

# Vegetarian North of England

Important updates to 3rd printing (Feb 2011) at 20 Feb 2016.

**CHESHIRE** - Nantwich  
**Vegonia** has closed.

**CUMBRIA** – Ulverston

**NEW Sandburne Vegetarian Guest House**, Chestnut Hill, Keswick CA12 4LS. Tel: 01768 773546. Opened May 2015, on the edge of Keswick is a piece of history, home of the legendary Donald Watson, a modest Cumbrian woodwork teacher and hill walker who in 1944 invented the word vegan and founded the Vegan Society. Two ensuite twin rooms £40-£55 per person, with views over the town and hills. £15 single supplement. Children welcome, high chair. No pets. Self-catering property next door. You can walk to the 3,000-year-old Castlerigg stone circle, take a boat trip or row a hired boat around the lake, and take the kids drawing at the Keswick pencil museum. Free wifi. Proprietor Anthony is Donald's son-in-law and an ambassador for the local Theatre by the Lake, giving you £3 discounts per seat; June to late October there are potentially 6 plays in rep, and in mid season they are all on in one week. [www.sandburne.co.uk](http://www.sandburne.co.uk)

**NEW Ambleside Manor vegetarian B&B**, Rothay Road, Ambleside LA22 0EJ. Tel: 015394 32062. From the people who brought us Yewfield, Fellinis and Zeffirelli's and close to those to restaurants. Opened Dec 2015. 16 rooms. £45-£70 per person. Children welcome. No pets. [www.ambleside-manor.co.uk](http://www.ambleside-manor.co.uk)

**Lakeland Pedlar** in Keswick has been sold and closed.

**NEW Natterjacks** vegetarian nighttime licensed café in Ulverston at Sefton House vegetarian B&B at 34 Queen Street LA12 7AF, open: Wed-Sat 16.00-23.00, Sun-Tue closed. Homemade organic cakes, muffins, biscuits 70p-£2.50, usually vegan options such as flapjacks. Artisan coffees, teas, beer. Wine £2.40-3.20 glass. Children welcome, well-behaved dogs too. Facebook: Natterjacks

**DERBYSHIRE**

**NEW Rockfield House vegetarian B&B**, The Hay, Milltown, Chesterfield S45 0HB. Tel: 01246 591620. Mobile 07583 535437. In the Peak District near Matlock. Double and twin £80-90 per room. Vegans welcome. 10% discount for Vegetarian Society members. [www.rockfieldhousebandb.co.uk](http://www.rockfieldhousebandb.co.uk)

**The Wild Carrot in Buxton** closed.

**NEW Thyme to Eat vegetarian café**, 5 The Shambles, Chesterfield S40 1PX. Tel 01246 558 550. Open: Mon-Wed 9.00-16.00, Fri-Sat 9.00-17.00, Sun closed.

**Yaffle Café** (page 55) is now open Mon-Fri 12.00-17.00, Sat 11.00-17.00, Thu 18.30-20.30, Fri 17.30-20.30.  
**CLOSED The Orange Peel**, Derby.

**NEW Pulse vegetarian cafe**, 34 Union Road, New Mills SK22 3ES. Tel: 01663 741468. Open: Mon-Wed, 9.00-16.00, Thu 9.00-21.00, Fri 9.00-15.00, Sat 9.00-16.00, Sun 10.00-16.00. Cooked breakfasts, vegan and gluten-free specials, cakes and puddings, Swedish Glace ice-cream. Toy room, baby changing, breast-feeding. Space for musicians and art. [www.thepulsecafe.co.uk](http://www.thepulsecafe.co.uk)

**COUNTY DURHAM**

**NEW Jumping Bean vegetarian cafe**, 5 Neville Street, Durham DH1 4EY. Tel: 07719 621 569. Open: Mon-Fri 9.00-17.00, Sat-Sun 10.00-17.00, plus evening events. Almost everything is or can be vegan and they have vegan cheese. Tapas (95p per item) include sundried tomatoes, olives, bread, hummus, salsa. Main items are all £3.95 and include terrific sandwiches and toasties, soups and their speciality Spanish stew. Stew and sandwich £4.95. Three out of four cakes (£3) are vegan. Pot of tea just £1.50. Children welcome; high chair, board games. Outside decking with a view over the cobbled street; dogs welcome there, and inside if it's quiet. Cash only, cashpoint nearby. Comedy night third Tuesdays from 8.30pm till 10.30, £3 entry, food and drink available plus Budweiser

vegan beer and vegan rosé wine.

