

Vegetarian London (6th ed.) Updates

CENTRAL: SOHO

NEW Otarian vegetarian fast food cafes, central London at 181-183 Wardour Street, **Soho** W1V3FB. Tel: 020-7734 0219. Also at 190 Shaftesbury Avenue, **Covent Garden** WC2H 8JL. Tel: 020-7240 1058. Both open: Mon - Sun 11.00-22.00. If you miss Red Veg (now obliterated for the new CrossRail terminal) you will love these places that opened 20 August 2010. Three soups £3.25-3.75 are all vegan. Salads £3.95-4.95. Burgers £5.95. Wraps and stuffed flatbreads £3.95-4.25. Tacos £5.25. Red curry noodles, spiced coconut curry, spicy veg noodles, veg biryani £5.95-6.25. Sweet potato chiplets in breadcrumbs £3.45. Lots of vegan or vegan-option savouries, even vegan guacamole 95p, but in desserts only an extremely disappointing one out of five is free of animal products, however it is a luscious-looking chocolate cake £2.45. www.otarian.com

NEW Zilli Green Italian vegetarian restaurant, Soho at 41 Dean Street W1D 4PY. Tel: 020-7734 3924. Open: Mon-Sat 12.00-23.00. Plenty of vegan food including desserts. Menu and map at www.zillirestaurants.co.uk/green

NEW Tata vegan Chinese buffet restaurant, 3-5 Caxton Walk, off Charing Cross Road next to Blackwells bookshop and Salsa! Tel 07884 445544. Open: Mon-Sun 12.00-22.00. Lunch £5.50, Sun and evening £6.50. Take-away £3.50. Also vegan cakes and sweet pie £1. Juices £1.50, freshly squeezed juice £2.50, beer £2.50. Vegan shop next door selling frozen fake meat and fish from Taiwan.

Vegan Routes in Brewer Street is closed.

Tai vegan Chinese buffet at 10 Greek Street (page 63) has closed, also 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.

NEW Mrs Marengo's, Soho, 53 Lexington Street W1F 9AS. Tel: 020-7287 2544. Open: Mon-Fri 08.00-21.00, Sat 12.00-21.00. Mildred's (page 60) has opened a take-away, a few doors to the right. Seats for eat-in too. It is a coffee and cake sho, though when we visited only one was vegan but they also had a fruit, nut and seed slice, both £3.25 eat in, £2.75 take-away. (For more vegan cakes Beatroot p56, or Foyles p66.) Lots of vegan savoury dishes. Starters £4-5 such as soup with homemade bread, dumplings, falafel or (Mon-Fri 12-3pm and 6-10pm) sandwiches. Lunchtime salads £4-5.50. See Mildreds entry for mains £5.85-7.75 take-away. Burger £4.70-5.90. 12oz fresh organic juices & smoothies £3.50. Organic coffees and fancy coffees £1.60-2.40. Organic soft drinks £1.60.

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 at 4-6 Theobalds Rd (corner Grays Inn Rd) **closed** (p.94)

CENTRAL: COVENT GARDEN

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.

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.

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 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 Took Court, The City, EC4A 1LB. Tel: 020-7242 2622. Open: Mon-Fri 12.00-14.30, 18.00-22.00, closed Sat-Sun and public holidays. York's very posh vegetarian restaurant has relocated to the City. 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). Tel: 020-7833 2315. Tube: Kings Cross (5 mins). Open: 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

NEW Veg, Highbury and Islington Chinese vegan buffet restaurant, 177 Upper Street N1, opposite Islington Town Hall. Tel 07837 381 898. Open: Mon-Sun 12.00-22.00. Lunch £5.50, Sun and evening £6.50, plus 10 per cent service charge (for a buffet, but still amazing value). Take-away £3.50. Buffet includes dessert of sago with coconut or pineapple. Tea and soft drinks £1.50. Glass Chinese wine. bottle beer £2.50.

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. New branch of the organic supermarket. It's on the map on page 229.

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, Turnpike Lane 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 the popular Finsbury Park Indian vegetarian restaurant.

EAST

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 Wholsum vegetarian cafe, Hackney 16 Dalston Lane E8 3AX (page 182). The wholefood store has transformed into a vegetarian café and take-away with a Caribbean and Italian feel, next to the new Dalston tube station and now open weekends too. Open Mon-Fri 08.00-16.00, Sat 9.00-17.00, Sun 10.00-16.00. Weekend cooked breakfast £4.90. 17 kinds of coffees £1-2.60, juices and smoothies £1.60-£4. Patties £1.50. Filled jacket potatoes £2.60-3.80. Take-away box Caribbean food & salads £2.80-£3. Filled ciabatta £4.50.

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 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-Fri 08.00-19.00, 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. Cakes and cookies from £1.20. Hot and cold drinks £1.40-3.60 including latte, cappuccino, juices, smoothies. www.AyurvedaPura.com

NEW in Peckham, South London: Grass Roots Wholefoods vegetarian cafe-restaurant and take-away, vegan owned. 194 Bellenden Road, London SE15 4BW (corner Danby Road). Train:

Peckham Rye BR. Tel 020-7358 1999. Open: Mon-Wed 9.00-20.00, Thu closed, Fri-Sat 9.00-21.00, Sun 11.00-17.00. 75% organic. Rootsy big cooked breakfast £6.50 with hot drink. The Buljol £5.60 with plantain, ackee, Dominican Buljol salad and Mastiff bread. Gluten-free porridge £3.50. Muesli £3.95. Soup £4 with bread. Le Kwazib £6.50 carib bites, rice salad, tomato and pepper sauce. Mezze £6.10. Sir-fry with buckwheat noodles £5.90. Jam Dom ackee and scrambled bean curd with rice £5.90. Bagel sandwiches £2.95, baguette £3.50. Unusual desserts. Cakes £3.10 eat in, £2.80 take-away. Hot drinks £1.20-2.30. No alcohol yet, BYO for now. Children welcome, baby changer, high chairs. They sell a few groceries.

NEW Ma'at Centre vegetarian cafe and juice bar, Catford, 129 Rushy Green, SE6 4AA. Tel: 020-8698 2044. Train: Catford (from Blackfriars) or Catford Bridge (from Charing Cross or London Bridge). Open: Mon-Fri 12.30-16.00, 18.00-21.00; Sat 12.00-23.00; Sun closed, food demo classes. Afro-Carib, international, mostly vegan, 60 per cent organic. Salads and two soups £2.50. Filled roti wraps £3.50. Main courses £7.50 with a grain plus Ital stew, chickpea or soya chunks, yam, plantain, sweet potato, stir-fry veg, salads. Cakes and desserts all vegan £2.50 such as fruit crumble and non-dairy ice-cream. Fresh juices £2.50. Herbal tea £1. They use rice or almond milk. Cash only. No alcohol, you can bring your own though they do not encourage it.

Provender Wholefoods (page 314) has closed..

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

SOUTH-WEST: RICHMOND

NEW Bourgeois Boheme, London's first vegan shoes and accessories shop Hydrex House, Garden Road, Richmond TW9 4NR. Tel: 0208-8788 388. Shop hours: Mon-Fri 9.00-17.30, Sat 10.00-16.00, by appointment. www.bboheme.com

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: HARROW

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

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