

Alex Bourke of Vegetarian Guides explores the destination twice named Europe's friendliest city, and discovers veggies are very welcome too.

DUBLIN

Home of Ryanair, Dublin makes an easy, affordable and scrumptious weekend. There are plentiful central veggie venues, and vegan menus are popping up in mainstream joints like **McGuinness's** chipper and **Aperitivo** and **Zizzi** pizzerias. Walk in the footsteps of James Joyce, Oscar Wilde and U2, discover classic pubs, clubs and live music in the narrow, cobbled streets of Temple Bar, soak up history at the Viking Centre, museums and galleries, watch deer in Phoenix Park, and shop around Grafton and Henry Street.

Cornucopia vegetarian restaurant has been the healthy wholefood hub for over 30 years, growing to 50 staff with chefs from several countries. There are soups, salads, wraps and mains, such as cashew-baked aubergine



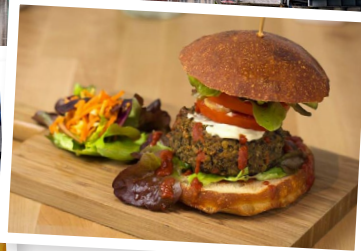
with smoked paprika mash and pea sauce, or Sunday seitan steak dinner. Vegans relish their desserts like chocolate fudge cake, warm apple and raspberry crumble, and sticky toffee slice. There's live harp and guitar music Thursday to Saturday evening.

Sova Food Vegan Butcher is challenging for top restaurant in the city, opened last year by chef Bartek Sova after a few years of market stalls and pop-ups. It's meaty all the way, with seitan steaks and kebabs, chia burgers, pulled 'porc' baps, deep-fried soya schnitzels, 'turkey' roulade, king 'skallops' made from potato and mushroom with kelp caviar, and a full Irish weekend brunch with homemade veggie sausages, rashers and black pudding. Finish with salted caramel chocolate mousse cake.

The Happy Pear seaside café, a scenic Dart train ride along the coast to Greystones, is the base of identical twins and local stars Dave and Steve Flynn. When not outselling Jamie Oliver in Ireland with their cookbooks or

Also recommended...

- **Happy Food** vegan breakfast and lunch restaurant is tucked away in a yoga centre near Sova.
- At **Blazing Salads** you can assemble a mega-salad picnic for the park or sit on the bench out front.
- Stuff yourself silly in **Govinda's** two Indian vegetarian restaurants with a platter of curries, rice, samosas and salad.
- **Veginity** award-winning vegan food truck, at Eatyard warehouse food court Friday



hosting YouTube cookery vlogs, these totally ripped and lean lads are taking year-round dawn sea swims and doing shirtless handstands to demonstrate the life force of their food. Try a twin-spirational Buddha bowl, falafel and sweet potato burger, pad Thai or superfood salad. Sweets include affogato, almond and oat fruit crumble, and a dessert sharing platter.



night and all-day Saturday, serves vegan fish and chips, weekly specials, and desserts such as beetroot double-chocolate truffle.

● At two branches of **Umi Falafel** you can eat in or out for just €6. Also salads, soup, juices and hot drinks.

NEED TO KNOW

McGuinness

Facebook: McGuinness's Takeaway

Aperitivo

www.aperitivo-dublin.com

Zizzi

www.zizzi.co.uk

Cornucopia

www.cornucopia.ie

Sova Food Vegan Butcher

Facebook: Sova Food Vegan Butcher

The Happy Pear

www.thehappypear.ie

Happy Food

www.happyfood.ie

Blazing Salads

www.blazingsalads.com

Govinda's

www.govindas.ie

Veginity

www.veginity.com

Umi Falafel

www.umifalafel.ie

TOURIST INFO

www.visitdublin.com
www.dublintourist.com

ABOUT ALEX

Alex Bourke is the founder of Vegetarian Guides, publisher of guidebooks to London, Britain and Paris at www.vegetarian.travel. Visit his stall at Vegan Summer Fest London on 13 May, where he is giving a talk about eating out in the city.