[www.facebook.com/jumpingbeancafedurham](http://www.facebook.com/jumpingbeancafedurham)

**NEW The Health Warehouse vegetarian café**, 15 Post House Wynd, Darlington DL3 7LU. Tel: 01325 468570. Open: Mon-Sat 08.00-16.00, Sun closed, shop open till 5pm. The health food shop (page 68) also has a bakery and a new vegetarian café and juice bar. Soups (£3.65 with organic wholemeal bread) are mostly vegan. Big range of light meals (£3.95-£4.95) such as samosas, fritatas or burger with salads and sweet potato fries; spelt pasta salad with vegan pesto; ciabatta and gluten-free panini with lentil chips and coleslaw; twice baked potatoes with green leaves and salad, fillings include vegan cheese. Two daily specials (£5.25-£5.95) like chickpea and cashew nut tagine with brown basmati rice. Desserts (£1.35-£1.95) include flapjacks, muffins, cupcakes, carrot cake, vegan chocolate cake and scones with jam. Pot of Teapigs tea £1.80. Children welcome; half size portions. [facebook.com/thehealthwarehouse](http://facebook.com/thehealthwarehouse)  
[www.thehealthwarehouse.co.uk](http://www.thehealthwarehouse.co.uk)

**LANCASHIRE**

**NEW Whitmore Vegetarian B&B** Wennington Road, Hornby LA2 8JX (off A683, 5 miles NE of Lancaster). Tel: 01524-221 839. Open: May-October. Train: Lancaster 9 miles, Wennington 5 miles, Carnforth 10 miles. Stagecoach bus services Lancaster, Hornby, Wennington, Kirkby Lonsdale. In Lune Valley countryside, quarter mile from Hornby village, Lake District 12 miles. 3 acres of trees and pond, large organic kitchen garden. Single and twin each with private bathroom, £40 per person double, £35 single. Large private sitting room, tv downstairs.  
[www.yell.com/b/Whitmore-Bed+and+Breakfast-Lancaster-LA28JX-901257432/#aboutus](http://www.yell.com/b/Whitmore-Bed+and+Breakfast-Lancaster-LA28JX-901257432/#aboutus)

**V-Fresh in Blackburn** has closed and their vegetarian menu has been moved across to The Courthouse Restaurant in Kings Court, still run by East Lancs Deaf Society at 33 King Street BB2 2DH. Tel: 01254-296096. Open Mon-Fri 08.00-16.00, also Tue-Fri 18.00-23.00. Closed weekends.  
[www.thecourthouserestaurant.co.uk](http://www.thecourthouserestaurant.co.uk)

**NEW Beautiful Planet vegetarian café and wholefood shop** Preston Green Centre, 69 Friargate, Preston PR1 2ED. Tel: 01772-254746, 07914 221259. Open: Mon-Sat 10.30-16.30, Sun closed  
Environmental Fairtrade community cafe and resource centre, a not for profit workers' cooperative wholly volunteer led and run. Toasted teacakes 65p. Fairtrade tea 80p. Coffee £1.20. Free internet with any drinks purchase. Organic food, household products such as Suma.  
[www.facebook.com/PrestonGreenCentre](http://www.facebook.com/PrestonGreenCentre)  
<http://prestongreencentre.blogspot.co.uk>

Todmorden is actually in West Yorkshire, on the Lancashire border.

