



VEGAN WEST LONDON

1st edition

The complete insider guide to the best vegan food in London

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Vegetarian Guides





VEGFEST UK LONDON 2016 OCTOBER 22ND 23RD

LOVE
VEGAN

11AM-6PM
(SAT)
10AM-5PM
(SUN)

OLYMPIA
CENTRAL
LEVELS 1 & 3
(W14 8UX)

EAT & DRINK

230 STALLS
15 CATERERS
LICENCED BARS
SPECIAL OFFERS
FREE SAMPLES

INSPIRATION

CELEBRITIES
COOKERY DEMOS
LIVING RAW ZONE
MATURE ZONE
CINEMA

EDUCATION

ATHLETES STALL
ACTIVITIES

ALL
EXHIBITS
100%
VEGAN

ENTERTAINMENT

WEST LONDON

Sloane Zone

Bayswater & Notting Hill

Chiswick

Ealing

Hammersmith area

Harrow

Heathrow

Hounslow

Kilburn & Willesden

Kingsbury

Queens Park

Queensbury

Southall

Twickenham

Wembley

SLOANE

The area between Hyde Park and the river Thames, from Victoria and Knightsbridge in the east to Kensington and Fulham in the west, is posh London. There are stacks of fashion stores, embassies, multi-million pound apartments, Sloane Ranger “It” girls, the Royal Albert Hall, Science Museum, Victoria & Albert Museum, Natural History Museum (dinosaurs!), but in our last edition of Vegetarian London not a single meat-free restaurant.

How things change! In the last few years lots of vegan and vegetarian eateries have opened, especially raw food cafes such as Tanya’s, which is located on the ground floor of the boutique *my hotel*.

And now at last the area has a proper sit down big vegan restaurant that you can take

non-vegans too, Wulf & Lamb opened October 2017.

If you’re in Chelsea on a Saturday, don’t miss Rainforest Creations raw food salads and cakes. (Also in Hammersmith on Saturday.)

Top of the shops has to be the gigantic Whole Foods Market on Kensington High Street, followed by a new branch of Planet Organic in Fulham. For completely vegan shopping, head to GreenBay, which is in the Hammersmith chapter.

There are also stacks of upmarket ethnic restaurants in the area with vegan dishes, especially Lebanese, and chains such as Wagamama.



Wulf and Lamb

Vegan restaurant

📍 243 Pavilion Road, Chelsea SW1X 0BP

☎ 020 3948 5999

🕒 M-F 07.30-22.00, Sa 08.00-22.00, Su 09.00-21.00

🚶 Sloane Square

🌐 wulfandlamb.com
facebook.com/wulfandlamb
twitter.com/wulfandlamb
[Instagram @wulfandlamb](https://instagram.com/wulfandlamb)

Big new vegan restaurant with 70 seats inside and out, opened autumn 2017 near Sloane Square. Open long hours for breakfast, lunch, dinner, drinks and coffee. Fast casual, no reservations. Head chef Franco Casolin was formerly at Vanilla Black.

Start the day with breakfasts pastries, berry granola with coconut yogurt, or the full cooked English with potatoes, beans, lemon spinach and roasted tomato.

Main meals include chili non carne made with beans, mushrooms, cashew sour cream with spiced rice; ackee black bean burrito, spicy beanburger, salad bowls, wraps, sandwiches, mango noodle salad, seitan burger, or mac n'cheese.

Cakes by Ruby's such as triple chocolate cupcake or rose pistachio donut.

Tanya's raw food restaurant

Vegan raw restaurant and bar

📍 Ground floor at My Chelsea hotel, 35 Ixworth Place, Chelsea SW3 3QX

☎ 020 7225 7500

🕒 M-Su 07.00-23.00

🚶 South Kensington (7 mins walk), Sloane Square (12 mins), Victoria (taxi 10 mins). Metered parking.

🌐 tanyascafe.com
betterraw.com/tanyas-cafe
facebook.com/TanyasLiving
myhotels.com/chelsea

Tanya Maher's upmarket, raw food restaurant is in the recently renovated ground floor of a beautiful boutique hotel. It's almost all vegan, apart from bee products. Everything is free from gluten, wheat or refined sugar. Dine either in the conservatory, or in the central courtyard (but watch out for leather sofas), coffice using the plentiful power points, or grab from the fridge and go.

Cold pressed juices, raw chocolates and organic vegan wines all day.

Organic cold pressed smoothies and juices around £6.35 are made with lots of vegetables, fruits and berries, nut or seed milk. Hot drinks £2.90-£3.90. like coffee with almond or tigernut milk, or chai spice latte with almond butter and dates.

Living brunch till 3pm £6.90-£7.80 such as sprouted buckwheat grawnola with nuts, sunflower seeds, cinnamon dates and coconut yogurt; açai bowl; cinnamon chia; chilli avocado on gluten-free onion bread.

Salad bowls £9.90 come with a base of baobab shredded kale salad and Korean carrots, then add take an Asian, American or European theme with additional

ingredients such as sauerkraut, quinoa, creamy avocado and pesto courgetti, cauliflower popcorn in turmeric tahini, smoked pepper hummus, bbq spiced nuts, chimichurri spinach and mushroom, pickled beets in cashew soured cream, almond satay cauliflower popcorn, seaweed sesame slaw, pickled ginger beets in cashew cream, herbed nutty cheese and coconut bacon.

