

Jasmijn de Boo, CEO of the Vegan Society, discovers superb Mediterranean vegan food on the holiday island of Mallorca.

MALLORCA



PLACES TO GO

There is more to Mallorca than beaches and mountains. With 20 vegetarian and vegan restaurants, many of them in the capital Palma, and others dotted around the island, plus lots more restaurants that offer vegetarian and vegan dishes, we can enjoy fantastic vegan food everywhere. The standards of vegan cuisine are outstanding and, dare I say, even higher than in the UK. Who would have thought Mallorca would become Europe's number one vegan holiday destination?

Bon Lloc in Palma old town is the oldest vegetarian restaurant on the island and has now gone completely vegan. Founder Juanjo Ramirez and chef Toni Rodriguez (who also writes cookbooks) create the most wonderful raw and cooked dishes, such as seitan picatta with broccoli ratatouille and caper sauce, spinach and smoked tofu pie in black sesame puff pastry with plum sauce, and raw cannelloni with the richest creamy cashew paste I ever tasted (€8-25). Desserts include strudel with hazelnut ice cream and toffee sauce.



Cantina Vegana restaurant and smoothie bar, in the business district of Palma, is full of non-vegans who love to brunch, lunch and dine on their vegan versions of local Spanish dishes and tapas. Specialities include homemade succulent burgers, mushroom 'anchovies', pasta with meatballs, Vish 'n' chips, and *sobrasada*, a combination of sundried tomatoes, spices and nuts (€4-12). Don't miss the legendary green fruit smoothies.

At **Sabor Culinary Vegan Academy** Stephanie Prather and guest chefs from around the world run hands-on cooking courses ranging from four evenings (€100) to a one-month restaurant chef certification

(€1,500). The courses are taught in English with the focus on Mediterranean food, including visits to local farms and wine tasting, plus raw food cooking and using spices such as Thai and Indian. I attended the professionals' graduation and was treated to a stunning feast of traditional dishes from 21 Mediterranean countries, such as Greek dolmades, Syrian flatbread and hummus, French mini quiches, creamy fake oysters, Cypriot broad bean falafel, and Israeli hamantash triangular pastries stuffed with prunes.



Also recommended...

- **BELLAVERDE** haute cuisine vegetarian restaurant at Bellavista hotel in Port de Pollença in the north has a romantic courtyard with fig trees. Try spaghetti with truffle pesto, vegan baked Alaska and vegan wines.
- Palma locals and expats congregate at **ZIVA TO GO** raw vegan café for smoothies, juices, chia cream porridge, burgers, lasagne and spicy Mexican red cabbage salad.
- **BAGEL CAFÉ** in Palma has fresh bagels, croissants, pastries and coffee. Most are or can be made vegan and some are gluten-free.



NEED TO KNOW

- Bon Lloc**
www.bonllocrestaurant.com
- Cantina Vegana**
Facebook: Cantina Vegana
- Sabor Vegan Culinary Academy**
www.sabormallorca.com
- Bellaverde**
www.restaurantbellaverde.wix.com/bellaverde
- Ziva to Go**
www.zivatogo.com
- Bagel Café**
www.facebook.com/BagelPalma
- Valldemossa**
www.valldemossahotel.com
- Mallorca Vegan**
www.mallorcavegan.com
www.euroveganvoyages.com



ESSENTIAL GUIDE

Buy the *Vegan Passport* (RRP £4.99) – a multilingual vegan phrasebook – for the unbeatable price of £3.99. See page 79 for details of how to enter.