**NEW Kava Kafe vegetarian café**, reopening spring 2015 at new premises 31 Rochdale Road, Todmorden OL14 7LA (opposite the library and Hall St). Tel: 01706 818730. Open: Tue-Sat 9.00-16.00, Sun 9.30-16.00, Mon closed. Planning to open evenings.  
[www.kavakafe.co.uk](http://www.kavakafe.co.uk) [facebook.com/kavakafebar](http://facebook.com/kavakafebar)

**The Coven in Wigan** is now all vegetarian and open Wed 10.30-17.00, Thu 10.30-17.30, Fri-Sat 10.30-late, Sun-Tue closed.

**MANCHESTER**

**NEW Teatime Collective vegan cafe**, St Wilfred's Centre, Royce Road, Hulme M15 5BJ (between the city centre and Chorlton). Open: Mon-Sat 10.00-17.00, Sun closed. New cafe and vegan ice-cream parlour. [www.teatimecollective.co.uk/](http://www.teatimecollective.co.uk/)  
[www.facebook.com/teatimecollective](http://www.facebook.com/teatimecollective)  
Facebook Teatime Collective  
**Detox is now called Bistro 1847** (page 95)  
[www.bistro1847.co.uk](http://www.bistro1847.co.uk)

**NEW Bistro 1847 Chorlton** 123 Manchester Road, Chorlton-cum-Hardy M21 9PG. Tel: 0161 862 9557. Open: Mon 18.00-22.00, Tue-Fri 12.00-15.00, 18.00-22.00, Sat 12.00-22.00, Sun 10.00-21.00. New branch of Manchester's popular vegetarian bistro, conveniently opposite Unicorn vegan grocery. A la carte British menu and Sunday brunch, including a choice of roasts,

plus a bar with vegetarian wines, beers and cocktails. Soup and sandwich £6. Lunch main plus glass of wine, beer or soft drink £10. Evenings and Sunday lunch two courses £15, three £19. Children welcome. Dogs welcome at outside covered tables, blankets (for humans) for cold weather. Booking advised. [www.bistro1847.co.uk](http://www.bistro1847.co.uk)

**The Greenhouse in Rusholme has closed.**

**NEW V-Revolution vegan food and record shop** 88 Oldham Street, Northern Quarter, Manchester M4 1LF. Open: Mon 13.00-18.00, Tue-Sat 10.30-18.00, Sun 10.30-16.00.

Punk, hardcore, metal records. Vegan cakes including chocolate brownies £1.70 each or £2.50 with a cup of coffee. Vegetarians Choice burgers and sausages to cook at home, MozzaRisella rice-based and Vegusto vegan cheese.

[vrevolution.myshopify.com](http://vrevolution.myshopify.com)

[www.facebook.com/vrevolutionuk](http://www.facebook.com/vrevolutionuk)

**NEW World Peace vegetarian café**, Vairochana Buddhist Centre, 76 High Lane, Chorlton, Manchester M21 9XF. Tel: 0161 861 7012. Open: Thu-Sun 11.00-16.00, Mon-Wed closed. The lunches for £5 with a pot of tea are extraordinary value. It's mainly organic, Fairtrade or local. Late breakfast (£2.25-£3.50) such as three sausage sandwich. Soup of the day £3.25, with sandwich £5. Hot or cold sandwiches (£5) on rye or ciabatta with garnish and chip. Mains include salads; spinach, lemon and coconut dhal with rice, onion bhajia, spinach and sweet chilli sauce; burger with crisps and garnish. Tray bakes and cakes around £2, usually with a vegan option. They have soya and rice milk. Fruit smoothie of the day £2. Sofas and armchairs. Children's meals; lots of floor space, high chairs. Some outside seating in summer; dogs welcome there. Meditation classes and events.