Living mains £9-£13.50 feature soup of the day with dehydrated onion bread, herbed almond and cashew ricotta lasagna with layers of sundried tomato marinara, walnut mushroom meat and basil pesto between sheets of courgette pasta; Thai green coconut cashew curry with marinated veggies, kelp noodles and kale saald; nori wrap with cauliflower rice, avocado, walnut mushroom meat, carrots with tamari and turmeric tahini dips.

Peek into a fridge full of desserts £2.50-£5.90 that might include raw chocolates, peanut butter cups, matcha squares, coconut slice, chocolate brownie, salted caramel slice, and cheezecakes such as strawberry, blueberry pie, keylime pie.

Snacks available all day include smoked pepper, sundried tomato and activated sunflower seed hummus with carrot crudités; bbq spiced activated nuts; cashew cheezy kale chips; coconut jerky. £4.50-£5.20.

Drinks served all day include superfood cocktails £10 such as Filthy Rick, a strong blend of hazelnut infused vodka, organic cacao, açai berry powder, fresh raspberries and maple syrup. Organic wines from £6.75 glass, £28 bottle. Czech organic lager £5.50.





Rainforest Creations Chelsea

Vegan raw food stall in market

📍 Chelsea Market, Duke of York Square, Kings Road SW3

☎ 07985 235 219 (M-F 9.00-17.00)

🕒 Sa only 9.00-15.00

📍 Sloane Square

🌐 rainforestcreations.co.uk

Range of raw, vegan food dishes such as sprouted chickpea hummus, sprouted mungbean salad and tropical coleslaw. Sweet treats include carob ginger sweets and raw chocolate cake. Big box of salad and savouries for £6, salad roti £5, cakes £3, sweets £1. See Spitalfields (East London) for more info, or their website.

In the market there is also a Caribbean lady selling vegan cakes, breads and chocolate.



JuiceBaby

Vegan raw cafe & juice bar

📍 398 Kings Road SW10 0LJ (near Milman's Street)

☎ 020 7351 2230

🕒 M-Sa 08.00-19.00, Su 9.00-19.00

📍 Fulham Broadway

🌐 juicebaby.co.uk
facebook.com/juicebabyuk

Juice bar and cafe towards the Fulham end of Kings Road, near Triyoga and next door to Chelsea Health Store. It's great for healthy breakfasts, raw lunches and desserts. All vegan and mostly gluten-free.

Cold-pressed juices and nut milks £4.25 qtr litre, £6.95 half-litre. Smoothies £6.25 half-litre.

Breakfasts £5.50 like millet porridge, avo chilli toast, nut butter and chia jam sandwich. Açaí bowls around £8.

Lunch choices £5.95-£9.75 include tomato or green gazpacho, soup of the day with multi-seed spelt bread, kale salad, taco bowl, dragon veg bowl with steamed quinoa, glow bowl with sweet potato and herby quinoa, winter tahini bowl, super greens salad, sandwiches such as red pepper hummus or spicy sunflower spread with salad.

Lots of raw snacks and desserts £3.75-£5.75 include lemon blueberry cheesecake, pumpkin pie, Brazil nut brownies, chocolate krispies, goji 5-seed bars, sticky toffee balls, almond and coconut cookies, cacao macaroons, superfood truffles.

Teas, organic coffees, latte, iced latte, matcha latte, hot choc £1.75-£3.60.

King's Road Pride Kitchen

Organic vegan and raw cafe

📍 in Triyoga Centre, 372 King's Rd SW3 5UZ

☎ 07427 670655 cafe

020 3362 3366 centre

🕒 M-F 08.00-20.00, Sa 08.30-18.30, Su 08.30-19.00

📍 Fulham Broadway, Gloucester Rd, Sloane Square (all 20mins walk)

🌐 pride.kitchen
facebook.com/kingsroadpride

Originally called BeLive, but since March 2017 run by Pride Kitchen who are also in Neal's Yard, Covent Garden. Vegan cafe on the way into a big but tranquil yoga centre towards the Fulham end of Kings Road, on the first floor away from the street, with a yoga shop, books on yoga and mindfulness, beauty products and gifts.

Smoothies and juices £4.50-£6.

Light meals include raw sweetcorn tacos £3.75; raw green salad £5; mini pizza £3.75 with cashew, flaxseeds, veggies, sundried tomato, olives, herbs and black pepper; butternut squash and lentil soup £4.50, large £5.50; raw green bread £3.75 with almonds, pumpkin seeds, flaxseeds, veggies, spirulina, cashew nut cheese, sundried tomato, basil, olives.

Tea £2.50 take-away, pot £2.95, coffees and hot choc £1.80-£2.85, hot turmeric and spices golden coconut milk £3.50.

Treats 80p-£3.50 like flaxseed crackers, nori triangles with beetroot and cashew nut paté, coconut cookies, kale crisps, buckwheat granola.

CPress, Fulham Road

99% vegan juice and salad cafe

- ☛ 285 Fulham Rd SW10 9PZ (between Beaufort St & Elm Park Gardens)
- ☎ 020 7352 7568
- 🕒 M-Sa 07.00-22.00, Su/BH 08.00-20.00
- 📍 South Kensington, Gloucester Road
- 🌐 cpressjuice.com

Of the new raw juice and salad dens around Chelsea, this is the only one certified organic by the Soil Association. Raw, cold-pressed, mixed vegetable and fruit juices with big clear labels listing ingredients, 300ml £4.95, 490ml £6.50-£8.50.

