



VEGAN SOUTH LONDON

1st edition

The complete insider guide to the best vegan food in London

Alex Bourke
Vegetarian Guides





TOOTING

Balham and Earlsfield,

Tooting Market is a mishmash of world cultures where you can find fascinating and unique places selling music, ladies' and men's fashion, arts and crafts, furniture, hair and nails. There is a lot of food from fruit & veg stalls to the vegan cafe **Get Juiced**, pizza places, coffee shops and a falafel stall (Meza). Also this is the place for getting anything repaired.

The Broadway and Upper Tooting Road have lots of bargain shops, various restaurants, Indian take-aways and Asian sweet shops. **Saravanaa Bhavan** is a big, authentic Indian vegetarian restaurant.

If you are into vintage and unique homeware and furniture then head to Lola & Sidney at 812 Garratt Lane. It's a walk down memory lane with great finds from the 60s, 70s, 80s and more.

Towards Earlsfield are what this area has always needed, a couple of excellent new vegan restaurants **Vegan Express** and **Amrutha Lounge**.

Up in Balham, **Wicked Vegan** is a new fast food vegan cafe.

Get Juiced

Vegan smoothie & juice bar, restaurant

☛ Tooting Market, Unit 15a, 21-23 Tooting High Street SW17 0SN

☎ 07857 803781

🕒 Tu-W 9.00-17.00, Th 9.00-17.30, F-Sa 9.00-18.00, Su 10.00-17.00

📍 Tooting Broadway

📌 facebook.com/getjuicedbar
instagram.com/getjuicedbar
tootingmarket.com

This colourful place is very good value.

Breakfast granola £3.75 or porridge (raw or cooked and gluten-free) made with homemade plant milks. Gluten-free buckwheat pancake £4.50 with two toppings from banana, mango, goji, raw melted chocolate, cacao nibs, mixed berries and soaked almonds, and add some agave, coconut palm sugar, molasses or date syrup

Check the board for the stew and the soup of the day and some specials such as raw lasagna and vegetable wraps. Stew with rice and salad £6.50, stew with rice £5, soup of the day £4.50. Daily selection of raw, superfood salads.

Lots of cakes and treats such as sweet potato pudding which is baked by Leon's (the owner) grandmother's raw cheesecake with cashew, blueberry and raspberry cream with raspberry and goji topping; caramel raw

slice; banana bread; sweet potato goji berry and mulberry cookies; spiced flapjack with date centre, and energy balls.

Veg and fruit juices from £ 2.80. Smoothies from £3.80 made with fruits, veggies, protein, superfoods and seeds. Fresh coconut water large £5.95, extra large £6.95. Herbal teas.

Vegan Express

Vegan restaurant

📍 913 Garratt Lane SW17 0LT

☎ 020 8127 6560

🕒 M-Sa 10.00-23.00, Su 12.00-17.00

📍 Tooting Broadway

🌐 veganexpress.co.uk

📘 Facebook Vegan Express

Family run business owned by husband and wife Charles and Ulrika Diallo. Charles has 20 years experience as a chef in kitchens in the UK and abroad. Their motto is making vegan mainstream. Everything is homemade and they also cater events. The restaurant is very spacious and bright and has a vast selection of dishes. The menu is divided into pizzas, lunch, evening and children's.

Pizzas, £10.50 to £13, feature Margherita, artichoke and spinach, Garden, seitan salami, rosso with tofu cottage cheese, cashew ricotta, pine nut white sauce, mushroom white sauce, butternut rosso.

Lunches include soup of the day £4.50-£6.50; salad bar £7.50; gluten-free red lentil or seitan or spinach-potato-cashew cheese and veg patties with triple cooked chips or season roasted vegetables £9.50-£10.50; gluten-free burger £11.50 with skinny potato wedges; black bean broccoli mushroom burger or red lentil cauliflower burger. Vegan fish & chips £12.50 is made

from tofu marinated with seaweed, served with triple cooked chips and mushy peas.

Evening starters £5.50-£6.50 include grilled pepper with papaya and mango salad and basil dressing; kelp noodle avocado sea salad with miso dressing; fruit ceviche soup with Thai basil oil.

Evening mains £11.50-£13.50 feature wild mushroom & potato pavé with golden polenta cubes with tomato coulis, red wine and herb oil; grilled marinated tofu with puy lentil salsa, spinach and red pepper; roasted beef tomato stuffed with quinoa, chanterelle, pine nuts and crushed sweet pea sauce; butternut squash, lentil and cauliflower moussaka with garlic bread & salad; seitan Portobello stroganoff with rice.

