

Vegetarian Paris Updates

New openings by arrondissement:

1e: NEW Maisie Café vegan and raw café, 32 rue du Mont Thabor. 01 40 39 99 16. Metro Concorde. M-F 9.00-17.00, Sa 11.00-17.00, Su closed. www.maisiecafe.com (near 4, map page 52)

2e: NEW Vietnam in Paris vegan restaurant, 48 rue de Cléry (cross street Rue Poissonnière). 01 75 64 92 18. M-Th 12.00-18.00, F 12.00-22.00, Sa 10.00-15.00. Metro: Sentier, Bonne Nouvelle. (map p.61) Half upscale boutique vending Asian art, half restaurant. Homemade Vietnamese dishes prepared by a Vietnamese expat. Faux lemongrass beef, soups, noodle bowls, banh mi sandwiches, and traditional coconut-cream desserts, plus tea, beer, and wine. www.facebook.com/vip.saveursduvietnam

2e: NEW Cloud Cakes vegan bakery café, 6 rue Mandar. Metro Sentier. 01 42 33 95 45. Tu-Sa 10.00-19.00, Su 11.00-15.00, M closed. Before launching a crowdfunding campaign to open their brick-and-mortar café, Cloud Cakes worked the veg festival circuit, vending luscious dairy-free cupcakes in to-die-for flavours like tiramisu, lemon curd, and vanilla-raspberry. Now that they've settled into their new digs in the pedestrianized Montorgueil district, offerings have expanded to include rich soups and savoury open-faced sandwiches called *tartines*. The generous Sunday brunch spread (€25) includes scrambled tofu, spiced potatoes, salad, pancakes, and that elusive French treat, the vegan croissant. www.cloudcakes.fr

2e: NEW Brasserie 2eme Art vegan restaurant. 49 rue Montmartre. 01 40 26 56 80. M-F 07.30-01.00, Sa 10.00-01.00, Su 10.00-23.00. Metro: Sentier. www.facebook.com/brasserie2emeartparis

3e: NEW Hope vegan café, 19 rue de Picardie. 19 rue de Picardie. Metro République, Filles du Calvaire. 01 42 78 93 06. W-Sa 12.00-15.00, 19.00-22.00., Su 11.30-15.30, M-Tu closed. www.hope-paris.com

3e: NEW Love Juice Bar vegan café, 26 rue Chapon. 01 73 73 22 24. M, Thu-Sa 10.00-18.00, Su 12.00-17.00, Tu-W closed. Metro: Rambuteau. www.facebook.com/LoveJuiceBarParis

3e: NEW Vegan Mania cosmetics shop, 96 rue Quincampoix. 09 50 43 41 45. M-Sa 12.00-19.00, Su closed. www.vegan-mania.com

3e: NEW Hank Vegan Pizza 18 rue des Gravilliers. M-Su 12.00-22.00. Fans of HANK Burger were overjoyed when the popular vegan enterprise opened HANK Pizza. At this casual northern Marais spot, a hefty rectangular portion is yours for €5. Try the truffle slice; the fragrant fungus is baked into the crust, topped with potato, seasonal mushrooms and truffle cream. For a vegan taste of Honolulu, order the Hawaiienne: tomato sauce, melted cheese, pineapple, and smoked tofu. Or plump for the filling *menu*: two slices, organic drink, and choice of dessert for €13. www.hankrestaurant.com

3e: NEW Health Inside vegetarian café and juice bar, 30 rue Charlot (near rue de Bretagne). 01 42 78 18 81. Tu-Su 9.30-18.30, M closed. Metro Filles du Calvaire. www.healthinside.fr

3e: NEW Wild & The Moon vegetarian café & juice bar, 55, rue Charlot. 09 51 80 22 33. M-F 08.00-19.00, Sa-Su 09.00-19.00. And at 25 rue des Gravilliers. 09 50 62 47 70. M-Su 08.00-20.00. www.wildandthemoon.com

5e: NEW World Food Barn vegan restaurant, 248 rue Saint-Jacques (at rue Gay-Lussac). 01 42 49 89 24. M-F 11.00-18.00, Sa-Su closed. Metro Luxembourg. Opened April 2017. www.worldfoodbarn.com

