



# VEGAN NORTH LONDON

1st edition

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The complete insider guide to the best vegan food in London

Alex Bourke  
Vegetarian Guides



★ AWARD WINNING ★  
GOSH BROWNIE  
GTA: Awarded Super  
Moist and Chocolatey  
Brownie – bet you  
can't tell it's Vegan!

# NORTH LONDON

Brecknock Road  
Camden  
Crouch End  
Edgware  
Finchley  
Finsbury Park  
Golders Green  
Hampstead  
Hendon & Brent Cross  
Highgate  
Holloway Road  
Islington  
Kentish Town  
Kings Cross  
Mill Hill Broadway  
Muswell Hill  
St Johns Wood  
Stoke Newington  
West Hampstead  
Wood Green  
Rest of North London  
Hertfordshire

## \* OUR TOP 5 - BEST OF NORTH LONDON \*

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### **Dining Out**

Loving Hut, Holloway Road  
Manna, Primrose Hill  
Mildreds, Camden  
Mildreds, Kings Cross  
Rasa, Stoke Newington

### **Indian**

Healthy Wealthy, Brecknock Rd  
Jai Krishna, Finsbury Park  
Rani, Finchley  
Rasa, Stoke Newington  
Woodlands, Hampstead

### **Oriental**

Dou Dou, Camden  
Itadaki Zen, Kings Cross  
Loving Hut, Archway  
Lemongrass, Camden  
Zen Buddha, Edgware

### **All you can eat**

Dou Dou, Camden  
Indian Veg, Islington  
Loving Hut, Archway

### **Vegan Cake/Dessert**

Bodega 50, Stoke Newington  
Cookies & Scream, Holloway Rd  
Healthy Wealthy, Brecknock Rd  
Miranda's, Crouch End?  
Vx, Kings Cross

### **Camden Cafes**

Fields Beneath (Kentish Town)  
Hawraman Cafe  
Highstone Brew  
Nectar Cafe  
Amorino

### **Camden Fast Food**

Magic Falafel  
Rudy's  
VBurger  
What the Pitta  
Young Vegans

### **Wholefood Shopping**

Bumblebee, Brecknock Rd  
Earth Natural, Kentish Town  
Haelan Centre, Crouch End  
Mother Earth, Stoke Newington  
Planet Organic, Essex Road

### **Vegan Clothing**

The Third Estate, Brecknock Rd  
Vx, Kings Cross  
Thamon, Camden  
Camden Markets

### **Night Out**

Green Note, Camden  
Kabaret at Karamel, Wood Green  
Mildreds, Camden or Kings Cross  
Purezza, Camden  
Rasa, Stoke Newington





## Healthy Wealthy

101% Vegan Indian restaurant

📍 10 Brecknock Road N7 ODD

☎ 020 77000 777, 07466 838943

🕒 M-Sa 12.00-21.00, Su closed

📍 Kentish Town, Camden Road

🌐 [hwrestaurant.com](http://hwrestaurant.com)

London's only VEGAN Indian restaurant opened in 2017 just up the road from Camden and opposite The Third Estate vegan clothing shop. It is an airy, luminous, spotless family restaurant - and there are stacks of vegan desserts! Everything is made in-house, even the vegan ice-cream, which is why they say it is 101% vegan as there is no outside production.

Medium thali £6.99 varies each day, with rice, soup, dal, curry, salad and poppadom. They always have 2 rice, 2 soups and 4 curries to choose from. The menu changes often, such as cumin rice, lemon yellow rice, blackeyed bean soup and toor dahl for £2.50, spinach and tofu curry, tofu jalfrezi, aloo gobi, soya chunk curry and pumpkin and banana squab for £3, and salad for £2.50. Smal thali £5 with rice, dal and curry. Queen £8.99 and King thali £9.99 include extra curries.

Snacks 50p-£1 includw samosa, kachori, roti, chapati, pakora, naan and poppadom.

