

Vegetarian London (6th ed.) Updates

CENTRAL: SOHO

NEW Vitao has moved from Wardour Street to **Vantra Loungevity**, 4 Wardour Street W1D 5PB (off Leicester Square). Open: Mon-Sat 12.00-23.00, Sun 12.00-22.00. Tel: 020 7287 5222. vantra.co.uk

NEW Yorica vegan ice-cream parlour, 130 Wardour St W1F 8ZN. Tel 020 7434 4370. Open M-W 12.00-22.00, Th-Sa 12.00-24.00, Su 11.00-23.00. www.yorica.com

NEW Ethos vegetarian restaurant at Oxford Circus, behind Top Shop, 48 Eastcastle Street W1W 8PX. Open approx 07.00-22 or 23.00 Mon-Fri, 08 or 09.00-22.00 Sat, 10.00-18.00 Sun. All day buffet. £2.30 per 100 grams breakfast, £2.50 lunch, £2.70 dinner. www.ethosfoods.com

NEW Veggie Pret 35 Broadwick Street W1F. Tel: 020 7932 5274. Open: M-F 06.30-21.00, Sa 08.00-20.00, Su 09.30-19.00. Veggie salads and sandwiches, plenty vegan, eat in or to go. www.pret.co.uk

The five Chinese buffet restaurants in Soho have closed. (pages 63-4) **Red Veg** has closed to make way for the Crossrail station..

Lush and B in Carnaby Street, Soho (pages 69-70) closed but there is a new enormous flagship Lush at 175 Oxford St W1D 1JS (junction with Poland Street). **Beatroot has closed.**

CENTRAL: COVENT GARDEN

World Food Cafe is now Wild Food Cafe and open evenings, upstairs in Neal's Yard, Covent Garden. Open: Mon 12.00-17.00, Tu-Sat 12.00-22.00, Sun 12.00-19.00. Vegan and raw.

NEW Sagar Covent Garden Indian vegetarian restaurant, 31 Catherine Street WC2B 5JS (near Aldwych). Tel 020-7836 6377. Open: Mon-Sat 12.00-23.00, Sun 13.00-22.00.

Neals Yard Salad Bar and Food for Thought have closed.

CENTRAL: BLOOMSBURY

Veg (p.94) has closed. **Buffet V** is now also serving meat.

CENTRAL: TOTTENHAM COURT ROAD

NEW Vantra Eden vegan restaurant and take-away, 79A Tottenham Court Rd W1T 4TB. Open: M-F 12.00-15.00, Sa-Su closed. Just north or Goodge Street tube station. www.vantra.co.uk

NEW Rawligion vegan café, 8 Tottenham St W1T 2AP. Tel: 020 7580 8388. Open: M-F 07.00-19.00, Sa-Su closed. www.rawligion.co.uk

NEW Kin vegetarian café, 22 Foley Street W1W 6DF. Tel: 020-7998 4720. Open: Mon-Fri 08.00-18.00, Sat-Sun closed www.kincafe.co.uk

Joi on Percy St and **Wai** on Goodge St have closed.

CENTRAL: EUSTON

The two Chinese buffet restaurants and Greens & Beans closed.

NEW Bio Organix health food shop, 141-153 Drummond St NW1 2PB. Tel: 020-7383 3993, 3174 0520. Tube: Euston, Euston Sq.

CENTRAL: MARYLEBONE & MAYFAIR

NEW Mae Deli vegan cafes by Deliciously Ella at 21 Seymour Place W1H 5BH and 18-20 Weighouse St W1K 5LU. Both open daily till 21.00. www.themaedeli.com

NEW The Gate, Marble Arch vegetarian restaurant, 22-24 Seymour Place W1H 7N. Tel: 020 7724 6656. Tel: M-Th 08.00-22.30, F 08.00-23.00, Sa 09.00-23.00, Su 09.00-21.00. www.thegaterestaurants.com

Eat & Two Veg and **Total Organics** have closed.

NEW Tibits vegetarian restaurant, 12-14 Heddon Street, W1B 4DA (off Regent Street). Tel: 020-7758 4110. Open: Mon-Wed 09.00-22.30, Thu-Sat 09.00-24.00, Sun 11.30-21.00. Gourmet buffet with over 50 items. www.tibits.co.uk

CENTRAL: THE CITY

NEW Redemption vegan raw restaurant and tea room, 320 Old Street EC1V 9DR. 020 7613 0720. M-F 12.00-23.00, Sa 10.00-23.00, Su closed. (near where Saf used to be) www.redemptionbar.co.uk

NEW Planet Organic near Liverpool Street station at 10 Devonshire Square EC2M 4AE. Tel: 020-7220 9060. Open: Mon-Fri 07.30-21.00, Sat-Sun closed. www.planetorganic.com

Zen Garden closed (page 137).