Salads £6.50 take-away, £7.80 eat in, are all raw except for things like quinoa. Try Five Seasons with sweet potato and quinoa falafel, marinated avocado, veggies, quinoa, pumpkin and chia seeds, lime juice, marinated celeriac with cashew. Chia pots £3.75 (£4.50).

Desserts such as banoffee pie, or key lime pie £4.50 (£5.40) with a buckwheat, walnut sunflower and dates base and a filling made from almond milk, coconut oil, cashews, avocado, lime, agave and vanilla. Energy balls £1.95. Kale chips, activated nuts.

Teas, coffees, drip coffee, ice coffee, latte with almond milk £2.30-£3.90.

Raw Press Chelsea

Cold-pressed juice cafe

- ☛ 3 Ellis Street SW1X 9AL (off Sloane St)
- ☎ 020 7730 4347
- 🕒 M-F 08.00-17.00, Sa 9.00-18.00, Su 9.00-17.00
- 📍 Sloane Square
- 🌐 rawpress.co
- 📘 facebook.com/rawpressco

New juice, healthy breakfasts and salad cafe just north of Sloane Square.

Breakfast bowls till 11am £4.50-£9 include almond milk porridge with blueberries, frozen coconut yogurt with toppings, Bircher muesli, chia pot, granola, açai bowl, fruit salad, or fill your own from the bar with grains, yogurts, fruit, nut butters and "superfoods". Also toast with avocado, jams, hummus and nut butters, and waffles.

Lunches £6.60-£12.60 feature soup of the day, nacho platter, small and regular salads served with or without daily hot options.

Desserts and treats £2-£4 such as energy balls, and raw brownies made with walnuts, dates, coconut oil, cacao, rice malt syrup, almond butter, maca and lucuma.

Cold pressed raw organic juices and nut milks £5.50 250ml, £7.50 half litre.

Coffee, iced coffee, iced matcha latte £3-£4.

Also in Dover Street, Mayfair.

Amaya

Omnivorous Indian grill restaurant

- ☛ 15 Halkin Arcade, 19 Motcomb Street, Knightsbridge SW1X 8JT
- ☎ 020 7823 1166
- 🕒 M-Sa 12.30-14.15, 18.30-23.30, Su 12.45-14.45, 18.30-22.00
- 📍 Knightsbridge
- 🌐 amaya.biz

Sister restaurant to the well-known Chutney Mary and Veeraswamy, this is an unusual and very upmarket Indian with grilled vegetarian dishes, so without all the ghee in other Indian restaurants. Vegan options come in tasting portions, 6-8 being the equivalent of a two course meal, with dishes such as green mango and raw papaya salad, corn kebab, sweet potato chaat, stuffed peppers, spinach fig tikki, spiced vegetables, veg biryani, grilled mango and dhal. The menu changes frequently so is not on the website. Desserts contain no added sugar. Average à la carte price £60-£70 per head for a three course meal including wine and service for dinner, and £35 for lunch.

Set lunch options include a platter with 6 tasting portions for £19.50 Mon-Sun or a 3 course business lunch Mon-Sat £29.

Large glass of wine from £6.25, bottle £25, fine wines from £50.50. Champagne and sparkling wine from £7.50 glass, £34 bottle. Champagne and sparkling wine cocktails £14. Lots of spirits from £7.50. Teas, herbal infusions and coffee £3.50.

Dress code smart casual. Children welcome at lunch, but under 3's not at dinner, aged 3-10 ok until 8pm, seated no later than 6.30pm. Wheelchair accessible. Private room for up to 14 people.





Bubbleology, Harvey Nichols

Bubble tea cafe

- 5th Floor, Harvey Nichols, 109-125 Knightsbridge SW1X 7RJ
- ☎ 020 7235 5000
- 🕒 M-Sa 10.00-20.00, Su 12.00-18.00
- 🚶 Knightsbridge

- 23 Cromwell Place, South Kensington SW7 2LD
- ☎ 020 7584 1171
- 🕒 Su-Th 11.00-22.00, F-Sa 11.00-23.00
- 🚶 Knightsbridge
- 📌 bubbleology.co.uk

See Soho branch.



Comptoir Libanais

Omnivorous Lebanese cafe-deli

- 1-5 Exhibition Road, South Kensington SW7 2HE
- ☎ 020 7225 5006
- 🕒 M-Sa 08.00-24.00, Su 11.30-18.00
- 🚶 South Kensington
- 📌 lecomptoir.co.uk
facebook.com/lecomptoirlibanais

All day cafe and deli serving Beirut street food next to the tube station. Vegetarian dishes are labelled and many are vegan.

Cold and hot mezze starters £3.85-£5.80 eat in including dips (hummus, labneh), salads, falafel. Dips or mezze platter £7.95.

Main course falafel wrap £6.75, salads from £7.45, aubergine tagine £7.95.

Home-made lemonades £3.25-3.95 such

as pomegranate and orange blossom, lemon and lime, or apple, mint and ginger. Teas and coffees £1.50-2.45. Wine from £3.95 medium glass, £13.95 bottle.

Children's menu £4.75 includes lemondade £4.75.