Indian restaurants, even vegetarian ones, are almost always utterly hopeless for vegan desserts. But not here. There's a whole glass cabinet chock full of them. Desserts and snacks £1-£3 include pannacotta with strawberry or passion fruit sauce, energy balls, halva, and all these cakes: carob, mango, ginger, mango and ginger, vanilla and carob, raisin.

Soft drinks £2. Vegan mango lassi and rose



milk £3. Smoothies £2.50. Teas £1.50. No alcohol or bring your own - they are Krishna devotees and do not believe it is healthy.

The walls display local paintings which are for sale. They will have tables outside ready for summer. Wifi and highchairs. Minimum card payment £5.

## Bumblebee

Wholefoods store, organic greengrocer, bakery, take-away and natural remedies

📍 32, 33, 35 Brecknock Road N7 6AA

☎ 020 7607-1936

🕒 M-Sa 9.00-18.30, Su closed

📍 Kentish Town, Camden Road BR Bus 393, 390, 29, 253

🌐 [bumblebeenaturalfoods.co.uk](http://bumblebeenaturalfoods.co.uk)

Independent wholefoods heaven! Three shops close together: a bakery/deli, a dry/sauces and natural remedies shop, and a greengrocer/dairy shop. Lots of unusual hard-to-find items.

Massive selection of wholefoods, health foods, organic fruit and veg, macrobiotic foods and the bakery has organic bread delivered daily from organic bakers. Big range of south European foods and olive oils.

Takeaway foods and lunches 11.30-15.00 £2.95-£3.95. Always at least two vegan hot dishes based around rice. Tofu quesadillas, tofu pasties, burritos, samosas. Salads made in house. Soup £1.75.

Box scheme (different sizes) for organic fruit and veg. Trade delivery service for other produce.

Nice things in the fridge include tofu, fake

meats by Tivall; Sojade, Koko and Provamel yogurts; Sheese, Violife, Tofutti; Vegenaise Cesar and Ranch sauce, spreads, Fry's. Swedish Glace, Booja Booja soya-free ice-cream.

Enormous selection of vegan and organic wines and beers, probably the biggest in London.

Vegan and organic wines and beers.

Household products such as Ecover, Ecolaf, BioD, Earth Friendly, Method.

Natural Remedies include herbal, homeopathy and flower essences. Vitamins and minerals including Solgar, Viridian, Biocare, Nature's Own. Lots of bodycare, creams, shampoos and cosmetics by Dr Hauschka, Green People, Jäson, Lavera, Dr Bronner's, Urtekram, Weleda. Mother and baby things.

Large selection of herbs and spices that you can weight out yourself 90p-£2.95 per 100 gr. Loose Nuts and seeds 38p-£2.40.

Magazines.

Pay and display parking on street.





## The Third Estate

*Vegan clothing and shoes shop*

📍 27 Brecknock Road N7 0BT

☎ 020 3620 2361

🕒 Tu 11.00-19.30, W-Sa 10.00-18.00,  
Su-M closed

📍 Kentish Town, Camden Road BR  
Bus 29, 253, 390, 393

🐾 [TheThirdEstate.co.uk](http://TheThirdEstate.co.uk)  
[shop@TheThirdEstate.co.uk](mailto:shop@TheThirdEstate.co.uk)  
[facebook.com/thirdestatelondon](https://www.facebook.com/thirdestatelondon)  
Facebook The Third Estate

The Third Estate have been selling men's and women's clothing and footwear since 2005.

All the footwear is vegan. Brands for women and men include Vegetarian Shoes, Nae, Workers Playtime, Veja, Walsh, Jonnys Vegan, Wills, Inkkas and Fair. Nikwax footwear cleaning gel and spray waterproofing.

