

# BLOOMSBURY

Central London tranquil hotspot

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This residential and university area, to the east of Tottenham Court Road and north of Covent Garden, has many midrange and budget hotels. University College London and the 800-bed Generator backpacker hostel ensure that the streets are thronged with young people from all over the world.

The top attraction here is the **British Museum**, the largest of London's 150 museums, featuring Egyptian mummies, Greek and Roman antiquities, the Rosetta Stone, and other British Empire loot. It was the location for the Ben Stiller movie *Night At The Museum 3* and there is a digital centre to keep the kids amused.

Our favourite road is **Marchmont Street** with cafes, take-aways, a cinema nearby and a real community feel. The superb **Alara** wholefoods store has a veggie café, take-aways and extremely charming staff.

Bloomsbury's best kept veggie secret is the **Mary Ward Centre** cafe, an Italian run veggie cafe open term times in an adult education centre. Just go there, you won't regret it!

**Thenga Cafe** is a new vegetarian Indian cafe on the way to Kings Cross. They have vegan cakes!

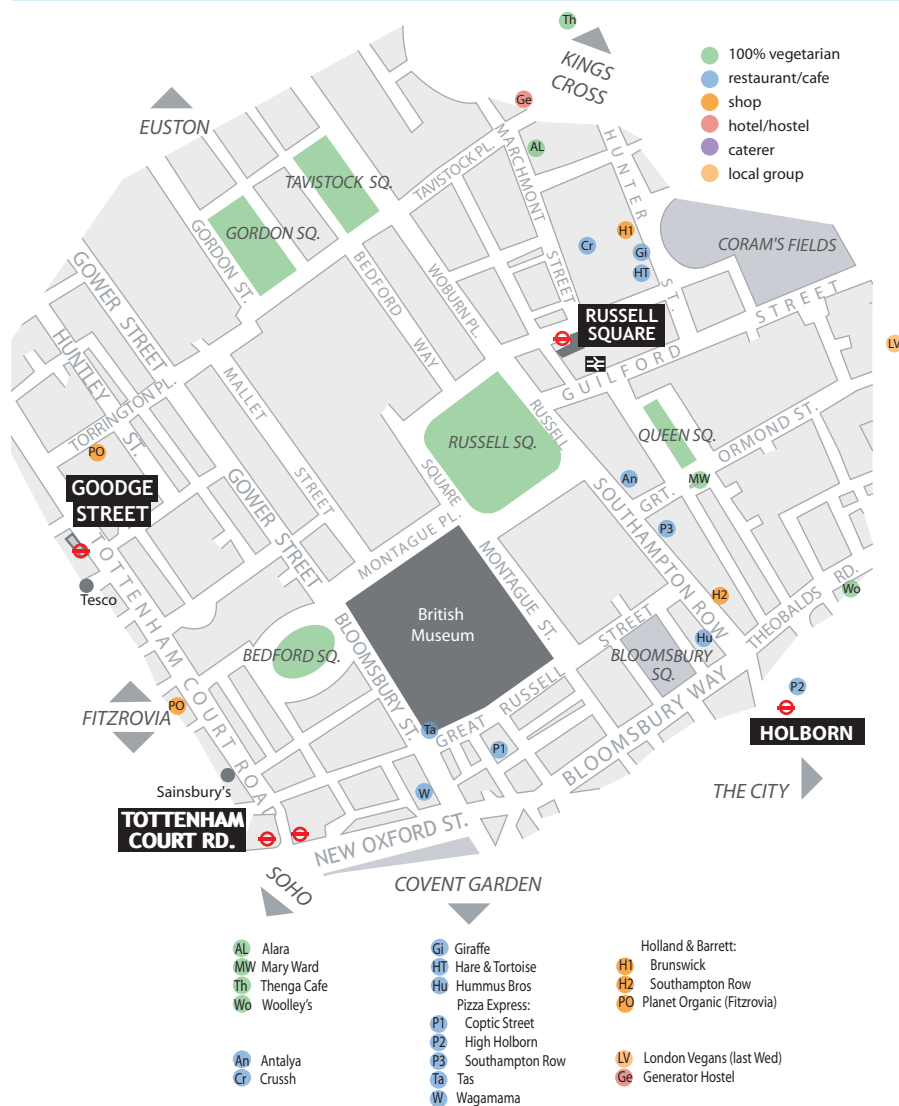
**Woolley's** on Theobalds Road is a great value cafe and take-away with loads of veggie food.