[worldpeacecafemanchester.org](http://worldpeacecafemanchester.org)

[www.facebook.com/MeditateinManchester](http://www.facebook.com/MeditateinManchester)

**NEW Sanskruti vegetarian Indian restaurant**, 95 Mauldeth Road M14 6SR. Tel: 0161 2244 700.

[www.sanskrutirestaurant.co.uk](http://www.sanskrutirestaurant.co.uk)

Facebook Sanskruti Restaurant

[facebook.com/pages/Sanskruiti-Restaurant/695998810429559](https://facebook.com/pages/Sanskruiti-Restaurant/695998810429559)

**NEW Lotus Vegetarian Kitchen Chinese restaurant.**

536 Wilmslow Road, Manchester M20 4BY. Tel: 0161 445 7457. Open: Mon, Wed-Thu 11.45-13.45, 17.00-22.30; Fri 11.45-13.45, 17.00-23.00; Sat-Sun 17.00-23.00; Tue closed.

Lots of soya, wheat and other mock meats.

[www.lotusvegetariankitchen.com](http://www.lotusvegetariankitchen.com)

**NEW Jaipur Palace vegetarian Indian restaurant** at the Lansdowne Hotel, 246 Wilmslow Road, Fallowfield, Manchester M14 6AB. Tel: 0161 257 2525. Open: Mon, Wed-Thu 17.00-23.00; Fri-Sat 17.00-24.00; Tue closed. Food from Gujarat, Punjab, South Indian and Rajasthan.

[www.jaipurpalacerestaurant.com](http://www.jaipurpalacerestaurant.com)

[www.facebook.com/jaipur346](http://www.facebook.com/jaipur346)

**NEW Cowherds pop up vegetarian organic cafe**, various venues in Salford. Tel: 07974 800711. Also cooking classes.

[www.cowherds.org.uk](http://www.cowherds.org.uk)

[www.facebook.com/CowherdsCafe](http://www.facebook.com/CowherdsCafe)

#### MERSEYSIDE

**NEW Meeting House vegetarian café**, 22 School Lane, Liverpool L1 3BT. Tel: 0151-709 6957. Open: Mon-Fri 9.00-15.00, Sat 9.00-17.00, Sun closed.

[www.meetinghousecafe.co.uk](http://www.meetinghousecafe.co.uk)

**The Green Fish** vegetarian café is temporarily closed (page 107) and looking for a new venue. For latest news follow Facebook: [Greenfish Cafe](#)

**NEW Bej vegetarian restaurant**, 20 Market Street, Hoylake, Wirral CH47 2AE. Tel: 0151 632 1122. Open: Mon-Sat 12.00-22.00, Sun 11.00-20.00. The Wirral's first vegetarian restaurant has stunning global food, lots of organic, and the Venezuelan chef can veganize any dish. Starters (£4-£4.50) feature soup of the day, sweet and sour tempura, wild mushroom bruschetta, or evening sharing platter. Mains (lunch £6-£7, dinner £7.50-£12.50) include open lasagne with soya mince, Sunday roast, falafel burger, pizzas with a selection of vegan cheeses, cottage pie, Thai green curry, or Venezuelan stuffed hallaca corn-maize parcels with fried plantain and rice. Desserts (£4-£5.50) such as blueberry cheesecake, cake of the day with cream or custard, chocolate fondant, poached pear in chai latte on a marzipan and toffee tart with cream or vanilla ice-cream. Sunday cooked breakfast £4.95. All alcohol is vegan. Organic house wine £4.50 large glass, £13.50 bottle. Children's menu;

high chairs. Outdoor seating with canopy; dogs welcome there. [www.bejrestaurants.co.uk](http://www.bejrestaurants.co.uk)

[facebook.com/BejRestaurantHoylake](https://facebook.com/BejRestaurantHoylake)

Facebook Bej Restaurant Hoylake

#### NORTHUMBERLAND

**The Long View accommodation** closed and reopened nearby as Loaf B&B, Mount Pleasant Cottage, Berwick-upon-Tweed, Northumberland, TD15 2XQ. Tel: 01289-308751. Still all vegan. [www.loafbnb.co.uk](http://www.loafbnb.co.uk)  
Facebook Loaf vegan b&b