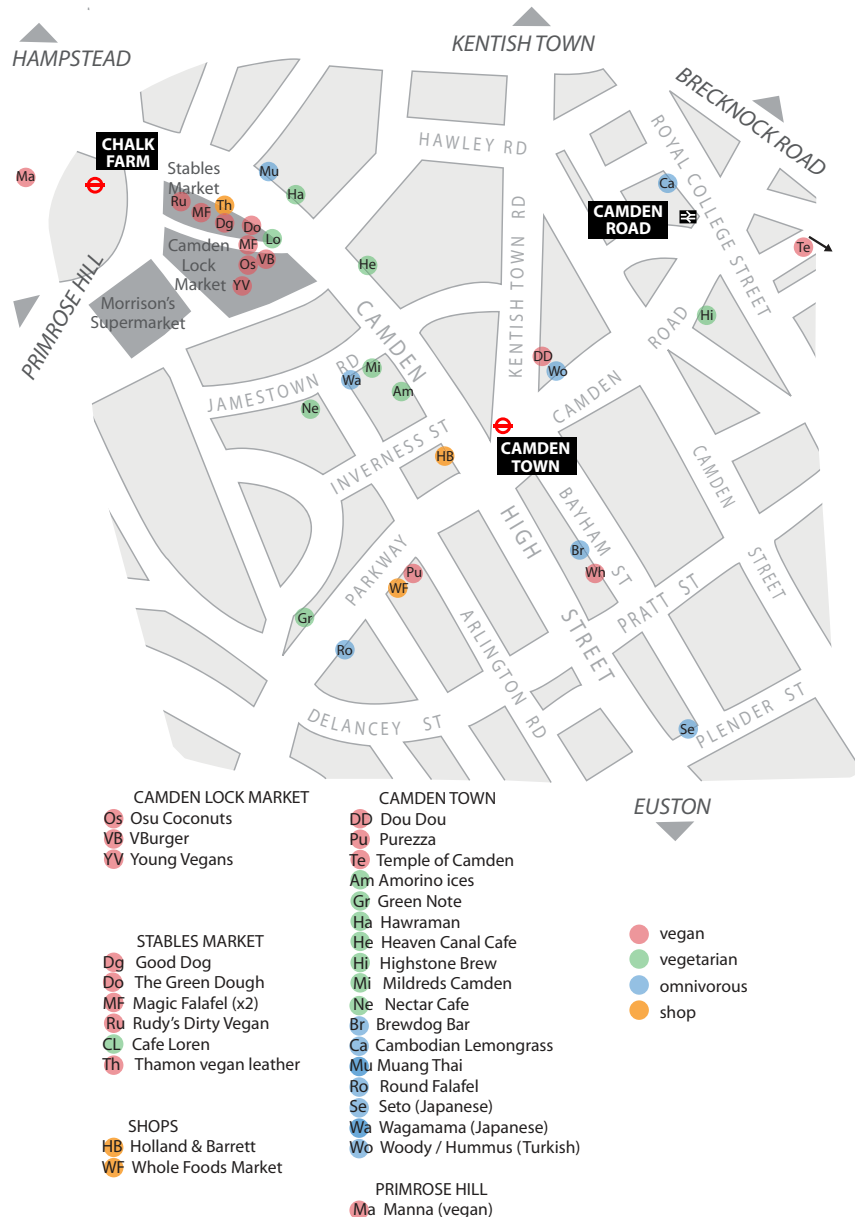
Also a range of independent clothing made from organic or reclaimed materials and clothing which is fairly/ethically traded.

Clothing brands include Monkee Genes, Fred Perry, Mud jeans, Dedicated Komodo, People Tree, Workers Playtime, Armed Angels and Sketch.

Big range of bags from Matt & Natt.

To get here from Camden: from Sainsbury's, take a bus 29 or 253 a mile north-east along Camden Road towards Palmers Green and get off at Brecknock Road.





# CAMDEN

Camden Town, Markets, Primrose Hill

Camden, on the north-east edge of Regent's Park, features some of the best bars, clubs and pubs in London which are the basis of a lively music scene. The various huge and unique covered markets attract an eclectic mix, who flock there at the weekend in their thousands. It's a magnet for all ages, especially the alternative crowd, vegans and vegetarians.

**Near the tube:** Right outside Camden Town tube is **Dou Dou** with a big all-you-can-eat vegan Chinese buffet. North-east up Camden Road, opposite the overground station, is veggie cafe **Highstone Brew**. Walk down to the canal and along it to reach **Temple of Camden** vegan fried chick'n restaurant.

