



VEGAN EAST LONDON

1st edition

The complete insider guide to the best vegan food in London

Alex Bourke
Vegetarian Guides





BETHNAL GREEN

including Cambridge Heath

Bethnal Green saw a flurry of new vegan openings in 2018 and offers a much more laid back experience than the hectic Shoreditch or Brick Lane. It even has the London Buddhist Centre (www.lbc.org.uk) which offers meditation classes.

Victoria Park is popular with runners and has a lovely lake.

The Gallery Cafe has gone fully vegan and runs events such as music or poetry evenings. It's part of the St Margaret's House charity centre building with rooms and halls available for community events. The other old-timer is **The Larder**, handy for a cuppa and vegan cake after a daytime class at the Buddhist Centre next door.

The area has four new vegan Italian eateries: **Just Fab** restaurant in a double-decker London red bus has relocated here from Shoreditch, **Antonio's** on the main road, and **Sazzy & Fran** have opened a second cafe. **The Hive** would make five, having opened vegan, but as vegan

pioneers here they weren't getting enough footfall - hopefully we can help change that.

For fun fast food, head to **Biff's Jack Shack** in **Honey Moon** bar. Round the corner is **Love Shack**, also open late and offering the chance to lounge in a hammock or do Saturday morning yoga before breakfast.

The area's best kept secret could be **The Canary**, a top end hairdresser with all vegan products and a cafe.

TIP: V&A Museum of Childhood
at 230 Cambridge Heath Rd, E2 9PA
is open every day **10am - 5.45pm**

* Admission is free.



ST. MARGARET'S HOUSE SETTLEMENT

A unique community charity providing space, opportunities and art events all under one roof

THE GALLERY CAFÉ

Vegetarian / vegan café and popular arts venue

thegallerycafe.wordpress.com



AYOKA

Charity shop with new stock on the rails every day

ayokacharityshop.wordpress.com



THE CREATE PLACE

Workshop space for activities, classes and events

thecreateplace.co.uk



OFFICE SPACE

Discounted office space for charities and voluntary/non-profit organisations

stmargarethouse.org.uk



21 Old Ford Road | Bethnal Green | London E2 9PL | 020 8980 2092

The Gallery Cafe

Vegan restaurant & cafe

☛ St Margarets House, 21 Old Ford Road E2 9PL

☎ 020 8980 2092

🕒 M-F 08.00-20.00, Sa 09.00-20.00, Su 09.00-19.00, kitchen closed an hour before. Open till late for events. May close briefly for event set-up.

📍 Bethnal Green

🌐 stmargarethouse.org.uk/gallerycafe
facebook.com/thegallerycafelondon

Cosmopolitan cafe where all food is vegan since late 2017, with an international menu, and just around the corner from the Museum of Childhood. The cafe is a not-for-profit enterprise, part of The St. Margaret's House Charity, so the prices are always very reasonable, with all dishes under £10. The menu is varied and in the evenings they often host events; these include art, poetry, music and cinema. Since 2011 they have been using biodegradable packaging, more local, seasonal and organic produce and continue to look for ways in which to maximise the benefits for animals and the environment. There are gluten-free options.

They use local suppliers wherever possible and source coffee roasted by Allpress in Dalston, bread from the E5 Bakery, and local Five Points beer and Urban Orchard cider made from apples donated from people's gardens.

Outside seating all year round on the flower-filled, south-facing terrace and comfy sofas inside; on special occasions the beautiful garden at the rear is open to the public.

Breakfast served until 12pm on weekdays and 1pm at the weekends. A variety of options including avocado on rustic sourdough toast; potato rostitis with whole

baked Portobello mushroom, spinach and smoky homemade ketchup; superfood bowl; American style pancakes; the always popular Full English which is a vegan alternative to the traditional fry-up.

The main menu includes the homemade vegan burger, the Southern fried seitan burger, jackfruit tacos, falafel wrap. Loaded fries are topped with puy lentil chili, green pea guacamole, coconut sour cream, jalapeños and coriander. Also sandwiches and wraps. There are three specials every day which reflect seasonal ingredients and dishes from around the world. These include pasta dishes, curries, soup and salads, and can sell out fast so it's worth getting there early!

