18 Tooks Court, The City, EC4A 1LB. Tel: 020-7242 2622. Open: Mon-Fri 12.00-14.30, 18.00-22.00, closed Sat-Sun & public holidays. Very posh vegetarian restaurant. 2 courses £24, 3 for £30. Set lunch menu 2 courses £18, 3 for £23. Optional 12.5% service charge. Wine from £4.50 glass, £14.50 bottle. www.vanillablack.co.uk

NORTH: CAMDEN

NEW Loving Hut, Camden, Chinese vegan buffet, eat and pay as you like (but be fair). 3 Plender Street, off Camden High Street NW1 0JS. Tel: 020-7387 5710. Open: Mon-Sat 12.00-21.00, Sun closed. Fabulous vegan cakes. Hot and cold drinks, soya cappuccino. Also big veggie burgers and kebabs.

Inspirial Lounge now has an alcohol and dance licence and is open till past midnight. And the food is mostly vegan. And they have lots of vegan ice-cream. It's brilliant.

NEW Alchemy vegetarian cafe and juice bar, Camden Stables Market, Unit 101, Chalk Farm Road, Camden NW1 8AH. Tel: 020-72676 188. Open: Mon-Fri 10.00-21.00, Sat-Sun 10.00-19.00. Conscious cafe in a yoga and meditation centre. Meals such as rice bowl, grains and soups, salads, vegan chocolate, cakes. Lots of fresh juices and smoothies. Main course £3.50-£7. Entrance is on Chalk Farm Road at the intersection with Hartland Road. "Go straight through the entrance and follow the signs straight ahead. 150 yards inside the market. Just pass Cuban restaurant turn left and go up the stairs (towards the bathroom). Cross the short bridge on the right. We are above Karmaa, the kickboxing studio." www.alchemythecentre.co.uk

NORTH: ISLINGTON & KINGS CROSS

NEW Secret Society of Vegans shop, Camden is now at a bigger location **Vx** at 73 Caledonian Rd, **Kings Cross** N1 9BT, near Tony's cafe (see map p.229, now closed). Tel: 020-7833 2315. Tube: Kings Cross (5 mins). Open: Mon 11.00-19.30, Tue-Sun 10.00-18.30. Shoes, grocery (vegan Oreos, biscuits, vegan pet food etc), frozen ready meals, French vegan cheese spread, cakes, books including Vegetarian Guides, T-shirts, hoodies, fake leather jackets, bags, belts. Now with basement lounge offering cake, hot and cold drinks. www.secretsofvegans.co.uk/shop

Tony's Café has closed. Go to **Vx** above.

NEW Itadaki-Zen Japanese vegan organic restaurant, 139 King's Cross Rd, London, WC1X 9BJ. Tel: 020-7278 3573. Open: Mon-Thu 11.00-22.30, Fri-Sat 11.00-23.00. They use lots of rice, root veg, seaweeds, soya. www.itadakizen.com

NEW Planet Organic, Islington 64 Essex Road, N1 8LR. Tel: 020-7288 9460. Open: Mon-Fri 08.30-21.00, Sat 9.00-21.00, Sun 10.00-20.00. Organic supermarket. It's on the map p229.

NORTH: HENDON

Rajens has closed (page 222).

NORTH: MUSWELL HILL

NEW Planet Organic, Muswell Hill 111/117 Muswell Hill Road, N10 3HS. Tel: 020-8442 2910. Open: Mon-Fri 08.30-21.00, Sat 9.00-21.00, Sun 10.00-20.00. www.planetorganic.com

NORTH: TURNPIKE LANE & WOOD GREEN

NEW Jai Shri Krishna, 10 Turnpike Lane. N8 0PT. Tel: 020-8888 7200. Open: Tue-Sun 12.00-14.00, 17.30-23.00, closed Mon. Second branch of popular Finsbury Park Indian veg restaurant.