The veggie-friendly chain restaurants are well represented in the area.

Picnic tip: Fancy a day off lounging on the grass reading a novel? On a warm day load up with picnic munchies at **Alara** or a mix and match buffet box at **Planet Organic** (see Fitzrovia) and head for tranquil Russell Square, Bloomsbury Square, Gordon Square (week days only, full of students revising) or Queen Square. Or pay your respects by placing a candle in a jar at the base of the statue of Gandhi in Tavistock Square.

Top attractions: British Museum,  
several little parks.  
[www.britishmuseum.org](http://www.britishmuseum.org)

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## Alara

Wholefood store and vegetarian cafe

- 📍 58-60 Marchmont Street WC1N 1AB
- ☎ 020 7837 1172
- 🕒 M-F 9.00-20.00, Sa 10.00-19.00, Su 11.00-18.00
- 📍 Russell Square
- 🌐 [alarashop.com](http://alarashop.com), Facebook: Alara Health Store & Organic Café

Big family run vegetarian healthfood shop in a lovely street that is very popular with locals, opposite an Indian vegetarian restaurant. It's near Russell Square and the British Museum. There are 12 cafe tables outside under an awning, and a large take-away section - one of the best places to grab lunch to go. Popular with local residents and office workers, students from the nearby universities, tourists and backpackers from the many hotels and the Generator hostel around the corner. Bustling at lunchtime and chilled out rest of the day.

Help yourself to 100% organic salads and hot food, £1.15/100g, such as gluten-free veg curries, Dhansak, Moroccan bean stew, chickpea casserole, coconut rice, Japanese rice with arame.

Gigantic range of desserts (£1.99-2.99), many vegan, such as organic, gluten-free and sugar-free cakes like cheesecake, hazelnut and chocolate chip blondie cake; strawberry delight yogurt with granola on top; vegan rice pudding; Wot No Dairy desserts in peach, raspberry and black cherry; inSpiral brownies; apricot and pumpkin seed flapjack. Hot drinks are all organic such as herbal teas £1.09, moccaccino £1.75, soya latte £1.49, with ginger +20p.

Freshly made organic juices £2.09 small, medium £2.29, £2.89 large, such as orange, apple, carrot with ginger. Cocktails £2.79-3.69

such as apple, beetroot and carrot. Smoothies with yogurt £3.29-4.19, can be with rice or soya milk.

Stacks of vegan and organic produce, bread, Swedish Glace and Booja Booja vegan ice-cream, frozen foods. Organic juices and fruit smoothies.

Supplements include Viridian, Solgar, Terra Nova, Pukka, A.Vogel.

Bodycare by Dr Hauschka, Weleda, Antipodes, Jason, Weleda Baby, Natracare. Essential oils.

They have experienced and charming staff to give advice about nutrition. Every week qualified nutritionist and herbalist in store. 10% student discount.

Children welcome. Covered outside seating, dogs welcome. MC, Visa.

## Thenga Cafe

Vegetarian Indian cafe

- 📍 120 Cromer Street WC1H 8BS (entrance on Judd Street)
- ☎ 020 3817 9919 office
- 🕒 M-F 10.00-16.00, Sa Su closed
- 📍 Kings Cross
- 🌐 [thengacafe.com](http://thengacafe.com)
- 📘 [facebook.com/thengacafe](https://facebook.com/thengacafe)

Great value new cafe in the back streets towards Kings Cross. Thali £4.95. Menu changes every day, most dishes are vegan including cakes £1.80, biscuits. Tea £1.50, organic coffee £2, large £2.40, they have almond milk.

To get there from Alara, walk north up Hunter Street across Tavistock Place into Judd Street. Cromer Street is the next on the right.

