

THE VEGAN WORD

PRESENTS

*london vegan
travel guide*



FULLY VEGAN RESTAURANTS & SHOPS

MANNA (PRIMROSE HILL)

Manna's the oldest vegetarian restaurant in London and for a number of years now it's been completely vegan. It's a little on the pricier side (around £12-15 for a main course/entree) but the food is good and the ambiance is lovely – perfect for a romantic date! Recommended: the 'manna meze' which is a plate of 3 starters served as a main.

Manna

Website: mannav.com

Phone: +44 2077 228 028

4 Erskine Road, London NW3 3AJ

Monday: Closed

Tuesday – Friday: Noon – 3pm, 6:30pm – 10pm

Saturday: Brunch Noon – 3pm, 6pm – 10pm

Sunday: Noon – 8:30pm

ITADAKI ZEN (KING'S CROSS)

Japanese vegan (the first in Europe, apparently!). Be warned that this is a specific style of Japanese cooking which doesn't use a lot of spices, so some people find it on the bland side, but if you enjoy delicately flavoured and balanced food, you'll like it.

Itadaki Zen

Website: itadakizen-uk.com

Phone: +44 020 7278 3573

139 King's Cross Rd, London WC1X 9BJ

Monday – Friday 12:30 – 2pm

Monday – Saturday 6pm – 10pm

LOVING HUT (ARCHWAY)



A Chinese restaurant with an absolutely huge menu (we're talking hundreds of items), plus the non-vegans I've taken there all said the vegan meat was very realistic.

Loving Hut

Website: <http://archway.lovinghut.co.uk/>

Phone: +44 020 7281 8989

669 Holloway Rd, Archway, London N19 5SE

Tuesday – Friday Noon – 3pm & 6pm – 11pm

Saturday & Sunday 6pm – 11pm

COOKIES AND SCREAM (CAMDEN LOCK MARKET)



This market stall/cookie bar is pretty much the best thing ever. Cookies! Brownies! Vegan! Gluten free! Oh, and did I mention MILKSHAKES? You can blend ANY cookie into a vegan milkshake! And add in bourbon vanilla sauce or homemade toffee sauce or homemade salted caramel mix! Oh, and there's this totally amazing marshmallow-topped brownie, and if you heat it up in a microwave or oven it goes all gooey and in the centre and ohmygod. Need I say more? No! Just go there!

Loving Hut

Website: <http://www.cookiesandscream.com/>

Phone: +44 07778 691519

The Market Hall, Camden Lock Pl, London NW1 8AF

Daily 10am – 6pm

VX (KINGS CROSS)

Vx is London's vegan shop – you'll find lots of interesting vegan cheeses, doughnuts as big as your face and other yummy junk food here. Also, t-shirts, shoes, and bags.

Vx

Website: <http://www.vegancross.com/>

Phone: +44 020 7833 2315

73 Caledonian Rd, London N1 9BT

Monday 11am – 7:30pm

Tuesday – Sunday 10am – 6:30pm

MS. CUPCAKE (BRIXTON)

London's first (and so far only) vegan bakery, Ms. Cupcake makes amazing cupcakes. And other baked goods. But if you're going to a cupcake shop you should really have at least one cupcake.

Ms. Cupcake

Website: <http://www.mscupcake.co.uk/>

Phone: +44 [020 3086 8933](tel:02030868933)

408 Coldharbour Ln, London SW9 8LF

Sunday – Wednesday 10am – 7pm

Thursday – Saturday 10am – 8pm

VEGETARIAN RESTAURANTS

THE GATE (ISLINGTON & HAMMERSMITH)



Long-standing vegetarian restaurant in London (open since 1989) and now with a second location.

The Gate

Website: <http://thegaterestaurants.com/hammersmith/>

Phone: +44 020 7278 5483 (Islington) / +44 020 8748 6932 (Hammersmith)

Islington: 370 St John St, London EC1V 4NN

Hammersmith: 51 Queen Caroline St, Hammersmith W6 9QL

Islington Hours: Monday – Saturday 12pm – 10:30pm, Sunday 12pm – 9:30pm
(Sunday roast menu available Sunday 12pm – 4pm)

Hammersmith Hours: Monday – Friday 12pm – 2:30pm (Lunch), 6pm – 10:30pm (Dinner)

Saturday 12pm – 3pm (Lunch), 5pm – 10:30pm (Dinner)

Sunday 12pm – 9:30pm (Sunday roast menu 12pm – 4pm)

MILDRED'S (SOHO, CAMDEN & KINGS CROSS)



A favourite in central London (and now with [additional locations in Camden](#) and Kings Cross), you should definitely get a burger here. But be warned that you may have to wait a long time for a seat – it's popular and gets really busy, and they don't take reservations!

