



NYC itinerary

1 week

Hi Natalie!

Welcome to your guide to NYC.... In this book you'll find a guide to the best vegan and gluten-free food to eat in NYC this Christmas.

You'll find tips on packing and airlines. Plus, you'll find food recommendations in New York.

Wishing you a good trip!



Caitlin – Editor, The Vegan Word

NYC itinerary

1 week

FLIGHT: _____

HOTEL ADDRESS: _____

ARRIVAL: _____

DEPARTURE: _____



**DAY 1: DEC
21ST**

Afternoon: Arrive and check into the Roosevelt hotel.

Evening: Take in the lights and the energy at Times Square.

Dinner: Enjoy delicious gluten free fare at vegan & gluten free wine bar Le Botaniste, between Times Square and your hotel.



**DAY 2: DEC
22ND**

- **Morning:** Breakfast at Le Botaniste or Juice Press (Grand Central Terminal).
Spend the morning exploring Central Park.
- **Lunch:** Savour a gluten-free vegan quiche or a bowl at Peacefood Cafe, Upper West Side.
- **Afternoon:** Head to the American Museum of Natural History nearby, or at the other end of Museum Mile, the Metropolitan Museum of Art.
- **Dinner:** Chow down on vegan sushi at Beyond Sushi. They told me on the phone they can make anything on the menu gluten-free but don't have separate kitchens unfortunately. They are open on Christmas Day.
- **Evening:** Take in a Broadway show tonight.



**DAY 3: DEC
23RD**

- **Morning:** Breakfast near your hotel.
Take the ferry to see the Statue of Liberty and Ellis Island.



**DAY 3: DEC
23RD**

Lunch:

Grab a salad or bowl at Little Beet, a gluten-free and vegan-friendly non-veggie restaurant near Bryant Park.

**Afternoon/
Evening:**

Explore the holiday markets at Union Square or Bryant Park. Bryant Park also has a popular ice skating rink.

Dinner:

Treat yourself to an upscale meal a little further afield, at acclaimed Dirt Candy or the famous Candle 79.



**DAY 4: DEC
24TH**

Morning:

Breakfast near your hotel.

Visit Rockefeller Center and enjoy the festive atmosphere, the famous Christmas tree and ice rink.

Lunch:

Enjoy a quick bite at Vegan on the Fly, which has two gluten-free options (falafel or Impossible kefta), which can be served over rice or salad.



**DAY 4: DEC
24TH**

Afternoon

Take a trip over to Brooklyn to enjoy the Christmas lights in the Dyker Heights neighbourhood, famous for its Christmas displays (you can take a bus tour leaving from Bryant Park near your hotel).

Dinner:

Enjoy dinner at one of these vegan restaurants with gf options which are open Christmas Eve: Le Botaniste, Candle 79, Peacefood Cafe Downtown.

Buy some food if you want breakfast in your room tomorrow.



**DAY 5: DEC
25TH**

Morning:

Enjoy a leisurely morning at your hotel.

Lunch:

Savour a delicious vegan Christmas lunch at one of these fantastic vegan restaurants that have gluten-free options (be sure to book a table in advance, and request gluten-free food in advance too):

Beyond Sushi

Peacefood Cafe Uptown

Hangawi



**DAY 5: DEC
25TH**

**Afternoon
/ Evening:**

Take in the Christmas lights on Fifth Avenue.



**DAY 6: DEC
26TH**

Morning:

Have breakfast near your hotel.

Visit the Museum of Modern Art (MOMA) or head to Fifth Avenue for some post-holiday sales shopping.

Lunch:

MOMA: grab a bite at Little Beet or Beyond Sushi nearby.

Fifth Avenue: take a break from shopping with lunch at Vegan on the Fly or Le Botaniste.

**Afternoon
/ Evening**

Head to Greenwich Village to soak up the atmosphere.



**DAY 6: DEC
26TH**

Dinner

Savour vegan, gf French delights at vegan restaurant Delice & Sarrasin.



