

**Vegetarian Britain 4th edition**  
part 3:

# **EAST**

## **of England**

**Beds, Bucks, Cambs, Essex, Herts,  
Leics, Norfolk, Northants, Suffolk**

**300 places to eat, sleep and shop veggie**

**Edited by Alex Bourke**

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**Vegetarian Guides**

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## West Lodge

Large Victorian house set in a mature enclosed garden. Newly landscaped sub-tropical garden with meditation and smoking decks. Set behind electric gates for added privacy and security. Small conference facilities, holistic weekend breaks and retreats including life coaching, garden design and feng shui astrology. There is a very private yet light airy and contemporary feel to West-Lodge, which makes it ideal for business or pleasure. Built in 1890 it retains much of its original charm and character.

Price per room: 1 kingsize double with 5-piece bathroom £95; 2 doubles ensuite £75; wing with 1 double/twin, 1 twin and shared bathroom £125 the lot, ideal for family or group of friends. Single person £20 off double room price. Room 3 has a sofa bed for a third person £25 extra.

Breakfast includes fruit juice, cereals, seasonal fruit, white or wholemeal bread, preserves. Cooked options mostly contain egg or cheese but also mushrooms, grilled peppered tomatoes, beans, saute sweet peppers, filled pancake, bagels. Vegan margarine, muesli, soya milk and yoghurt available. Food is organic, Fairtrade and locally sourced where possible. Most dietary requirements can be catered for. Breakfast in room if ordered evening before.

At the moment evening meals are only available with prior arrangement and cost an average of £25 per head for 3 courses accompanied by a glass of wine. Evening trays £5-6.50 such as home-made soup with bread and fruit plus a pot of tea or coffee or a mug of hot chocolate.

Rooms have tv, dvd player, wifi, hot and cold refreshments. Ironing facilities, hairdryer. Books, games and dvd's available.

## Norwich

### Vegetarian Guesthouse

24 Fakenham Rd  
Drayton  
**Norwich**  
Norfolk NR8 6PR  
(NW side of Norwich)

Tel: 01603-861191

[www.vegetarian-bedandbreakfast-norwich.co.uk](http://www.vegetarian-bedandbreakfast-norwich.co.uk)  
[info@vegetarian-bedandbreakfast-norwich.co.uk](mailto:info@vegetarian-bedandbreakfast-norwich.co.uk)

Train station: Norwich 4 miles, bus or taxi

Open: all year

Directions: 100 miles north-east of London. Good rail links and dual carriageway or motorway almost all the way. From A11 or A47 clockwise around the outer ring road, turn left onto the A1067 Fakenham road. Drayton is about 3 miles from this point. Stansted (1.5 hours drive) and Norwich airport (5 minutes).

Parking: available

Children welcome in some rooms, no special facilities

No smoking inside. Smoking deck outside.

No pets (they have cats)

10% discount for Viva! members

**Accommodation, Castle Acre****Old Red Lion****Wholefood vegetarian bed and breakfast / hostel**

Bailey Street, Castle Acre, PE32 2AG  
 Tel: 01760-755 557  
 Train Station: Downham Market, 12 miles  
 Bus route: National Express from Victoria to Swaffam daily  
[www.oldredlion.org.uk](http://www.oldredlion.org.uk)  
[oldredlion@yahoo.co.uk](mailto:oldredlion@yahoo.co.uk)

Two doubles (one ensuite), two twins, one dorm room and one family room £25-£35 per person per night. Dorms from £17.50 bed & breakfast. Discretionary rates negotiable for longer stays and groups, who can book the entire centre. +20% single occupancy or one-night stay. Evening meal by arrangement. You can use the kitchen to cook your own meals. Dogs and children by arrangement. No smoking throughout. Yoga classes, days and events. Art workshops, see [www.chalkies.tsites.co.uk](http://www.chalkies.tsites.co.uk)