EAST

As Nature Intended, Stratford, wholefood store, new branch of the popular organic wholefood shops near the Olympic park at Westfield Stratford shopping centre, Great Eastern Market (near Waitrose and Stratford International exit), Lower Ground Floor, Stratford, London E20 1EH. Tel: 020-8534 8807.

www.asnatureintended.uk.com

NEW Happy Kitchen vegetarian restaurant, Hackney just north of Broadway Market, between London Fields Park and Mare Street at Arch 393 Mentmore Terrace E8 3PH. Tel: 020-8986 8283.

Open: Mon-Fri 8.00-18.00, Sat 9.00-18.00, Sun 10.00-18.00. Almost completely vegan. Occasional evening pop up restaurant too. www.happykitchen.org.uk and www.facebook.com/happykitchen

Rootmaster (Brick Lane) has closed.

Wild Cherry vegetarian cafe (p.176) and **Friends Organic** wholefood shop (p.175) have closed. But the nearby **Gallery vegetarian cafe** in Old Ford Road (p.177) is now open longer hours and has lots of free events: Mon, Tue, Thu 9.00-19.30; Wed 9.00-22.00; Fri 9.00-23.00; Sat 10.00-18.00, Sun 11.00-18.00. Every Wed open mic night for poets and musicians from 19.00. Fri free live acoustic or electronic music from 19.00. Time Out's First Thursdays has art, culture and events.

NEW Vasanta Bhavan South Indian vegetarian restaurant, East Ham 206 High Street North E6 2JA (junction Sibley Grove, by East Ham tube). Tel: 020-8475 8986. Open every day 10.00-22.30. 100+ menu items, dosas, utthappam, curries, Chinese dishes £1.40-3.40. Fri-Sun lunch buffet 12.30-16.30 £4.75. Mini meal set lunch 12.30-16.30 every day £3.50. Butter ghee in some dishes, can substitute oil for vegans, but no vegan dessert. Tea 60p, coffee £1, no soya milk. All plus VAT. No alcohol.

www.thevasantabhavan.com

SOUTH

NEW Ms Cupcake, Brixton, vegan cake shop at 408 Coldharbour Lane, Brixton, London SW9 8LF. Open Open: Mon-Wed & Sat 11.00-18.00, Thu-Fri 11.00-19.00, Sun 11.00-17.00. Cupcakes galore, brownies, cookies, tray-bakes, loaf and layer cakes. Also at Greenwich Market Fridays 10.00-17.00 and Tea Rooms Brick Lane on Sundays.

www.ms cupcake.co.uk, www.facebook.com/Ms.CupcakeUK, twitter.com/MsCupcakeUK, review with photos: fatgayvegan.com/2011/04/01/cupcakes-in-the-capital/#more-326

NEW Blue Brick vegetarian cafe, Dulwich 14 Fellbrigg Rd, off Northcross Rd, off Lordship Lane SE22 9HH. Tel: 079035 22282. Open: Wed-Mon 9.00-19.00, closed Tue. Great new café with a chef who used to be at Carnevale. All day breakfasts £3.50-£7 from muesli with yogurt and fruit, through to full cooked with spinach and sourdough toast. Starters around £3. Mains £6-50-7.50 such as curry, sausages with mash and red wine gravy. Proper desserts £3.50 such as chocolate pudding with rhubarb and ginger, cakes £2.50. Hot drinks from £1.50, pot of tea for two £2.90. Smoothies £2.80.

NEW Indian Mischief vegetarian Indian restaurant 71 Lordship Lane, East Dulwich SE22 8EP. Tel: 020-8693 1627. Spud and Fiona report: Very friendly amenable staff, superb service. Everything suitable for vegans is already marked on the menu (about 90%). Vegan wines also marked. Original and unusual dishes across the menu, don't come here for a veggie korma or massala, more typical are a full menu of dhosas, and a separate menu of house specials, such as Cashew Nut Mahlabhari or Dingri Mattar. Great service, amazing food and really good value.