They are proud of their wide range of vegan desserts which change every week, from morning croissants to iced cupcakes, brownies, oatmeal cookies, carrot cake and banana bread, plus other specials that vary and include flapjacks, gingerbread and of course mince pies at Christmas.

The specialist Teapigs tea starts at £1.50 per mug or cup and £2.60 for a pot for two.

Wines from £4 medium glass, £5 large, £14.95 a bottle. Lagers, local ales and ciders.

No bookings. 2 high chairs, baby changing table. Dogs welcome inside and out. Free wifi. Visa, MC over £5.



EAST

BETHNAL GREEN



Just Fa.B. (Food & Beverages)

Vegan restaurant & take-away

📍 455 Hackney Rd E2 9DY

☎ 07414 917637

🕒 Tu-Su 11.00-22.00, M closed

🚶 Bethnal Green

🌐 just-fab.london

facebook.com/justfab.vegitarian

We love this, a veg-Italian restaurant in a converted big red double decker bus. Sicilians Fabio Pironti and chef Myra Panascia run the lower deck kitchen and take-away window, while we relax upstairs and at outside tables with beer, lasagne, pizza, burgers and tiramisu. There's even table football in the courtyard. If you're lucky the resident black cat Lily may come and sit on you or play.

Starters and sides are mostly £3 such as olives, arancini rice balls with spinach coated with breadcrumbs and vegan cheese, wedges, fries, hash brown, side salad, chestnut mushrooms, caponata, capperoni, baby aubergines. Mixed starters for two £10. Soup of the day could be squash, sweet potato, beetroot. or creamy pumpkin vellutata, all topped with soya cream, pistachios and fried leeks.

Mains £4-£6.50 feature Sicilian pizzas with vegan cheese, such as spinach and chestnut mushrooms with sundried tomatoes and black olives; red or green lasagna (which has a lovely pesto taste and colour) topped with a rich bolognese sauce made with organic soya and cerlery, and béchamel white sauce; polenta muffin topped with spinach and mushrooms on a bed of bolognese.

There are several homemade burgers made with red and black beans, beetroot, carrots

and herbs, served on focaccia or ciabatta. Options include sweet and sour red peppers with sundried tomatoes, FaBafel and hummus, cheeseburger, double, and panelle (chickpea).

If you fancy something less "fast" the dish of the day might be brown rice and veggies.

Desserts £3-£4 don't disappoint, such as creamy chocolatey vegamisu, in coffee or fruit version, monster cookie with their homemade Nutella or Sicilian jam, Nutella focaccia, or apricot croissant.

Italian wines £5 medium glass, £6 large, £16.50 bottle. Bottled beers and craft beers £3.50-£6.50. Soft drinks, teas and coffes £1-£3. There's a pub in an RV (recreational vehicle y'all) next door that you can take food into.



Antonio's Vegan Italian Kitchen

Vegan Italian restaurant

📍 393 Cambridge Heath Road E2 9HT

☎ 020 3305 9029

🕒 M-Su 12.00-22.00

📍 Bethnal Green, Cambridge Heath BR

🌐 facebook.com/Antoniosvegankitchen
instagram.com/antoniosvegankitchen

New vegan restaurant opened August 2018 in Bethnal Green. Their specialities are handmade pasta and piadina, a type of Italian flatbread typically found in the Romagna region. Antonio the owner used to have a small place in the south of Italy, and when he met his English girlfriend he decided to leave everything and open a restaurant in London. He has worked with many chefs from around the world and takes the best and is proud to make it vegan. Some dishes are gluten-free.

Starters and sides £5 include parmigiana; crepe with spinach, mushroom and cheese baked in béchamel; mixed veg antipasto. Mixed salad £4. Rosemary piadina bread £1.50.

Piadina £8.50 filled with seitan kebab, potato, salad, hummus; saliccia sausage, sweet potato, broccoli, mushroom; Mediterranean aubergine, squash, tomato, avocado cream; Valentino aubergine, broccoli, sundried tomato, olive tapenade.

Calzone £9.50 all come with vegan mozzarella and tomato, plus vegan sausage and sweet potato, or aubergine and sundried tomato, or mushroom and courgette.