## Mary Ward

Vegetarian café

- 📍 42 Queen Square WC1N 3AQ
- ☎ 020 7269 6085
- 🕒 M-Th 9.30-20.45, F 9.30-20.00, Sa 9.30-16.00, Su closed
- 📍 Russell Square, Holborn
- 🌐 [marywardcentre.ac.uk](http://marywardcentre.ac.uk)

Completely vegetarian cafe in an adult education centre by green Queens Square. Modern and bright with monthly changing art exhibits. Friendly Italian owners so expect a Mediterranean flavour on the menu which changes daily. It's great value.

Breakfast options are vegetarian, but you could have something savoury like bhajias.

The lunch menu includes daily changing salads with four choices which are vegan and wheat-free, £2.95 small, £3.95 large, with Italian, French or olive oil dressing. Lots of small things such as bhajia, crostini, polenta or croquettes. They bake bread on the premises such as herby garlic.

Light meals vary such as stuffed baguettes, such as red lentil and olive pate with lettuce; soup (always vegan); tortilla stuffed with roast butternut squash, olives and aubergine. Main dishes £4.80 such as roast veg with couscous; pasta bake; potato pie; roast onion stuffed with veg; stews such as lentil or bean especially in winter. £5.40 with mixed green salad or £5.90 with selection of 3-4 salads.

Cakes £2.60-£2.70, always something gluten-free and vegan from a repertoire of 30, such as orange and almond, avocado and banana, polenta and orange, spicy pear and chocolate.

Plenty of cold drinks such as fresh juices, Rebel coconut milk with chocolate, "this" water. Herbal teas, Yogi tea, Sassetta coffee,

soyacinno, almondcinno, latte, chocolate, Barleycup, from 75p-90p for teas to £2 for cappuccino, £2.25 mocha.

Near London Vegans' last Wednesday evening venue (see Local Groups) so a great place to unwind beforehand.

Kids welcome, small portions. Not licensed. No dogs except guide dogs. MC, Visa £6 minimum.

## Woolley's

*Vegetarian cafe & take-away*

- 📍 33 Theobalds Road WC1X 8SP
- ☎ 020 7405 3028
- 🕒 M-F 07.00-15.00, Sa-Su closed
- 🚶 Holborn, Chancery Lane
- 👉 [woolleys.co.uk](http://woolleys.co.uk) (menus)

The front deli-cafe on Theobald's Road is all vegetarian, the sandwich bar at the back with an entrance in the alley is omnivorous.

At least 10 salads £2.95 small, £4.45 medium, £5.85 large. Hot meals £5.25 change weekly such as korma, chilli, mushroom stroganoff, ratatouille, 3-bean casserole. Filled jacket potato £3.95-4.35. Soup of the day £1.85-2.30.

Sandwiches from £3, baguette £2.80, such as avocado and mixed salad.

Juices, drinks, bottled water, tea, coffee. Hot drinks £1.35-2.20.

Fax your order through on 020-7430 2417. They also do office catering and wholesale sandwiches.

## Antalya

*Omnivorous Turkish restaurant*

- 📍 103 Southampton Row WC1B 4HH
- ☎ 020 7580 5355
- 🕒 M-Su 11.30-24.00
- 🚶 Holborn, Russell Square
- 👉 [antalyarestaurant.co.uk](http://antalyarestaurant.co.uk)

Very big restaurant. Vegetarian dishes are marked on the menu with a green V. Mezze starters around £5 such as hummus, aubergine dishes; mixed platter £6.95. Mains £9.95-11.95 are various vegetable mixes with rice or bulgur, or penne in tomato sauce. Well stocked bar. Free wifi. MC, Visa, Amex.

## Crussh, Russell Square

*Omnivorous cafe*

- 📍 Unit 28, Brunswick Centre WC1N 1AW (opposite Holland & Barrett)
- ☎ 020 7837 6848
- 🕒 M-F 08.00-19.00, Sa 10.00-19.00, Su 11.00-18.00
- 🚶 Russell Square

See Chains for details.

## Hare & Tortoise, Bloomsbury

*Noodle and sushi restaurant*

- 📍 11-13 Brunswick Shopping Centre, Brunswick Square WC1N 1AF (S.E. corner of the precinct)
- ☎ 020 7278 4945
- 🕒 M-Su 12.00-23.00
- 🚶 Russell Square
- 👉 [hareandtortoise-restaurants.co.uk](http://hareandtortoise-restaurants.co.uk)

Huge portions and low prices for central London. See Chains for details.

