

Update to the book "The New Spain" 12/2008

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 December 2008. 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 at the end of 2009. We are working on it - but right now we do not have the finance necessary.

A couple of things to remember : new laws oblige restaurants to show whether they are smoking or no smoking before you enter.

To save money, most restaurants do have a menu del día (from Monday to Friday lunchtime only)

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.

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

mecinilla@yahoo.com

Enjoy your holidays,
Jean-Claude Juston

In Madrid, the following restaurants are no longer vegetarian:
La Granja

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 : Almería : Mesón Los Patios, Paseo de Almería, 36
tel. : 950 246 424

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 : Dhamma Barcelona, Calle Papin, 8
www.dhammabarcelona.com tel. : 93 491 1813
Barcelona : Juicy Jones has now got a new restaurant in Calle Hospital (Barrio del Raval)
Barcelona : La Flauta Mágica, Carrer Barys Vells 18, 08003 Barcelona. tel. : 93 268 4694 Metro Jaume I
Barcelona : Maoz, La Rambla 95, 08001 Barcelona
Tel : 653 847 653
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 María Orodóño, 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

Castellón : 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

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

Gijón : Ocle, Café Comida, Bar Natural, Calle Santa Doradía 19 (Ground floor right), 33202 Gijón tel. : 985 331 192
www.cafeocle.com

Girona : Amaranta, Carrer Güell 31-33, 17005 Girona
Girona : Bar Nuría, Plaza del Poeta Marquina s/n,

18002 Girona (tel. : 972 217 519)

Vegetarian menu at lunchtime

Girona : Cafe-bar Vegà, C/Rutila 147-155, 17003 Girona. Tel : 972 911 333. Open Mon-Fri Email: cafebar-b12@riseup.net

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 : 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 : Maoz, Calle Mayor, 4. metro Sol

Madrid : Maoz, Calle Hortaleza 7, 28004 Madrid metro Gran Via, www.maozveg.com

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. The cost is by weight (1.80 euros per 100grs)

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)

Mallorca : Ona Vegetariana, Sant Magi 68, Palma
tel. : 971 220 741

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

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)

Sevilla : Aroha, Calle Cristo de la Sed, 66 (vegetarian and macrobiotic) tel. : 954 706 062

Sevilla : Almanara, Alameda de Hercules, 85
tel. : 954 372 897

Sevilla : Gaia, C/ Luís 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

Toledo : Madre Selva, Bajada de la Triperia, 2 (steps just before Plaza de San Justo). tel. : 925 223571 - closed on Tuesdays

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 : 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 : 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

Shops :

Almeria has a couple of interesting health shops :

Semilla Verde, Calle Cardenal Herrera Oria, 1

tel.: 950 269 199

Herbolario de Lorien, Avd Cabo de Gata, 139

tel. : 950 088 369

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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Online at www.vegetarianguides.co.uk/updates