



the vegan word

THE VEGAN WORD ON BARCELONA: EXCLUSIVE DISCOUNTS & SPECIAL OFFERS

Thanks for your purchase of The Vegan Word Barcelona Vegan Guide! This is an exclusive discount and coupon book for customers who own a copy of the book (if you somehow got this in error, you can buy a copy of the book here: <http://bit.ly/barcelonaveganguide>). Below you'll find some discounts and offers for vegan and vegan-friendly restaurants and shops in Barcelona. You can print them or show them on your phone or tablet. Happy vegan travels!

2Y MACROBIOTICO

Address: Passatge de Batllo, 4, 08036

Website: <http://2ymacrobotica.com/>

Phone: +34 933 48 54 38

Hours: Tuesday – Saturday 1:30 – 4:30pm, additionally Thursday – Saturday 8:30 – 11:30pm

Anyone looking for simple and healthy vegan food in Barcelona need look no further than 2Y macrobiotic.



the vegan word

Must-Know: Macrobiotic so the meals adhere to macrobiotic principles including simple preparation and a set proportion of different food groups. Average price starter, main + drink: €14 (additional €2.50 for dessert)

Must-Eat: Menu of the day, which includes soup (miso, grain or vegetable), grain of the day (there's always one gluten-free option), beans with kombu, steamed veggie, vegetable protein, seasonal salad and seaweed with gomasio (a Japanese condiment of sesame seeds and salt). 100% vegan. GF. Raw options. Child-friendly.

Daily lunch menu = €14 = soup, grain, legumes with kombu, steamed vegetables and vegetable protein (such as tempeh, tofu or seitan), seasonal salad, seaweed and gomasio, tea and barley coffee. €2.50 supplement for dessert.

Loyalty card (see below): receive a stamp every time you buy a daily menú and get the 10th free.





the vegan word

BIO BENTO

Address: Carrer Ermengarda, 37, 08014

Website: <https://www.facebook.com/BioBento-239487386251233/>

Phone: +34 654 82 85 35

Hours: Monday – Friday 9am – 6pm, Saturday 10am – 4pm, Sunday closed

Healthy meals and snacks for takeaway.

100% vegetarian with vegan options.

**10% Off
BioBento**

10% Off lunch menu
With discount code
“BioBento10”



the vegan word

ECOCENTRE

Address: Avinguda Diagonal, 329, 08009

Website: <http://www.ecocentre.cat/>

Phone: +34 932 07 57 85

Hours: Monday – Friday 9am – 9pm, Saturday 10am – 9pm, Sunday closed

Vegan supermarket selling vegan cheeses, meats, ice creams, chocolates, dried goods, shoes, bags and much more. The place to go if you need nutritional yeast or other vegan staples.

100% vegan. Dog friendly.

5% Off
Ecocentre

**For The Vegan Word on
Barcelona guidebook owners.
Show your book or mention.**



the vegan word

LA RIERA

Address: Carrer de Regent Mendieta, 15, 08028

Website: http://www.vegetarialariera.com/vegetarialariera.com/El_Restaurante_EN.html

Phone: +34 650 42 94 40

Hours: Monday – Saturday 1pm – 4pm

Touring Camp Nou, Barcelona's football stadium? Then you'll want to grab lunch at La Riera, one of the only vegetarian restaurants in the area (and one of the oldest veggie restaurants in all of Barcelona!). Opened in 1988 and still family-owned, it's only 2 minutes' walk from the stadium.

Must-Know: Budget-friendly, with 3 courses plus a dessert totalling around €10.

Must-Eat: Quinoa tabbouleh, vichyssoise of beetroot and orange, vegan pizza or paella.

100% vegetarian with mostly (90%) vegan options. GF. Child-friendly.

FREE drink La Riera

Free white sangria, apple juice, coffee or
tea with each 10€ menu.

Discount code “
-Theveganwordiscount-“



the vegan word

PETIT BROT

Address: Carrer del Dr. Dou, 10, 08001

Website: <http://petitbrot.es/>

Phone: +34 646 05 75 28

Hours: Monday 11am – 7pm, Tuesday closed, Wednesday – Saturday 11am – 7pm, Sunday Noon – 5pm

Whether you eat raw or just enjoy healthy eating, a visit to Petit Brot is a must. Run with love by a raw vegan couple, Petit Brot's beautifully designed sustainable interior matches the care put into the freshly made, cold-pressed juices, salads with sprouts grown onsite and raw plant-based milks and cheeses.

5% Off
Petit Brot

Get a 5% discount on every purchase
with the code PETITBROTVEGANGUIDE



the vegan word

THE DOG IS HOT

Address: Carrer de l'Or 8 (Placa Diamant), 08012 (Gracia) / Carrer de Joaquin Costa 47, 08001 (Raval)

Website: <http://thedogishot.com/>

Phone: +34 93 173 08 69 (Gracia) / +34 93 185 95 17 (Raval)

Hours: Monday – Thursday 1pm – 11pm, Friday – Saturday 1pm – 11:45pm, Sunday closed

Hot dog chain with vegan hot dog options, offering an array of different toppings. Perfect if you're travelling with someone who wants to go to non-veggie places, or if you're on the run and need to grab a quick bite to eat.

10% Off
The Dog is Hot

10% discount on all products for users of The Vegan Word on Barcelona guidebook. Show the guidebook or mention to staff.



the vegan word

THE LIVINGFOOD

Address: Carrer de Viladomat, 85, 08015

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

Phone: +34 935 14 76 95

Hours: Monday 11am – 3pm and 5pm – 9pm, Tuesday – Wednesday 10am – 2pm, Thursday 11am – 2pm, Friday 10am – 2pm and 5pm – 9pm, Saturday 11am – 3pm, Sunday closed

Not a restaurant, but rather a completely raw vegan shop, The Livingfood in the hipster area of Sant Antoni is the place to be if you want to stock up on superfoods, raw staples or their signature handmade vegan cheeses (with a huge variety ranging from cashew- to macadamia-based cheeses). The owners live healthy lifestyles themselves and are a wealth of information and inspiration.

Up to 10% Off The LivingFood

5% off general groceries, 10% off
superfoods and organic cosmetics with
discount code "THELIVINGFOOD-85"