Take-away slightly cheaper. Outside seating in the new pedestrianised area around South Ken tube.

coconut mousse £3.80.

Freshly pressed juice £2.80. Oriental beer from £2.80. Hot sake, Japanese fruit liqueur (ume shu/yuzu shu). Wine from £3.60 large glass, £14.50 for a bottle.

Takeaway menu available.

No cheques. 30p charge for cards under £10. Optional 10% service charge for groups of 5+.

Also in Bloomsbury, Blackfriars, Ealing, Putney.

Hare & Tortoise, Kensington

Omnivorous Japanese restaurant

- 373 High St, Kensington W14 8QZ (between Warwick Gardens & Warwick Rd, near Olympia)
- ☎ 020 760 8887
- 🕒 Su-Th 12.00-23.00, F-Sa 12.00-23.30
- 🚶 Olympia
- 📌 hareandtortoise.co.uk

Huge portions and low prices. Mostly sushi, maki, noodle and ramen dishes with several vegetarian options. plus tempura and salads. No dishes are labelled as vegan, but many of the vegetarian options are in fact vegan or can be made so by changing the type of noodles.

Starters £2.60-£4.50 include vegetarian duck rolls £4, spring rolls £3.30, tofu salad £4.50. Mains from £5.80 such as chow mein £5.80, tofu and vegetable ramen £5.80. Maki £3-£4.60 for six such as avocado and asparagus. Sushi box with 14 pieces £6.90.

Desserts - 'summer special menu' mostly ice cream (in chestnut, green tea and black sesame flavour) £3.80. Mango sorbet in



Jakob's

Mediterranean omnivorous restaurant

📍 20 Gloucester Rd SW7 4RB (between Cromwell Rd and Kensington Rd)

☎ 020 7581 9292

🕒 M-Su 08.00-23.00

🚶 Gloucester Road

A selection of most vegetarian Persian, Armenian and Mediterranean dishes, around 65-70% organic.

Choose your food at the counter from 25 salads, 3 choices on a small plate £8, 6 choices large £11.50.

Organic home-made cakes and toast for breakfast.

Desserts around £3 include fruit salad and dairy-free cakes, some without eggs.

Organic wine and beer. Wine from £13 bottle, £3.50 glass. Children welcome, high chair. Pay and display parking, free after 18.30. Outside catering.

Mango Tree

Omnivorous Thai restaurant

📍 46 Grosvenor Place, Belgravia SW1X 7EQ (behind Buckingham Palace)

☎ 020 7823 1888

🕒 M-W 12.00-15.00, 18.00-23.00, Th-Sa 12.00-15.00, 18.00-23.30, Su 12.00-22.30

🚶 Victoria, Hyde Park Corner

👉 mangotree.org.uk/menus

Separate vegetarian menu where all the starters and stir-fries are vegan. Dishes include Thai green curry with tofu and aubergine, stir-fried rice noodles, papaya salad and deep fried tofu with spicy vegetables. (##see photo of menu for details)

They have some vegan desserts £5.50-£10 including honey mango (a type of mango, not honey and mango!) with coconut milk and sticky rice, fresh Thai mango, sorbets (including lavender rose, chilli lemongrass and mango, and seasonal exotic fruit platter with mango sauce).

There is a separate bar and comfy seating area (##see photo) where you could have a drink before/after a meal.

Wine from £6.85 large glass, £28 bottle, fine wines from £39. Non-alcoholic cocktails from £6, alcoholic £8.50-£10 (see photo##). Tiger beer £4.75. Fresh juice from £4.50, soft drinks from £2.80.

Thai Nights every third Wednesday of the month with cultural dances, cooking demos, fruit carving and dishes from the four regions of Thailand'

High chairs. Cloakroom. Some long tables suitable for large groups. 12.5% discretionary service charge. Visa, MC,

Amex. Also a branch in the Harrods Food Hall.

Maroush Bakehouse

Omnivorous Lebanese restaurant

📍 131 Earls Court Road SW5 9RQ

☎ 020 7370 4324

🕒 M-Sa 07.00-23.00, Su 08.00-23.00

🚶 Earls Court

👉 maroushbakehouse.com

Lebanese and Mediterranean food to eat in or take away. Same owners as Randa in Kensington and similar dishes. Lots of vegetarian options labeled on the menu and many vegan options.

10 of the mezza starters £4.50-£5.50 are vegan such as hummus, falafel, tabbouleh, baba ghanoush. Lentil soup and two salads, all £5, are also vegan. The only veggie/vegan main is moussaka £11.50. Five of the sandwiches £3.50-£4.50, made with freshly baked Lebanese bread, are vegetarian, 3 of those vegan.

Desserts £4 include baklava and Lebanese rice pudding (vegan).

Coffee and tea £1.30-£2.20. Soft drinks, fresh juice £2.50. No alcohol.

Children's menu, high chairs. Breads (vegan) and pastries (not) to take away. Gluten-free options. No service charge. Visa, MC, Amex.



Maroush 2

Omnivorous Lebanese restaurant

📍 38 Beauchamp Place, Knightsbridge
SW3 1NQ

☎ 020

🕒 Su-W 12.00-03.00, Th-Sa 12.00-04.30

🚶 Knightsbridge

🌐 maroush.com

Very similar to Randa. Maroush II really gets going after 10pm, especially at weekends with post-clubbers. Vegetarian items are marked. Soup, salads and mezze £5.50-6.25. Aubergine, okra or green beans stew with vermicelli rice £14. Juices £3. Wine £4.75 glass, £19 bottle.