NEW Cafe Pura vegetarian cafe, Greenwich 48 Newton Lodge, Oval Square (Greenwich Millennium Village), West Parkside SE10 0BA. Tube: North Greenwich (Jubilee), bus 108, 129. Open: Mon-Wed 08.00-19.00, Thu-Fri 08.00-20.00, Sat 9.00-18.00, Sun 10.00-17.00. New cafe in the same building as the Ayurveda Pura health spa and beauty centre. Breakfast £1.95-2.95 such as rolls or toast with jam or peanut butter, fruit salad, muesli. Light meals and snacks £1.95-4.00 such as samosas, veggie burger, idli lentil and rice cakes with chutney, soup, salads, sandwiches to order. Thu-Fri from 6pm curries, though they use a lot of cheese there is a vegan

one. Cakes and cookies from £1.20. Hot and cold drinks £1.40-3.60 including latte, cappuccino, juices, smoothies.

www.AyurvedaPura.com

Provender Wholefoods (page 314) has closed.

Spirited Palace phone number (p278) now 020-8768 0609.

WEST: SLOANE ZONE

NEW Saf, Kensington at Whole Foods Market, 63 Kensington High Street W8. Tel: 020-7368 4555/6, 020-7613 0007. Open: Mon-Sat 12.00-21.30 (last orders 21.00). Tube: High Street Kensington. Bus 9 or 10 from centre. New second branch of the gourmet vegan and raw licensed restaurant opened April 2010.

www.safrestaurant.co.uk/kensington.html

WEST: HAMMERSMITH & SHEPHERDS BUSH

NEW Tai Buffet Shepherds Bush (north side of the Green), 86 Uxbridge Road W12. Tel 077950 80418. Open every day 12.00-22.00. Yet another new Chinese all-you-can-eat vegan buffet restaurant. £5.50 lunch, £6.50 evening and Sunday, +10% optional service charge. Hot and cold drinks £1.50. No alcohol. Cash only. Take-away box £3.50.

WEST: NOTTING HILL

NEW Bourgeois Boheme, London's first vegan shoes and accessories shop, Unit 22, Acklam Workspace, 10 Acklam Road London W10 5QZ. Open: Tue, Thu-Fri 9am-5pm, Wed 1pm-5pm, Sat 10am-4pm, Sun-Mon closed. Tel: 0208- 8045 4338.

www.bboheme.com

NEW Happy Vegetarian falafel stall in Portobello Market W11, just south of the Westway flyover. Tel: 07984 721 115. Open: Mon-Sat 10.00-17.00 or later.

NEW Falafel Stall 94 Golborne Road W10 5PS, north of the flyover. Tel: 07956 813119. Open: Mon-Wed, Fri 11.00-16.00. Falafels, hummus, lentil soup, salad box. On Thursdays they are at Hammersmith Market.

Otto has vegan cheese pizzas at 6 Chepstow Rd W2 5BH.

ottopizza.co.uk

WEST: HARROW

NEW Karma Free Pizza Company, Harrow at 387 Alexandra Avenue HA2 9EF. Tel: 020-8868 9888. Open: Mon-Sun 16.00-22.30. Tube: Rayners Lane. All vegetarian and they can make pizzas with vegan cheese. www.thekarmafreepizzacompany.com

NEW Yummy V, Harrow Cantonese vegetarian restaurant, 55 Station Rd HA1 2TY. (next to Sri Rathiga page 359). Tel: 020-8862 6632. Open: Mon-Sat 12.30-14.30, 17.30-22.30. Sun 17.00-22.00. Tube: Harrow-on-the-Hill. Lots of fake meat. No onion, garlic or egg. Menus at www.yummyv.co.uk

NEW Lucca vegetarian pizzeria, Kenton 402 Kenton Road, Harrow HA3 9DW. Tel: 020-8204 1002, 07931 891 122. Open: Tue-Fri 12.00-14.30, 17.00-22.00; Sat-Sun 13.00-22.00; Mon closed. Vegan pizza bases. Take-away only. Call and collect. Menu and map www.luccapizzeria.co.uk

Happy Inn in Harrow has closed (page 360).

Visit www.vegetarianguides.co.uk/updates for latest updates or join the Facebook group *Vegetarian London*.

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