

PLANT-UP ANYWHERE

Veganism is now widely established, so whether you've made the leap or are vegan-travel-curious, dip into this directory of ideas for worldwide inspiration



PHOTOGRAPH: PARKA FOOD CO PHOTOGRAPHS: WESSEL DE GROOT, PETER VIJNMAA/GETTY IMAGES

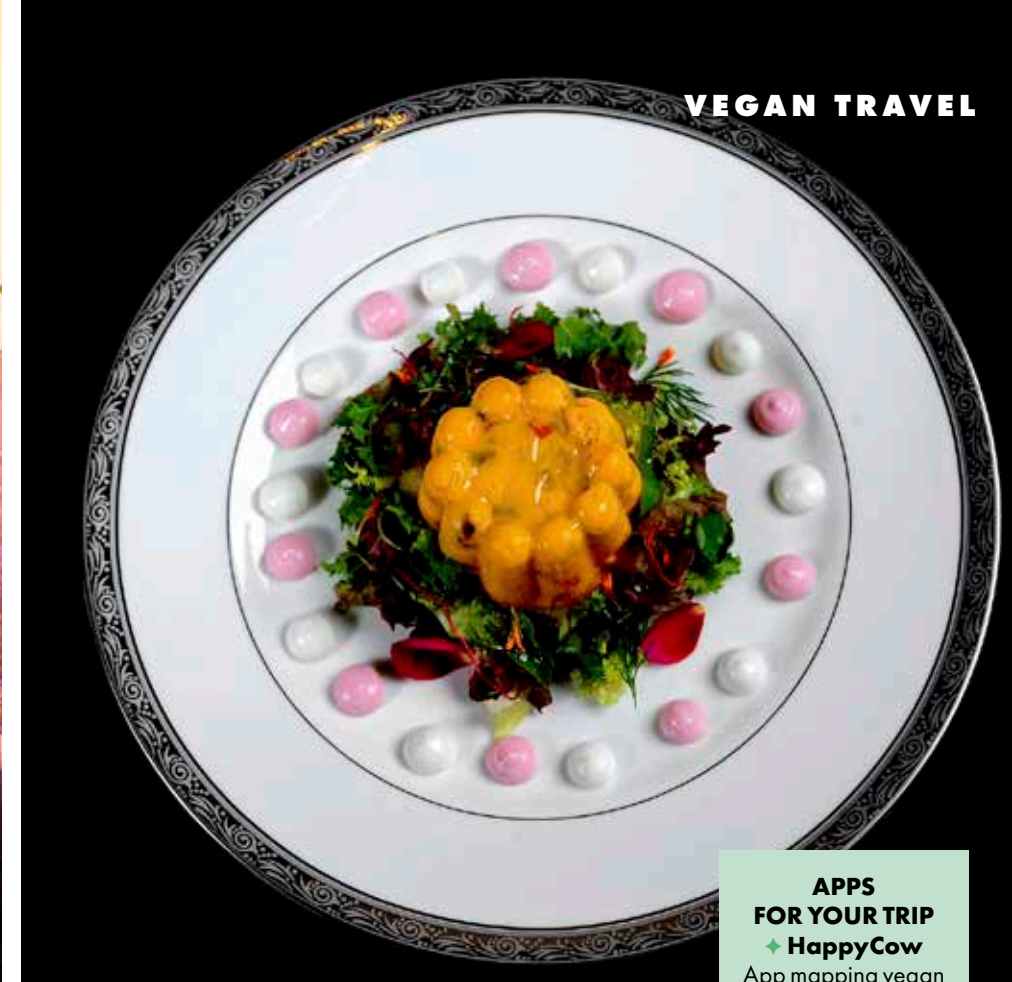


Jaffa sunset surfers in Tel Aviv.
Right: Vegan Pastrami with homemade sauces and fresh vegetables at Krowarzywa, Warsaw.
Opposite: The mac pack (mac'n' creamy cashew cheese) with truffle & mushroom, sundried tomato & olive, and garlic & onion, at Parka Food Co, Toronto



Mr & Mrs Watson in Amsterdam.
Left: 100 per cent organic jackfruit carnitas taco bowl at Gracias Madre, LA





LONDON, ENGLAND

There seem to be vegan options in easy range of every Tube stop: fancy Ethiopian, Caribbean, Asian or Japanese vegan cuisine? What about the world's first vegan chicken shop? Even Pizza Hut offers vegan cheese at its UK outlets.