Organic Café

Omnivorous English and Thai Cafe

📍 The Auction Rooms, 71 Lots Road,
Chelsea SW10 0RN

☎ 020 7351 7771

🕒 Su only 12.00-17.00

🚶 Fulham Broadway

🌐 lotsroad.com

facebook.com/lotsroad.auctions

Cafe with mostly vegetarian food (apart from some sandwiches) at the back of an auction room, offering a very different Sunday out. It's inside the auction rooms where antiques are being sold, and it cannot be seen from the street. English and Thai dishes prepared by the vegan Thai proprietor Vip. Most food is wheat free.

Organic sandwiches £2.80, soups, salads, Thai rice and veg curry. Organic teas, coffee and alternatives and flapjacks.

Children welcome. No credit cards. See website for a calendar of what's coming up. Viewing Sa 10.00-17.00, Su from 10.00, W 18.00-20.00, Th 9.00-18.00, F 10.00-17.00.

Le Pain Quotidien

Omnivorous Belgian cafe and bakery

📍 9 Young St, Kensington W8 5EH
(next to Whole Foods Market)

☎ 020 7486 6154

🕒 M-F 07.30-19.00, Sa-Su/BH 08.00-19.00

🚶 High Street Kensington

🌐 lepainquotidien.com

Evening menu from 5pm. Bookings any time.

📍 201-203 Kings Rd, Chelsea SW3 5ED (corner Oakley St, opposite fire station)

☎ 020 7486 6154

🕒 M-F 07.00-22.00, Sa 08.00-22.00, Su/BH 08.00-19.00

🚶 South Kensington, Sloane Square

Evening menu from 5pm. No bookings Sa-Su 10.00-18.00.

📍 15-17 Exhibition Road, South Kensington SW7 2HE

☎ 020 7486 6154

🕒 M-F 07.00-22.00, Sa 08.00-22.00, Su/BH 08.00-20.00

🚶 South Kensington, Gloucester Road

Evening menu from 5pm. No bookings M-Sa 9.00-17.00 or on Su.

📍 70 Parsons Green Lane, Parsons Green SW6 4HU

☎ 020 7486 6154

🕒 M-F 07.00-22.00, Sa 08.00-22.00, Su/BH 08.00-19.00

🚶 Parsons Green

Evening menu from 5pm. No booking Sa-Su.

📍 128 Wilton Rd, Victoria SW1V 1JZ

☎ 020 7486 6154

🕒 M-F 07.00-22.00, Sa 08.00-22.00, Su/BH 08.00-22.00

🚶 Victoria

Evening menu from 5pm. No bookings Sa-Su 9.30-17.00.

Menus vary slightly from one restaurant to another, but there are always several clearly labelled vegan options and staff are happy to adapt veggie dishes to make them vegan.

Breads are all organic and vegan. Veggie dishes include open sandwiches (tartines), platters, soup, hot dishes, side dishes and (after 5pm) evening meals. Vegan dishes include an open sandwich £7.25 with avocado, white beans, lemon hummus and toasted seeds; quinoa salad £9.50; meze platter £11.40; and side dishes £2.95-3.75 such as hummus, guacamole, babaganoush, olives and mixed leaf salad.

Breakfast served till 12.30pm weekdays and 3pm weekends but disappointingly the only vegan options are a fruit salad or bowl of berries.

Best of all are the organic vegan blueberry muffins £2.75. The only other vegan dessert is fruit salad.

Organic wines, bottled beer and cider. Free wifi in all branches.



Randa

Omnivorous Lebanese restaurant

- 📍 23 Kensington Church Street, Kensington W8 4LF
- ☎ 020 7937 5363
- 🕒 M-Su 12.00-24.00 (last orders 23.30)
- 🚶 High Street Kensington
- 🌐 maroush.com/randa-restaurant

Many vegetarian hot and cold mezze starter dishes £5-7 such as such as hummus, baba ganoush, tabouleh and moussaka, plus soups, savoury pastries and salads. Main courses £14 include aubergine, okra or green beans stew with vermicelli rice.

For dessert £4 vegans are probably limited to the fresh fruit platter.

Lots of wines, champagne, liqueurs and spirits. House wine £5 glass, from £19 bottle. Fresh juices £3.50.

Wagamama

Omnivorous Japanese restaurant

- 📍 Victoria branch: Roof Garden Level, Cardinal Place (off Victoria Street) SW1E 5JE
- ☎ 020 7828 0561
- 🕒 M-Sa 11.00-22.00, Su 11.30-20.00
- 🚶 Victoria
- 🌐 wagamama.com

Lifts and disabled toilet

- 📍 Lower Ground Floor, Harvey Nichols, 109-125 Knightsbridge SW1X 7RJ
- ☎ 020 7201 8000
- 🕒 M-W 11.00-22.00, Th-Sa 11.00-23.00, Su 12.00-22.00
- 🚶 Knightsbridge
- 📍 26 High Street Kensington W8 4PF
- ☎ 020 7376 1717
- 🕒 M-Sa 12.00-23.00, Su 11.00-22.00
- 🚶 High Street Kensington

This branch also serves sushi.