Heading north up Camden High Street past a large Holland & Barrett, the last street on the left before the canal, Jamiestown Road, features **Mildreds** proper sit-down vegetarian restaurant, and Triyoga Centre (previously in Primrose Hill) with its **Nectar Cafe** that specialises in salads.

**Camden Lock Market:** On the left of Camden High Street, after the bridge over Regents Park Canal, is the beginning of the main attraction, **Camden Market**, giving you the best choice of hip new and secondhand clothes in town, jewellery, crafts, hippy and Goth stuff galore. A little way in are **VBurger** and **Osu Coconuts** (vegan pancakes), behind them **Young Vegans** pie and mash shop.

**Stables Market:** Deep inside this market, past **Cafe Loren** and the newest branch of

**Magic Falafel**, along the path next to the main road, you'll find **The Green Dough**, then **Thamon** vegan leather shop opposite the original **Magic Falafel**. Down the end, past the statue of local hero Amy Winehouse, is **Rudy's Dirty Vegan Diner**, sit-down fast food heaven.

**Chalk Farm Road:** Opposite the bustle of Camden Stables market, Kurdish run veggie cafe **Hawraman** is an oasis of tranquility, offering huge plates of food for under a tenner. We had a relaxing time sipping lentil soup, smoothies and chai.

Up the hill on the left after Chalk Farm tube station is **Primrose Hill**, with a magnificent view over London and top end vegan restaurant **Manna**.

**Parkway**, running west from the tube station towards Regents Park, stars new vegan Italian restaurant **Purezza**, a **Whole Foods Market** for picnic supplies for the park, and at the far end is **Green Note**, a basement live music venue pub, with paying events most nights and light vegetarian meals.

Non-vegan places that vegans love include Cambodian, Japanese, Thai or Turkish.

When you've had your fill of Camden, head north to the food stores and Ethiopian restaurants of **Kentish Town**, or to **Brecknock Road** for vegan clothing at The Third Estate and London's only 100% vegan Indian restaurant **Healthy Wealthy**. Or enjoy a gentle ramble on **Hampstead Heath**.



## Dou Dou

99% Vegan Chinese buffet restaurant

📍 6 Kentish Town Road NW1 9NX (by the tube)

☎ 07850 663328

🕒 Su-Th 12.00-22.30, F-Sa 12.00-23.00

📍 Camden Town

Chinese vegan buffet and take-away with lots of fake meat. Open every day for lunch and dinner. All you can eat £5.90, £6.90 after 5pm and Sunday, plus 10% service charge, so it's actually £6.49 and £7.59. Take-away box £3.50 or £4.50 large.

Fritters (banana, apple, pineapple) three pieces £2, six £3. Vegans should note that the banana ship dessert £3.80 contains dairy ice cream.

Soft drinks or tea £1.50. Fresh juice £2.50. Wine glass £3.50, bottle £14, beer £2.60-£3. Cash only.



## Purezza

Vegan Italian restaurant

📍 43 Parkway NW1 7PN

☎ 020 3884 0078

🕒 Su-Th 12.00-22.00, F-Sa 12.00-23.00

📍 Camden Town

🌐 [purezza.co.uk/london-restaurant](http://purezza.co.uk/london-restaurant)  
📱 [instagram purezzauk](https://www.instagram.com/purezzauk)

After the phenomenal success of Purezzas's first branch near the seaside in Brighton, this second branch opened March 2018 close to Camden Town tube and Whole Foods Market. Unlike pizza chain restaurants, here all the cheese is vegan, made in house, such as silken tofu ricotta, cashew and almond nut cheeses, melty coconut, and brown rice mozzarella. It's classy with lots of wood, even a wood fired oven. Soya, nut or gluten-free no problem. Kids get a free mini pizza when adults order from the main menu, one child per adult.

Starters £3.50 include garlic bread, marinated olives, or crunchy giant fried corn with peanuts and harissa spice.