TOP EATS

◆ Rupert's Street

Rupert's Street van changes its menu regularly, highlighting seasonal produce – you could try celeriac and potato cottage pie or beetroot and chickpea burgers. All packaging decomposes in less than twelve weeks.

rupertsstreet.com

◆ Gauthier

The UK's first Michelin-starred venue with a vegan tasting menu. Chef Alexis Gauthier turned vegan in 2016 and converted the vegetable tasting menu to 'Vegan Menu: Les Plantes'. It's been a fixture ever since.

gauthiersoho.co.uk

MILAN, ITALY

If you know where to look, there are dedicated outlets offering vegan burgers with pink buns or Michelin-starred haute cuisine in ultra-stylish locations, not to mention super-fresh vegetables.

TOP EATS

◆ Alhambra

This no-frills place is brimming with food that's cruelty-free, healthy and delicious. The husband-and-wife team offer reinterpreted dishes from their homeland, Eritrea, like creamy lentil stew and spicy samosas. Pay by weight, then have a vegan tiramisu.

alhambranaturale.wixsite.com

◆ Joia

Although there is dairy in some dishes, most of the food at this one-Michelin-starred restaurant is vegan. Swiss-born chef Pietro Leeman's food philosophy is Zen-like and, fittingly, his food has to be experienced to be believed.

joia.it

LOS ANGELES, USA

LA respects all those who consider the body a temple. If Los Angelenos don't have a plant-friendly lifestyle, they're familiar with it.

TOP EATS

◆ Crossroads

At this favourite of movie stars, dine on lasagne with almond ricotta or fried 'chicken' and waffles, or, later, cocktails and buffalo-style maitake mushrooms or vegan sliders.

crossroadskitchen.com

◆ Gracias Madre, Los Angeles

Try chimichanga with tempeh (soy) chorizo or squash-stuffed quesadilla with cashew crema. Seasonal produce is from the restaurant's farm.

gracias-madre.com

AMSTERDAM, NETHERLANDS

There are plenty of vegan offerings in Amsterdam – Vietnamese, Japanese, Caribbean – along with restaurants such as Meatless District and

The Dutch Weed Burger: the latter more innocent than it sounds (it's a 'House of Seaweed').

TOP EATS

◆ Vegan Junk Food Bar

This bar serves healthy 'junk food'. Plant-based burgers are best-known, but you can also have sashimi made from tapioca, fruity cocktails and CBD-infused juice.

veganjunkfoodbar.com

◆ Mr & Mrs Watson

Named after the couple who coined the term 'veganism', this restaurant serves plant-based comfort food. The menu includes sloppy joe chilli burgers and bitterballen 'better balls' with Thai coconut curry filling. Don't miss the signature cheese platters and fondue – it's hard to believe it's not real!

watsonsfood.com

WARSAW, POLAND

The 50-odd vegan restaurants here include Mexican, sushi, burgers, French bakeries and Polish comfort food.

TOP EATS

◆ Eden Bistro

A temple of creative vegan food and organic wine. Try its delicious take on laksa noodles. The leafy ambience is not just for show – it sells plants and some of the artisan ceramics that the food is served on. Eden is at the back of Dom Funkjonalny, a 1928 villa designed by modernist architect Czesław Przybylski.

facebook.com/eden.bistro

◆ Krowarzywa

This burger specialist with a contemporary look and minimalist furniture serves millet- or chickpea-patty burgers with a wide variety of toppings, sides and house-made juices.

krowarzywa.pl

TORONTO, CANADA

Vegan neighbourhood, 'Vegandale' is a dedicated block of vegan food, goods and services and its own touring festival. More than half of Canadians, and an



Daddy McChik'n at Vegan Junk Food Bar in Amsterdam. Above: Anacronismo (bavarois with porcini and pumpkin, salad, and crust of white polenta flavoured with cumin) at Joia, Milan

even greater proportion under 35, regularly opt for vegan meat alternatives, and Toronto's chefs are catering for plant-centric eating like never before.

TOP EATS

◆ Parka Food Co.