5e: NEW Oatmeal vegan café, 11 bis rue Vauquelin. 06 43 01 83 74. Metro W-Sa 10.30-18.00. Su-Tu closed. In the Latin quarter serves savoury and sweet breakfast bowls (€6.50-€8), matcha lattes and veggie burgers. www.oatmealparis.com (below 14, map page 58)

5e: NEW Crêpe de la Joie vegetarian restaurant, 4 rue de Fer à Moulin. Tel: 01 47 07 84 04. Tu-W 12.00-15.00, Th-F 12.00-15.00 and 19h-22h, Sa 12.00-22.00, Su-M closed. Metro: Censier-Daubenton. (map p.88 just south of 8 Café de la Grande Mosquée) Create the buckwheat crepe of your dreams (vegan ham, curry "cream", grilled vegetables, or chestnuts, for example) or order one of the house specialties, such as the Le Faune des champs (potatoes, veg ham, grilled vegetables) or Le Lutin bienheureux (tofu, tomato sauce, sweet

potatoes, and oregano). Sweet crepes, beer, wine, coffee and teas, and--of course--cider are also on the menu. (map page 89, below 8) www.crepedelajoie-restaurant.fr

5e: NEW Green Rainbow vegan café, 54 boulevard Saint Marcel. 01 45 87 17 32. Metro: Censier-Daubenton. 01 45 87 17 32. Su-M, Th-F 12.00-15.00; Tu-W, Sa closed. www.facebook.com/greenrainbow (map page 89, below 8)

5e: NEW Pema Thang vegetarian Tibetan restaurant, 13 rue de la Montagne St Genevieve (near rue des Ecoles). Metro: Maubert Mutualité. 01 56 81 10 44. M 10.00-23.00, Tu-Sa 12.30-15.00, 19.00-23.00, Su closed. www.facebook.com/PemaThangParis

6e: NEW Sense Eat vegetarian Italian restaurant. 39 rue Mazarine. Tel 01 46 34 54 71. M-Su 11.30-15.00, 19.00-23.00. www.senseeat.fr (map page 99, between 2 and 7)

6e: NEW Paradis Marguerite international vegetarian restaurant, 27/29 quai des Grands Augustins. 01 43 54 51 42. Metro: St Michel. M-Sa 11.30-23.00, Su 10.00-23.00. (Map page 99, near 1) www.facebook.com/Paradismarguerite

6e: NEW Apéti vegan organic restaurant, 72 rue du Cherche-Midi. Tu-Sa 12.00-18.00, also W-Th 19.30-22.00; Su-M closed. Metro: Rennes, Vaneau, Saint-Placide. www.apeti.fr (Map page 98, almost next to 9)

7e: NEW La Verriere vegetarian restaurant, 24 ave de Tourville. 01 77 18 39 16. M-F 12h-21h30, Sa-Su closed. Metro: Ecole Militaire. (map p.104, near 11 Naturalia) Fast-casual restaurant with modern feel and ever-changing lunch buffet for dining in or take-away. Vegan options include soups, salads, and sweet tarts for dessert. Beer, wine, and soft drinks/juices. Spa of the same name next door offers Japanese sauna and other treatments. www.la-verriere.fr

9e: CLOSED Pousse Pousse p.120 **NEW 5 Lorette** organic vegetarian restaurant has opened next door with a similar, mostly vegan, menu at 5 rue Notre Dame de Paris. Tel: 01 42 06 59 28. Open: M-Sa 12.00-15.00, also Thu-Sat 19.30-22.30. www.5lorette.fr

9e: NEW Le Potager de Charlotte vegan restaurant. 12 rue de la Tour d'Auvergne. 01 44 65 09 63. W-Th 19.00-22.00, F-Sa 12.00-14.30, 19.00-22.30, Su 11.00-17.30, M-Tu closed. Metro: Saint-Georges. (map p.119 midway between 11 and 4) Friendly place run by a young (20-something) team who are passionate about veganism. Professional service and creative menus based on seasonal vegetables. No fake meat! Just fresh, flavourful, imaginative plant-based dishes. Coffee, tea, local craft beers, and organic wines by the glass and bottle. www.lepotagerdecharlotte.fr