Saf Shoreditch has closed.

NEW Vanilla Black, off Chancery Lane 17- 18 Tooks Court, The City, EC4A 1LB. Tel: 020-7242 2622. Open: Mon-Fri 12.00-14.30, 18.00-22.00, closed Sat-Sun & public holidays. Very posh vegetarian restaurant. www.vanillablack.co.uk

NORTH: CAMDEN

NEW Mildreds Camden vegetarian restaurant, 9-11 Jamestown Rd NW1 7BW. Tel 020 7482 2114. www.mildreds.co.uk

NORTH: ISLINGTON & KINGS CROSS

NEW Mildreds Kings Cross veg restaurant, 200 Pentonville Rd N1 9JP. Open Mon-Fri 08.00-23.00, Sat 11.00-23.00, Sun 11.00-22.00. www.mildreds.co.uk

NEW The Gate vegetarian restaurant, Islington 370 St John Street EC1V 4NN. Tel: 020-7278 5483. Tube: Angel. Opposite Saddlers Wells theatre. Turn left out of Angel tube, walk south. Open: Mon-Sun 12.00-23.00. New branch of the top gourmet vegetarian restaurant. thegaterestaurants.com

NEW Vx vegan shop 73 Caledonian Rd, Kings Cross N1 9BT, Open: Mon 11.00-19.30, Tue-Sun 10.00-18.30. Shoes, grocery (vegan Oreos, biscuits, vegan pet food etc), frozen ready meals, French vegan cheese spread, cakes, clothes. www.vegancross.co.uk

Tony's Natural Foods has closed. (p.239) Go to Vx above.

NEW Itadaki-Zen Japanese vegan organic restaurant, 139 King's Cross Rd, London, WC1X 9BJ. Tel: 020-7278 3573. Open: Mon-Thu 11.00-22.30, Fri-Sat 11.00-23.00. They use lots of rice, root veg,

seaweeds, soya. www.itadakizen.com

NEW Planet Organic, Islington 64 Essex Road, N1 8LR. Tel: 020-7288 9460. Open: Mon-Fri 08.30-21.00, Sat 9.00-21.00, Sun 10.00-20.00. Organic supermarket. It's on the map p229.

Tai Buffet (page 233) is now serving meat.

NORTH: HENDON

Rajens has closed (page 222).

NORTH: KENTISH TOWN

NEW The Third Estate vegan shoes and clothes shop 27 Brecknock Rd, N7 0BT (near Bumblee). Tel: 020-3620.2361. Tube/train: Camden Road overground, Kentish Town, Gospel Oak, bus 253, 29, 390. Open: Tue-Wed 10.00-17.30, Thu 11.00-19.00, Fri-Sat 10.00-17.30. Also clothing. Facebook: The Third Estate

NORTH: MUSWELL HILL

NEW Planet Organic, Muswell Hill 111/117 Muswell Hill Road, N10 3HS. Tel: 020-8442 2910. Open: Mon-Fri 08.30-21.00, Sat 9.00-21.00, Sun 10.00-20.00. www.planetorganic.com

NORTH: TURNPIKE LANE & WOOD GREEN:

NEW Jai Shri Krishna, 10 Turnpike Lane. N8 0PT. Tel: 020-8888 7200. Open: Tue-Sun 12.00-14.00, 17.30-23.00, closed Mon. 2nd branch of popular Finsbury Park Indian veg restaurant.

NEW Kabaret at Karamel vegan restaurant, bar and night club, 4 Coburg Rd N22 6UJ. Tube Wood Green. Tel: 020-8829 8989. Open: Mon-Thu 09.30-23.00, Fri 09.30-02.00, Sat 10.00-23.00, Sun private events. www.karamelrestaurant.com

NORTH: PRIMROSE HILL

Manna (page 247) is now open for lunch too. Tue-Fri 12.00-15.00, 18.30-22.00; Sat 12.00-15.00, 18.00-22.30; Sun 12.00-20.30.