Mains £10-£16.50 include seitan calzone, gluten-free ragu mince lasagna, Pure Bowl (chickpeas, quinoa, squash, veggies, fermented onion, cashew cream cheese), even a raw pizza. Regular pizzas come on wholegrain, hemp or gluten-free sourdough, with toppings that can include smoked mozzarella, ricotta, marinated artichoke, smoked beetroot carpaccio, olives, fried aubergine, seitan, tofu sausage, smoked tofu, pine nuts, portobello and chestnut mushrooms, sundried tomato, garlic mayo, BBQ sauce, oven roasted potato, veggies.

Mon-Fri lunch menu with smaller version

of their classic main dishes, all £5 or less till 4pm, and a £10 set menu gets you a 7-inch pizza or mac n cheese (add £1 per extra topping), garden bowl, cheesy dough balls, courgetti spaghetti or coleslaw (all of which can also be served as sides), plus some nibbles and a drink.

Desserts £4.50-£5.85 feature chocolate brownie with dark chocolate sauce, raw tiramisu, crème brûlée, Oreo pizza with hazelnut chocolate spread and mascarpone style sauce, banana baked gelato. Cashew cheese board £12.

Superfood smoothies or chocolate Oreo milkshake £5.50-£6. Soft drinks, fresh coconut, ginger kombucha £3-£4.85. Tea, espresso £1.50, latte or cappuccino £3.50, cacao and maca hot chocolate £3.95, almond Baileys latte £5.50.

House wine £4.50 medium glass, £5.50 large, £16.50 bottle. Beers, cider from £3.95. Cocktails £6.

10% discount on eat in or take-away food for students, NHS and Amex staff from their local HQ (not Deliveroo).

## Temple of Camden

Vegan fast food restaurant

- 📍 103a Camley Street N1C 4PF
- 📞 no phone
- 🕒 M-Sa 11.00-21.00, Su 11.00-18.00.  
Also breakfast M-F 9.00-11.45.
- 📍 Camden Town, Mornington Crescent,  
Camden Road BR
- 🌐 [templeofseitan.co.uk](http://templeofseitan.co.uk)

Following the phenomenal success of their first vegan fried chick'n shop in Hackney Central in 2017, in 2018 Temple of Seitan opened another at Hackney Downs, and here by the canal between Camden and Kings Cross. This is their flagship, a sit-down diner with tables inside and out. Access it from the street, or walk along the canal from either Kings Cross or Camden Town.

Main dishes £5-£7 include various flavours of fried chick'n burger with extras that include bacon, cheese, chipotle mayo, coleslaw, jalapenos, sriracha, pickles; a quarterpounder cheeseburger with bacon; or hot dipped, buffalo or BBQ wings; .Add fries or coleslaw and a drink for £2.50, large portion £3.50. Mac 'n cheese £3.50, large £5. Top up with an extra burger, popcorn bites, coleslaw, gravy, extra bacon or cheese, pot of mayo (chipotle, ranch, classic, or lemon pepper).

Lots of desserts £2-£3 on display in a glass cabinet such as choc brownies, peanut butter cookie sandwich, marshmallow chocolate cookie, carrot cake, cinnabuns, summer berry slice, croissant, pain au chocolat, pain au raisin.

Dark Arts coffee, latte, cappuccino, flat white, cortado £2-£2.60. Teapigs tea £1.50. 30p discount if you bring your own cup. With Oatly or Bonsoy. Cans £1.50.

## What The Pitta, Camden

Vegan kebab restaurant

- 📍 89-91 Bayham Street, NW1 0AG
- 📞 0
- 🕒 Su-W 11.30-21.00, Th-Sa 11.30-23.00
- 📍 Camden Town
- 🌐 [whatthepitta.com](http://whatthepitta.com)  
[facebook.com/whatthepitta](https://facebook.com/whatthepitta)

Opened March 2018, the third branch of London's vegan kebab shop chain. It's south of the tube station, just past Brewdog.

Huge doner £7.95 comes either in a wrap, or in a box with chips or couscous, packed with soya chunks, hummus, tzatziki, salads and chilli.