- 📍 180-182 Earls Court Road SW5 9QG
- ☎ 020 7373 9660
- 🕒 M-Sa 11.00-23.00, Su 11.00-22.00
- 🚶 Earls Court

They also do deliveries Mon-Fri 18.00-22.99, Sat-Sun 12.00-22.00, call 020-7871 4670. Good disabled access.

Omnivorous fast food Japanese noodle restaurant with over nine veggie and vegan dishes. Starters about £4, mains around £8 and desserts around £4.

Several vegan dishes, including sushi,

noodles, salads and noodle soups. Some dishes available as a vegetarian option.

Fresh juices, tea, coffee, soft drinks, beer, sake and plum wine. Selection of wines (from £4 a glass and £14 a bottle)

Kids menu with 2 possibly vegan options.

All the desserts contain dairy except for natural fruit ice lollies.

Health Craze

Health food shop & take-away

- 📍 24 Old Brompton Road, South Kensington SW7 3DL (opposite tube)
- ☎ 020 7589-5870
- 🕒 M-F 9.30-22.00, Sa 10.00-20.00, Su 12.00-20.00
- 🚶 South Kensington

Lots of organic wholefoods including nuts and snack bars like Trek and Nakd. Fridge with Taifun tofu and vegan burgers; coconut and soya yogurt; Tofutti, Sheese and Cheezly vegan cheese. Non-dairy milks. Biona vacuum packed rye bread.

Some bodycare such as Faith in Nature, Weleda, Sukin. Ecover cleaning. Huge range of supplements, homeopathic and herbal remedies.

The owner is a pharmacist so can offer advice about health problems and using natural remedies.

Health Foods

Health food shop & take away

- 📍 767 Fulham Road, London SW6 5HA
- ☎ 020 7736 8848
- 🕒 M-Sa 9.00-18.00, Su closed
- 🚶 Parsons Green

Health foods since 1966 with take-away snacks, some vegan. Vegetarian (but not vegan) sandwiches and meals such as couscous with lentils.

Gluten-free and yeast-free and organic breads from different bakers. Freezer section with vegan ice-cream.

Cruelty free toiletries like Dead Sea Magik. Big mother and baby section. Ecover and Biogreen cleaning products. A few books.

Lots of vitamins including A Vogel, Lambert's, Solaray, Nature's Own, Biocare, Nature's Gold. Homeopathy, Tisserand aromatherapy.

They have always been big on helping people to help themselves with natural healing and lifestyle. Top homeopathic practitioner available by appointment, also reflexologist, colour healing, kinesiologist/nutritionist. Centre for self-development, with courses for the giving and teaching of spiritual healing and counselling.

10% discount to senior citizens Thursday and Friday, and for everyone every day 9-10a.m.



St James Health & Beauty

Beauty and vitamin shop

- 📍 11-13 Strutton Ground, off Victoria Street, Victoria SW1P 2HY
- ☎ 020 7222 8442 / 5902
- 🕒 M-W 10.00-19.00, Th-F 10.00-20.00, Sa 10.00-17.00, Su closed
- 📍 St James's Park
- 🌐 stjamesbeauty.co.uk

Formerly Greens health food shop, now transformed into a salon that also sells vegetarian and vegan supplements, homeopathic, naturopathic remedies, bodycare such as Dr Hauschka, Jason and Weleda. Onsite doctor of naturopathy for free onsite advice. Treatments include massage, beauty, aromatherapy, all male and female waxing, facials."



Lush

Cruelty-free cosmetics

- 📍 Victoria Rail Station,, by base of escalators and platforms 15-19, Unit 42B, Lower Concourse, 115 Buckingham Palace Road SW1V 9SJ
- ☎ 020 7630 9927
- 🕒 M-Th 8.00-20.00, F 08.00-21.00, Sa 10.00-19.00, Su 12.00-19.00
- 📍 Victoria
- 📍 123 Kings Road, SW3 4PL (opposite Burnsall Street)
- ☎ 020 7376 8348, Spa 020 7349 9648
- 🕒 M-Sa 10.00-19.00, Su 11.00-18.00
- 📍 Sloane Square
- 🌐 lush.co.uk



Hand-made cosmetics, most of them vegan, see Soho for details. The Kings Road branch also offers treatments.

Whole Foods Market Kensington

Omnivorous wholefood supermarket

- 📍 in the old Barkers Dept Store, 63-97 High Street Kensington W8 5SE
- ☎ 020 7368 6100
- 🕒 M-Sa 08.00-22.00, Su browsing from 10.00, sales 12.00-20.00
- 📍 Kensington High Street
- 🌐 wholefoods.com

Opened 2007, this first UK branch of the US chain is ten times the size of any other UK wholefood store at 75,000 square feet. There is a staggering range of healthy foods and a vast cafe area (though with a lot of animal products), including a salad bar.

The ground floor Provision Hall has a bakery, olives, take-away, flowers and 28 checkouts. The bakery makes artisan breads and has biscuits, tarts, muffins, cookies, pies, cakes and pastries. Look out for vegan sushi £3.75 in the chiller by the take-away section, and Cat and the Cream vegan cupcakes and vegan chocolate cake.