## Hummus Bros, Holborn

*Omnivorous cafe & take-away*

- 📍 Victoria House, 37-63 Southampton Row WC1B 4DA
- ☎ 020 7404 7079
- 🕒 M-F 11.00-21.00, Sa-Su closed
- 🚶 Holborn
- 👉 [hbros.co.uk/veggies](http://hbros.co.uk/veggies)  
Vegan menu and allergy customisable menu at /ourfood

See Soho for menu. Free wifi. Student discount 11-12 and 2-6pm, half price side salads and drinks. You can buy tubs of hummus and toppings.



Mary Ward





### Giraffe, Brunswick Ctr

*Omnivorous restaurant*

📍 19-23 Brunswick Shopping Centre, Brunswick Square WC1N 1AF (East side of precinct by cinema)

☎ 020 7812 1336

🕒 M-F 08.00-22.30, Sa 09.00-22.30, Su 09.00-22.15

🚶 Russell Square

👉 [giraffe.net](http://giraffe.net)

Bright, lively, fun, very friendly and packed with young people. Global menu that is great for veggies and vegans, and breakfasts too, and a children's menu. Licensed. See Chains for details.

### Pizza Express, Bloomsbury

*Omnivorous Italian restaurant*

📍 30 Coptic Street WC1A 1NS

☎ 020 7636 3232

🕒 Su-W 11.30-23.00, Th-Sa 11.30-24.00

🚶 Tottenham Court Road

📍 99 High Holborn WC1V 6LF

☎ 020 7831 5305

🕒 M-Sa 11.30-23.30, Su 11.30-22.00

🚶 Holborn

📍 114 Southampton Row WC1B 5AA

☎ 020 7430 1011

🕒 Su-Th 11.30-23.00, F-Sa 11.30-23.30

🚶 Holborn, Russell Square

See Chains for menu.

### Tas, Bloomsbury

*Omnivorous Turkish restaurant*

📍 22 Bloomsbury St, WC1B 3QJ

☎ 020 7637 4555/1333

🕒 M-Sa 12.00-23.30, Su 12.00-22.30

🚶 Tottenham Court Rd

👉 [tasrestaurants.com](http://tasrestaurants.com)

Similar menu to the Waterloo branch (see South Bank section) with stacks of veggie and vegan Turkish dishes. Licensed. Visa, MC, Amex.

### Wagamama, Bloomsbury

*Omnivorous Japanese restaurant*

📍 4A Streatham Street, off Bloomsbury St WC1A 1JB

☎ 020 7323 9223

🕒 M-Sa 12.00-23.00 (last order), Su 12.30-22.00

🚶 Tottenham Court Rd

👉 [wagamama.com](http://wagamama.com)

This was the first branch of many Japanese noodle restaurants listed in this book, with over nine veggie and vegan dishes and huge portions. Licensed. See Chains for details.

### Holland & Barrett

*Health food store*

📍 Unit 29, Brunswick Shopping Ctr WC1N 1AE

☎ 020 7278 4392

🕒 M-Sa 9.00-20.00, Su 11.30-18.00

🚶 Russell Square

📍 72 Southampton Row WC1B 4AR

☎ 020 3490 4555

🕒 M-Sa 08.30-20.00, Su 11.30-18.00

🚶 Holborn, Russell Square

### London Vegans

*Vegan social group*

📍 Millman Street Community Rooms from, entrance next to 38a, press the bell marked Community Centre

🕒 Last Wednesday of the month (not December) 19.00

🚶 Chancery Lane, Holborn

Bus: 19, 38, 55, 243

👉 [londonvegans.org.uk](http://londonvegans.org.uk)  
[meetup.com/londonvegan](http://meetup.com/londonvegan)  
[shambhus.co.uk](http://shambhus.co.uk)

Monthly vegan social meeting from 7pm, a talk at 7.30pm, then more socialising and some people go on to the pub. Vegan food by Shambhu's Kitchen, pre-order by 3pm Tuesday from their website. Vegan information stall. A great place for vegans and vegan-friendly types to make new friends.

