

Anthea Prince, foodie and vegan musician with *Love Revolution*, guides us through the explosion of veggie food she found on her latest visit to Ibiza.



IBIZA

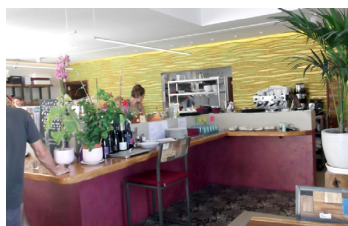
PLACES TO GO



Ibiza is not just about clubbing and excess. The cosmopolitan community mingles international affluence with local artisans, musicians and eastern spirituality. This beautiful island offers pine-clad mountains, stunning beaches, world-famous hippie markets, and a trend towards vegan and raw food.

The friendly, family-run **Rabbit Hole** café-restaurant in San Rafael is Ibiza's only 100 per cent vegan and organic eatery. A typical three-course meal with drink (around €16) could begin with dehydrated vegetable and flaxmeal bread topped with kombucha-fermented cashew cheese and rocket, followed by a substantial pumpkin and ginger noodle wok with mango tofu. Desserts are exquisite, such as raw cacao and coconut cake or mango cheesecake. For an afternoon pit-stop, their muffins and brownies go perfectly with fresh juices or hot drinks.

Wild Beets is an upmarket and stylish, almost completely vegan, gourmet restaurant in the chic village of Santa Gertrudis. The owner is passionate about nutrition and local produce, and



food is presented artistically – such as a delicate starter of marinated raw beetroot ravioli filled with fragrant lemon cashew cheese, on a bed of alfalfa sprouts. A recommended main is the mouth-watering Three Sisters Quesadilla made with corn, beans and sweet potato. Finish with a sumptuous raw chocolate cheesecake or cinnamon ice cream. Around €35 with drinks.

In Ibiza town, just outside the Dalt Vila (old town), **Out of Time People** is a health-conscious, colourful vegetarian café-restaurant with a grassroots



vibe, where you can while away an afternoon people-watching outside. They offer some macrobiotic and raw dishes, and desserts are sweetened with dates or syrup. Start with some olives and breadsticks with veganesa (vegan mayonnaise), or baba ghanoush with pitta. For a main, try buckwheat wrap with vegetables, tofu and seaweed. Vegan desserts include raw and cooked cakes. A meal is about €25–€30 with drinks, or try the great value *menú del día* (€12.90) offering dishes like pumpkin soup, hearty vegetable pie and soya tartlet.

Also recommended...

Be sure to visit rural eco-centre **CASITA VERDE** for a veggie lunch, live music and tour of the centre on their Open Sundays.

PASSION SANTA EULALIA has dedicated vegan and raw sections on the menu and a friendly Californian vibe.

Vegan dishes are available at **LA PALOMA CAFÉ** in San Lorenzo, where the beautiful people and cognoscenti lunch in the garden.

CAN GUIMO, a cosy café and favourite with locals about 14km northeast of Ibiza town, serves vegan salads, juices and smoothies.

ESPACIO VEGANO in San Antonio is a completely vegan takeaway serving burgers and other food (including raw and gluten-free).



NEED TO KNOW

The Rabbit Hole

www.rabbitholeibiza.com
Check website before travelling for winter closures

Wild Beets

Facebook: Wild Beets

Out of Time People

www.outoftime.es
Closed Jan–Feb 2015

Casita Verde

www.casitaverde.com

Passion Santa Eulalia

www.bit.ly/PassionSantaEulalia

La Paloma Café

www.palomaibiza.com

Can Guimo

Facebook: Can Guimo

Espacio Vegano

Facebook: Espacio Vegano Ibiza

● For more info, visit
www.ibiza.travel/en

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