**DAY 7: DEC
27TH**

Morning:

Head to Erin McKenna's gluten-free, vegan bakery for donuts.

Walk across the Brooklyn Bridge and take in the views, then head to Brooklyn to explore the area.

Lunch:

Savor Ethiopian fare at Bunna Cafe (ask for rice instead of injera bread to make it gluten free).

Afternoon:

Take in a street art walking tour of Bushwick, Brooklyn.



**DAY 7: DEC
27TH**



Dinner

Enjoy dinner at Modern Love a well-known vegan restaurant in Brooklyn with gf options.



**DAY 8: DEC
28TH**



Morning:

Savor vegan brunch at Candle Cafe West, a vegan cafe with plenty of gf options.

Check out of your hotel and head home.



Google Map: bit.ly/nycnatalie

More attractions & vegan spots

Empire State Building

Going to the top of the Empire State Building? Vegan-friendly restaurants nearby include **Planta Queen** and **PLNT Burger**.

The High Line

After a walk on the High Line, head to **Jajaja Mexicana**, a vegan Mexican eatery with several locations, including 33rd St near the High Line.

Guggenheim

Vegan Grill Diner is a 13-minute walk from the Guggenheim Museum and serves up vegan comfort food.

One World Trade Center

Nish Nush specializes in vegan Mediterranean fare such as falafel and salads.

Radio City Music Hall

Little Beet is a fast-casual non-veggie salad and grain bowl chain with vegan and gluten-free options.

More GF- & Vegan-friendly Restaurants in Manhattan

Here are a few more of the most popular top-rated vegan restaurants in Manhattan with gluten-free options.

Avant Garden

Upscale vegan food & global wines

95 Avenue A

Open daily 5pm-11pm

Blossom

Upmarket vegan dishes, cocktails & wines

507 Columbus Ave

Mon-Fri 11:30am-10pm

Sat & Sun 11am-10pm

abcV

Well-known upscale vegetarian fine dining restaurant with vegan & gf options.

Reservations recommended.

38 East 19th Street

Mon-Fri 12pm-3pm & 5pm-10pm

Sat & Sun 11am-3pm & 5:30pm-10pm

Red Bamboo

Long-standing Asian vegan restaurant with many mock meats

140 West 4th Street

Eleven Madison Park

Vegan Michelin-starred restaurant (\$\$\$)

Reservations required

11 Madison Ave

Mon-Wed 5:30pm-10pm

Thurs & Fri 5pm-11pm

Sat 12-2pm & 5-11pm

Sun 5pm-11pm

Hotels

You mentioned you'd already selected a hotel but in case you change your mind here are a few suggestions.

4-star vegan-friendly hotel

[Archer Hotel](#)

The Archer Hotel is a modern 4-star boutique hotel in Manhattan.

Guests who've contacted the hotel in advance to let them know vegans are coming have noted the hotel provided vegan treats at turn-down service and soy milk in the mini fridge.

Less than a mile away from Times Square, the Archer Hotel's central location means it's easy to visit many of New York's many vegan restaurants. The rooftop bar has views of the Empire State Building and Chrysler Building.

Luxury:

1 Hotel Central Park

1 Hotels is a chain of high-end hotels started by the W hotel chain.

Their 5-star Central Park location is, you guessed it, next to the park and offers views of the park from many rooms.

Their Jams restaurant has vegan, gluten-free breakfast options.

Budget:

Yotel Times Square

The rooms might be tiny, but you'll be in the heart of the action at Yotel's Times Square location.

Thanks to its central location, you'll have plenty of vegan restaurants close by to choose from.

Yotel even has vegan & cruelty-free toiletries from a brand called Urban Jungle.

Before You Go

Airline meals

Don't forget to book yourself a meal on the plane!

Most airlines provide vegan meals on request for long-haul (intercontinental) but you need to book it in advance.