Upstairs are several cafes around the sides, but compared to when they opened, it's gotten incredibly meaty, for example the sushi restaurant has only one vegan option. The raw food vegan restaurant Saf has closed. Wok Street does a veg tofu bowl with rice or noofles £ 6.50. But there is something excellent in the middle, an impressive self-serve salad bar, £1.59 per 100gr take-away; £1.91 eat in. Dishes are clearly labelled with all ingredients, and might include on one day all of these:

squash with cranberries, Szechuan lentil salad, green beans with peas, quinoa and corn, rosemary potatoes, mixed fruit, roasted spicy cauliflower, Lebanese freekeh salad, beetroot vinaigrette, ratatouille, Mediterranean veg salad, quinoa with kidney beans, quinoa with chickpeas and sundried tomato, lemon and mustard quinoa with azuki beans and peas. Most have a dressing such as olive oil, lemon juice, salt and black pepper, and maybe herbs.

The basement Market Hall has a vast range of organic fruit, veg and herbs, much of it delivered from small local producers or sourced in London markets. Very popular is the great value huge array of basic wholefoods that you weigh and pack yourself. The fridges and freezers are packed with a zillion kinds of tofu, meat substitutes, soya yoghurts and vegan ice cream. The chocolate counter is dazzling. Bodycare by Faith in Nature, Dr Hauschka, Weleda, makeup by Lavera and UNE. Cleaning products. Vegan cookbooks, health and lifestyle. Eco-clothing. Huge range of supplements.

Also treatment and community rooms.

Whole Foods Market, Fulham

Omnivorous wholefood supermarket, cafe and juice bar

📍 2-6 Fulham Broadway SW5 1AA

☎ 020-7386 4350

🕒 M-F 08.00-22.00 (coffee bar opens at 07.30), Sa 08.00-22.00, Su 11.00-17.00 (coffee bar opens at 10.00)

📍 Fulham Broadway

🌐 wholefoods.com

#To sub: Opened 2013. Situated on 2 floors with Health and Body care, seating area with tables in the middle and tables and stools by the windows. Also “the living room” a community space to learn, think and do, you can book this space, projector and catering can be arranged, free wifi, and an Amazon pick up point, all on the top floor.

Downstairs:

Fridge: Sheese, Follow Your Heart cheese, sauces and veganaise, Violife, Nush, Coyo, The Coconut Collaborative, Isola Bio, Soyatoo (soya whipped cream), Chia Pods, Soyade, Provamel, Alpro, Rude health, Rhythm coconut mango kefir, Tideford basil pesto and Temptation hemp pesto, Biona, Florentin falafels, Tofurky, The White Rabbit Pizza Co “viva la vegan” pizza company, own brand Mushroom gravy. Potted olives and antipasti or pick and mix for £1.99 per 100 grams.

Take away: Laura’s Idea, Pollen and Grace such as vitality box with kelp noodle and miso; abundance box with beetroot quinoa and tahini, Tideford soups, own brand soups, San Amvrosia and seaweed salad.

Counter selection of cold and hot food, cold box eat in £1.79, take away £1.49, hot £1.91

all per 100 grams. Lettuce, beans, chickpea, pickled beetroot, pickled cucumber, broccoli, sautéed mushroom, broccoli, asian quinoa salad, noodle salad, tofu, superfood salad, spinach and kale falafel, seaweed and original hummus, stuffed vine leaves, kalamata olives, Brussels sprout with hazelnut, green beans with crispy shallots, veggie stir fry, broccoli sesame and chilli, roasted aubergine, butternut squash with cranberry.

On a different counter: Burritos, tostadas and torta £5.95-6.95 rice choose from brown, coriander and white, soya mince, pinto and black beans, pepper and onion, guacamole, salsa, jalapeño, coriander, lettuce and lime juice. Extra topping 50p.

Great selection of vegan Italian, French and world white and red wine. New in is the vegan almond Bayles.

Ice cream Booja-Booja, Frill, Lilly & Hannah, The Coconut Collaborative chocolate dip snowconut sticks, Coyo, Dream, Frill, Nobo’ made with avocado and coconut.

Coffee £2-3.50. Tea £1.50-2. Big selection of Rude Health milk.

Loose nuts, seeds, berries, cereals, pulses, grain sold by weight.

Natures Charm coconut whipping cream and evaporated coconut milk.

Superfood section includes, hemp powder, raw cacao butter, cacao nibs, goji berry powder, acai berry powder, chlorella powder, sprouted quinoa, blueberry power snacks, golden berries.

Macrobiotic section. Herbs and spice section. Baby and kids food section. Huge selection of chocolate and snack bar.

Tea such as Pukka, Taylors, Teapigs, Clearspring, Clipper, Higher Living, Yogi, Dr Stuart, Dragonfly, Celestial etc. Coffee Union, Grumpy Mule and Allegro.

Cleaning products: Method, Ecover, Attitude, Ecozone, recycled kitchen scourer pads, E-cloth, room dehumidifier.

Health and body care has a great and airy space with many supplements including Viridian, Terranova, Biocare, Pukka, Solgar, Vogel, Bach flower remedies and many protein powder.

Antipodes, Neils Yard, Trilogy, Pai, Mio, Dr Hauschka, Ren, Green People, Avalon, Faith in Nature, Jason, Dr Bronner, Sukin, Absolutly Aroma essential oils and incense sticks. Dr Hauschka, Benecos and Lavera make up and Pacifica nail varnish.

Babys and kids product section.