**Accommodation - Norwich****Number 15****Vegetarian bed & breakfast**

15 Grange Road, Norwich, Norfolk NR2 3HN  
 Tel: 01603-250283 (9.00-20.00 best)  
 Open: all year  
[www.number15bedandbreakfast.co.uk](http://www.number15bedandbreakfast.co.uk)  
 Email: [ianry2@hotmail.com](mailto:ianry2@hotmail.com)

In a quiet, tree-lined road with parking, near veggie cafes. 2 large double rooms £23.50-30 per person depending on room and number of nights. Single £40, 2-5 nights £35, 6+ £32. Minimum 2 nights at weekends. Feather/down free bedding. Lounge with tv, cd's and board games. Totally non-smoking. No children or pets. Complementary therapies available. Cash or cheque with card, no credit cards.

**Accommodation West Runton****Hollyhock House****Vegetarian bed & breakfast**

Church Close, West Runton, Norfolk NR27 9QY.  
 Tel: 01263-837325, Mobile 07815 597145  
 Open: all year  
 Train: West Runton, 10 minutes walk or they can collect (45 minutes to Norwich)  
[www.hollyhockhouse.info](http://www.hollyhockhouse.info)  
[hollyhockrunton@tiscali.co.uk](mailto:hollyhockrunton@tiscali.co.uk)

Rooms at the back have sea views and you can swim or sunbathe on the beach. Detached Family Home overlooking the sea. We offer a comfortable, tranquil space in which to relax and unwind and should you require them, a variety of holistic therapies to enhance your stay. We ask guests not to smoke in the house. No pets - Chloe the Lurcher might not approve.

One double ensuite, two twins with shared bathroom, £30 per person, or £35 as single. Minimum 2 nights or £5 supplement.

Reflexology, Indian head massage and aromatherapy available.

bird watching, beach access, fossil hunting, eating places, village shops, golf nearby, unique geology, wild flowers, vegetarian food, country walks, mainline station, next to coast, coasthopper bus, vegan food, parking on drive, holistic therapies, kennels nearby

Children welcome, high chair, bring your own cot. Cash or cheque only. The local pub has veggie food and the Pepperpot restaurant in the village is good for veggie and vegan food.

It's a 15 minute walk to the health food shop in Sheringham.

**Dereham****Guy's Health Store****Health food shop**

35 Norwich Street, Dereham NR19 1AD  
Tel: 01362-693402  
Open: Mon-Sat 9.00-17.00,  
Wed till 13.00, Sun closed

Lots of packaged organic foods. Bodycare is mainly Faith In Nature. Lots of Weleda homeopathy and remedies, essential oils. Supplements especially Quest, Lifeplan. Ecover cleaning. No credit cards.

**Diss****Les Amandines****Vegetarian restaurant**

Norfolk House Yard, St Nicholas Street,  
Diss IP22 4LB. Tel: 01379-640 449  
Open Tue-Sat 10.00-16.00, Sun-Mon closed

Vegetarian and vegan café-restaurant established 1987, in the centre of the town, a stone's throw from the old church and market place. They serve breakfasts, teas, cakes and lunches.

Always have a vegan soup £3.95 with local bread. Main meals £6.95 can be chilli with jacket potato or basmati rice and salad £6.95, Creole pate and beetroot hummous with toast and olives and salad £6.95, lemon and spinach chickpea tagine with couscous. Sandwiches and panini made to order £4.50-£5.

Gluten-free and vegan cake available £2.20. Coffee £1.50, cappuccino £1.90, Pot of tea £1.40-1.60. Wine £2.95 small glass, £5 large, £14.95 bottle. Bottled beer and organic cider £2.95.

Open twice a month for special **musical Saturday nights** with live jazz, blues, flamenco or folk, booking essential. 3-course set meal £25 with choice of 4 starters, 4 mains, 8 desserts.