Shorter flights often no longer serve meals, or only have meals to be purchased.

You need to request the meal at least 48 hours or more in advance.

Request the meal with the code VGML. Some airlines call it by different names but VGML is the international code for it.

Confusingly, different airlines seem to refer to VGML in different ways, so some airlines call it vegan and others “vegetarian non-dairy” (to differentiate it from Asian Vegetarian meals, which do contain dairy), while some call it “strict vegetarian”.

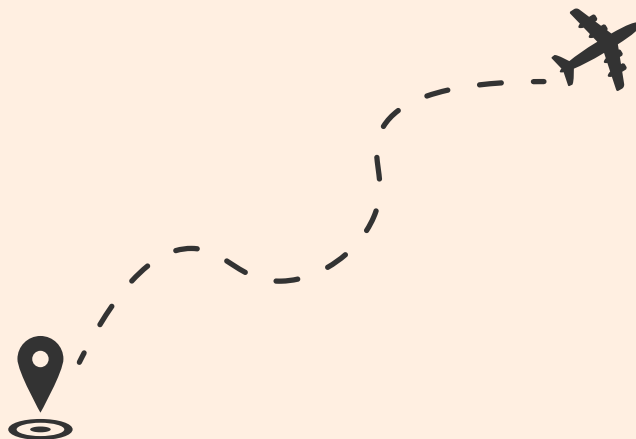
Other meals (not offered by all airlines):

VJML: Vegetarian Jain Meal

VLML: Vegetarian Lacto-Ovo Meal (so when you’re ordered a vegan meal make sure it says VGML, not VLML)

VOML: Vegetarian Oriental Meal

RVML: Vegetarian Raw Meal

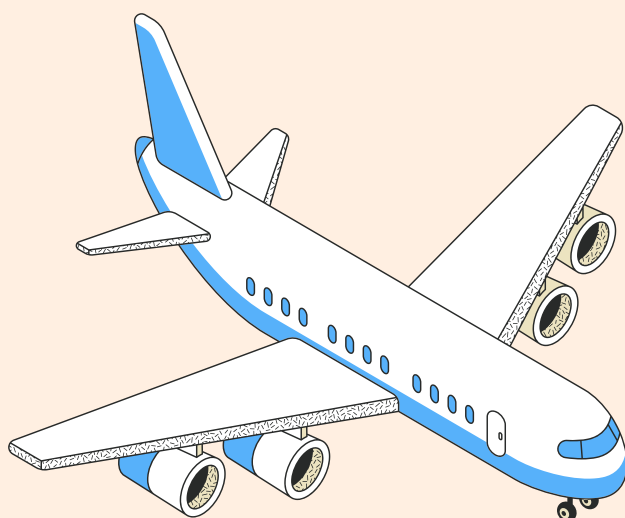


Depending on the airline, the Vegetarian Jain meal and/or Vegetarian Oriental Meal may be vegan so it's worth asking when you call.

You should always follow up after placing your order for a vegan meal, just to confirm, when you check in at the airport and also, if possible, after boarding the plane.

I usually like to order my vegan meal when I book the flight, and call to confirm it around 72 hours before the flight.

I also bring snacks and if possible a sandwich or similarly substantial food on the flight, in case they forget my meal (it's happened to me a few times).



Packing Your Bag

Let's chat about your suitcase. What are the items you can't absolutely can't live without?

Some people fill their suitcases full of shoes; some stuff them full of books.

I've been known to bring a lot of chocolate - and a little nutritional yeast (not to put on the chocolate, of course).

Here are some tips for tackling two parts of your bag - toiletries and food (I'll leave the shoe choices up to you).

Toiletries

Ah, the toiletry bag, bane of every plane traveller's existence!

Since we have to contend with so many rules and regulations with regards to what you can and can't take on a plane along with how much of it you can take...things have gotten a little bit complicated for those of us who fly with carry-ons.

