

Charlotte Jangi of Vegetarian Guides loves the southern Spanish seaside city of Malaga so much that she moved there. Here are her top foodie spots for a winter break.



MALAGA

PLACES TO GO



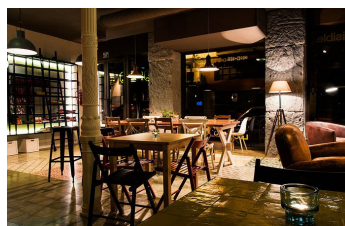
Malaga truly has it all. Sandwiched between the Alboran Sea and the fringe of mountains which surrounds it, Spanish culture exudes from all sides, with no shortage of museums, art galleries and traditional Spanish bars. As if that were not enough, the climate is beautiful all year round, making it a perfect destination to soak up some sun over the winter.

Some big changes have been happening in the food world in Spain. More and more restaurants are incorporating vegetarian and vegan food into their menus, while some only serve veggie fare.

In central Malaga, tucked away down one of the winding lanes, is **La Casa Invisible**, a cultural centre wielding an omni menu with some incredible veggie options. There are vegan authentic tapas, and on Sundays a fully vegan tapas menu (€1.50–€2 per item), with dishes such as Spanish tortilla, ‘meatballs’ made with rice, and sausage. A three-course vegetarian or vegan *menu del dia* (set menu of the day) is available for €7, drink included.

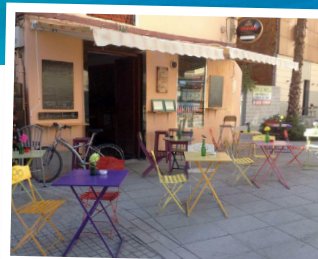


The vegetarian restaurant **El Calafate** is just a stone's throw away, yet worlds apart when it comes to the dining experience. The *menu del dia*, €9 during the week and €11 at weekends, includes dishes such as *porra*, a traditional Spanish tomato-based stew, or lentil casserole, followed by dark chocolate mousse. There are authentic Spanish dishes such as *ajoblanco*, a cold soup made of bread, crushed almonds and garlic, and others with a Moroccan twist, such as couscous with roasted Mediterranean vegetables. The decor is beautiful and waiting



staff speak good English.

Da Mari is a small, family-run Italian restaurant, 20 minutes east of Malaga by bus, right on the seafront. The menu is bursting with vegetarian and vegan options and the quality of the dishes is some of the best I have seen in Malaga. All the pasta is fresh and handmade, with vegan pasta on request. Vegan authentic dishes include lasagne, pasta featuring a palette-tingling arrabiata sauce, raviolis, pizzas, burgers and colourful salads. Meals range from €6 to €9. Desserts include tiramisu, gelato and profiteroles.



NEED TO KNOW

La Casa Invisible

Facebook: La Ciudad Invisible

El Calafate

Facebook: Vegetariano El Calafate

Da Mari

Facebook: Da Mari Tratoria

El Vegetariano de la Alcazabilla

Calle Pozo del Rey 5
29015 Malaga

La Caracola

Facebook: Ecotienda y Bar La Caracola

La Magia del Melón

Facebook: La Magia del Melón

Recyclo Bike Café

www.recyclobikeshop.es

● For more info, visit www.lonelyplanet.com/spain/andalucia/malaga

Also recommended...

EL VEGETARIANO DE LA ALCAZABILLA restaurant is wonderfully situated with a beautiful view of Malaga castle, with vegan options and homemade breads.

LA CARACOLA is a new bar in the central market, with organic vegetarian and vegan dishes. Next to Caracola is its sister foodstall selling all-organic produce and wholefoods, such as nut milks.

LA MAGIA DEL MELÓN is a small restaurant tucked away in the centre with an all-vegetarian tapas menu.

The brand new **RECYCLO BIKE CAFÉ** in central Malaga offers a daily vegetarian special, burgers, burritos, plus Fairtrade drinks.



OH, PARIS!

Get *Vegetarian Paris*, plus a free fold-out map of the city, for just £8.95. See page 61 for further details.