Burgers made from marinated portobello mushrooms and blackened cauliflower; mac 'n' (vegan) cheese with toppings like truffle mushroom and garlic and onion; thick, flavourful soups. Everything's made from scratch using local ingredients. There are lots of gluten-free options.

parkafoodco.com

◆ Fresh

You'll find all the comfort-food faves here, from tacos to burgers, plus a range of salads, smoothies and juices. Fresh has five locations across the city; Queen Street West is the original.

freshrestaurants.ca

TEL AVIV, ISRAEL

Israel has the highest proportion of vegans in

the world, and plant-based is a way of life, so think beyond hummus and falafels and prepare to be wowed.

TOP EATS

◆ Sultana

For that roasted-meat-on-a-spit experience (minus the flesh), head to Sultana, a vegan shawarma joint. Stuff your pitta with roasted seitan (cooked wheat gluten) or skewered wild mushrooms, plus a smattering of salads and pickles.

facebook.com/Sultanavegan/

Sultanavegan.com/

◆ 416

The concept is simple: take comfort food favourites and serve them with all the trimmings (without harming any animals). Expect dishes like mushroom schnitzel baguette, vegan shawarma and even juicy seitan steak, served in a pan with potatoes and onions. This guilt-free indulgence makes 416 popular with vegans and non-vegans alike.

416.co.il ➔

APPS FOR YOUR TRIP

◆ HappyCow

App mapping vegan and vegan-friendly restaurants and stores worldwide.

happycow.net

◆ V Cards: Vegan Abroad

Free app with scripts in more than 100 languages explaining that you're vegan and what foods you don't eat. Select the relevant card to show the waiter.

vegan.cards

◆ Vanilla Bean Plant-Based Food

Free app mapping vegan, raw and gluten-free options, mainly in Europe and North America.

vanilla-bean.com

◆ Vegan Passport

Also available as a booklet, compiled by The Vegan Society, this explains dietary preferences in languages understood by 96% of the world's population.

vegansociety.com/resources/lifestyle/travel/vegan-passport



Top to bottom: Mushroom skewer in a pitta, Sultana, Tel Aviv; stone path, Ubud; The Cinnamon Snail vegan food truck, New York City

BLOGS

◆ **The Nomadic Vegan**
Wendy Werneth has visited more than 100 countries, collating her destination-specific vegan tips on an interactive world map. thenomadicvegan.com

◆ **Vegan Travel**
An aggregate blog where vegan travellers share tips from recent adventures. Country-specific guides are divided into general posts and individual restaurant reviews. vegantravel.com

◆ **Burger Abroad**
The personal blog of full-time vegan traveller Amanda Burger includes illustrated destination tips covering an enviable number of cities. burgerabroad.com



NEW YORK CITY, USA

Whether you're looking for vegan restaurant chains, fine dining, burgers, crêpes or doughnuts, New York City wholeheartedly embraces your needs. Though the Upper West Side may have limited choices, other neighbourhoods have the city's go-get-'em attitude – a 'vegetable slaughterhouse', for instance – and where else on Earth would you find a café with vegan sleeping-pods for when you need a nap?

TOP EATS

◆ **The Cinnamon Snail**
Breakfast burritos, French toast... it's all heavenly at this New York truck. You want a Beastmode Burger Deluxe? It's a grilled ancho chilli seitan burger with a stack of relishes and sides, on a pretzel bun. cinnamonsnail.com

◆ **Modern Love**
Celebrated chef Isa Chandra Moskowitz's 'swanky vegan comfort food' has been received with open, watering mouths in Williamsburg. The restaurant is a lovely date-spot with sultry lighting and immaculate service, while dishes include 'mac 'n' shews' (with creamy cashew cheese), truffled poutine and a lip-smacking Korean BBQ bowl with glazed tofu and kimchi. It's always buzzing, so consider booking. modernlovebrooklyn.com

UBUD, BALI

With no shortage of tofu and tempeh on menus, Bali is an easy choice for vegans, but Ubud is best of all. As the island's spiritual and cultural nexus, Ubud is all about feeding your soul. There are plentiful raw food options featuring fresh,

local ingredients, not to mention a lot of vegan retreats in glorious tropical locations.

TOP EATS

◆ **Seeds of Life**
In the spiritual heartland of Ubud, this raw vegan café serves some of the most creative vegan food anywhere: fermented veggie sliders, creamy-sour laksa soup with courgette noodles, beetroot 'rawvioli'. The place is also known for its elaborate health tonics with ingredients such as peony root and astragalus. theseedsoflifecafe.com

◆ **Kokolato**
This Ubud vegan gelato company's desserts are served in restaurants across the island in flavours such as smoky vanilla, raw cacao and turmeric-ginger-lime. kokolato.com

PARIS, FRANCE

Not often considered a top vegan-friendly destination, Paris has changed significantly in recent years. Since April 2017, when the city's first vegan pastry shop, VG Pâtisserie, started selling gourmet delicacies, proving it was possible to meet French standards, the scene has exploded. You'll now find more than 60 totally vegan shops selling wares of all kinds.

