

Veg writer Aurelia d'Andrea left her heart in San Francisco when she moved to Paris, but still calls 'The City by the Bay' home.



## SAN FRANCISCO

# PLACES TO GO

San Francisco is known by many monikers, including 'The City', 'The City by the Bay' and sometimes simply 'SF'. For herbivores, it's also known as culinary nirvana, because squeezed into its seven square miles are dozens of dining spots offering veg versions of anything you crave, be it a brothy bowl of Japanese udon noodles, a greasy plate of spicy buffalo 'wings', or a wedge of dairy-free cheesecake.

The City also sates the appetites of culture-hungry travellers with world-class museums, film festivals, and historic neighbourhoods ideal for exploring on foot – the best way to work off your last meal, and work up a hunger for the next.

Three blocks from the Union Square shopping district, **Millennium Restaurant** – with its chequered marble floor, zinc bar, and starched white tablecloths – oozes upmarket charm. Chef Eric Tucker's inventive menus are dictated by what's in season, which might translate to a brik pastry purse filled with cumin- and cardamom-scented chard and squash in winter, or gold tomato risotto with charred-tomato cream in the peak of

summer. If you can, spring for a five-course tasting menu (\$100 with wine pairings, \$72 without), and hope that the crusted king trumpet mushrooms make an appearance.

The City's hippest neighbourhood is, unequivocally, the Mission district, and that 'hood's most happening dining spot is **Gracias Madre**. Expect a loud and lively ambiance, and cuisine that sings with Mexican flavours with a modern twist. Traditional *crema* is made with cashews, quesadillas are stuffed with caramelised onions and sweet potato, and a Tequila-laced fudge brownie comes topped with the hipster food *du jour*, coconut bacon. Wash your meal down with an organic *agua fresca* (fresh fruit juice) or the refreshing rice-based *horchata*.

### Also recommended...

In Chinatown, **LUCKY CREATION** dishes up cheap, authentic dim sum, soups and fried noodle dishes. Try the taro 'fish' and the signature chow mein. Cash only!

For a bountiful vegan breakfast, head to one of **HERBIVORE's** two locations and tuck into tofu scrambles with tempeh bacon, sweet and savoury crêpes, and thick slices of French toast with maple syrup.

Hop on a ferry across the bay to Oakland's Jack London Square and make a beeline for **SOULEY VEGAN**, where

If you're not familiar with American-style comfort foods, **The Source** is your opportunity to dive into that unique culinary culture. Updated renditions of the Twinkie (a sweet, spongy cake with a creamy filling), nacho-cheese fries, hot dogs, and other vintage classics form the backbone of the eclectic menu, but hempseed tabouli, live lettuce tacos, and living green goddess salad ensure raw foodists and healthy-living types won't go hungry. Prices are reasonable (\$4.50-\$14.95) and portions are positively gigantic. If possible, save room for the raw cheesecake and the chocolate-dipped ice cream sandwiches.



seitan 'chicken' and waffles, fried okra, and other soul-food specialties await.

Three hours north of The City in picturesque Mendocino, cosy **STANFORD INN** offers breathtaking scenery, wellness activities, and an award-winning on-site vegan restaurant.

Every October, the SF Vegetarian Society hosts **WORLD VEG FESTIVAL**, a weekend celebration worth building a holiday around.



## NEED TO KNOW

**Millennium Restaurant**  
www.millenniumrestaurant.com

**Gracias Madre**  
www.gracias-madre.com

**The Source**  
www.source-sf.com

**Lucky Creation**  
854 Washington Street

**Herbivore**  
www.herbivorerestaurant.com

**Souley Vegan**  
www.souleyvegan.com

**The Stanford Inn**  
www.stanfordinn.com

**SF Vegetarian Society**  
www.sfv.org



**READER OFFER**

**OH, PARIS!**  
Get *Vegetarian Paris*, plus a free fold-out map of the city, for just £8.95. See page 57 for further details.