

Update to the book "The New Spain" 3/2011

Dear Reader of The Vegan and Vegetarian Guide to Restaurants in Spain,

Below is an updated list of deceased and new places for you to visit on your travels throughout Spain, updated in March 2011. Hopefully it will help you move about with more confidence in a country where meat is very visible, but vegetables are hidden in some beautiful places too...

The list is getting longer and longer, which is a good sign. Hopefully a new guide book will be published some time. We are working on it - but right now we do not have the finance necessary.

A couple of things to remember : From January 1st 2011, it is prohibited to smoke in public spaces (except outside terraces)

To save money, most restaurants do have a menu del día (from Monday to Friday lunchtime only, sometimes there is a more expensive menu in the evening)

Restaurants listed do not serve meat or fish (or derived products).

The new list, below, is classified by alphabetical order of cities. The local Tourist Office will always point you to the streets you are looking for on a city map.

However it is strongly recommended that you phone first or check web pages of the places you are planning to visit just in case.

For comments, new discoveries that you've made, etc... please drop me a line :

atelier.mecina@gmail.com or mecinilla@yahoo.com

Enjoy your holidays,

Jean-Claude Juston

Vegan websites for online products and orders :
www.vegania.com, www.planetavegano.com

In Madrid, La Granja restaurant is no longer vegetarian.

In Madrid, the following restaurants are now closed :
Chez Pomme; Elqui; Restaurante Casa Vegetariana

In Barcelona, the following restaurants have not been confirmed as still open:

El Buffet Verd; De Día; Natural Buffet

In Sevilla, Jalea Real is now closed

In Pitres (Granada) El Jardín is now closed

In Badajoz, La Ochava is no longer vegetarian

NEW RESTAURANTS :

A Coruña: Bania, Calle Cordeleria, 7 tel: 981 221 301

A Coruña : O Vegetariano, Puerta de Aires, 3 Bajo
tel. : 670 816 180

Alicante: Tabulé, Avenida Benito Pérez Galdós, 52
tel. : 965 133 445

Almería: Aloe, Avenida Madre Maria Aznar, 140 Almería Tel: 950 141 359

Benagalbón (Province of Málaga), Oasis, Plaza de las Flores, 2
29738 Benagalbón, tel. : 638 843 300 (closed on Wednesdays)

Benicassim : Gurú, Calle Bad Salzderfuth, 5
tel. : 670 609 806

Barcelona : Bioasis, Carrer Bonsuccès 8 08001 Barcelona (tel. : 93 304 1559), www.bioasis.es

Barcelona : Cat Bar, Carrer Boria 17, 08003 Barcelona

Dhamma Barcelona, Calle Papin, 8

www.dhammabarcelona.com tel. : 93 491 1813

Barcelona : Gelati di Marco, Carrer llibreteria, 7 08002 Barcelona
(tel. : 933 105 045), www.gelati.com (vegan ice cream)

Barcelona : Gopal Shop, Carrer Escudellers, 42 08002 Barcelona
(tel. : 933 189 215)

Barcelona : Juicy Jones, Carrer Cardenal Casañas, 7, 08002

Barcelona (tel. : 933 024 330)

Barcelona : La Flauta Mágica, Carrer Barys Vells 18, 08003

Barcelona. tel. : 93 268 4694 Metro Jaume I

Barcelona : Macrobiotic Zen, Carrer Montaner 12, 08011 Barcelona

Barcelona : Miquetes Mágiques (macrobiotic restaurant)

Calle Trabador 20

tel. : 93 436 3034 - metro Hospital San Pau

Barcelona : Organic, Carrer Junta de Comerç, 11

tel. : 93 301 0902 -metro Liceu

Barcelona : Sesamo, Bar y Comidas sin bestias, Calle Sant Antoni
Abat 52. tel. : 93 441 6411 - metro Sant Antoni

Barcelona : Tomate, Calle Sombreres, 17

tel. : 93 315 1048 - metro San Antoni

Barcelona : Unicornius, Carrer Jovellanos, 2 08002 Barcelona (tel. :
93 317 1829)

www.restaurantunicornius.com - metro Plaça de España

Barcelona : Vegetalia, Carrer Escudellers, 54 08002 Barcelona (tel. :
93 317 3331) - metro Liceu