TOP EATS

◆ **Abattoir Vegetal**
Mint-green wrought-iron chairs and tables line the pavement outside the 'plant slaughterhouse' (it occupies a former butcher shop), while the light, bright interior has bare-bulb downlights, distempred walls and greenery-filled hanging baskets. Each day there's a choice of three raw and cooked organic dishes per course, cold-pressed

juices and craft beers from Parisian brewery BapBap. Seasonal veg, seeds and edible flowers are used in dishes like roast plantains with coconut milk and polenta, a black-bean-and-wild-rice burger, and roast pineapple with carob foam. Gluten-free options are plentiful. abattoirvegetal.fr

◆ Raw Cakes

A pretty lavender and fuchsia-pink façade fronts this much-welcomed café and cake shop where everything is 100 per cent vegan, gluten-free and raw. Enticing nut and chickpea burgers, veggie-packed pizzas and meal-sized salads rub shoulders on the menu with fresh juices, smoothies and exquisite uncooked cakes. There's always a full house for Sunday brunch. rawcakesvegan.com

KYOTO, JAPAN

Due to its fondness for fish, Japan may not be top of anyone's list of vegan destinations, especially with dashi (fish broth) being used as the master stock in so many dishes. But 'shōjin ryōri' is a helpful phrase here: it's a traditional style of animal-free cooking in Buddhist temples. A modern vegan scene has grown up in Kyoto in recent years.

TOP EATS

◆ Shigetsu

Try traditional Japanese Buddhist cuisine at this tatami-floored restaurant on the grounds of Tenryū-ji temple. You'll get a series of delicate small dishes such as sesame tofu, soy-braised mushrooms, miso soup and aubergine. Lunch only. tenryuji.com/en/shigetsu/index.html

◆ Towzen

A 20-minute bus ride from the city centre, in a house near Shimogamo-jinja shrine, TowZen is famous for its robust vegan ramen. Two must-try varieties are musashi (a thick soy-milk, kelp and soy-sauce broth with sanshō pepper, yuba slices, mushrooms and acidic plum paste), and tantanmen, which uses the same broth but with chilli paste and soya-meat. mamezen.com

PORTLAND, OREGON, USA

The vegan dedication is strong in Portland. It has an entire mall that's vegan, hosts a vegan summer camp, sells vegan furniture, there's a vegan punk club, a critically acclaimed fine dining vegan restaurant, even a vegan strip club... you get the picture. Portland also claims ➡



Khao pad sapporot (Thai pineapple fried rice) at Abattoir Vegetal, Paris

PHOTOGRAPHS: LEEVI WINTER, NVEILCHKO / SHUTTERSTOCK PHOTOGRAPH: PIERRE LUCET PENATO

to have the world's first all-vegan barbecue.

TOP EATS

◆ **Portland Saturday Market**
Veggie-lovers delight in Portland's enormous, wildly varied farmers' market, its stalls heaped with locally grown delicacies such as Willamette Valley hazelnuts and organic marionberries, and foraged plants such as nettles and fiddleheads. portlandsaturdaymarket.com

◆ **Prasad**
Prasad's location inside a yoga studio tells you a lot. Healthy, hearty salads, bowls and smoothies come in every shade of green: try the Dragon Bowl (brown rice or quinoa, beans, steamed kale, avocado, sea vegetables, cabbage-apple kimchi, spring onions, hemp and sesame seeds and your choice of sauce) or Harvest Salad (massaged kale, mixed greens, sesame tempeh, rice, chickpeas, carrots, pumpkin seeds, sesame seeds and sesame miso dressing). Breakfast options include a delicious maple-chia waffle with vanilla cashew cream. Drinks include gluten-free vegan beer, wine and cider. prasadpdx.com

BERLIN, GERMANY

Frequently cited as the vegan capital of the world, Berlin's strength is its thriving population of vegans: at least 80,000 and growing rapidly. This is a city where you'll find not just vegan restaurants but businesses thinking creatively about everyday vegan needs: animal-free butchers, hotels, bars and Schivelbeiner Strasse, a 'vegan avenue'

featuring animal-friendly clothing stores.