9e: NEW La Palance d'Aulac very good vegan Vietnamese restaurant opened March 2017 at 13 rue Rodier (at rue de l'Agent Bailly). 09 80 63 83 69. M-Su 12.00-15.00, 18.00-23.00. www.lapalancedaulac.fr

9e: NEW PH7 Equilibre vegan restaurant, 21 rue le Peletier. 09 83 87 95 95. M-F 9.00-17.00, Sa-Su closed. Metro: Richelieu-Drouot. (map p.119, near 7 Chipotle) A mother-daughter team behind this new restaurant created a small menu centered on foods that are pH balanced. Plat du jour, plus desserts and fresh juices. The emphasis is on healthy, "clean" eating here. www.monph7.com

9e: Ara Chocolat all vegan chocolate shop, 54 rue de Dunkerque. 06 70 09 87 75. Metro: Anvers. M, W-Sa 12.00-20.00, Tu 16.30-20.00, Su closed. www.arachocolat.com (map page 119, top right)

10e: NEW Krishna Bhavan 3 Vegetarian Indian restaurant. 15 rue Cail. 01 43 29 87 93. M-Su 11.00-23.00. Metro: La Chapelle. (map p.128, near 6) Krishna Bhavan 3 joins #1 and #2 on rue Cail in the heart of Paris's south Asian district. Thalys, dosas, and other lightly spiced snacks are on the menu and are consistently fresh and tasty. Staff speaks English, so you can inquire about vegan menu items. www.krishna-bhavan.com

10e: Ivlo vegetarian Italian and raw restaurant, 10 rue Lucien Sampaix. 01 75 42 94 73. Tu-Sa 12.00-15.00, 19.00-22.15, Su-M closed. Metro: Jacques Bonsergent. www.ivlo.paris

11e: NEW Veg'Art vegan restaurant, 123 rue Oberkampf. 09 83 87 29 68. M-Sa 12.00-15.00 and 18h-00-24.00, Su closed. Metro: Menilmontant or Parmentier. (map p.142, near 15 Thank You, My Deer) A brother-sister team runs this pizza and fast-casual eat-in dining spot in the heart of Paris's alternative nightlife district. Other savory dishes include moussaka, giant salads, homemade samosas and veggie burgers, and other creative plant-based goodies. Desserts, vegan beer, soda, and juices too. www.vegartparis.com

11e: NEW VG Patisserie vegan organic bakery cafe, 123 boulevard Voltaire. Metro: Voltaire. Tu-F 08.00-12.00, 13.00-19.00, Sa-Su 08.00-17.00, M closed. Opened April 2017. Every kind of patisserie, only vegan! Express breakfast Tu-Sa till 10am croissant and coffee 3.55€, with juice and hot drink 9.50€. Su sweet brunch till 12.00 24€, reservation essential. www.vgpatisserie.fr (near 11, map page 142)

11e: NEW Dans La Foulée vegetarian bar and tapas restaurant, 111 Boulevard de Ménilmontant. 09 52 93 11 81. Metro: Ménilmontant. Tu-Sa 16.30-02.00, Su 16.30-23.45, M closed. www.facebook.com/Danslafouleemenilmontant

11e : NEW Jay & Joy vegan cheese shop, 5 rue Paul Bert. Tu-Sa 12.00-19.30, Su-M closed. www.jay-joy.com (Map page 143, next to 18)

11e : NEW Le Pagalou tiny but excellent vegan raw bistro with 3 tables, 66 Av Philippe Auguste. (at rue Alexandre Dumas). 06 60 25 15 33. W-Su 12.00-15.00, 19.00-23.00, M-Tu closed. www.lepagalou.bio (Map page 143, east of 1)

12e: NEW Végé Saveurs vegetarian restaurant, 29 rue de Charenton. 01 43 45 29 10. M-Sa 11.30-14h.0 and 18.30-22.30. Metro: Bastille. (map p.154 top left) If fake meats served with Asian flavor is your cup of tea, make a reservation at Végé'Saveurs. Besides faux beef, chicken, and duck, the menu also boasts fried dumplings, papaya salads, clay-pot dishes, and soups typical of Thai and Vietnamese cuisine. Facebook Végé Saveurs.