Barcelona : Vegetariano Oriental, Calle Industria 132

tel. : 93 436 5601 - Buffet- metro Sagrada Família

Barcelona : Veg World, Pasaje Josep Llovera, 11 08021 Barcelona
(tel. : 93 527 6196)

Bilbao : Armonia y Salud, Algortako Etorbidea, 100

tel. : 94 460 1762 -metro Algorta

Bilbao : Azak, Calle Pablo Alzola, 8, tel. : 944271 001

Bilbao : Borne, Calle General Castillo, 3, tel. : 679 623 741

Bilbao : Ganapati, Calle Lersundi, 1, tel. : 944 231 151

Bilbao : Garibolo, Calle Fernandez del Campo, 7

tel. : 944223 255

Bilbao : Kalabaza, Avenida Ramón y Cajal, 10, Open every day,
please book in advance, tel. : 665 738 294

contact Mar : email : marfuentevi@hotmail.com

Bilbao : Ortua, Avenida Mazarredo, 18, tel. : 944 245 102

Bilbao : Vegetariano, Alameda Urquijo, 33, tel. : 944 445 598

Bilbao : Verde que te quiero Verde, Calle Nueva, 4

tel. : 944164 259

Burgos : Cardamomo, Calle Jesús Maria Orodoño, 3 Bajo

tel. : 947 052 152

Burgos : El Jardín del Etna, C/ La Merced, 19

tel. : 947 255 481

Burgos : Gaia is now at a new address : Calle Fernan González,
37, tel. : 947 279 728 / 639 883 611

Cartagena : La Sella, Calle Picasso, 21 Ciudad Jardín
tel. : 968 516 580

Castellon : La Juderia Vegetarianna, C/ Cervantes 16, bajos 12001
Castellón de la Plana. Tel.: 964 222 055

Denia : La Panocha, Calle Pare Pere 19 03700 Denia
Tel. : 96 643 2011

Elche : Quinoa, Avenida de Alicante 9, 03202 Elche tel. : 965 456
452, www.quinoavegetariano.com

Estepona : Elemi, Café Bar Natural, in front of the Plaza de toros,
29680 Estepona Tel. : 951 273 885

Fuengirola : MoMo, Calle Marbella, 8

tel. : 952 197 321

Gaucín : Pura Vida, Calle Convento 166, 29480 Gaucín

tel. : 952 151 369. www.ecotiendapuravida.com

Girona : Amaranta, Carrer Güell 31-33, 17005 Girona

Girona : B12 Café Bar Vegan, Calle Rutlla, 147-155 (tel. : 972 911
333)

Girona : Bar Nuría, Plaza del Poeta Marquina s/n, 18002 Girona

(tel. : 972 217 519). Vegetarian menu at lunchtime.

Granada : El Piano, Gran Capitan (opposite the health centre), alos
new opening in El Realejo

Granada : Mundo Manila, Plaza de las Descalzas, 3 18009 Granada
tel. : 958 210312, www.mundomanila.org

Huelva : Naturalia, Calle Fernando El Católico, 6

tel. : 959 810 344

Jaca (Provincia de Huesca), La Casa del Arco (at the back of the
cathedral). tel. : 974 364 448

Jalón (Provincia de Alicante), Les Rosettes, Centro Comercial La
Teulera 03727 Jalón/Xaló, tel.: 966 481 157

León : Union, Calle Floréz de Lemos, 3 24004 León (tel. : 987 261
710)

Lleida : Restaurante Natura, Riu Besos, 3 25001 Lleida (tel. : 973
200 322), email. : restaurantnatura@lleida.com

Lorca : El Homero, Plaza de San Vicente, 4, tel. : 968 471 287

Madrid : Creperia Heladeria Ricci, Calle Toledo 47 28005 Madrid,

tel. : 91 366 6103 Metro : La Latina

Madrid : De Buena Fuente, Calle La Fuente, 6 28230 Las Rozas,

tel. : 91 637 7933, You need to catch a suburban train to Las Rozas
(from Atocha, or Chamartin)