TOP EATS

◆ **Pêlè Mêle**
Soups, tomato and tofu ciabattas and spelt burgers fill the entirely vegan menu at Pêlè Mêle, with organic beer or oat milk coffees to drink. Book ahead for the excellent Sunday brunches. pele-mele-berlin.de/cafe

◆ **Vegan Tours Berlin**
In Berlin, the plant-based culinary scene is so diverse that different neighbourhoods demand separate tours. Follow Vegan Food Tours through edgy Friedrichshain, multicultural Neukölln or join the shorter, snack-fuelled tour of Berlin Mitte. vegantoursberlin.com

EDINBURGH, SCOTLAND

Edinburgh has become Scotland's vegan capital (only recently eclipsing Glasgow, if you're after



Le Botaniste, Ghent.

Below left: The Brandenburg gate in Berlin, 'vegan capital of the world'.

Below right: Utopian dream pasta (green papaya, carrots, kale, spring onions and broccoli pad Thai) and sweet greens juice at Prasad in Portland, Oregon

VEGAN SLEEPS

◆ Vegvisits

This site helps you book stays in the homes of plant-based eaters, get recommendations for local restaurants and markets, or book a kitchen by the hour to cook for yourself. vegvisits.com

◆ Veggie Hotels

Website listing vegetarian and vegan hotels, B&Bs and guesthouses in more than 60 countries. veggie-hotels.com

a solid second choice in Scotland), with incredible food, drink and products to enjoy among a very supportive vegan community. You can even get a vegan haggis samosa, if you fancy it.

TOP EATS

◆ Henderson's Vegan

Established in 1962, Henderson's is the grandmother of Edinburgh's vegetarian restaurants. The food is mostly organic and guaranteed GM-free, and special dietary requirements can be catered for. Trays and counter service lend something of a 1970s canteen feel to the place (in a good, pleasantly nostalgic way), and the daily salads and hot dishes are as popular as ever. Just round the corner on Thistle Street is the 100 per cent vegan bistro Henderson's Vegan. hendersonsofedinburgh.co.uk

◆ Karma Kebab

In South Clerk Street, near the Meadows, karma kebab fills a kebab-shaped hole in Edinburgh's vegan scene. Opened in 2018, this entirely plant-based, organic, ethical fast food outlet serves seitan and falafel kebabs, and vegan poutine (chips, vegan gravy and vegan cheese). Perfect for keeping you upright when you're out on the tiles. karmakebab.co.uk

GHENT, BELGIUM

Claiming to be the first city in the world to introduce a meat-free day of the week (Veggie Thursday, funded by the Flemish government in association with Ethical Vegetarian Alternatives), Ghent is one of the most easily navigable cities for vegans. Plant-friendly locales are mapped on Ghent Tourism's website. visit.gent.be

TOP 6 VEGAN TOURS



◆ Intrepid Vegan Food Adventures

Intrepid Travel, known for ethically minded, small-group adventures, has recently updated its Real Food Adventures with tours for vegan gastronomes: eight-day trips to India, Thailand or Italy. The emphasis is on food – local experiences and hands-on cooking classes. It hopes to expand to all-vegan accommodation options. intrepidtravel.com/uk/vegan-food-adventures

◆ Vegan Epicure Travel

Whether you're after a half-day excursion or a week-long global escape, **Vegan Epicure Travel** has plenty of choice. Would you like a cycling tour of Provence? What about a women's wellness retreat in Sri Lanka? A food tour in the French Riviera? A visit to a sanctuary of rescued animals in California? The hardest bit will be choosing. veganepicuretravel.com

◆ Samsara Vegan Travels

The best thing about **Samsara Vegan Travels** isn't just the range of destinations (Sweden, Myanmar, Vietnam, Nepal and Japan), but that opt-in activities and suggestions mean you can customise your tour. samsaravegantravels.com

◆ Vegan Safari Africa

For animal-friendly eco-safaris in Botswana, look no further. Whether five-star luxury accommodation or cheaper, authentic tenting experiences, **Vegan Safari Africa** has all budgets covered. There are a range of options for spotting wildlife in its natural habitat, from tiny white frogs in the Okavango to the famous Big Five. vegansafariatfrica.com

