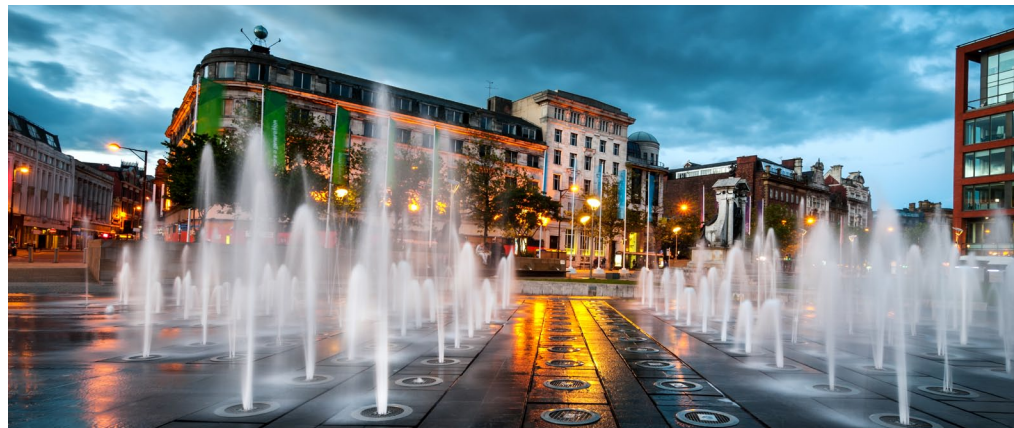


Alex Bourke of Vegetarian Guides tours the northern vegan powerhouse.



MANCHESTER

Manchester is one of the five most visited cities in Britain, with legendary live music, nightclubs, family-friendly museums, shopping and football. It is also a powerhouse of animal-free eating, hosting the huge Northern Vegan Festival not just once but twice a year, in April and October, and the Chorlton Vegan Fayre in May. There are two vegetarian food pubs, Indian, Chinese and gourmet veggie restaurants, several super new vegan cafés and takeaways, and children are welcomed everywhere.

V Revolution vegan fast food café, in the Bohemian Northern Quarter, specialises in huge burgers with names such as 'Barbecuban Missile Crisis' and 'Hell-vis Presley', replete with vegan cheese, coconut bacon and barbecue sauce. Daily specials add a twist, like 'chicken' burger Indian-style in naan bread. Also hotdogs, grilled sandwiches, nachos, desserts such as baked cheesecake, and ice cream milkshakes. Ingredients are on sale too, so you can go fun food crazy back home.



Oxford Road has two cracking veggie venues. Martin the Mod's Café in the **Thirsty Scholar** pub dishes up all-day cooked breakfasts, burgers, pie and mash, TexMex chilli non carne, rogan josh, and sweet chilli mock duck with noodles. There are vegan desserts such as apple and cinnamon tart with ice cream. Nearby at **Eighth Day** vegetarian café and wholefood store, your tummy will feel like it's been hugged after filling up on a curry, stew, pie, tagine or enchilada, followed by hot traditional puddings.

In complete contrast **1847**, near the art gallery and theatres, was the first of a national chain of four (so far!) fine-dining vegetarian restaurants named



after the year the Vegetarian Society was founded. Menus vary with the seasons and starters might include mushroom and walnut paté, followed by spiced Puy lentil sausage with turnip and sage mash, or Malay curry laksa with tofu and noodles. Fancy desserts feature tropical streusel with pomegranate, orange caramel and burnt pineapple.

Also recommended...

- **Earth** vegan café and juice bar, near the Arndale shopping centre, does a fabulous value platter with your choice of four items from mains, sides and salads.
- **Go Falafel** vegan takeaway near Piccadilly Gardens is revered for wraps, salad boxes, juices and smoothies.
- For an evening feast, head southeast to the cluster of vegetarian restaurants in Withington: **Lotus** Chinese, **Jaipur Palace** or **Sanskriti** Indian, and **Fuel** veggie food pub.
- **Teatime Collective** vegan café and ice cream parlour in



Hulme makes monster cooked breakfasts, burgers, burritos, jackfruit and plantain tacos, and seitan steaks.

- **Unicorn** is a huge vegan supermarket in trendy Chorlton, with a new kitchen turning out hot and cold soups, salads, curry, chilli, dhal and pasties.

NEED TO KNOW

V Revolution

www.vrevolution.co.uk

Thirsty Scholar

www.thirstyscholar.co.uk

Eighth Day

www.eighth-day.co.uk

1847

www.by1847.com

Earth Café

www.earthcafe.co

Go Falafel

www.gofalafel.co.uk

Lotus

www.lotusvegetariankitchen.com

Jaipur Palace

www.jaipurpalacerestaurant.com

Sanskriti

www.sanskritirestaurant.co.uk

Fuel

www.fuelcafebar.tumblr.com

Teatime Collective

www.teatimecollective.co.uk

Unicorn

www.unicorn-grocery.co.uk

Festivals

www.northernveganfestival.com

www.veganorganic.net/

manchester-vegan-fair

● For more info go to

www.visitmanchester.com

ABOUT ALEX

Alex Bourke is the co-author with Ronny Worsey of *Vegetarian North of England*, which includes dozens of places to eat out in Manchester and a veggie map of the city centre. Available from bookshops for £9.95 and online at www.vegitmanchester.travel.