Yoga accessories.

They have a big sink where you can try some of their products.

Communal board. Highchairs

North End Road Market

Street market

📍 South end of North End Road below Lillie Road, Fulham

🕒 M-Sa 07.00-17.00, Thu 07.00-13.00, Su 11.00-17.00

📍 Fulham Broadway

Lots of fruit and veg stalls along the side of the road which is not pedestrianised, though the traffic can move slowly towards the Fulham Broadway roundabout.

Queens Health Shop

Health food shop

📍 64 Gloucester Road SW7 4QT

☎ 020 7584-4815

🕒 M-Sa 9.30-18.30, Su 12.00-16.00

📍 Gloucester Road

Organic ranges and pre-packed veggie/vegan food to take away such as muesli, flapjacks and chocolate, but no fresh food available.

Large selection of vitamins, skin and body care. Ecover cleaning products.

Revital, Chelsea

Wholefood shop

📍 83 King’s Road, Chelsea SW3 4NX (opposite Markham Street)

☎ 020 7351 6593

🕒 M-F 9.30-19.00, Sa 9.30-18.00, Su 11.00-16.00

📍 Sloane Square

🌐 revital.co.uk

Lots of organic food, a wide range of toiletries and cruelty-free cosmetics. They have a take-away section with pies, sos rolls, cutlets, salads and burgers, some of which are vegan.

Bodycare including Dr Hauschka, cleaning products, vitamins and minerals, lots of sports nutrition, herbal and homeopathy, aromatherapy. Healthnotes touch-screen information kiosk which you can browse and ask them to print out any pages.

Revital Health Place, Victoria

Health food shop

- ➡ 3a The Colonnades, 123/151 Buckingham Palace Rd, Victoria SW1W 9SH
(entrance on Belgrave Rd, behind Victoria train station at entrance to Megabus & Green Line)
- ☎ 020 7976-6615
- 🕒 M-F 9.00-19.00, Sa 9.00-18.00, Su closed
- 📍 Victoria
revital.co.uk

A great place to stock up before a coach or train journey. Fresh food counter, some vegan and gluten-free, such as pasties, date slice. Fridge with sprouts, hummus, lots of tofu, vegan cheeses, soya yogurts, coconut water and cold drinks. Freezer with vegan Booja Booja, Amy's, Swedish Glace, Fry's, Linda McCartney, Clive's pies, vegan gluten-free pizzas.

Gluten and dairy-free ranges including bread, organic and vegan foods, organic chocolates, carob bars, sugar-free sweets, raw snacks. Macrobiotic foods, lots of sea vegetables. Huge range of teas.

Organic bodycare including Dr Hauschka, Pukka, Aubrey, Natracare, Weleda Baby. Aromatherapy.

Food and herbal supplements. Sports nutrition. Trained staff can advise on products and you can book a free consultation with their qualified nutritionist. Lots of books. Healthnotes touch-screen information kiosk. Ecover and other cleaning products.

Holland & Barrett, Victoria

Health food shop

- ➡ Unit 15, Victoria Place Shopping Ctr, Buckingham Palace Rd
- ☎ 020 7828-5480
- 🕒 M-F 07.00-20.00, Sa 9.00-19.00, Su 10.00-18.00
- 📍 Victoria

Health food store at the back of Victoria rail station upstairs in the shopping centre where you can stock up on the way to the National Express and Eurolines coach station. There is a Sainsbury's supermarket opposite.

- ➡ 73 Kings Rd, Chelsea SW3 4NX
- ☎ 020 7352 4130
- 🕒 M-Sa 9.00-19.30, Su 11.00-18.30
- 📍 Sloane Square

As well as the usual foods, this store also offers monthly allergy testing, call ahead. No take-away.

- ➡ 192 Earls Court Rd, SW5 9QF020
- ☎ 020 7370 6868
- 🕒 M-F 9.00-19.00, Sa 9.00-17.00, Su 11.00-17.00
- 📍 Earls Court

Lots of veggie snacks and fridge with sos rolls.

- ➡ 220 Fulham Rd, SW10 9NB
- ☎ 020 7352 9939
- 🕒 M-F 9.00-18.00, Sa 9.00-17.30, Su 11.00-17.00

No take-away.

- ➡ 2-10 Jerdan Place, Fulham SW6 1BW
- ☎ 020 7386 5568
- 🕒 M-Sa 9.00-18.30, Su 11.00-17.00
- 📍 Fulham Broadway

Fridge and freezer but no take-away.

- ➡ 167 Kensington High St W8 6NA
- ☎ 020 7603 2751
- 🕒 M-F 9.00-19.00, Sat 10.00-19.00, Sun 11.00-18.00
- 📍 High Street Kensington

Handy for the park, a small store with fridge with drinks, take-away pasties, yogurt, tofu.

- ➡ 94a Brompton Road, Knightsbridge SW3 1ER
- ☎ 020 7581 3324
- 🕒 M-Sa 9.00-20.00, Su 12.00-18.00
- 📍 Knightsbridge

Freezer and fridge with pasties and sosage rolls.

- ➡ 10 Warwick Way, Pimlico SW1V 1QT
- ☎ 020 7834 4796
- 🕒 M-Sa 9.00-18.30, Su 11.00-17.00
- 📍 Victoria, Pimlico

Take-away sos rolls and pasties. Wide range of supplements.



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