12e: NEW La Boucherie Végétarienne vegetarian take-away and shop, 10 Place d'Aligre. 09 83 46 82 93. Tu-Sa 11.00-15.00 and 16.00-20.00 (F-Sa 21.00), Su-M closed. Metro: Ledru Rollin. (map p.154, number 10) Take-away shop in the thick of one of Paris's most festive outdoor markets. Serves burgers, nuggets, wraps and other fast-food style snacks. Fake meats for sale in the refrigerator section, plus soft drinks and house-made desserts. www.la-boucherie-vegetarienne.com

13e: CLOSED MOB p.159

13e : NEW Season Square vegan fast food restaurant, 3 rue Louise Weiss. 09 86 72 86 15. Tu-F 12.00-15.30, Sa 12.00-23.00, Su-M closed. www.season-square.com (Map p.161, between 3 (closest) & 4)

14e: NEW RawCakes vegan patisserie and café, 83 rue Daguerre. 09 86 12 73 48. M-Th 10.00-20.00, F 10.00-16.00, Sa closed, Su 12.00-19.00. www.facebook.com/RawCakes-1263385443704818 (Map page 167, west of 2)

15e: NEW Brasserie Lola vegan restaurant, 99 rue du Théâtre. 01 45 78 22 35. M-F 07.30-24.00, Sa 09.00-24.00. Metro: La Motte Picquet Grenelle. (map p.173, near 2 Monoprix) It looks like a typical French brasserie style menu, but read the fine print and you'll discover that everything from the burgers and fries to the crepe with Chantilly is vegan. Friendly service, nice wine list, and options to please omnivores' palates abound. www.facebook.com/brasseriелolaparis

16e: NEW La Bauhinia vegan afternoon teas. At the Shangri-La Hotel, 10 rue d'Iena. 01 53 67 19 91. M-F 15.30-17.30, Sa-Su 16.00-17.30. Metro: Iena. (map p.178, near 4 Tong Ming) Regular Michelin star French restaurant goes vegan for afternoon tea, 49€ (65€ for two) or €65 with champagne. Vegan pastries, finger sandwiches, scones, and other sweet nibbles round out the afternoon menu, which might include fig tarts with almond cream, chestnut mousse with vegan meringue, or passion fruit cheesecake. "100 percent green" vegan lunch/dinner service also available. www.shangri-la.com/paris/shangrila/dining/restaurants/la-bauhinia

17e: My Kitch'n (p.184) has relocated completely from the market into their new and bigger restaurant My Kitch'n 2 around the corner (p.190) and is thriving. Open W-F 12.00-15.00, Sa-Su 12.00-16.00, M-Tu closed, plus evening events. Also cooking classes.

18e: NEW Cantine Vagabonde vegetarian restaurant, 11 rue d'Aubervilliers. 01 46 07 44 89. M-F 12.00-14.30, also F 19.00-22.30, Sa-Su closed. Metro: Stalingrad. (map p.193 bottom right, just off Boulevard de la Villette) This small cantine offers homely, filling dishes based on seasonal vegetables. The menu is almost entirely organic and nearly vegan. Think filling bowls of creamy soup, hearty salads, and mains like pumpkin tart and beet risotto. www.cantinevagabonde.fr

18e: NEW L'Abattoir Végétal vegetarian French organic restaurant, mostly vegan, 61 rue Ramey (at Marcadet). 01 42 57 60 62. Tu-We 9.00-18.00, Th-F 09.00-23.45, Sa 10.00-23.45, Su 11.00-18.00, M closed. www.facebook.com/abattoirvegetal (Map page 192, midway between 9 and 13)

19e: Le Faitout Vegan bistro, 23A Avenue Simon Bolivar. 06 22 67 87 76. Metro: Pyrenées. www.lefaitout.fr (Map page 203, above 9)

20e: Love Me Cru vegan organic and raw cafe, 44 rue de Tourtille. 01 71 93 08 26. Metro: Belleville. www.facebook.com/lovemecru (Map page 208, next to 5)

20e: Le Mezze du Chef vegetarian Turkish restaurant, 80 rue de Ménilmontant. 09 50 57 49 62. Tu-Th 08.00-24.00, F-Sa 08.00-02.00, Su-M 09.00-24.00. www.facebook.com/lemezzeduchef (Map page 208, just left of 3)

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