Dessert £5.50-£5.80 such as raw tiramisu, rich chocolate tart with ice-cream, chocolate mousse, raw zucchini cheese cake, raw pomegranate coconut mousse, chocolate and raspberry gâteau, Victoria sponge.

The children's menu comes with side salad. For main course £5.50-£7.50 the kids could have spaghetti and vegan meatballs in tomato sauce, mini margherita, vegan fish fingers or mini falafel burger with chips. For pudding £4.50-£6.50 there are waffle with ice-cream and fresh fruit, ice cream cup, chocolate mousse or fruit salad. Freshly squeezed fruit juices (8oz) £1.50.

12oz smoothies and juices £4.50. Homemade chocolate, strawberry or vanilla milk £2.50 made with almond, coconut, oat or soya. Coconut water £1.80. Teas and coffee £1.90-£2.50.

Wine from £4.25 glass, £16.50-£34 bottle. Organic beers £6 such as Eco Warrior or London Porter.

High chairs. Wifi.





Amrutha Lounge

Vegan soul food restaurant & take-away

- 📍 326 Garratt Lane, Earlsfield SW18 4EJ (near Earlsfield Road)
- ☎ 07957 540666
- 🕒 Tu 18.00-22.00; W-F 12.00-15.00, 18.00-22.00, Sa 13.00-22.00, Su 13.00-21.00, M closed
- 📍 Earlsfield BR, Southfields
- 🌐 amrutha.co.uk
facebook.com/AmruthaUK

Opened February 2018, specialising in Indian and Thai food, and already getting rave reviews everywhere for quality and fantastic value for money. Take-away box £5, large £7, eat in £10.

Mains include Buddha Box with chickpea, lentil and coconut curry, brown rice, sesame slaw, crispy pakoras, satay and sweet chilli dips; Rasta Box with sweet potato and bean stew, plantain, dumkkplings, collard greens and brown rice; noodle stir-fry with roast mushrooms, broccoli and crunchy peanut sauce; Thai green curry with nori fritters and satay dip; big salad with marinated mushrooms, cashew cheese sauce, chilli jam and raw onion bread. Side of crispy pakoras, tofish tempura, polenta or sweet potato fries £4.

Desserts £4 include chocolate and raspberry brownie with ice-cream, and raw cheesecakes such as coffee and cinnamon, blueberry and lemon, chocolate and orange, and lemon and lime.

Soft drinks £1.50. Juices and smoothies such as Choco Heaven with brazil nut milk, date, lucuma, maca and cacao. Teas and coffees. Bring your own alcohol.

Saravanaa Bhavan, Tooting

Vegetarian South Indian restaurant

- 📍 254 Upper Tooting Road SW17 0DN
- ☎ 020 8355 3555
- 🕒 M-Su 10.00-22.30
- 📍 Tooting Broadway
- 🌐 saravanabhavan.com

Part of a worldwide chain, headquartered in Chennai, India with UK branches in Croydon, East Ham, Ilford, Soho, Southall and Wembley. This Tooting branch opened in 2011 and is a large, bright, informal cafe-style restaurant, popular among the local Indian community.

Starters £1.50-£3.95. Lots of south Indian specialities such as adai avial £3.25, a pancake made of pulses and lentils, served with Kerala style sauce of fresh vegetables, coconut paste and spices. Chinese options such as mushroom Manchurian.

Impressive range of dosas £2.75-£4.75 such as kara dosa, a rice crepe with spicy onion and potato filling. Uttapam lentil pizzas £2.95-3.75. South Indian meal £6.95 with curries, rice, salad, side dish, chappathi or poori and sweet. North Indian thali £7.95 with soup, salad, pilao, 3 side dishes, dal, kattel, fried papad, 3 chappatis and sweet. Business meal £4.25.

The manager told us that all desserts contain dairy (though one staff member had told us some were vegan).

Juices £2.75. Fizzy drinks 95p. Tea or coffee £1. Dairy milk only. No alcohol.

Children welcome, high chairs.

Pooja

Vegetarian take-away

- 📍 168-170 Upper Tooting Road SW17 7ER (corner Hebdon Rd)
- ☎ 020 8672 4523
- 🕒 M-Su 09.00-21.00, 365 days a year
- 📍 Tooting Bec, Tooting Broadway
- 🌐 poojasweets.com

Family owned Indian bakery with a wide selection of Asian savouries and sweets, most of them are gluten-free and some sugar-free also. Lebanese and Turkish sweets. Dry pulses and nuts sold by weight.