Mildred's Soho

Website: <http://www.mildreds.co.uk/>

Phone: +44 0207 494 1634

45 Lexington St, London W1F 9AN
Monday – Saturday 12pm – 11pm

Mildred's Camden

Website: <http://www.mildreds.co.uk/>
Phone: +44 0207 482 4200
9 Jamestown Rd, London NW1 7BW
Monday – Saturday 12pm – 11pm
Sunday: 12pm – 10pm

Mildred's Kings Cross

Website: <http://www.mildreds.co.uk/>
Phone: +44 0207 278 9422
200 Pentonville Rd, London N1 9JP
Monday – Friday 8am – 11pm
Saturday: 10am – 11pm
Sunday: 10am – 10pm

TIBITS (PICCADILLY CIRCUS)

This buffet in central London is my 'go-to' place when I have visitors because there's something there to please every palate. Warning: don't let your eyes exceed your stomach, or get too greedy, because it can get expensive quickly – it's pay by weight.

Tibits

Website: <https://www.tibits.ch/en/home.html>
Phone: +44 020 7758 4110
12-14 Heddon St, London W1B 4DA
Monday – Wednesday 9am – 10:30pm
Thursday – Saturday 9am – 11pm
Sunday & Bank Holidays 11:30am – 10:30pm

THE GALLERY CAFE (BETHNAL GREEN)



The Gallery Cafe is a social enterprise cafe that does loads of events as runs exhibitions for up and coming artists. Oh, and they do a great [full English breakfasts](#) and waffles with chocolate sauce if you have a sweet tooth like me.

The Gallery Cafe

Website: <http://www.stmargarethouse.org.uk/thegallerycafe/>

Phone: +44 020 8980 2092

St. Margarets House Settlement, 21 Old Ford Rd, London E2 9PL

Monday – Friday 8am – 7:30pm (Kitchen closes at 6pm)

Saturday & Sunday 9am – 7:30pm (Kitchen closes at 6pm)

COACH & HORSES (SOHO)

If you want a ‘typical’ English experience... This pub serves up traditional English fare like sausages and mash (mashed potato) and tofush & chips (their version of vegan fish & chips).

Coach & Horses

Website: <https://www.facebook.com/NormansCoachAndHorsesSoho/>

Phone: +44 020 7437 5920

29 Greek St, London W1D 5DH

Monday – Thursday 11am – 11:30pm

Friday - Saturday 11am – midnight
Sunday 12pm – 11pm

BUDGET OPTIONS

MARKETS

Your best bet for a budget lunch option (usually £5 or under) is going to a market like Camden, Borough and Spitalfields/Sunday Upmarket on Brick Lane, all of which have vegetarian and vegan stalls!

PICNIC IN ST JAMES PARK

You can have a lovely picnic in any of London's parks (provided the weather's good) but I'd recommend [St James](#) as my favourite, particularly for visitors to London. It's got beautiful lakes surrounded by weeping willow trees and views of Big Ben. Stock up on supplies from a supermarket (tip: Sainsbury's label own brand products which are vegan!).

OUTSIDE LONDON

TERRE A TERRE (BRIGHTON)



If you're in London awhile and fancy a day out Brighton, only an hour outside London, is a seaside town famous for its vegetarian and vegan options, and alternative scene. You can easily spend the day checking out the shops, antique stores and all the veggie places. Don't miss Terre a Terre, an amazing vegetarian restaurant, while you're there. They've got loads of inventive dishes – always with very unusual descriptions – and eating there always feels like a culinary adventure. Worth the trip for their churros alone.

Terre a Terre

Website: <http://www.terreaterre.co.uk/>

Phone: +44 01273 729051

71 East St, Brighton, East Sussex BN1 1HQ

Monday – Friday 10am – 1pm (Brunch), 12pm – 5pm (Lunch), 3pm – 5pm (Afternoon tea), 5pm – 10:30pm (Dinner)

Saturday 10am – 1pm (Brunch), 12pm – 5pm (Lunch), 3pm – 5pm (Afternoon tea),

5pm – 11pm (Dinner)

Sunday 10am – 1pm (Brunch), 12pm – 5pm (Lunch), 3pm – 5pm (Afternoon tea),

5pm – 10pm (Dinner)

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WHO WROTE THIS?



Caitlin Galer-Unti is the vegan food and travel writer behind theveganword.com. She is originally from the U.S. and currently living in Barcelona, Spain (after a 7-year stint in London). She's traveled to 30 countries (and counting) and blogs about the vegan food she finds and makes around the world at theveganword.com, which has been featured on The New York Times and

Yahoo!. [The Essential Vegan Travel Guide](#), a guide to finding vegan food anywhere in the world, was published in December 2015, and is her first book.

Make sure you're subscribed to [The Vegan Word](#) by going to theveganword.com and signing up for email updates so you always get the latest recipes and travel guides!