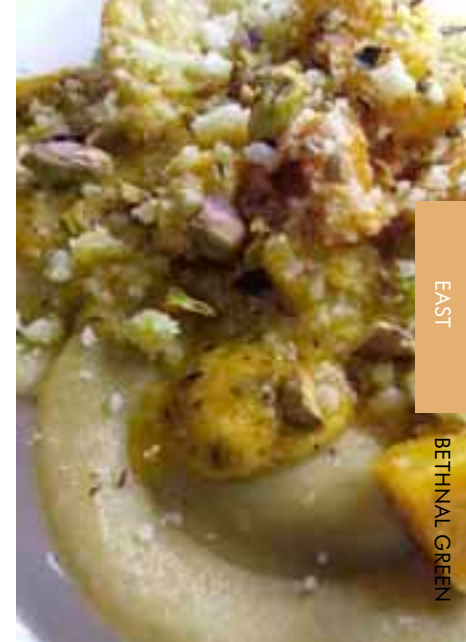
Pasta mains £8.50-£11.50 feature ravioli filled with either mushroom or spinach and ricotta; tagliatelle bolognese, carbonara, arrabbiata or truffle; lasagne bolognese or with sweet potato, mushroom and

aubergine.

Desserts £4.50-£5 include tiramisù, cheesecake with berry topping or chocolate sauce and hazelnut topping, or crepe with vegan nutella, hazelnuts and ice-cream.

Freshly squeezed juices £3.50. Square Root sodas £2.50. Teas, coffee, frothy coffee, hot chocolate £1.50-£2.50. Initially bring your own alcohol, licence applied for.

Eat in or take away. Wifi. Children welcome, high chairs. Dogs welcome.



EAST

BETHNAL GREEN





The Love Shack

Vegan cafe, bar and events space

📍 298-299 Cambridge Heath Road

☎ 07794 192901

🕒 M-Tu 09.00-20.00, W-Th 09.00-23.00, F-Sa 09.00-01.00, Su 09.00-22.00

🚶 Cambridge Heath BR, Bethnal Green

📱 loveshackldn.com
instagram.com/LoveShack_LDN

Opened May 2018 by an Englishman, an Irishman and a Mylkman, a plastic-free patch of vegan paradise at the southern edge of Hackney. It's around the corner from Just Fab and Sazzy & Fran, right next to Cambridge Heath station. If you like a New Age vibe or yoga before breakfast, or you have a dog, you may just fall in love with this place.

Raw juices £4.50 such as orange, apple, carrot and ginger; or pineapple, pear, kiwi, apple and ginger.

Smoothies £4.50 are made with Mylkman coconut or almond mylks. Top Banana has frozen banana, peanut butter, oats, cacao, date, agave. Club Tropicana features pineapple, mango, apple, ginger. Acai bowl £5.50 has granola, buckwheat, dried coconut, fresh fruits, agave, coconut mylk.

Breakfast till midday such as a stack of gluten-free banana and buckwheat pancakes £6.50 with fresh fruits, maple syrup and nut butter; fruit salad or blueberry and raspberry porridge £4.50; full English £9 featuring scrambled tofu, chargrilled plum tomatoes, sausages, baked beans, hash browns, wilted spinach and toast, add £1 for smoke on the water cheese.

Plates £5-£7.50 such as Med roasted veg with hummus sourdough sandwich; pear,

avocado and walnut salad; kim-cheese toastie; smashed guacamole with red onion and green chilli on sourdough with watercress salad; sourdough bruschetta; smoked tofu sandwich with Black Arts Aphrodite vegan cheese, mustard, mayo and pickles.

Evening starters £4-£5 such as dumplings and kimchi; or tempura courgettes with oyster mushroom and sweet chilli. Evening mains £8-£9 such as Sichuan cauliflower; smoked tofu and oyster mushrooms in a kelp broth; both served with tenderstem broccoli, grilled baby corn and your choice of rice or salt and chilli chips; hummus Beiruti, quinoa, roasted Med veg and zhoug on toasted sourdough; poached pear, avo and toasted walnut salad on quinoa, leaves, pomegranate, with maple and mustard dressing. Salt and chilli chips £2.50. Desserts of the day.

Vegan pastries by Benk & Bo.