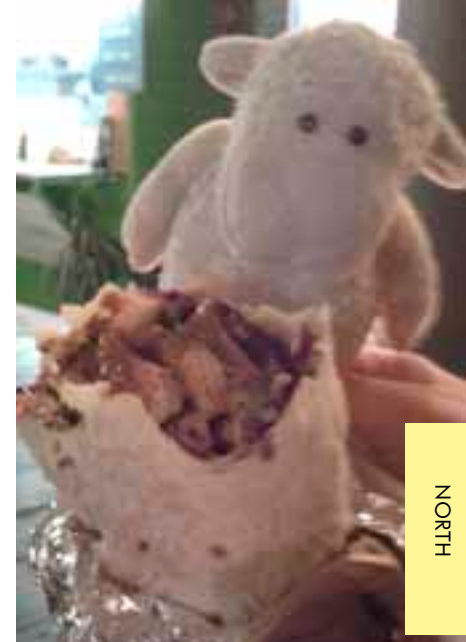
Top up with fries £3.50, hummus £2.50, or mixed olives £2.50. Vegan lahmacun Turkish pizza £4 on thin dough topped with minced soya and veg plus herbs, tomato, onions, spices.

For dessert £2.50 you can have vegan baklava

Beer £3.50, soft drinks £2.

Meal Deal 1 £10 gets you a main, soft drink, and baklava dessert, made with layers of filo pastry, crushed almonds and syrup. Meal Deal 2 £12 for main, drink and fries.

Seats inside. Ice-cream coming soon. Deliveroo, UberEats. Also at Shoreditch Boxpark and Croydon Boxpark.



NORTH



CAMDEN TOWN VEGAN



## Manna

*Vegan restaurant*

4 Erskine Road, Primrose Hill NW3 3AJ

020 7722 8028

Tu-F 12.00-15.00 (last orders), 18.30-22.00; Sat 12.00-15.00, 18.00-22.00; Su 12.00-20.30; M closed

Chalk Farm

[mannav.com](http://mannav.com)

Very classy international gourmet vegan restaurant with very reasonable prices for the high standard and location, set in a picturesque street near Primrose Hill, still going strong since 1966, with incredibly friendly and efficient service by staff from all over the world. The menu is constantly changing with the seasons.

Lunch dishes £7-£8 include soup of the day, falafel burger with fries, Italian baguette sandwich with veggieballs and salad veg, courgette and corn fritters with cashew sour cream, polenta tart with roasted garlic and basil cashew ricotta, raw tacos, raw maki rolls, or baked potato filled with black beans, jalapeno cheese, guacamole and salsa. For a bit more you can have organic spaghetti and veggieballs or a chef salad. Soup and main £12. Lunch desserts £6 or less such as cheesecake with vice-cream, raw carrot cake, fruit and berry salad with ice-cream or sorbet, or a plate of truffles with chocolate and small biscuits.

Sensational evening starters £7-£8 include wild mushroom and walnut paté ravioli with fennel cream sauce; cashew spiced jerk tofu with plantain and sweet potato kebab; or share a starters mezze selection £22.

Evening mains £11-£14 feature a huge black bean and cashew nut cheese enchilada

casserole, root veg tagine with quinoa and pistachio tabouleh, organic bangers and mash. Or build your own meal from any four sides for £14.

Desserts £5-£8 are astounding, like liqueur vice-cream, cranberry orange cheesecake, banoffee trifle, and chocolate almond torte.

5-course chef's menu with aperitif and glass of house wine is £40 each for four people, designed for you and needs pre-booking. Wine matching available.

Organic vegan wine from £5 glass, £22 bottle. Cocktails, mocktails and aperitifs £4-£9.

On Saturday there are some extra surprise specials, while Sunday they add a roast that changes from week to week.

Service charge 12.5%. Children's portions. Booking advised. High chairs. MC, Visa.

Available Tu-F for parties of 20+, set menu with minimum charge. Gift vouchers. Cookery classes in London and Los Angeles. Private tuition and consultation. They supply organic cakes, muffins, brownies and flapjacks to restaurants and street markets.

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VEGAN SOUTH LONDON  
VEGAN WEST LONDON  
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