Breakfast, lunchtime meals, take-away only. Lunch thali from £3.50. They do next day delivery when ordered before 12.00 (excluding weekends).

They cater events and at festivals.

Holland & Barrett, Tooting

Health food shop

- 📍 3 Mitcham Road SW17 9PA
- ☎ 020 8767 8552
- 🕒 M-F 9.00-19.00, Sa 9.00-18.00, Su 11.00-17.00
- 📍 Tooting Broadway

Fridge and freezers.

Nutrition & Beauty Centre

Health food store

📍 246 Upper Tooting Road SW17 7EX
(at Broadwater Road)

☎ 020 8672 5417

🕒 M-Sa 9.00-18.00, Su closed

🚶 Tooting Broadway

👉 nutritionandbeauty.org.uk

Large range of wholefoods, gluten-free, and vegan. Chilled and frozen foods include tofu, Meridian spreads, vegan cheeses like Violife, Sheese and Tofutti.

Big range of herbal teas including Clipper Organic, Dragonfly, Health & Heather, Dr Stuart, Yogi, Pukka and Floradix.

Many supplements such as Viridian, Biocare, Pukka, Solgar. Protein powders including hemp, pea, rice and soya. Lots of other sports nutrition and supplements.

Lots of organic and vegan bodycare products by Green People, Weleda, Thursday Plantation, Faith in Nature. Hair dyes and henna.

Cleaning products include Ecover and Method.

Natural and herbal remedies, ayurvedic products, homeopathy, aromatherapy and essential oils. Diffusers and candles, some books.

Two qualified staff for all aspects of natural health and nutrition.

Wicked Vegan

Vegan fast food take-away

📍 14 Hildreth Street, Balham SW12 9RQ

☎

🕒 Tu-Sa 11.00-21.00, Su 11.00-18.00, M closed

🚶 Balham

👉 wickedvegan.uk
[instagram.com/wickedveganuk](https://www.instagram.com/wickedveganuk)

Opened May 2018, giving fried chicken and burgers a vegan makeover.

Burgers £8.50-£9.50 include deep fried jackfruit; black bean patty with baba ganoush, spinach, scallion, gherkins, cashew nuts; chickpea and barley with red onion tartar and shichimi mayo; cagrilled carrot and lentil with guacamole, roasted kale.

Baps and wraps £7-£7.50 such as grilled avocado, marinated beans, cream cheese, black beans; beer marinated aubergine with miso heritage carrots, deep fried sage, spinach and tomato; Fresh italian tomatoes with homemade basil pesto and Japanese pepper; blueberry BBQ marinated jackfruit.

Specials £5-£7.50 feature deep fried jackfruit wings with sauce; Machos with guacamole, black beans, cheese, jalapeño; loaded chips with pulled jackfruit, chipotle mayo, chilli; mac & cheese.

Skin on or sweet potato fries, coleslaw, rice crackers £3-£4. Sauces £1.

Raspberry and chocolate cake £3.50, flajpack £2.90.

Shakes and smoothies £4.50-£5.50. Teas £2.50.

As Nature Intended, Balham

Organic and health food shop

📍 186-188 Balham High Road, Balham SW12 9BP (south of Tooting)

☎ 020 8675 2923

🕒 M-F 9.00-20.00, Sa 9.00-19.00, Su 10.30-18.30

🚶 Balham

👉 asnatureintended.uk.com

This store is closed for redevelopment until late 2018.

95% organic store that aims to combine the variety of a supermarket (over 5,000 products) with the product range found in traditional health food shops. Not completely vegetarian but many veggie and vegan items, including Japanese and tofu-based foods and tempeh. Vegan and veggie wines are clearly labelled.

Many items are suitable for those with food allergies such as sugar-, gluten-, salt- or yeast-free. Bread and gluten-free muffins. Raw foods and superfoods. Fresh sandwiches and pies in fridge to take away. Raw vegan brownies, and plenty of chocolate. Freezer has veggie burgers and several vegan ice cream brands.

Herbal and homeopathic remedies, aromatherapy oils, beauty and skincare products including Tisserand, Jason, A'kin, Faith in Nature, Earth Friendly Baby. Inika and Lavera makeup. Vitamins and minerals.

There is a qualified nutritionist in the remedies section, and an experienced advisor with in-house training. Lots of information on recommended treatments for various conditions on their website.

Holland & Barrett, Balham

Health food shop

📍 190 Balham High Rd SW12 9BP

☎ 020 8675 1894

🕒 M-F 9.00-20.00, Sa 9.00-18.00, Su 11.00-17.00

🚶 Balham

Fridge and freezer.

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