Emily Bennett of Vegetarian Guides picks her favourite spots in Berlin, Europe's most vegan-friendly destination.

PLACES TO GO

Berlin is fast becoming one of the most accommodating cities in the world for those embracing a meat-free lifestyle. There is an eco-friendly hotel, two vegan supermarkets, an army of veggie restaurants, and vegan options are advertised widely even in traditional, non-vegetarian establishments. It's ideal for a city break, brimming with vibrant, diverse culture, rich social-political history and world-class museums and galleries.

Sfizy Veg, a unique Italian restaurant in upcoming, hip Neukölln, is described by German veggies as the go-to establishment for vegan fine dining. Paintings, posters and artefacts reflect the diversity of Berlin, while cosy lighting, books and indoor plants make for an intimate experience. The menu is astounding with over 200 dishes including pizza, pasta, antipasti, salads, burgers, calzone, pies, tacos and daily dessert specials, including peanut butter chocolate cake. Evenings can be busy, but for the best atmosphere sit outside with friends. If visiting for lunch, be sure to stop at vegan crêpe café **Let It Be** on the same street.

For a lovely breakfast, lunch or romantic date, **OhLaLa** is an arty vegan French patisserie in the heart of bohemian Friedrichshain with French-themed paintings and pastel-pink walls. The small but tempting menu boasts sweet and savoury crêpes, tartlets, quiche, cakes and desserts, such as Tresor, a rich chocolate and hazelnut mousse casket with whole hazelnuts, and Indiana, a gold-dusted chocolate pyramid with a peanut butter nougat centre. You can also enjoy OhLaLa cakes at other vegan cafés. such as **Chaostheorie** and **Freckles**.

Vego World, in upbeat Prenzlauer Berg, is one of Berlin's best fast-food outlets, home to down-to-earth staff and mouth-watering American and Italian food. The menu offers great versions of favourites such as nachos, nuggets and decadent burgers, including bacon cheeseburger, fried or chilli chicken-style. With an average meal costing just €6.50, the value here is excellent and there is a good choice of beer, wine and soft drinks. Buy a chunky Vego chocolate bar for less than €3 before you leave, to complete your experience!

Also recommended…

Visit **VÖNER** for the novelty of a completely vegetarian doner kebab wrap filled with salad and a dressing of your choice.
For a quick bite while wandering the city centre at Alexanderplatz, sample the vegetarian and vegan burritos at **DOLORES**.
An array of cocktails can be found at the funky **CHAOSTHEORIE**. The vegan bar and café serves delicious filled croissants too.
VEGANZ, a vegan supermarket in two locations, stocks all your essentials from groceries to toiletries and veggie cookbooks.
LANDMARK ECO HOTEL is committed to the environment through efforts to reduce use of water and energy. Child- and pet-friendly.

NEED TO KNOW

Sfizy Veg
www.sfizyveg.de
Facebook: Sfizy Veg

Let It Be
www.letitbevegan.de
Facebook: LetItBeVeganCrepes

OhLaLa
Facebook: MyOhLaLa

Chaostheorie
Facebook: Chaostheorie Berlin

Freckles
www.frecklesheaven.com
Facebook: Frecklesheaven

Vego World
www.vego-foodworld.de
Facebook: Vego Foodworld

Vöner
Facebook: Vöner

Dolores
www.dolores-online.de
Facebook: Dolores Burritos

Veganz
www.veganz.de

Landmark Eco Hotel
www.hotel-landmark.de

● For more info, visit www.berlin-vegan.de www.visitberlin.de/en

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