Madrid : El Vergel, Paseo de la Florida, 53 -metro Principe Pio, www.el-vergel-com tel. : 91 547 1952
Madrid : Loving Hut, Calle de los Reyes, 11 (Vegan restaurant, part of a chain, also in Valencia)
Madrid : Maoz, Calle Mayor, 4, sorry we have no telephone to contact - metro sol
Madrid ; Mamina, Calle Valverde 42, 28004 Madrid tel. : 91 522 4909 Metro Gran Via
Madrid : Menudavida, Calle del Barco, 45, Madrid tel. :91 521 4497 (metro Gran Via), www.menudavida-blog.blogspot.com
Madrid : Mesón Gallego, Calle Ballesta, 13 - metro Gran vía (closed on Sundays), Mainly vegan, lunch and dinner with menú, smoking permitted
Madrid : Raw Food restaurant, Calle Divino Pastor, 30, 28004 Madrid (metro Bilbao)
Madrid : Shishang, Calle Concepcion Arenal, 3 28004 Madrid - metro Callao, tel. : 91 523 1220
Madrid : Sopa, Calle Nieremberg, 23 tel. : 91 413 1719 -metro Concha Espina
Madrid : Viva La Vida, C/ Huertas, 57 -metro Antón Martín (tel: 91 369 7254) and Costanilla de San Andrés, 16 -metro La Látina (tel. 91 366 3349), Organic restaurants and take-away/shop. Price by weight (1.80 per 100g), www.vivalavida.org (Open every day)
Madrid : Yerbabuena, Calle Bordadores, 3 tel. : 91 548 0811 -metro Opera
Madrid : El Rincón Japones, in the Antón Martín market (same metro), tel. : 639 112 409 (a small take away of natural products and ready to eat food)
Malaga ; El Huerto, Calle dos Aceras 18-20, tel. : 95 221 2868
Manresa : Restaurante vega "Els Carlins", Carrer Sabateria 3-5 ,tel. : 938 721 924
Mallorca : Ona Vegetariana, Sant Magi 68, Palma tel. : 971 220 741
Marbella : Trocadero Playa, Paseo Maritimo, Playa La Carolina, 29600 Marbella tel. : 610 704 144, www.trocaderoplaya.com
Mojacar : El Mirador del Castillo (unconfirmed) in the old village, part of a guest house in the old castle
Montardit de Baix : L'Hortet, Pallars de Sobira sorry we have no telephone to contact
Murcia : (near Murcia, in the mountains) : Asociacion vegetariana "El Fontanar". Open week-ends and Spanish Bank Holidays (only by previous booking in : 696 645 415 or 630 770 614), email : parajelfontanar@hotmail.com

Nerja : Café Bohemía, Calle Neptuno, local 3 (tel. : 952 520 509) (closed on Sundays)
Ondara (Province of Alicante) Restaurante con Kombu C/Poeta Garcia Lorca, 16 03760 Pamis, tel. : 965 766 196

Pontevedra : Ambrosia, Rúa Padre Sarmiento, 31 tel. : 986 842 480
Ronda, Relax Bar Cafe is now closed

San Feliu de Duixols (Province of Girona) : Triton, Passeig del Mar, 3, tel. : 972 320 773
Santander : Ecomundo, Calle Garcia Morato, 13 tel. : 942 212 794
San Sebastian : ArraitXiki, Calle del Campanario, 3 20003 San Sebastian (tel. : 943 431 302) Please ring first as this contact was not available recently
San Sebastian : Garraxi, Avenida Ametzagaña, 11 20012 San Sebastian (tel. : 943 275 269)
San Sebastian, restaurante Landare, Trueba Kalea, 4 (tel. : 943 288 988), www.landarevegan.com
Sevilla : Aroha, Calle Cristo de la Sed, 66 (vegetarian and macro-biotic) tel. : 954 706 062
Sevilla : Almanara, Alameda de Hercules, 85, tel. : 954 372 897
Sevilla : Gaia, C/ Luis de Vargas, 4. tel. : 954 211 934
Tarifa : Chilli Mosa, Calle Peso, 6 11380 Tarifa tel. : 956 685092 (Open every day)
Tarragona : Mondioca Tapioca, Calle Merceria, 34 (near the Cathedral). tel. : 977 239 421
Tarragona : L'Ortiga d'Or, Carrer Rovira (next to Font del Centenari). sorry we have no telephone to contact
Tenerife : El Maná, Calle Agustín de Bethencourt, 28 Puerto de la Cruz. www.promocanarias.com
Terrassa : Damunt un cel de fil, Portal nou, 9 local 9, 08221 Terrassa
Toledo : Madre Selva, Bajada de la Triperia, 2 (steps just before