Cocktails such as pina colada, watermelon daquiri, mojito, Long Island ice tea, espresso martini, Bye My Chai (Cointreau, Aura Chai mix, termeric, ginger, oat milk). London Fields Brewery beer. Kombucha on tap. Hot drinks such as Yellow Bourbon coffee, matcha latte, mushroom tea.

What else? Sometimes there is morning yoga. Film nights. Drumming chanting get up and move shamanic full moon celebration spiral love vibes type events. You can put on your own event. Dogs are welcome. And they have hammocks!

Jake's Vegan Steaks at Honey Moon

Vegan fast food in cocktail bar

📍 458-460 Hackney Road E2 9EG

☎ 020 7033 6806

🕒 Kitchen Tu-F 17.00-22.00, Sa-Su 12.00-22.00, M closed.

Bar Tu-Th 17.00-23.00, F 17.00-01.30, Sa 12.00-01.30, Su 12.00-22.00, M closed.

📍 Bethnal Green, Cambridge Heath BR

📌 honeymoonhackney.com

jakesvegansteaks.com

facebook.com/jakesvegansteaks

instagram.com/jakesvegansteaks

Vegan market favourites Jake's Vegan Steaks took over the kitchen at this ftropical themed oodie cocktail bar in July 2018. Your non-vegan pals will love it too. Reckon on £8-£9.50 for a seitan steak main, choose from steak sandwiches, cheezesteaks, steak salads. They also do mac n cheese, fries, and finish with cheezecake or ice-cream.

Ciabatta sandwich comes with smokey caramelised onions and sweet mustard with rocket lettuce, then choose from The Classic with American cheese, pickles and sriracha mayo, while the Hot Deluxe is with pepperjack cheese, fire roasted peppers, pickled chillies, hot sauce and sriracha mayo.

For more of a kebab feel, cheezesteaks are shredded seitan steak with with melted cheese served either with thyme skin-on fries or on a toasted brioche sub roll. Philly has American cheese, fire roasted peppers and sriracha, or go for Funghi 'n Truffle with Gouda cheese, sautéed garlic 'n thyme shrooms, white truffle oil and béarnaise sauce.

Other main choices are buttered soy chick'n with thyme fries, hot sauce, blu cheese, ranch dressing and spring onions; summer chipotle steak salad with toasted sunflower seeds.

Top up with sides £3-£5.5 such as fries, sweet potato fries, truffle 'n parmezan fries, mac 'n cheese, tomao 'n red onion salad.

Brunch menu weekends till 4pm. Breakfast sarnie £8 with griddled seitan steak, hash browns, smokey beans, blistered tomatoes, caramelised onions, ciabatta, brown sauce, garlic mayo, sweet mustard. Avo 'n shrooms on sourdough toast £7.50 with crumbled feta, radish, cress. Blueberry banana pancakes £7 with coconut yogurt and maple syrup. Side of hash browns, smokey or cheezey beans £2-£3.

Finish with New York style lemon cheezecake £5, or vanilla, caramel 'n pecan ice-cream £4.

Gluten-free options.

Private dining room or hire the whole place for events. Their big brother venue Haunt in Stoke Newington has vegan food by Biff's Jack Shack.



EAST

BETHNAL GREEN





The Larder

Vegetarian restaurant and cafe

📍 241-24 Globe Road E2 0JD
 ☎ 020 3490 1404
 🕒 M-F 08.00-19.00, Sa-Su 9.00-17.00.
 Kitchen closed 3pm.
 📍 Bethnal Green
 🌐 larderlondon.co.uk
 📘 facebook.com/thelarderBG

Next door to the London Buddhist Centre, which runs evening classes and lunchtime drop-in meditation sessions. There's a secluded covered garden at the back, dogs welcome there, and bike racks at the front.

Breakfasts, till midday weekdays and 3pm weekends, include granola or muesli with fresh fruit and soya yogurt £5.10, smashed avocado on toast £6.40. On weekends there are also big cooked breakfasts £8.70 such as Mexican with avocado mash and homemade baked beans on sourdough toast served with fresh spinach and tomato salsa.

Soup £4.90 with bread is almost always vegan. The light lunch items on the counter such as quiche, pizza and tortilla are not vegan, but the veg strudel parcels are. Main courses £8.70 such as homemade crunchy mushroom and chickpea burger, red cabbage coleslaw and hand-cut chips; lentil hotpot with pita bread and couscous; baked aubergine with roasted Mediterranean style veg and side salad; superfood salad.