EAST: GLOBE TOWN / BETHNAL GREEN

NEW The Canary vegetarian cafe and hair salon, 61-63 Old Bethnal Green Rd E2 6QA. Tel: 020 8257 8170. www.thecanary.co.uk

NEW Sazzy & Fran vegan café 499-505 Hackney Rd E2 9ED

NEW The Larder vegetarian cafe replaces Wild Cherry (p176). Open: M-F 8.00-19.00; Sa-Su 9.00-17.00. www.worldslarder.co.uk

Friends Organic (p.175) closed. But nearby **Gallery Cafe** in Old Ford Rd (p.177) is open longer and has lots of free events: M, Tu, Th 9.00-19.30; W 9.00-22.00; F 9.00-23.00; Sa 10.00-18.00, Su 11.00-18.00.

NEW Just Fab vegan Italian restaurant & take-away in a big red bus 455 Hackney Rd E2 9DY. (Hackney/Bethnal Green) Open Tu-Su 11.00-22.00. www.just-fab.london

EAST: DALSTON & HACKNEY

NEW Temple of Hackney vegan cafe & take-away, 10 Morning Lane E9 6NA. Open: W-Su 12.00-20.00. Tube: Hackney Central. Specialise in vegan fried "chicken". facebook.com/templeofseitan

NEW Fed by Water vegan Italian restaurant, 64 Kingsland High St, Dalston E8 2LX fedbywater.co.uk

NEW Andu vegan Ethiopian café 528 Kingsland Rd, Dalston E8 4AH Facebook Andu Cafe

NEW Mao Chow vegan Chinese food evenings at Pamela Bar 428 Kingsland Road, Haggerston E8 4AA mao-chow.com

NEW Gujarati Rasoi vegetarian Indian restaurant, 10c Bradbury St N16 8JN. Tel: 020- 8616 7914. www.gujaratirasoi.com

Pogo Café in Hackney is now **Black Cat** vegan café. Tel: 8985 7091 Open: Mon, Wed-Fri 12.00-20.00, Tue closed. Sat-Sun 11.00-19.00. www.blackcatcafe.co.uk

NEW Piadina Genuina vegan Italian cafe 251 Wick Road, Hackney E9 5DG piadinagenuina.co.uk

NEW The Grand Howl vegetarian cafe, 214 Well St E9 6QT (Homerton end). Tel: 020 3659 9631. Open: M-F 08.30-16.30, Sa-Su 9.00-16.00. facebook.com/thegrandhowl

EAST: SHOREDITCH & BRICK LANE

NEW Veggie Pret, Shoreditch cafe & take-away 57 Great Eastern St EC2A 3QD. Open: M-F 06.30-21.00, Sa 08.00-20.00, Su 09.30-19.00.

NEW Cook Daily vegan cafe 1st Floor of Boxpark, 2-10 Bethnal Green Rd E1 6GY. Next to Shoreditch High St overground station. Tel: 020 7613 1513. Open: Mon-Wed 12.00-21.30, Thu-Sat 12.00-22.00, Sun 12.00-20.00. Asian fast food such as stir-fries and curries with tofu. www.boxpark.co.uk/brand/cook-daily

NEW Trew Era vegetarian café, Whitmore Road N1 5QA (top of Pitfield Street). Open: M-Sa 9.00-18.00, Su 10.00-17.00. Russell Brand's not for profit, locally sourced, organic café. facebook.com/treweracafe

Rootmaster (Brick Lane) has closed.

NEW Mooshies Vegan Burgers 104 Brick Lane. veganburger.org

NEW Merkamo vegan Ethiopian food stall, Spitalfields Market every day facebook.com/merkamolondon

Rainforest Creations in Spitalfields Market is now **Mel's Tropical**.
EAST: STRATFORD

As Nature Intended, Stratford, wholefood store, new branch of the popular organic wholefood shops near the Olympic park at Westfield Stratford shopping centre, Lower Ground Floor, E20 1EH. Tel: 020-8534 8807. www.asnatureintended.uk.com

EAST: HIGH STREET NORTH

NEW Vasanta Bhavan South Indian vegetarian restaurant, East Ham 206 High Street North E6 2JA. Tel: 020-8475 8986. Open every day 10.00-22.30. www.thevasantabhavan.com

SOUTH: BRIXTON & CLAPHAM

NEW Ms Cupcake, Brixton, vegan cake shop at 408 Coldharbour Lane, Brixton, London SW9 8LF. Open Open: Mon-Wed & Sat 11.00-18.00, Thu-Fri 11.00-19.00, Sun 11.00-17.00. www.ms-cupcake.co.uk
NEW Oracles Organic, Brixton vegan juice bar and cafe, Shop 60, 6th Avenue, Brixton Village Arcade SW2 8PS. Tel: 07584 240909. Open: Mon-Fri 10.00-20.00, Sat 10.00-22.00.