#### NOTTINGHAM

**Squeek** is now **Aubergine Cuisine** at 23-25 Heathcoat Street, Nottingham NG1 3AG Tel: 0115 955 5560. Open: Tue-Sat 17.30-22.00 web, Sun-Mon closed. New gourmet vegetarian restaurant in upmarket Hockley on the edge of the city centre, with dishes from around the world and heaps for vegans. Starters £5.75 include smoked tofu aubergine wraps in spicy tomato sauce, or mushrooms in stout with spinach on toasted ciabatta. Mains £12.95 such as Moroccan aubergine Wellington, West African peanut stew, black bean and tofu with pak choi and steamed coconut rice, red wine ratatouille with wheat-free pasta, spicy bean tortilla with (vegan) cheese and Spanish rice. Desserts £5.75 such as vegan chocolate tart with cream or ice-cream, beetroot and chocolate cake, affogato ice-cream with espresso and amaretto. Three courses £21.50, two £17.50 or £14.95 ordered before 6.30pm. Vegan organic house wine from £3.75 glass, £14.95 bottle. Children's menu £6.25 for two courses, high chairs. Braille menu. No dogs. [www.aubergine-cuisine.co.uk](http://www.aubergine-cuisine.co.uk) and [Facebook: Aubergine Cuisine](#)

**Café Nomad in Nottingham closed.**

**Mm Deli has closed** and is now Bluebird vegan café.

**New Govinda's vegetarian Indian café**, 7-9 Thurland Street, Nottingham NG1 3DR. Tel: 0115 985 9639. Open: Mon-Sat 11.00-18.00, Sun closed. Plenty for vegans including soya lassi. Self-serve lunch buffet £6.95. Daily specials (£4.25) such as savoury Cantonese fried rice. Veggie burger and chips £4. Also snacks like samosas and spring rolls. Desserts (£1.50-£2.50) include apple and blueberry crumble, cupcakes, carob cake, cheesecake. [www.facebook.com/GovindasNotts](http://www.facebook.com/GovindasNotts)  
[www.harekrishnayoga.com/2013/04/govindas-vegetarian-cafe-nottingham.html](http://www.harekrishnayoga.com/2013/04/govindas-vegetarian-cafe-nottingham.html)

**NEW Bluebird vegan cafe**, in the building previously occupied by mm.Deli, 610 Mansfield Road, Sherwood, Nottingham NG5 2FS. Tel: 07542 230976. Open: Wed 17.00-23.00; Thu 11.00-15.00, 17.00-23.00; Fri-Sat 12.00-15.00, 17.00-23.00; Sun-Mon closed.

[www.bluebird-cafe.co.uk](http://www.bluebird-cafe.co.uk), Facebook BluebirdCafeNG5

#### TYNE & WEAR

**Bob Trollop's pub** in Newcastle is no longer vegetarian but still has the huge veggie menu.

**NEW Painted Elephant vegan restaurant**, 61 Upper Princess Square, Newcastle NE1 8ER. Tel: 07527 150970. Open: Tue-Wed 17.30-22.00; Thu-Sat 12.00-16.00, 17.30-22.00; Sun-Mon closed. Check website as sometimes closed for group bookings. Evening a la carte menu.

[www.painted-elephant.com](http://www.painted-elephant.com)

[facebook.com/paintedelephantne](https://facebook.com/paintedelephantne)

**NEW The Good Apple vegetarian cafe, Sunderland** at 18 Derwent Street SR1 3NU. Tel: 0191-564 1763. Open: Mon-10.00-15.00, Tue-Wed 10.00-16.00, Thu-Fri 10.00-18.00, Sat 10.00-16.00. Cooked breakfasts, wraps, toasted filled bagels and ciabattas, toasties, soup, salad. Specials such as falafel, burgers, noodles, curries. Cakes and traybakes are all vegan. Gluten-free options. Coffee, pots of tea. Monthly evening supper club, £15 for 3 courses, booking required.