Always 2 or 3 vegan cakes such as carrot cake, mango sorbet-style cheesecake.

Cold drinks include Whole Earth cans, lots of Fentimans, Innocent smoothies, Purdeys. Teas, pots of tea, coffees, they have soya milk.

Children welcome, 5 high chairs, baby changing, Play Cube. Kids' parties and evening functions. Outside catering and cakes.

There is a small wholefood shop section with granola, muesli, spreads, teas, Vegideli sausages and falafels, Sojade yogurts, Indian and Thai curry paste, Chegworth Valley apple juices, Belvoir cordials, Ella's Kitchen baby food.



The Hive of Vyner St

Omnivorous organic restaurant (90% vegan)

📍 286-290 Cambridge Heath Rd E2 9DA (by the canal)
☎ 020 8981 9245
🕒 M-F 08.00-22.00, Sa 09.00-22.00, Su 10.00-22.00
📍 Bethnal Green, Cambridge Heath BR
🌐 thehivewellbeing.com
facebook.com/thehivewellbeing
thehiveskincare.com

Opened August 2015 by young Italian couple Marco Tassone and Ilaria Giovannini, who had started out with nearby vegan micro-cafe G&T before finding these bigger premises by the bridge over the canal, between Broadway Market and Bethnal Green. Elegant cafe and juice bar atmosphere by day, more of a tapas cocktail bar by night. Desserts are all vegan.

Exquisite breakfast £4-£7.50 ranges from sourdough toast with almond butter; açai bowl with sprouted buckwheat granola, hemp and pumpkin seeds, coconut, banana, berries, macadamia, hazelnuts; Bircher musli with coconut yogurt; banana nut overnight oats with cacao nibs and cinnamon.

Weekday lunches £5-£8 such as miso soup, hummus and tempeh sandwich with sundried tomatoes, grilled peppers and courgette on toasted local sourdough bread from the E5 Bakery; baked tofu sandwich with olive tapenade, tomato and baby leaves; quinoa and avocado salad with roasted whole shallots and leaves.

Hive burger £7 day, £9 evening, made from mushroom, courgette and pumpkin seed, with plum chutney on sprouted wheat bun.

Tapas from 5pm £3-£5.50 include activated

almonds, bread and oil, olives, toasted potatoes with thyme and cayenne tomato sauce, farinata, hummus dip, artichoke heart with stalk.

Desserts £2-£6 are all vegan: raw cashew and pistachio brownie with coconut ice-cream; affogato (ice-cream with double shot of espresso) lemon coconut cheesecake with raspberry coulis; energy balls; flapjacks; muffins; almond biscotti; apple, pinenuts and cardamon cake.

Cold pressed mixed veg juices £4.60 , large £8.50. Smoothies £7.50 such as Stracciatella with banana, cacao butter and nibs, dates, chia, coconut oil, almond milk. Cans £2.

French house wine £4.50 small glass, £9 large. Other Italian wines focus on Marco and Ilaria's home regions of Piemonte and Trentino, such as Barolo, Manzoni Bianco, Teroldego, from £5.50 for a small glass. Bottled beers from £3.50. Cocktails £5-£8.

They sell wines by the bottle to take home. Friday 5pm-9pm you can buy a bottle at the shop price and sit there and drink it. Sat-Sun from 5pm wine tastings. They can advise you on vegan food and wine pairing.

Coffee beans come from local Square Mile Coffee Roaster. Try a matcha or latte with a choice of milks including almond. Teas and coffees, hot choc, matcha latte, £2-£3.

They sell organic vegan skincare products by Suti and other hard to find brands. Also green juices to take take home.

Free wifi. Outside tables.



EAST

BETHNAL GREEN

The Canary

Vegetarian cafe, hair salon & event space

- ➡ 61-63 Old Bethnal Green Rd E2 6QA (corner Canrobart St)
- ☎ 020 8257 8170
- 🕒 W-F 08.30-20.00, Sa 09.30-20.00, Su 9.30-18.00. and about to open 7 days.
- 📍 Bethnal Green, BR Cambridge Heath
- 🌐 thecanary.co.uk
[instagram.com/thecanarye2](https://www.instagram.com/thecanarye2)

Opened February 2016, the cafe and hair salon are on the ground floor, with an events space downstairs. It's great for a fast lunch, or bring your laptop in the afternoon for cake and latte. Owner Victoria's fashion design background shows in the range of colours and textures in the food with original dishes debuting each month. Everything is homemade. Art on the walls is for sale.