**Natural Food Store****Vegetarian health food shop**

Norfolk House Yard, St Nicholas Street, Diss  
IP22 4LB. Tel: 01379-651 832  
Open: Mon-Fri 9-17.30 (Tue, Sat 17.00),  
Sun closed

Adjacent to Les Amandines. They sell organic bread, local organic pasties, their own cakes (some vegan), savouries, deli stuff like wrapped vine leaves, and vegan cheeses. Freezer with Booja Booja and Swedish Glace, meat substitutes. The chiller has homemade hummous, pate, etc.

Bodycare includes Weleda, Essential Care (local organic company), Faith In Nature and their own skincare range, Natracare. Weleda and Organic Babies.

Ecover and Clearspring cleaning.

Supplements include Nature's Own, A Vogel, Weleda homeopathy. Lots of essential oils and bases. Permaculture and Resurgence magazines.

**Fakenham****The Larder****Health food shop**

10 Norwich Street., Fakenham NR21 9AE  
Tel: 01328-855306  
Open: Mon-Sat 9.00-17.00, Sun closed

Fridge with vegan cheeses, tofu, sausages etc. Freezer with meat substitutes, Swedish Glace. Plamil vegan chocolate.

Bodycare includes Faith in Nature, Green People, Suma, Weleda, Natracare. Baby things. Supplements include Power, Nature's Aid, Quest, Lifeplan, Lanes. Homeopathy, flower remedies, essential oils. Free magazines. No credit cards.



If Norwich is the new Brighton (cute streets and loads of veggie cafes) then Suffolk is the new West Country and much closer to London, ideal for a city-zen wind down weekend. There are six veggie places to stay, several veggie cafes, and excellent country pub-restaurants including the fabulous The Red Lion, East Anglia's only 100% vegetarian pub. (There are 10 more around the country in *Vegetarian Britain*) The county also has some very fine independent wholefood stores.

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Hoxne	<b>85</b>	Local group	<b>89</b>
Ipswich	<b>85</b>		

#### Suffolk - accommodation

##### Old Hall, Barsham

**99% vegetarian B&B with self-catering annex & camping**

2 The Old Hall, Barsham, Beccles, NR34 8HB  
Tel: 01502-714661. Open: all year  
Train: Beccles 2.5 miles then taxi 01502-710999. Directions: 2 miles west of Beccles. Take the B1062 towards Bungay and turn right onto track signed "Callendars Houses". Continue down track for half a mile.  
[www.bikeways.org.uk](http://www.bikeways.org.uk)  
[graham@bikeways.org.uk](mailto:graham@bikeways.org.uk)

Organic smallholding producing much of their own food, in the peaceful Waveney Valley in the Broads National Park, half a mile from the nearest road. Food is seasonal and organic, and all bought-in food is organic. Not a mainstream B&B so visit their website to see if it is what you are looking for. They are into food preservation (bottling, drying, juice, wine), spinning, dyeing, knitting, cycling, yoga, massage, green living.

Bed and breakfast for up to 15 in twin, double and family rooms, £20 per person. No single supplement. Self catering for up to 8 in bunk beds £100 first night, £35 subsequent nights. Camping £1 per person per night. £5 per car per night. Homemade organic sourdough bread, organic cereals, homemade organic apple juice and other seasonal food. Evening meal £7. Can easily cater for vegans. The owners are 99% vegetarian but do eat the cockerels from their egg-laying chickens. No smoking throughout. Children welcome. Cycle friendly. No tv, wifi, pets or credit cards.

20 minutes walk across the marshes is **Geldeston Locks Inn**, a music and real ale/cider pub with a garden on the Norfolk side of the River Waveney between Beccles and Bungay. They have beanburgers and veggie goulash. See [www.geldestonlocks.co.uk](http://www.geldestonlocks.co.uk). No credit cards.

## Rainbow Bed & Breakfast

New vegetarian B&B in the middle of East Anglia, an ideal base for exploring, or come for a Chill-out & Detox retreat weekend.