[goodapplecafe.co.uk](http://goodapplecafe.co.uk) & [facebook.com/TheGoodAppleCafe](https://facebook.com/TheGoodAppleCafe)

#### NORTH YORKSHIRE – Scarborough

**Nutmeg Café** is no longer vegetarian.

**NEW C-A-L-F vegan cafe** 62 Eastborough, Scarborough YO11 1NJ

Tel: 07919 310839. Open Wed-Sun 11.00-17.00, Mon-Tue closed. Run by Compassionate Animal Liberators & Friends to raise money for their smallholding for rescued farm animals. Home-made traditional comfort foods, fast food and cakes. Soup £3.50 with crusty bread. Mains £4.95 such as sausage, mash and beans; vegetable curry and rice; mock chicken burger and potato wedges; vegan

frittata with salad and garlic bread; power stew with lentils, chickpeas, peas and beans served on bed of quinoa; mushroom and ale pie and roast veg with gravy; bolognese baked potato or baguette with salad; creamy chick'n and mushroom open panini with salad.

Desserts £2.50 include chocolate and pumpkin pudding served with cream hot chocolate fudge cake which is their star attraction; cheesecakes such as orange coconut, or lime, coconut and ginger; cherry pie custard; chocolate mousse; orange and carrot cake with white chocolate cream sauce; rhubarb crumble and cream or custard; hot syrup bananas and homemade ice-cream. And remember, these are all vegan! Sweets such as vegan style truffles, choc mint crisps, vegan Mars bar. They make their own soya or coconut ice-creams with some unusual flavours such as peanut butter, very popular in summer.

Bring your own alcohol. Children welcome. Dogs welcome inside and outside. Outside seating in beer garden in summer. Will open some summer nights and functions. Cash only, cashpoint nearby.

[www.c-a-l-f.com](http://www.c-a-l-f.com) and Facebook C-A-L-F

**NEW Danby Health Shop** 1 Briar Hill, Danby, near Whitby YO21 2LZ. (on Whitby to Guisborough road) Tel: 01287-669200. Open: Mon-Sat 9.00-17.00 (Wed 12.00), Sun closed. Opened 2009 in a village in the Esk Valley in the North York Moors national park. Organic fruit and veg with salad tubs, fridge and freezer with vegan cheese, meat substitutes, hummus, tofu, soya yogurt, Booja Booja and Swedish Glace vegan ice-cream. Vegan chocolate by Plamil, Booja Booja, Divine, Organica, Montezuma. Lots of bodycare and supplements. The Stonehouse Bakery and Teashop next door does jacket potato and beans. The other side is the Duke of Wellington pub with a couple of vegetarian meals. Less than a mile away towards Whitby is the North York Moors National Park Centre with exhibition, gallery, climbing wall, play area, gift shop and tearooms. For more on the area

[www.eskvalley.com/danby](http://www.eskvalley.com/danby)

#### YORK

**Briar Lea B&B has closed.**

**The Blake Head** (page 162) has closed.

**Monk Bar Chocolatiers, the Goodramgate branch has closed.**

#### EAST YORKSHIRE

The three vegetarian cafes in Bridlington have closed, so try:

**NEW The Little Organic Bakery** vegetarian café, 12 Wellington Road, **Bridlington** YO15 2BG. Tel: 07853 303 049. Open: Mon-Sun 10.00-16.00.

Bread and cakes using organic flours and other organic or Fairtrade ingredients. Soup such as leek and potato or spiced lentil and tomato with roll £3.

Facebook: The Little Organic Bakery

#### SOUTH YORKSHIRE

**Bawtry Natural Health closed.**

#### WEST YORKSHIRE

In **Hebden Bridge**, Myrtle Grove closed, however Thorncliffe now accepts men and is lesbian and gay friendly.

**NEW Heatherlea vegetarian guest house**, 105 Littlemoor Rd, **Pudsey** LS28 8AP. Tel: 0113 257 4397. Midway between Leeds and Bradford. One single, one twin. From 1 night to 6 months.

[www.yell.com/biz/heatherlea-guest-house-pudsey-3080175/](http://www.yell.com/biz/heatherlea-guest-house-pudsey-3080175/)

**Prashad vegetarian Indian restaurant in Bradford has moved** to 137 Whitehall Road, **Drighlington** BD11 1AT (south-east of Bradford, south-west of Leeds) Tel: 0113-285 2037. Open: Tue 17.00-22.30, Wed-Thu 17.00-23.30, Fri-Sat 12.00-24.00, Sun 12.00-21.00, Mon closed.

