

Vegan musician and foodie Anthea Prince of Love Revolution guides us around Falmouth and Truro.

PLACES TO GO

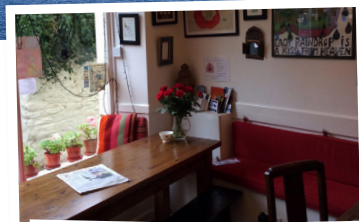
Cornwall's county town of Truro, centred on the Gothic Revival cathedral, is great for independent shops, historic buildings and attractions such as the Royal Cornwall Museum and the Hall for Cornwall theatre. Descending the Fal estuary, which is great for sailing, there are beautiful beaches on the outskirts of the port of Falmouth, which has a bohemian feel with shops and galleries bursting with arts and crafts, festivals, community events and live music nights.

Wildebeest, Falmouth's vegan restaurant, has a world menu that starts with a delicate miso soup with tofu and seaweed, or beetroot carpaccio with homemade focaccia. There is always a polenta, pasta or quinoa main, but the specialities are the Asian dishes and the Mexican blue corn butternut squash quesadillas with salsa, refried beans, guacamole and sweetcorn, drizzled in cashew cheese. For

dessert, warm chocolate brownie comes with soya cream or, even better, homemade lucuma ice cream. (Three courses with drinks £17-£25; booking highly recommended for evenings.)

Cosy, tiny **Pea Souk**, tucked away up a little alley off Falmouth's main street, is truly bohemian with arty posters, a red chandelier, coloured lanterns, fairy lights and a sharing table for six that offers opportunities for making new friends. Try the specials, such as spicy carrot, beetroot, yellow tomato and rosemary soup with chunky bread, or stuffed portobello mushrooms with rosemary potatoes and tomato and puy lentil salsa. Finish with the sticky

SOUTH CORNWALL



and seedy flapjack, or a seasonal fruit and hazelnut crumble. (Around £15 with a smoothie or pot of tea.)

Archie Browns in Truro is a health food shop with a popular, relaxed vegetarian café upstairs. Their specials board always has vegan soup, pâté, farinata and other dishes, such as baked sweet potato with hummus and mixed salad. Regular mains include wild mushroom and millet burger with salad, which can come with extra sweet potato wedges. Raw chocolate avocado torte is a favourite with regulars, or sample a hot dessert special such as chai spiced pear crumble. (Two courses with juice or tea for around £12.)

Also recommended...

- Opposite Archie Browns is **THE SECRET GARDEN CAFÉ**, a homely eatery with cosy nooks and crannies, complete with courtyard garden. Serves specials, burgers, wraps, cakes and more.
- **THE NATURAL STORE** in Falmouth is a comprehensive health food and supplement shop, with a deli counter providing light lunches for under £5.
- Truro's **B JUICY** is a juice bar and café with an emphasis on healthy salads, sandwiches, jacket potatoes and soups. Family-friendly, with toys for the youngsters.



● **THE TRURO LOUNGE** is a restaurant-bar with a dedicated vegan menu of burgers, tapas, sandwiches, soup and desserts. Vegan wines and cider.

● **CAFÉ CINNAMON**, in a cobbled Falmouth courtyard, is a licensed veggie café serving a wide range of organic teas and specials, such as soup or mezze platter.

NEED TO KNOW

Wildebeest

www.wildebeestcafe.com

Pea Souk

www.peasouk.co.uk

Archie Browns

www.archiebrowns.co.uk/cafe

The Secret Garden Café

www.secretgardencafe.co.uk

The Natural Store

Facebook: The Natural Store

B Juicy

Facebook: B Juicy juice bar

The Truro Lounge

www.thelounges.co.uk/lounges/truro-lounge

Café Cinnamon

Facebook: Cafe Cinnamon

● For more info visit

www.visitcornwall.com



READER OFFER

OH, PARIS!
Get a free map of Paris when you buy *Vegetarian Paris* for just £8.95. See page 71 for further details.