NEW The Kitchen Counter by Deliciously Ella, 288 Milkwood Rd, Herne Hill SE24 0EZ. themaedeli.com/our-delis/the-kitchen-counter

NEW Without Vegan Cafe 2 Brighton Buildings, St Johns Hill, Clapham SW11 1RZ. withoutcafe.com [facebook.com/Withoutcafe](https://www.facebook.com/Withoutcafe)
SOUTH: CROYDON

NEW Boxpark by East Croydon station contains two new vegan cafes called **Cook Daily** (curries and stir-fries), and **What the Pitta** (kebabs).

NEW Saravanaa Bhavan vegetarian Indian restaurant 18 George Street CR0 1PA. Tel: 020 8286 9940. Open: M-Su 10.30-22.00. Opened March 2017. www.saravanabhavan.co.uk

SOUTH: DEPTFORD

NEW The Waiting Room vegetarian cafe, 142 Deptford High Street SE8 3PQ. Open: Mon-Fri 08.00-19.00, Sat 09.00-19.00. Cash only. Facebook The Waiting Room

SOUTH: DULWICH

NEW Blue Brick vegetarian cafe, Dulwich 14 Fellbrigge Rd SE22 9HH. Tel: 079035 22282. Open: Wed-Mon 9.00-19.00, closed Tue.
SOUTH: GREENWICH

NEW Cafe Pura vegetarian cafe, Greenwich 48 Newton Lodge, Oval Square (Greenwich Millennium Village), West Parkside SE10 0BA. Tube: North Greenwich. Open: Mon-Wed 08.00-19.00, Thu-Fri 08.00-20.00, Sat 9.00-18.00, Sun 10.00-17.00. www.AyurvedaPura.com
SOUTH: PECKHAM

NEW Nutkin vegan café Holdrons Arcade, 135a Rye Lane SE15 4ST. Tel: 0789 9902 862. Open: M-F 10.00-18.00, Sa 12.00-18.00, Su closed. Overground: Peckham Rye. wearenutkin.com

NEW Zionly Manna vegan Afro-Caribbean rasantant, Peckham 48 Rye Lane Indoor Market SE15 5BY. Tel: 07831 136 705. Open: M-Sa 10.00-18.00, Su closed. Facebook Zionly Manna Vegan Rasantant

NEW Persepolis vegetarian cafe & Persian grocer, Peckham 28-30 Peckham High Street SE15 5DT. Tel: 020 7639 8007. Open: M-Su 10.30-21.00. foratasteofpersia.co.uk/the-cafe
SOUTH: RICHMOND

NEW Whole Foods Market, 1 George St, Richmond TW9 1AB

NEW The Retreat Kitchen vegan café, 16 Hill Rise TW10 6UA. Open: Tu-F 08.30-17.00, Sa-Su 10.00-17.00. theretreatkitchen.co.uk

NEW Bhuti vegan tea room 50 Hill Rise TW10 6UB. Tel: 0330 400 3108. Open: M-Su 08.00-18.00. www.bhuti.co/tea-room
SOUTH: TOOTING

NEW Get Juiced vegan café Tooting Market, 21-23 Tooting High Street SW17 0SN. Tel: 07840 035299. Open: M-F 9.00-17.00, Sa 9.00-18.00, Su 10.00-17.00. www.getjuicedbar.uk

NEW Vegan Express restaurant 913 Garratt Lane SW17 0LT. Tel: 020 8127 6560. Open: M-Sa 10.00-23.00, Su 12.00-17.00. www.veganexpress.co.uk

SOUTH: VAUXHALL / OVAL

NEW Van Gogh vegetarian café, 88 Brixton Rd (corner Mowll St) SW9 6BE. Tel 07894 968188. Tube **Oval**. Tu-F 9.00-16.00, Sa 10.00-15.00, Su-M closed. www.cafevangogh.co.uk

SOUTH: WALWORTH / ELEPHANT & CASTLE

NEW Courtyard Cafe, Kennington vegetarian cafe, in Jamyang Buddhist Centre, 43 Renfrew Road SE11 4NA. Tel: 020 7820 8787. Open: Mon-Fri 10.00-15.00, later when courses on, Sat-Sun closed. www.jamyang.co.uk

REST OF SOUTH

NEW Love Gift Vegan restaurant, 108 Brockley Rise, **Honor Oak Park** SE23 1NH. Tel: 07958 308397. Open: M-Sa 12.00-22.00, Su 12.00-19.00. www.lovegiftvegan.co.uk

NEW Lighthouse vegetarian cafe, Catford at 7 Catford Broadway SE6 4SP. Mon-Sat 07.30-17.30. 70-80% of food vegan.

