

Alex Bourke visits 'probably' the best country in the world.

COPENHAGEN

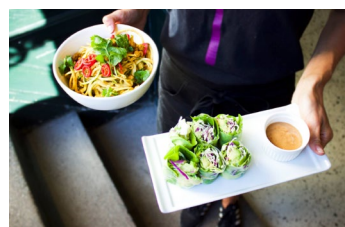
Scandinavia's style and green capital, where everyone speaks English, was rated the happiest on earth by the World Happiness Report 2016, yet again. Copenhagen's copious delights include hanging out in *hygge* ('cosy') cafés in hipster Vesterbro or Nørrebro, fashion and designer homeware shopping in car-free Strøget, riding rollercoasters in Tivoli Gardens, and astounding art and museums. While eating is pricier than back home, picnic spots abound, and you can save a packet with a Copenhagen Card, covering 73 attractions and public transport.

Gluten-free gourmets love **Souls**, a chic, Australian-run vegan café. For a blowout breakfast have an açai bowl and a stack of buckwheat pancakes. Super-healthy lunches are based around a salad of spinach, kale, watercress, rocket and cabbage, then add, for example, lentils, quinoa, potato, peas and alfalfa, and offbeat dressings like curry. In total contrast, dinners feature fast food favourites, such as burger

with barbecue mushrooms, cheese, truffle dressing and sweet potato fries, or try pizza or a Viking 'meat' ball salad. Finish up with yuzu cheesecake or chocolate mud cake.

Landbageriet bakery is the home of dainty Danish pastries made mostly vegan and gluten-free with spelt flour. There are apple and cinnamon rolls, chocolate croissants, carrot and banana cake, rum balls, and cookies covered in nuts and chocolate. You can also load up on rye loaves that stay good for days. Alternatively, **Acacia** gluten-free vegan bakery, while open much shorter hours, is also an ice cream sandwich parlour, as is the **Nicecream** vegan ice cream shop.

A year ago Allan Tynde made **Café N**, his Nørrebro vegetarian café, all vegan and never looked back. The big draws are burger and fries, and the brunch plate with quinoa, bulgur wheat, green salads, hummus, tzatziki, burger, bread and fruit. There are also daily specials, such as Thai tofu and chickpea pot with sweet potato and cashew nuts,



sandwiches, soups, chocolatey desserts, and a choice of organic beer and wine.



Also recommended...

- Vegan fast food fans flock to **Astrid och Aporna** and the huge new **GreenBurger** for burgers, sweet potato fries, salads and desserts.
- For raw salads galore, burgers, pizzas, cakes and shakes, head to 100-seater **SimpleRaw** and three branches of **42° Raw**.
- **Ambrosia** vegetarian yoga restaurant in Nørrebro does an all-you-can-eat evening buffet and vegan cakes. Leave your shoes at the door!

- **Morgenstedet** vegetarian café serves up big plates of wholefoods and salads in Christiania, the former military base squatted by self-build arty alternatives.
- At nearby **Video Video** vegan café-bar, enjoy Danish open sandwiches while playing board and video games.



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NEED TO KNOW

- Souls**
www.soulscph.dk
- Landbageriet**
www.land-bageriet.dk
- Acacia**
www.facebook.com/acaciakbh
- Nicecream**
Facebook: [Nicecreamcopenhagen](https://www.facebook.com/Nicecreamcopenhagen)
- Café N**
www.cafe-n-2200.dk
- Astrid och Aporna**
Facebook: [Astrid och Apornas Spiseri](https://www.facebook.com/Astrid-och-Apornas-Spiseri)
- GreenBurger**
www.greenburger.dk
- SimpleRaw**
www.simpleraw.dk
- 42° Raw**
www.42raw.com
- Ambrosia**
www.ambrosiayogarestaurant.dk
- Morgenstedet**
www.morgenstedet.dk
- Video Video**
www.videobar.dk
- **TOURIST INFO**
www.visitcopenhagen.com



ABOUT ALEX

Alex Bourke is the publisher of Vegetarian Guides to London, the British Isles and Paris. *Vegetarian Paris* is £9.95 from www.vegetarian.travel, where you'll also find book extracts, links to veggie travel websites and a calendar of vegan festivals.