4 en suite rooms: 1 single £36-39; large double £35-40 per person with very large super duper bed, seating area and desk; ground floor twin £35-38 with seating area and desk; ground floor family suite sleeps 4 adults £30-38 each, plus 1 child on guest bed. Single in double room minimum £45. Discount for more than 7 days.

Continental breakfast includes juices, fruit, (soya) yoghurts, cereals (organic, wheat or gluten-free), nuts and seeds, organic bread/toast, normal or gluten-free croissants, muffins, crumpets, cereal bars. Organic teas, coffees, herbal and fruit infusions. Soya milk, vegan margarine and muesli available. Breakfast can be in the garden in summer, or in your room.

In-house therapy room offering reflexology, aromatherapy, deep tissue massage, allergy testing and stress management consultations. There is a large, intriguing garden to explore or relax in. There are lots of walks and excellent cycle routes.

The cathedral and historic market town of Bury St Edmunds is 4 miles away, and nearby is Ickworth House and Gardens. It is 15 minutes to West Stow Country Park & Anglo-Saxon Village, or Lackford Lakes & Nature Reserve; 20 mins to Thetford Forest or Lavenham; 30 to Newmarket or Ipswich; 35 to Cambridge or Felixstowe Beach; 45 to Norwich.

The local garden centre Harveys Plants has a good veggie option. In Bury there is the fantastic Butterworths independent health food store, and Holland & Barrett has a vegetarian cafe. Cambridge has the renowned veggie restaurant Rainbow Cafe and Ipswich has a veggie cafe and some veggie-friendly restaurants.

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### Thurston

#### Vegetarian bed & breakfast & retreats

27 Barton Road  
Thurston  
Bury-St-Edmunds  
Suffolk IP31 3PA

Tel: 01359-233133  
Mobile: 07803 128704

www.  
rainbowbedandbreakfast  
.co.uk

Email: julie@  
rainbowbedandbreakfast  
.co.uk

Train: Thurston 3-5mins walk. Regular train, bus & taxi service. They can also collect.

Open: all year

Directions: From A14 take junction 46 to Thurston & Beyton. Follow road through Beyton Village into Thurston, under railway bridge, left at mini-roundabout. This is Barton Road and they are on the left.

Parking for 6 cars

Can cater for diabetic, coeliac etc.

Children all ages welcome, high chair, travel cot

No smoking throughout

Rooms have TV, bottled water and organic, Fairtrade tea/coffee making, complimentary toiletries and bodycare they make themselves with no SLS or parabens. Wifi.

## White House Farm

New B&B in traditional rural farmhouse at the edge of an organic wildlife site. The farm is an idyllic place to stay in the heart of Suffolk, located down quiet winding country lanes. Guests can explore the wildlife site with wildflower meadows, ancient hedgerows and woodland. There are many other walks and excellent cycle routes.

One double £70 (single occupancy £50), one large double 4-poster room £90 (single £70) and a gypsy caravan £70 (single £50) set in a picturesque meadow. All bedrooms overlook the farmhouse garden and woodland.

Breakfasts are served in an Arts and Crafts summerhouse and include organic, Fairtrade, local and homemade produce. The menu includes organic Fairtrade tea, coffee and herbal teas, croissants, wholemeal toast, organic/local preserves, organic porridge, fruit compote, local farm-pressed apple juice, fresh fruit and cereals. Soya milk, vegan margarine and cereal are available. Breakfast in room if ordered evening before.

White House Farm is just 3 miles from the centre of Woodbridge, a picturesque market town at the edge of the River Deben estuary. It has many historic pubs, restaurants and independent shops. There are many veggie-friendly pubs and restaurants nearby including The Cherry Tree, Strawberry Café and Prezzo at Woodbridge. The Dog Inn at nearby Grundisburgh also has good veggie options. There is an excellent farm shop in the village and health food shops in nearby towns including Woodbridge.