Provender Wholefoods (page 314) has closed.

Spirited Palace in Crystal Palace has closed. The chef has gone to the **NEW vegan West Indian and raw café nearby Honey Hive in Calabash of Culture** shop at 21 Sydenham Road SE26 5EX. Tel 020 8778 6326, 07415 792 300. Open: Mon-Sat 11.00-19.30, Sun 12.00-17.00. www.facebook.com/CalabashOfCulture

WEST: SLOANE ZONE

NEW The Sanctuary vegan cafe 651 Fulham Road SW6 5PU v-sanctuary.com

NEW Juicebaby smoothie, juice and raw food café, 398 Kings Rd SW10 0LJ (near Milman's St). Tel 020-7351 2230. Open: M-Sa 08.00-19.00, Su 9.00-19.00. Cold pressed juices, nut milks, smoothies, breakfast bowls, quinoa salads, a dozen raw desserts, coffee and tea. www.juicebaby.co.uk

NEW Whole Foods Market, 2-6 Fulham Broadway SW5 1AA.

WEST: BAYSWATER

NEW Pharmacy vegetarian restaurant 74 Westbourne Grove W2 5SH. 020 7221 0705. M-F 08.00-15.00, 18.00-23.00; Sa 09.00-23.00, Su 09.00-19.00. www.pharmacylondon.com [facebook.com/Farmacyuk](https://www.facebook.com/Farmacyuk)

NEW Redemption vegan raw restaurant and alcohol-free bar. 6 Chepstow Rd W2 5BH. Tel: 020 7313 9041. Open: Tu-F 12.00-23.00, Sa 10.00-23.00, Sun 10.00-17.00, M closed. redemptionbar.co.uk

NEW RAW gourmet vegan and raw restaurant at La Suite West boutique hotel, 41-51 Inverness Terrace, Bayswater W2 3JN. Tel: 020 733 8425. Open: M-Su 12.00-22.30. www.lasuitewest.com

WEST: EALING

NEW VeganHQ organic fast food & shop, 50 St Mary's Rd, Ealing W5 5EU. [facebook.com/veganhquk](https://www.facebook.com/veganhquk)

WEST: HAMMERSMITH & SHEPHERDS BUSH

NEW Tai Buffet Shepherds Bush (north side of the Green), 86 Uxbridge Road W12. Tel 077950 80418. Open every day 12.00-22.00. Chinese all-you-can-eat vegan buffet restaurant. Cash only.

NEW Picky Wops vegan pizzeria Shopping Palace, 347 North End Road SW6 1NN pickywops.com (near 222)

WEST: NOTTING HILL & BAYSWATER

NEW NAMA raw vegan restaurant 110 Talbot Road, Notting Hill W11 1JR. Tel 020-7313 4638. Open: Mon-Thu 08.30-19.00, Fri 08.30-22.00, Sat 10.00-22.00, Sun 10.00-18.00.

[facebook.com>Nama.Artisan.Raw.Foods](https://www.facebook.com>Nama.Artisan.Raw.Foods) www.namafoods.com

NEW Happy Vegetarian falafel stall in Portobello Market W11, just south of the Westway flyover. Tel: 07984 721 115. Open: Mon-Sat 10.00-17.00 or later.

NEW Falafel Stall 94 Golborne Road W10 5PS, north of the flyover. Tel: 07956 813119. Open: Mon-Wed, Fri 11.00-16.00. Also hummus, lentil soup, salad box. Also Thur Hammersmith Market.

WEST: HARROW

NEW Ahimsa vegan café 7 Red Lion Parade, Pinner HA5 3JD ahimsathevegancafe.com

Happy Inn in Harrow has closed (page 360).

WEST: HEATHROW

NEW Old School vegetarian Indian restaurant, 248 Hanworth Rd, Hounslow TW3 3TY. 020 7018 7830. M-F 18.00-23.00, Sa-Su 12.00-23.00. www.oldschoolveg.com

NEW Super Singh's vegetarian pizza Monrepos, Faggs Road, Feltham TW14 0NB. 020 8384 3132. M-F 12.00-15.00, 17.00-23.00; Sa-Su 14.00-22.00. www.supersinghs.co.uk

WEST: KENSAL RISE

NEW Paradise Unbakery vegan café 69 Chamberlayne Road NW10 3ND [facebook.com/paradiseunbakery](https://www.facebook.com/paradiseunbakery)

www.vegetarianguides.co.uk/updates for latest updates or join Facebook group *Vegetarian London*.

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