Breakfasts £4.20-£7 include Portobello mushroom tapenade toasted sandwich; stuffed mushroom with tofu and beef tomato; or design your own breakfast on toast from a selection that includes scrambled tofu or ackee, smoked beans, avocado, banana, mushrooms, spinach, coconut bacon.

Big salads £4.80 such as tofu satay glass noodles with veggies; Kerala bhel salad with turmeric puffed rice; cavolo nero with coconut bacon, satsuma and kidney beans; black rice, sweet potato, pumpkin seeds, pickled lemon, and hot chilli dressing.

Daily soup such as bean stew or sweet corn chowder £4.50. Savoury options £4.80 include stews such as black bean; turnover such as mushroom and purple cabbage; tofu spring rolls; and a series of burgers, such as vegan BLT with coconut bacon and roasted beef tomato; vegan meatballs in

sourdough with Italian marinara rich tomato sauce. Regular sandwiches include roast chestnut and butternut squash with caramelised red onions; Japanese pickled radish with flat peach; garlic roast chestnut with tarragon cream on rye; vegan phish and chips made with jackfruit or coconut and lotus root. Pizza, with the crust stuffed with sage and butternut squash, loaded with salsa, rocket, nut or seed cheese.

Cakes £2.80, vegan ones include plum and stem ginger; cherry, chilli and coconut; gluten-free banana bread with summer fruits; coconut cheesecake on cashew and almond base with blackberry and cherry topping; chocolate espresso lemon cheesecake; persimmon and pecan; and there are dozens more recipes.

Freshly squeezed juices £2.90-£3.50. Unusual locally bottled cold drinks £2.20-£2.50. Teas and all the classic coffees including long and even longer black £2.30-£2.70. Rainbow latte, pick a colour, such as RED rooibos and raspberry. They carry soya, coconut and a nut milk, plus a homemade milk of the week such as almond-cashew.

Hairdresser uses organic vegan Evo products and ammonia-free dyes. Ladies cut & dry £56, Men's cut & style £45, wash and dry £30, men's express cut £20, children £15, beard trim from £15, colour £60-£130, free drinks with appointment..

Children's corner with crayons and kids' books to keep them occupied while you get your hair done, and some local grown-up books too. Pop-up events like art launches, birthday parties. Dogs welcome, water bowl. Outside seating in summer.

Sazzy & Fran

Two vegan Italian cafes

- ➡ 17 Gossamer Garden E2 9FN (behind 499-505 Hackney Rd E2 9ED, entrance from Oval Street)
- 🕒 M-Sa 08.00-17.00, Su closed
- ➡ 33 Roman Road E2 0HU
- 🕒 M-F 07.30-17.00, Sa 08.00-17.00, Su 9.00-17.00
- ☎ 07428 717579
- 📍 Bethnal Green, Cambridge Heath BR
- 🌐 [facebook.com/sazzyandfrancafe](https://www.facebook.com/sazzyandfrancafe)
[instagram.com/sazzyandfrancafe](https://www.instagram.com/sazzyandfrancafe)

New vegan breakfast and lunch cafes by young Italian couple Sarah (Sazzy) Harrison and Francesco Stornaiuolo. The first opened 2017 in the Gossamer City project, a mall in shipping containers, followed in 2018 by another in Roman Road.

Breakfast £4-£5 such as avocado on sourdough toss with Sicilian olive oil, oregano and a squeeze of lemon; porridge with cinnamon, peanut butter and berries; overnight oats layered with fruit, agave syrup and topped with peanut butter.

Lunch dish of the day £5-£6, served 12.00-15.00, such as sandwiches with curried chickpeas, lettuce and mango chutney (salad add £1); mushroom risotto; marinated tofu with avocado, green veg, brown rice and peanut dressing; pesto and roast tomato pasta salad; pizza (book ahead if possible); pancakes with lots of toppings. Check Instagram for the menu for this week.