The farm is 15 minutes to the Anglo-Saxon burial site at Sutton Hoo and 25 minutes to Framlingham Castle, Snape Maltings and Ipswich. Aldeburgh, Orford Castle, Flatford Mill, Minsmere and Dunwich on the coast are all about 35-45 minutes drive.

### Woodbridge

#### Vegetarian bed & breakfast

White House Farm  
Hasketon  
Woodbridge  
Suffolk IP13 6JP

Tel: 01394-382992

[www.sinfieldtrust.org](http://www.sinfieldtrust.org) then click on B&B link

Email: [info@sinfieldtrust.org](mailto:info@sinfieldtrust.org)

Train: Woodbridge 3 miles, regular trains direct from London. Then bus or taxi.

Open: all year

Directions: From A12 turn at Grundisburgh/Woodbridge roundabout onto B1079 towards Grundisburgh. Take first right towards Hasketon then first left onto Blacksmith Rd. Follow this into Hasketon village. After church on left the road bends sharply to the right at a brick wall. After this bend take second left opposite Highfield House. White House Farm is 1/3 mile on the right.

Parking next to house

No dogs as they have friendly cats

No smoking throughout

Rooms have tea/coffee making facilities with organic and fair-trade products and natural toiletries. Hairdryers.

10% discount to people presenting this book

EAST  
Suffolk



**Suffolk - accommodation****Western House****Vegetarian bed and breakfast**

High Street, **Cavendish**, Suffolk CO10 8AR  
 Tel: 01787-280 550  
 Train station: Sudbury 7 miles  
 Open: all year  
[www.suffolktouristguide.com/Cavendish.asp](http://www.suffolktouristguide.com/Cavendish.asp)

One single, one double and two twins at £20-£22 per person. Vegans catered for with prior notice. Children aged 2 onwards welcome. No pets (they have cats). No smoking throughout. There are Indian restaurants in Long Melford (3 miles) and Clare (3 miles the other way) with good vegetarian food.

**Holly Tree House****Vegetarian bed and breakfast**

Bleach Green, **Wingfield**, near Diss IP21 5RG  
 Tel: 01379-384068  
 Train station: Diss 10 miles  
[www.hollytreehousebandb.co.uk](http://www.hollytreehousebandb.co.uk)  
[hb.challinor@googlemail.com](mailto:hb.challinor@googlemail.com)

17th century timber framed house with later additions on the Suffolk/Norfolk borders. 2 double ensuite rooms £32.50 per person, or £42.50 single. No smoking or pets, not suitable for small children. They have a friendly dog.

**Swallow Organics****Holiday cottage and fruit & veg stall**

High March, Darsham, **Saxmundham**, IP17 3RN.  
 Tel: 01728-668 201 (1-2pm or after 7pm)  
 Train station: Darsham 1 mile  
 Open: all year  
 Stall: summer 9.00-17.00 daily except Tue;  
 winter Wed-Sat 9.00-dusk

Vegetarian owned organic small-holding, next to Westleton Suffolk heritage coast, with an old-fashioned

cottage. The 3.5 acres of organic fruit and veg produce a wide range of produce and they organise vegetable boxes for collection. You can place an order or buy from their stall at the front (closed Tue in summer, closed Sun-Tue in winter).

The cottage sleeps two adults, £260 per week April to end September, £220 Oct to March. Adults only as they have too many ponds. Dogs welcome.

**Beccles****Hungate Health Store****Health food shop**

4 Hungate, Beccles, Suffolk NR34 9TL  
 Tel: 01502-715009  
 Open: Mon-Fri 9.00-17.15, Wed 9.00-16.00,  
 Sat 9.00-17.00, Sun closed

Fridge and freezer with vegan Sheese and Cheezely, Redwood meat substitutes, tofu, Booja Booja and Swedish Glace. Metfield local bakery organic bread. Bodycare includes Essential Care (very good for people with sensitive skin), Dead Sea Magik, Avalon, Faith In Nature, Natracare. Lots of supplements including Solgar, Bioforce. Weleda homeopathy. Some essential oils. Beer and wine-making kits.