Plaza de San Justo). tel. : 925 223571 - closed on Tuesdays, www.restaurantemadretierra.com

Valencia : to find your way through green/organic Valencia : www.revistaeina.net/ecomapa.php
Valencia : Antakarana, Calle Marina Alta, 6 (Open daily from 1.30pm to 4pm) tel.: 96 346 1523
Valencia : La Cassola, Calle Reverendo Jase Marti, 22. tel. : 96 389 0334
Valencia : Erba Cipollina, C/ Viriato, 7 46007 Valencia tel. : 963 920 496
Valencia : Espai Visor, C/ Corretgeria, 40 46001 Valencia tel. : 963 922 399. www.espaivisor.com (Thanks to Chris Jones)
Valencia : Loving Hut (vegan), C/ Doctor Gil y Morte, 20 tel. : 96 341 3067
Valencia : La Savina, Calle San Dionisio, 3 www.lasavina.net tel. : 605 977 231
Valencia : La Tastaolletes, Calle Salvador Giner, 6 tel. : 963 921 862

Valladolid : restaurante ecovegetariano El Berenjenal, Calle Duque de Lerma, 2 47003 Valladolid, tel. : 983 210 545

Valladolid : El Jardín de las Delicias Calle Portillo del Prado, 11. tel. : 983 259 690
Vitoria : El Parral, Cantón de San Francisco Javier, 01001 Vitoria (tel. : 945 276 833). email. : listarra@euskalerrria.org
Zaragoza : Baobab, Calle Arzobispo Apaolaza 2, 50009 Zaragoza. tel. : 976 359 011
Zaragoza : Birosta, Calle Universidad 3-5 (Barrio de la Magdalena) 50001 Zaragoza. tel. : 976 205333

The information about Bilbao is unconfirmed

Bakeries :

Barcelona : Lujuria Vegana (Complete Vegan Bakery), Passatge Josep Llovera 11, 08021 Barcelona, sorry no telephone number
Barcelona : Bakery BarcelonaReykjavik, C/ Doctor Dou 12, 08001 Barcelona. tel. : 93 302 0921 www.barcelonareykjavik.com
Sevilla : Veganitessen, Mercado del Arenal, Calle Pastor y Landero, Sevilla (tel. : 955 323 146), vegan bakery, specialized in gluten-free and diabetic products.

Shops :

Almeria has a couple of interesting health shops :
Semilla Verde, Calle Cardenal Herrera Oria, 1 tel.: 950 269 199
Herbolario de Lorient, Avd Cabo de Gata, 139 tel. : 950 088 369
Barcelona Vegan Store, Calle Mallorca 330, metro Verdaguier (tel. : 626 308 864)
Madrid : AbonaVida, Calle Navas de Tolosa, metro Callao (tel. : 91 522 9860), www.abonavida.com
Madrid : Naturale, Calle Hernan Cortés, 18, metro Chueca (tel. : 91 521 3353), www.e-naturale.com
Madrid : Planeta Vegano, Calle Ave Maria 42, metro Lavapies (tel. : 91 250 2002), www.planetavegano.com
Madrid : Vegania, Calle San Vicente Ferrer 21, metro Tribunal (tel. : 91 521 7498), www.veganiam.com
Madrid : The 3rd floor of Mercado de las Ventas is now Organic, together with self service shops and a restaurant (closed on Sundays) - metro : el Carmen
Zaragoza : Bio-Bio, Calle Tobazo, 3 (Barrio de las Nieves), 50012 Zaragoza. email : bio-biozaragoza@hotmail.com tel. : 976 557826

Activity Holidays :

In Alhama de Murcia, Finca Miró is offering mountain biking holidays catering for non smokers, vegans and vegetarians. Web : www.tortugacycling.com
Oropesa del Mar : Los Madroños. tel. : 964 760 151 www.casadereposo.com

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