Often they bake fresh bread and focaccia and they make fresh hummus.

Cheesecake or carrot cake £3, matcha brownie £2.50, protein balls £1.80.



The Canary



EAST

BETHNAL GREEN



90° Melt



Fresh mixed fruits or veggies juices £4. Teas and coffee. Outside communal tables. Wifi. Almost everything they use is biodegradable and recyclable. They also sell Love Matcha tea from Japan and cold pressed Sicilian olive oil from the owner's father's olive tree.

Big V

Vegan modern British food stall

Victoria Park Market, The Nighthawk
E2 9JW (enter at 55 Gore Rd E9 7HN)

020 3417 4542, 07899 905510

Sunday 10.00-16.00

bigvlondon.co.uk
facebook.com/bigvlondon
victoriaparkmarket.com
facebook victoriaparkmarket

Victoria Park Sunday market is on a pedestrianised street called The Nighthawk in the west side of the park between Bonner Gate and Gore Gate, near the lake. Burgers £7-£8 are a complete meal, made with organic veg, quinoa, nuts, sultanas and cumin, gluten-free; served with vegan cheddar, facon or BBQ sauce. Salad bowls £8. Chimichurri sausage on ciabatta with spicy sauce £8.

Other stalls include a juice bar, coffee, wines, spirits, craft beer, herbs and spices, olives, Ted's Veg, olives, pickles, and some very non-vegan ones. Also live jazz and children's drawing gallery.

Also at Hackney Downs Vegan Market Saturday, and Borough Market on the South Bank M-Sa.

90° Melt

Vegetarian Modern American restaurant

235 Mile End Road E1 4AA

020 3754 5711

M-F 10.00-22.00, Sa 11.00-22.00,
Su 11.00-16.00

Stepney Green

90degremelt.co.uk

Americans style comfort food, near Queen Mary University, where almost everything can be made vegan. When they opened in early 2017 the speciality was melted cheese sandwiches, and now the menu could be straight out of an American diner.

Lentil superfood or beetroot salad £4.
Tomato basil soup, bean stew..

A melt is a tapas sized gourmet grilled cheese sandwich for £4.50. Melt varieties feature Waldorf with green apples and nuts, Spa artichoke with spinach and chilli sauce, Margarita with pizza sauce and olives, Mush-Blush with pesto and mushrooms, Harissa, and the very popular Donald Trump Mexican with smoked chipotle sauce, roasted peppers and baby corn. Weekday lunch deal 12-4pm two melts £6.99.

Weekday and Saturday night "Something Meaty" menu has typical American diner dishes £4.95-£6.95 including stir-fried soya chicken lettuce wraps, corn-battered deep-fried hot dogs, burger with guacamole and cheese, cauliflower "buffalo chicken" wings, Tex-Mex wedges, chili cheese wedge fries.

Top up with sides £4.50 such as mac n cheese, jalapeno cornbread, onion rings with sauce, potato wedges, vegan gravy n mash. Sauces/dips 75p and £1 include green chilli, smoky chipotle, guacamole, coriander chutney, buffalo wings sauce, yogurt. Pickles £2.

Weekend brunch till 4pm: small plates £4-£4.50 include fried grilled cheese balls, mini breakfast melt, avocado on toast, potato wedges and dip, smoothie bowl, and cinnamon, banana and nut porridge. Big plates £7-£8.50 such as tofu scramble with toast and guacamole, or pancake stack with mascarpone, banana and berries.

Glass of wine £5, carafe £14, bottle £19.
Beer £3-£5. Champagne and cocktails £7.50. Soft drinks £2.50-£4.

Disabled toilet.

Seed

Omnivorous wholefood shop

363 Cambridge Heath Road E2 9RA

07387 166858

M-Su 09.00-21.00

Bethnal Green

A welcome opening in 2014, with the closure of Friends Organic in Roman Road. All the usual wholefoods, plus a fridge containing vegan cheeses, Taifun tofu, VBites sausages, soups. Booja Booja ice-cream. Divine, Montezuma and Vivani vegan chocolate. Some fresh fruit and veg.

Bodycare by Weleda, Jason, Dr Bronner, Faith in Nature, Avalon Organics. Lots of Ecover.

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