



Go vegan in Nantes

Nantes, the capital of Brittany at the mouth of the river Loire, has its first vegan organic restaurant, Totum. Opened in March by Pascal Roy, a contestant on French *MasterChef*, the traditional French restaurateur was inspired when his wife Nathalie and daughters turned vegan and began bringing home new ingredients. 'I realised animal-free cooking was very colourful and there was a demand, tried some experiments and had even more fun cooking vegan,' he says.

The lunch menu features quiches, soups, hot dishes and a salad bowl, while Thursday to Saturday nights are more sophisticated with dishes such as asparagus quinoa risotto cooked in soya cream, satay raw courgetti spaghetti, and chocolate tart with vanilla coconut cream.

www.totumcantine.bio



Travel journal

France attracts 12 million Brits every year.

Alex Bourke, publisher of *Vegetarian Paris*, discovers it's an increasingly veggie-friendly destination.



Q We're a vegan family and would love to go camping in France.

Any recommendations?

A Vegan Surf Camp provides full board in family tents throughout July and August at Moliets-Plage in southwest France. There is a large breakfast buffet, with bread, peanut butter, various kinds of porridge and fruit, or go macrobiotic with miso soup, soft rice and pickles. They provide all you need to assemble packed lunches, while at the generous evening organic buffet you can make friends with families from Britain, France and beyond. Activities include surfing, beach volleyball, tennis, kayaking, biking, yoga, outdoor cinema and cookery classes, plus kids have their own play areas.

Adults €380-€410 per week, children €170-€270; add €125 for 10 hours qualified surf instruction and equipment.

www.vegansurfcamp.com

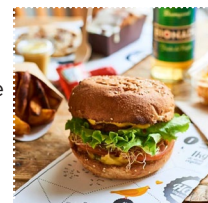
ESSENTIAL PARIS

The world's top tourist destination has rocketed from 45 to 80 vegetarian restaurants in the last three years.

Eat

At hipster hangout Hank Burger, near the Pompidou Centre, tuck into a juicy vegan smoky BBQ cheeseburger with wedges and a beer for €14, followed by carrot cake or a chocolate chip cookie.

www.hankrestaurant.com



Learn

Cookbook author Jennifer Eric creates classes to order in English for groups of eight at her *bijou* vegan restaurant My Kitch'n in the 17th arrondissement. Find out more at

www.mykitchn.fr.

Jennifer's book, *Feed Your Face*, is £5 from www.vegetarianguides.com.



Grab a bite

Before your journey, feast on dosas, curry and lentil pizza at a row of three Indian vegetarian restaurants down the side of Gare du Nord station in rue du Faubourg St Denis. Just past Sangeetha, Saravanaa Bhavan and Chennai Dosa, are three more in rue Cail, all called Krishna Bhavan.



TO WHET YOUR APPETITE...

Download the first 50 pages of *Vegetarian Paris* by Aurelia d'Andrea for free to your laptop or phone. Details at www.vegetarianparis.com.