Especially for those of us who want to take eco-friendly and vegan toiletries, and can't just run to the nearest drugstore and buy a big pile of mini Colgate toothpastes and tiny bottles of Pantene.



The first and easiest option is to simply buy some empty bottles that are travel-sized/TSA-approved, and fill them with your favourite shampoos, soaps, etc.

You can easily refill these before each trip, so you're not wasting lots of tiny plastic bottles.

Toothpaste, on the other hand, is more of an issue.

You can't pick up refillable toothpaste tubes at your nearest drugstore, but you can order these refillable, BPA-free tubes on Amazon (also great for packing sunscreen!).

Or, you can buy travel-sized tubes of Jason brand vegan & cruelty-free toothpaste.

I'd also highly recommend checking out the hair and body care products at Lush, if you have a shop nearby or can order online.

They are very vegan- friendly. All their products are cruelty-free and they clearly label which products are vegan.

They have some non-liquid products like face soap/scrub in plastic tubs, solid perfumes, solid shampoo bars, bath bombs (solid balls which dissolve in water into bubbles), solid massage bars (which melt when heated to skin temperature) and more.

These are great because you can stock up without worrying about going over your liquid limit!

If you think you might need to do laundry on the road, don't forget to pack some laundry detergent.

I find the best way to do this is to buy those laundry tabs (the solid ones), which transport well and again, won't take you over your liquid limit.

Or, you could buy a multi-purpose liquid like Dr. Bronner's soap (which is also vegan & cruelty-free), which you can use for just about everything - laundry, shower gel/soap, face soap, even toothpaste.

Warning: I've never used it as toothpaste and the idea freaks me out a little, but by all means, have at it and see how it goes!



Food

So if you're anything like me, you almost always have a few snacks buried in the bottom of your bag.

You put them in there at some point thinking "I better pack some extras in case I can't find vegan food before my meeting/near the museum/at Sam's party even though she specifically told me she'd be making vegan food for me."

I don't know where this irrational fear came from because I've never actually been anywhere I can't find at least one vegan option (even just a banana or a bag of nuts).

It does pay, though, to bring a few emergency supplies with you on your trip, particularly in case of an unfortunate airplane incident.

You know, one of those awful cases where they forget to bring your vegan meal even though you ordered it in advance, and you dig in the bottom of your bag and discover that somehow this is the one time you DON'T have any bars.

This is particularly handy on short-haul or budget flights which don't provide meals.

It also helps to avoid paying for excessively overpriced meals in the airport.

What's the key to packing a meal for the plane?

Make something easily transportable, and also something that can be eaten cold, like a sandwich.

I recommend bringing:

- Fruit (something that won't get crushed, like an apple, as opposed to a banana which will just get smushed in your bag)
- Something relatively small and light which pack a lot of energy, like some nuts and seeds.
- Remember not to bring any liquids, or if you do, put them in small containers that won't take you over your liquid limit. And yes, they often count 'pastes' like hummus as liquid.
- Or you can make your own fruit and nut bars. Check out this super useful post from [Oh She Glows](#) with some great ideas and recipes for easily transportable snacks for the plane.

NYC: Wrap-Up

New York: major world city, capital of the arts and finances and one of the most-visited destinations in the world. Whether you love Broadway, street art, history or architecture, you'll find something to do in New York.

You could spend years in New York and still not see every part of the city. There's always a new corner to be discovered.

New York also happens to be one of the vegan capitals of the world.

With a vast and diverse population, New York caters to all tastes, and does especially well on the vegan front, with a wide variety of vegan and vegetarian restaurants.

From the down-at-heel to upscale, modern to old school, and a huge variety of different cuisines. New York has more than two hundred vegetarian and vegan restaurants.

In fact, your biggest challenge might be choosing where to eat!

Have a fantastic trip and enjoy your Christmas in New York.

Happy travels and eat well!

SAMPLE ONLY DO NOT USE

This guide was prepared several years ago and may be out of date.

Provided as a sample only - do not use to plan a trip.