

# NEW YORK CITY: VEGAN TRIP PLANNER ITINERARY



## DAY 1 | FRI 16



**Dinner: 6:30 – 8:00pm**

**Taim**

Address: 222 Waverly Place, New York 10014 (West Village)

Phone: 212-691-1287

Website: [taimfalafel.com](http://taimfalafel.com)

Hours: 11am – 10pm

A vegetarian Israeli falafel and smoothie bar with two locations, Taim has consistently high ratings across the board and is recommended by the Zagat restaurant listings guide. Try a falafel sandwich with one of their three different flavours of falafel, Israeli salad, pickles and tahini. Most options are vegan-friendly (though a few contain dairy) so check with your server.



**Activity: 9:00 – 11:00pm**

### **Empire State Building**

Why not take in the city sights by night? Take an iconic trip to the top of the Empire State Building but enjoy the view over the city in a nighttime setting. Hop in a cab from Taim (15 minutes, approximately \$15-\$35, depending on traffic), get the subway or stroll down 5<sup>th</sup> avenue (30 minutes walk, or longer if you stop to do some shopping!). The Empire State Building is open until 2am most nights.

Tickets: \$34-46 adult, \$27-40 child.

## **DAY 2 | SAT 17**

**Activity: 11am – 2:00pm**

### **Vegan Shop-Up**

Address: Haymaker's, 176 Ainslie Street, Brooklyn

Website: [veganshopup.wordpress.com](http://veganshopup.wordpress.com)

For brunch, head to this vegan market. A vegan pop-up market that takes place monthly in Brooklyn. Vegan Shop Up will be held in Haymaker's, Brooklyn's first completely vegan corner store (worth a visit in itself). The Vegan Shop-Up features vendors ranging from Cake Thieves (visiting from Texas) to a New York vegan butcher who sell vegan lobster rolls, and more. You can eat a vegan cannoli flavored doughnut while browsing non-leather bags.



**Activity: 3pm – 4:00pm**

**Brooklyn Bridge**

Since you're in Brooklyn, take a chance to visit the iconic Brooklyn Bridge. The Brooklyn Bridge Park, on the Brooklyn side of the bridge, is the perfect place to admire the architecture of the bridge and of course to capture some pics of the bridge!



**Dinner: 5:00 – 7:00pm**

**Hangawi**

Address: 12 E 32<sup>nd</sup> Street

Website: [hangawirestaurant.com](http://hangawirestaurant.com)

Phone: 212-213-0077

Grab dinner at this fully vegan Korean restaurant, located in the heart of New York's Koreatown. Hangawi is one of NYC's best vegetarian Asian restaurants and serves vegan Korean delicacies like sesame leaf tofu patties, bean curd with kimchi and vegetables and avocado bibimbap.



**Activity: 7:30 – 9:30pm**

**Holiday Lights Free Walking Tour**

Meet on the stairs of the New York Public Library's Schwartzman Building, 12 E 32nd Street at 7:30pm

After dinner, join this free walking tour taking in the holiday lights around New York. The walking tours are run on a donations-only basis, so be sure to bring some cash with you to tip at the end of the tour. You **must** reserve your place on the walking tour in advance. Reserve at: <http://www.freetoursbyfoot.com/new-york-tours/>

**DAY 3 | SUN 18**



**Brunch: 11am – 12:30pm**

**By Chloe**

Address: 185 Bleecker Street (West Village) / 60 West 22<sup>nd</sup> Street (Flatiron District)

Website: [bychefchloe.com](http://bychefchloe.com)

Breakfast is the most important meal of the day, so don't skip today. Especially when there's a vegan brunch spot in your hotel's neighborhood! Wholly vegan restaurant by Chloe has proven so popular that Chef Chloe Coscarelli has expanded to multiple locations. Chloe's brunches are particularly popular (and completely plant-based!).

Choose from deliciousness like pancakes with coconut whipped cream, quinoa hash browns and scrambled organic tofu with vegan maple sausage and seven grain toast.



**Attraction: 1:30 – 5:00pm**

**Metropolitan Museum of Art**

You can't visit New York without visiting one of its many museums! Head to the Metropolitan Museum of Art, or if that's not up your street, the American Museum of Natural history or the Museum of Modern Art.



**Dinner: 6:00 – 8:00pm**

**Candle 79**

Address: 154 E 79<sup>th</sup> Street

Website: [candle79.com](http://candle79.com)

Phone: 212-537-7179

Hours: 5 – 10pm Sundays

No vegan's trip to New York is complete without a meal at Candle 79! Long considered one of the best vegan restaurants in New York (and in fact the whole of the US), Candle 79 is ranked number 33 of all 9,982 restaurants in New York. A must-visit in New York. Try the chef's daily pasta, stuffed zucchini blossoms or seitan piccata.



**Post-Dinner Drinks: 8:30pm – Late**

**Caledonia Bar**

Address: 1609 2<sup>nd</sup> Avenue

Hours: 4pm – 2am Sundays

Head over to Caledonia Bar (9 minutes' walk from Candle 79) for a drink to end your New York visit. Famous for their huge collection of whiskies, Caledonia is one of the Upper East Side's coolest drinks venues. Don't forget to check [Barnivore.com](http://Barnivore.com) or the apps [Vegaholic](http://Vegaholic) or [VegeTipple](http://VegeTipple) to find out which drinks are vegan-friendly.

**DAY 4 | MON 19**



**Breakfast: 8am**

**Juice Generation, Grand Central Station**

Grab a smoothie or tuck into an acai bowl on your way to catch the train. Juice Generation has plenty of vegan options, including vegan swets. A great end to your weekend in New York!

**NOTE**

Hi Cara,

I hope you and your husband have a great time in New York! A couple of things to note:

1. It can be really chilly in New York this time of year. Be sure to bring plenty of warm clothing and layers, a scarf, hat and gloves plus a winter coat!
2. There are lots of vegan options in New York. Many restaurants now offer a dedicated vegan menu. If you find yourself in a pinch, stop into one of New York's many bagel shops. Lots of them now offer dairy-free cream cheese!

You can download your custom NYC map here: <http://bit.ly/vegannycmap>

Happy travels!