

Alex Bourke of Vegetarian Guides discovers Norfolk is flat out wonderful for veggies.

NORWICH

If you love Brighton – and who doesn't? – then you will adore Norwich, especially the Lanes district, mostly pedestrianised and packed with hundreds of independent shops. There are theatres, music dens, and veggie venues aplenty to scoff and quaff. Mix in medieval and Tudor buildings, modern malls, and a huge market every day except Sunday, for the best city centre break in Britain. Historic hotspots include the castle, guildhall and museums of archaeology, costume, aviation and even Colman's mustard.

Tofurei vegan café and deli has just opened, in the heart of the Lanes, with an onsite soya microdairy and 'vegan butcher'. They produce flavoured soya milks, tofu-based mince, burgers, and Cumberland 'soysages', and sell round wooden boxes of Camembert-style Tyne Cheese made from cashew nuts. The café serves pizzas, pies, 'soysage' rolls and sandwiches, such as chickpea 'tuna'. Cakes vary each day from a huge

range, such as vanilla sponge with coconut and strawberry topping. They also run workshops on making soya milk and tofu and provide ingredients for your first home batch.

Relax with coffee, cake and a spot of eco-reading at **The Greenhouse** organic vegetarian café, inside Norwich Environment Centre. It's so chilled that mobiles are turned off at the door. Great value meals include hearty soup of the day, quiche, and filled ciabatta panini like tofu sausage with fried onion and ketchup. Pick up some Montezuma chocolate buttons or Booja-Booja truffles, and keep an eye out for evening wine tastings.

For a picture-perfect Sunday lunch, ride the bus to Trowse at the edge of town, where **River Green Café** vegetarian restaurant overlooks the village green. Try mushroom and chestnut pie, a broccoli, pea and quinoa burger, or the sumptuous date, apricot and cashew nut stuffed aubergine with garlic mushrooms and spicy red wine sauce. Fabulous desserts feature



vegan, gluten-free blueberry and lemon cheesecake, and a banoffee nut pie with chocolate biscuit base served with chocolate-covered bananas and coconut vanilla cream.



Also recommended...

- For fast lunch for a fiver, visit **Moorish Falafel Bar**, the quirky **KindaKafe**, or **Loving Hut** for a Chinese vegan all-you-can-eat buffet.
- In the market, grab a jackfruit burger from **Bia Kitchen** vegan food truck, and cakes and more at the **Norfolk Kind Food** stall.
- **Wild Thyme** licensed vegetarian restaurant, just round the corner from Tofurei, is perfect for cooked breakfast or an early dinner.



- Vegetarian Indians **Namaste India** and **Namaste Village** are your best bet for Sunday night when others are closed.
- Stay at vegetarian bed and breakfasts **Homestay Norwich** and **Number 15**. Both are near the centre.



SHUTTERSTOCK.COM

NEED TO KNOW

Tofurei

www.tofurei.co.uk

The Greenhouse

www.greenhousetrust.co.uk

River Green Café

www.rivergreencafe.co.uk

Moorish Falafel Bar

www.moorishfalafelbar.com

KindaKafe

Facebook: KindaKafe

Loving Hut

norwich.lovinghut.co.uk

Bia Kitchen

www.biakitchen.co.uk

Norfolk Kind Food

www.facebook.com/kindfoodnorfolk

Wild Thyme

www.wildthymenorwich.co.uk

Namaste India & Namaste Village

www.namasteindianorwich.com

Homestay Norwich

www.homestaynorwich.com

Number 15

www.number15bedandbreakfast.co.uk

TOURIST INFO

www.visitnorwich.co.uk
www.norwichlanes.co.uk

ABOUT ALEX

Alex is the founder of Vegetarian Guides, publisher of guidebooks to London, Britain and Paris at www.vegetarian.travel. Visit his stall at Animal Aid Christmas Fayre in London on 4 December and Brixton Winter Vegan Festival on 18 December.

