

VEGETARIAN LIVING AND VEGETARIAN GUIDES WILL BE AT VEGFEST BRIGHTON – COME AND SAY HELLO!



BRIGHTON

With VegfestUK coming to central Brighton the last weekend of March, vegan musician and foodie Anthea Prince of Love Revolution gives a rundown of her favourite places to eat out.

PLACES TO GO

Vibrant, bohemian Brighton is well-known for its open-mindedness, alternative culture and embracing of different lifestyle choices. The Lanes and North Laine areas between the station and pebbled beach are packed with independent shops, theatre, art, live music and veggie cafés, making Brighton the favourite UK break for both veggies and vegans.

Infinity Foods Kitchen, in the thriving bustle of North Laine, is part of a co-op and serves full cooked breakfasts for a bargain £6. For lunch, try the colourful mezze platter followed by a gorgeous chocolate aubergine brownie (under £15 including drink). They also do seasonal soups, sandwiches, paninis, curries and dhals, baked potatoes and a daily special. An atmosphere of camaraderie among staff and clientele makes this a real gem. Almost opposite is **Fil Fil** vegetarian falafel café – handy for a quick evening meal when many cafés are closed.

Award-winning, upmarket **Terre à Terre** vegetarian restaurant, in the narrow, winding, tourist-thronged Lanes, delights veggies and meat-eaters



alike. Creatively named menu items entice you to try unusual ingredients and intricately crafted flavour-combinations, such as Fancy Nancy – a Thai-style dish featuring pickled lotus root, yuzu palm beanshoots, pinda peanut laksa and chilli sambal. A very filling three-course dinner could begin with sesame hoisin tofu, followed by the rich, wintery comfort food of Baubles & Boudin, which includes salsify croquettes wrapped in tempeh, baked parsnips, mashed potato and red cabbage clove relish. Finish with a decadent, sweet hot banana pudding (£35-£40 with a glass of vegan wine; booking essential).

At the acclaimed **Food for Friends**, you are welcomed with a bowl of fresh sweet potato crisps while perusing the menu. Warm the appetite with two or three mezze items to share, such as the delightfully sweet tofu pocket, stuffed with noodles, ginger, wakame and a tamari dressing. Hot mains (£12-£13) feature baby munchkin pumpkin, stuffed with herbed wild rice and chestnuts, which is richly flavoured and served with roasted Brussels sprouts and caramelised walnut and soya cream sauce. For a lighter option, try the avocado and mango salad with crispy tofu. Finish off with scrumptious chocolate torte (three courses with wine £28-£30).

Also recommended...

- **VBITES**, Heather Mills's vegan café-restaurant, relocated from Hove Lagoon to almost opposite Terre à Terre, is great for meat substitutes (which they also sell) and burgers, pizzas, wraps and cupcakes.
- **INFINITY FOODS** is the wholefood shop in Brighton and has an onsite bakery, organic fruit and veg, cupboard staples, takeaway snacks, raw chocolate, drinks and a great range of natural body care products.
- **VEGETARIAN SHOES** was Britain's first cruelty-free footwear shop and also does belts, purses, jackets and bags.



- **WAI KIKA MOO KAU** veggie and vegan café, with outdoor tables where you can people-watch in colourful Kensington Gardens, is loved by locals for its sweet treats – especially the indulgent American-style maple syrup pancakes.
- At the two branches of **IYDEA**, locals love the cooked breakfasts and big lunches where you fill a plate with a main, two sides and two toppings from a huge selection.



NEED TO KNOW

- Infinity Foods Kitchen**
www.infinityfoodskitchen.co.uk
- Fil Fil**
www.fil-fil.co.uk
- Terre à Terre**
www.terreaterre.co.uk
- Food for Friends**
www.foodforfriends.com
- VBites**
www.vbites.eu/brighton
- Infinity Foods**
www.infinityfoodsretail.co.uk
- Vegetarian Shoes**
www.vegetarian-shoes.co.uk
- Wai Kika Moo Kau**
www.waikikamookau.co.uk
- Iydea Vegetarian Kitchen**
www.iydea.co.uk
- Brighton Vegfest**
www.brighton.vegfest.co.uk

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