**Bungay****The Little Green Wholefood Shop****Wholefood shop**

39/41 Earsham Street, Bungay, Suffolk NR35 1AF (6 miles west of Beccles)  
 Tel: 01986-894555  
 Open: Mon-Sat 9.00-17.30, Sun closed  
[www.bungay-suffolk.co.uk/wholefood.htm](http://www.bungay-suffolk.co.uk/wholefood.htm)

Organic fruit and veg. Metfield Bakery and All Natural organic bread, spelt, rye etc. Fridge includes spinach wraps, vegan cheeses and meat substitutes. Freezer with frozen fruit, veg, butternut

and freezer have sprouts, vegan cheeses, spreads, Booja Booja. Tartex and other pates. Plamil vegan chocolate, Booja Booja truffles. Lots of teas and coffees.

Bodycare by Green People, Weleda, Faith In Nature, Natracare. Weleda Baby, and sun creams in summer. Ecoleaf and Ecover cleaning.

Supplements include Solgar, Higher Nature, Biohealth, Weleda, Nelsons and Vogel. Weleda homeopathy, remedies and advice. Essential oils. Nutrition and diet advice. One of the owners is qualified in holistic therapies and nutrition.

Wine and beer homebrew kits, all you need in a box or they can sell you anything from a single cork to a real oak barrel and advise you how to use up your surplus fruit crop.

They make gift baskets for you in seagrass or cane, can create hampers, and have gift bags for loose teas and coffees. MC, Visa minimum £5.

## Debenham

### Dove Valley

Organic shop & box scheme

2 Chancery Lane, Debenham IP14 6RN  
(east of Stowmarket) Tel: 01728-861258  
[www.dovevalley.co.uk](http://www.dovevalley.co.uk)

Local organic and Fairtrade groceries, gluten-free, vegetarian and vegan. Fruit and veg bag delivery.

It is next to the Co-op which has a good range of vegan chilled necessities for a village shop.

## Great Bricett

### The Red Lion

Vegetarian pub

Greenstreet Green, Great Bricett, Suffolk, IP7 7DD. Tel: 01473-657799

Pub open Tue-Sun 12.00-14.30, food till 14.00; evenings 18.00-23.00, food till 21.00 or 20.30 on Sundays; Mon closed.

Directions: On the B1078 roughly halfway between Needham Market and Bildeston. Stay on the main road and you will find it about 200 yards past the turning to the village (coming from Needham).

From A14 get off at Junction 51 at the bottom of the A140. Follow the signs into Needham, and then to Bildeston.

[www.theveggieredlion.co.uk](http://www.theveggieredlion.co.uk) (menu)

Fantastic! A vegetarian country pub, about 30 minutes from Bury St Edmunds and 20 minutes from Ipswich. One of our researchers says the quality of the food is fabulous and worth a big detour for. Menu changes frequently. Starters could include £4.90 avocado salad; sweet potato soup with chilli oil and toasted almonds. Light meals £7.90 such as Thai yellow curry or Mexican chimichangas (vegan option). Main course £9.90 such as African sweet potato stew; Mediterranean vegetable and tomato pie. Specials board changes weekly, for example main course of walnut salad with brown rice, pear and avocado. Desserts £3.90 include vegan summer pudding with dairy-free ice-cream, or sorbet in a chocolate basket (suitable for vegans). Give them a call if you have any special dietary requirements.

Wine from £2.85 glass, £10.90 bottle. Dogs ok in bar area and they can sit outside on the outside patio which has tables, and there are further picnic tables on the grass. Kids welcome, menu can be adapted. Baby changing facilities. Al fresco terrace. Can cater functions up to 30 people.

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