◆ Vegan Cruises and Tours

Though some people may think a vegan cruise impossible, **Vegan Cruises and Tours** uses only new ships that have met environmental guidelines and water protection regulations, and never burn heavy fuel. Choose from the Mekong Delta, Portugal, Myanmar or the Chilean fjords. vegan-cruises.com

◆ VegThisCity

Fancy a meat-free gastronomy tour of Singapore with a local? **VegThisCity** offers four-hour tours, from street-food to sampling tea from several cultures. The tours are curated to highlight local communities and cultures, and to show the city's innovative vegan cuisine. vegthiscity.com

TOP EATS

◆ Le Botaniste

Chef Alain Coumante's healthy sustainable cuisine is 100 percent plant-based, 99 per cent organic and all wines are natural. Everything containing nuts or gluten is clearly marked on the menu. The no-reservations space offers pasta with 'soylognese' sauce, Tibetan mama curry or 'make your own' bowls for which you can choose your own base, sauce, garnishes and toppings. lebotaniste.be

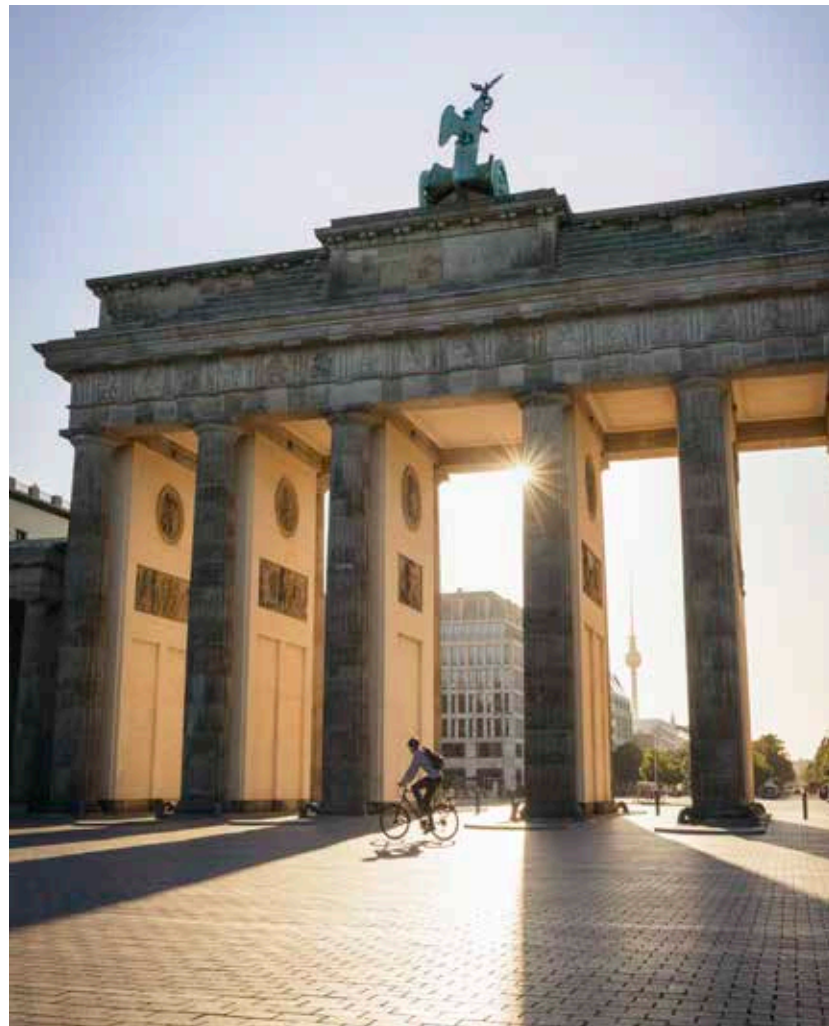
◆ Komkommertijd

'Cucumber time' (the Flemish equivalent of 'silly season') is Ghent's vegan institution – a take away and all-you-can-eat buffet bar. It's run as a co-operative – everyone who works there earns the same hourly wage and has an equal say in how the place is run. Choose from a variety of seasonal soups and warm or cold vegan options at a fixed price, and you can eat on the terrace in good weather. kommommertijd.be



THE VEGAN TRAVEL HANDBOOK

out now, is packed with advice on Lonely Planet's favourite vegan-friendly destinations, tours and experiences (£12.99; shop. lonelyplanet.com).



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