



Spitting images

Meet your heroes, with absolutely no risk of clamming up, at Madame Tussauds. The legendary London attraction houses 300 unbelievably lifelike and constantly updated waxworks of the hip and famous, or notorious, across 14 interactive zones. Snap selfies with the kids' favourites like Spiderman, Yoda and Darth Vader, musicians from Marley to Miley, and sports superstars Usain Bolt, Sir Mo Farah and Dame Jessica Ennis-Hill. There are Hollywood hunks and heroines galore from Hepburn to *The Hunger Games*, and even Simon Cowell and The Donald. Book in advance for best prices and to minimise queuing.

Afterwards you can stroll south to one of Deliciously Ella's two very reasonably priced Mae Deli bistros. Nestling conveniently just off Oxford Street's fashion mile, and open until 9pm, they started out omnivorous, but soon dropped the two meat and fish dishes to go totally vegan. Warm up with Thai yellow coconut curry and brown rice; falafel with roasted leek and spinach hummus; or a five-bean chilli drizzled with garlic cashew cream served with rustic cornbread and crunchy slaw. Plus cold-pressed juices, smoothies, plant-milk lattes, and healthy versions of sweet treats like banana bread, fudge brownie and apple crumble.

www.madametussauds.com/london
www.themaedeli.com



Travel journal

LONDON MUSEUMS

Alex Bourke, author of *Vegan London*, finds fun, family-friendly places for a capital day out during the school holidays.



Q Where's the top place for a value veggie family day out in the capital?

A Attenborough fans will adore the Natural History Museum. It's packed with fun things for kids to try like the science lab and earthquake machine, and admission is free. There are also paying special exhibitions such as *The Whales: Beneath the Surface* until 28 February, and *Wildlife Photographer of the Year* until 28 May. Start at Hope, the 25-metre blue whale skeleton, and progress through three floors telling the story of evolution, diversity and our urgent role in the planet's future. Don't miss the animatronic dinosaurs such as the roaring T. rex.

There's a picnic area and cafés, or head outside to Tanya's vegan café for raw and healthy bowls, salads, cakes, green juices and unique hot drinks like Reishi mushroom latte with coconut rice mylk. Towards Sloane Square is fabulous new vegan restaurant Wulf & Lamb. Try chilli non carne with spiced rice and cashew sour cream, mac 'n' cheese, or a spicy bean or seitan burger.

www.nhm.ac.uk
tanyaliving.com
wulfandlamb.com

Essential eating

Day at the museum

The British Museum covers over 2 million years of human history, including Egyptian mummies and the Rosetta Stone. Grab a bite at Sagar Indian restaurant, or try a buffet box at Planet Organic.

www.britishmuseum.org
www.sagarveg.co.uk
www.planetorganic.com



South Bank scoffing

Behind the Tate Modern and Shakespeare's Globe is Tibits swish pay-by-weight buffet restaurant. Or explore foodie Borough Market, with vegan or veggie Indian, Egyptian, falafel and burger stalls, and a Turkish veggie café.

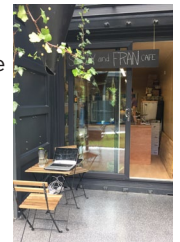
www.tate.org.uk
www.shakespearesglobe.com
www.tibits.co.uk
www.boroughmarket.org.uk



East End eats

Be a kid for the day at the Museum of Childhood in Bethnal Green. Outside are vegan cafés The Gallery and Sazzy & Fran, and Just Fab vegan Italian restaurant.

www.vam.ac.uk/moc
Facebook: Thegallerycafelondon
Facebook: Sazzyandfrancafe
www.just-fab.org



IN THE KNOW
 Alex Bourke's new full-colour 700-page *Vegan London* guidebook covers over 100 vegan restaurants, cafés and street stalls, plus hundreds more vegetarian and veg-friendly eateries and shops.
www.veganlondon.guide

TO WHET YOUR APPETITE...

Plan your trip with the official Visit London travel guide, covering attractions, sightseeing, getting around and what's on.
www.visitlondon.com