[www.prashad.co.uk](http://www.prashad.co.uk) Facebook Prashad

**Tulsi in Bradford closed.**

**NEW World Peace vegetarian cafe**, in Buddha Land Kadampa Buddhist Centre, 1 Lawkholme Crescent, **Keighley** BD21 3NR. Tel: 01535-958 189. Open: Tue-Sat 10.00-16.00, planning to open later, Sun-Mon closed. Sandwiches £3.10-4.00. Hot food £2.60-4.75 such as toasties, soup with crusty bread, veggie burger with salad, special of the day, salad

platter, or soup and sandwich with salad. Hot drinks from £1.20 to 2.40 for a pot of tea for two.

[www.enjoymeditation.org/public-service-peace-cafe.php](http://www.enjoymeditation.org/public-service-peace-cafe.php)

**NEW Global Tribe vegetarian café**, 18 Swain Street, **Leeds** LS1 6LG. Tel: 0113-338 4289. Open: Tue-Sat 10.00-18.00. Opened July 2012 over a long established crystals shop.

Gluten-free no problem, fabulous for vegans and they even have some raw main dishes. Breakfasts £1.50-3.95 such as nut butter or avocado or organic beans on toast, sausage or TLT (tofu, lettuce and tomato) sandwich, muesli with soya or almond milk. Gluten-free vegan soup of the day with bread £3.95. Mains £5.95-7.95 such as nut roast; tagine with couscous or quinoa; blended cashew, tofu, mixed veg and herbs in puff pastry with roast root veg and redcurrant gravy; mixed bean stew; lentil burger with potato and sweet potato wedges and salad; spinach and pine nut tart with roast veg and salad; black rice salad wrap with sweet potato, butternut squash, tamari, tahini in toasted nori; pear and almond salad; living food vegan raw pizza; courgette spaghetti with nut balls and spicy arrabiata sauce, kale hemp salad; living foods mezze. Sandwiches £3.45-3.95 eat-in (£2.75-3.15 take-out). Pot of tea with flask of hot water £2.75, cafetiere of Fairtrade coffee £2, for two £4. [www.globaltribecafe.com](http://www.globaltribecafe.com) [www.facebook.com/GlobalTribeCafe](https://www.facebook.com/GlobalTribeCafe)

**NEW Nichols vegetarian cafe-deli**, 86A Harrogate Road, Chapel Allerton, **Leeds** LS7 4LZ. Tel: 0113-345 0404. Open: Mon-Sat 08.00-17.00, Sun closed. Opened June 2012 serving salads, sandwiches and light lunches, cakes and hot drinks. They use lots of organic and local.

Breakfast menu includes full cooked vegan. The cafe has lots of vegan food including sandwiches and toasted sandwiches, bruschetta made with black olive spread and roasted red pepper. Soup in a mug with a sandwich £6 eat in, £5 take-away. Main dishes £7.50 include spicy dahl with garlic toast, mezze board, or soup of the day with bloomer bread, frittata or tofu or falafel wrap with three salads. They can even do vegan coleslaw. Cakes £1.50-2.00 include for vegans peanut butter slice, flapjack or choc tiffin.

The shop sells hummus, salads, falafels, flavoured tofu, frittatas, main meals to take home, antipasti, risottos, pilaff, couscous, local rapeseed oil, seed and bean chocolates.

They also sell a range of wooden boards by [thelovelylittlewoodcompany.co.uk](http://thelovelylittlewoodcompany.co.uk). Free wifi.

[www.nicholsvegedeli.co.uk](http://www.nicholsvegedeli.co.uk)

[www.facebook.com/nicholsvegedeli](https://www.facebook.com/nicholsvegedeli)

**Love Organic in Leeds has closed.**

**The Third Estate vegan shoe shop in Leeds has moved to London.**

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[www.vegetarianguides.co.uk/updates](http://www.vegetarianguides.co.uk/updates)