

# Mike Crawley's list of Vegan and vegetarian eating places

## ENGLAND

### **AVON**

#### **BATH**

\*Demuths  
2 North Parade Passage  
of Abbey Green  
01225 446059  
100% vegetarian  
non smoking

\*Puppet Theatre Café  
Riverside Walk  
17 Argyle Street  
Bath  
Avon  
BA2 4AY  
01225 480532  
veggie café by the river

The Porter  
(vegetarian pub)  
2 Miles Building  
George Street  
Bath  
Avon  
01225 424104

The Walrus and the Carpenter  
28 Barton St  
Bath  
01225 314864

Scoffs Wholefood Café  
19-20 Kingsmede Square  
Bath  
01225 462483

### **BRISTOL**

#### **BEDFORDSHIRE**

##### **LUTON**

The Vegetarian Stop  
22 Gayland Av  
Luton  
01582 655965 yp

#### **BERKSHIRE**

##### **READING**

##### **WINDSOR**

Al Fassia Moroccan Restaurant  
27 St Leonards Rd  
Windsor  
01753 855370 yp ?100%

#### **BUCKINGHAM**

#### **CAMBRIDGESHIRE**

##### **CAMBRIDGE**

\*Rainbow Vegetarian Bistro  
9a Kings Parade  
Cambridge  
CB2 1SJ  
01223 321551  
100% vegetarian, vegans and intolerant to gluten should  
give advanced  
warning, opposite Kings College, no smoking

#### **CHESHIRE**

##### **STOCKPORT**

Banaberries Delicatessen  
11 Little Upperbank  
Stockport  
SK1 1LA  
0161 474 0511

#### **CORNWALL**

##### **BOSCASTLE**

The Millers Pantry  
The Old Mill  
Old Rd  
Boscastle 01840 250223

##### **LAUNCESTON**

The Greenhouse Vegetarian Restaurant  
Madford Lane  
Launceston  
01566 773670  
exclusively vegetarian, wholefoods, no smoking  
disabled access

##### **PLYMOUTH**

Veggie Perrins  
967? Mayflower St  
Plymouth  
01752 252888  
veggie Indian 80% vegan

##### **ST IVES**

The Café  
Island Square  
St Ives  
01736 793621

##### **TRURO**

Fodders Restaurant  
Pannier Market  
Back Quay  
Truro  
01872 271384

The Feast Restaurant  
15 Kenwyn Street  
Truro  
Cornwall  
TR1 3BU  
01872 (2?)72546  
Janet and Luc  
100% vegetarian, special diets catered for

#### **CUMBRIA**

##### **AMBLESIDE**

Zeffirellis Wholefood Pizzeria  
Compston Road  
Ambleside  
015394 33845  
exclusively vegetarian 1000 - 2145

Garden Room Cafe  
Zeffirellis Complex  
Compston Road  
Ambleside  
015394 31612  
Daily 1000 - 1700  
vegetarian, homemade tes, coffee, confectioneries

Harvest Vegetarian Restaurant  
Compston Road  
Ambleside  
015394 33151/33762  
100% vegetarian, gluten free, no smoking,  
disabled access, licensed  
Wilf's Cafe  
5 Lake Road  
Ambleside  
LA22 0AB  
015394 34749  
100% vegetarian?  
veggie and vegan choices

##### **CONISTON**

Beech Tree House

#### Notes

\* denotes visited

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## Mike Crawley's list of Vegan and vegetarian eating places

Yewdale Road  
Coniston  
Cumbria  
LA21 8DB  
015394 41717  
Jean and John Watts  
100% vegetarian cuisine and four course evening meals  
17thC house at foot of the Old Man of Coniston  
booking essential, 'smoke free'  
accommodation

### COCKERMOUTH

Quince and Medcar  
13 Castlegate  
Cockermouth  
Cumbria  
CA13 9EU  
01900 823579  
vegetarian restaurant, licenced, non smoking, listed  
Georgian building

### GRASSMERE

Lancrigg Vegetarian Country House Hotel  
Easedale  
Grasmere  
Cumbria  
LA22 9QN  
01539 435317  
100% vegetarian vegan?  
home cooked dishes

The Rowan Tree  
Church Bridge  
Grasmere  
Ambleside  
Cumbria  
LA22 9SN  
01539 435 528  
100% vegetarian, vegan meals on demand  
riverside tea garden and restaurant  
Daily 1000 - 2100  
evening and daytime menu  
main course vegan alternatives

### HAWKSHEAD

A Room with a View  
1st Floor Laburum House  
The Square  
Hawkshead  
Ambleside  
Cumbria  
LA22 0NZ  
01539 436751  
100% vegetarian, vegan meals on demand above craft  
and woollen centre  
light lunches and evening menu open 7 days a week in  
season  
weekends all year round

### KENDAL

Waterside Wholefood Shop and Cafe  
Kent View  
Waterside  
Kendal  
LA9 4DZ  
01539 729743  
exclusively vegetarian cafe, lunches, pre booked  
evening meals and outside catering  
special diets by arrangement, no smoking, disabled  
access

### KIRBY LONSDALE

Lupton Tower Vegetarian Hotel  
and Restaurant  
Lupton  
nr Kirby Lonsdale  
Cumbria  
LA6 2PR  
01539 567400

100% vegetarian vegan?, licensed, no smoking,  
accommodation  
On A65 close junction 36 of M6  
only doubles 40

The Tea Rooms  
39 Main Street  
Kirby Lonsdale  
vegetarian tea rooms  
open 7 days a week  
all year round

### LITTLE SALKELD

The Watermill  
Little Salkeld  
Penrith Cumbria  
CA10 1NN  
01768 881523  
watermill (organic flours) and tea shop (exclusively  
vegetarian)  
open March to end October Mon, Tues & Thurs 1030 -  
1700  
1st Sun 1400 - 1700

### WIGTON

The Watermill Restaurant  
Priests Mill  
Caldbeck  
Wigton  
Cumbria  
016974 78267  
Nikki and Jo Short  
exclusively vegetarian, vegan meals with advance  
notice  
Open March - September  
every day 1000 - 1700 (1100 - 1600 Mon)  
October - January every day except Mon  
evening parties by arrangement

### DERBYSHIRE

#### BUXTON

#### CHESTERFIELD

Natural Choice  
5 Long Shambles  
Chesterfield  
Derbyshire  
S40 1PX  
01246 658550  
100% vegetarian, part of health shop, home cooked food

### DERBY

Sarang Indian Restaurant  
14 Pear Tree Road  
Derby  
DE23 6PY  
01332 344815  
Wholefood Indian restaurant  
100% vegetarian vegan?  
Wild Tyme Vegetarian Café  
The Rainbow Centre  
88 Abbey Street  
Derby DE22 3SO  
All food suitable for vegans vegan prop.

### STAUNTON HAROLD

Staunton Stables Tea Room  
Ferrers Centre  
Melbourne Road  
Staunton Harold  
01332 864617

### DEVON

#### BARNSTABLE

Heavens Above  
4 Bear Street  
Barnstable  
01271 77960  
100% veggie, no smoking, licensed

### Notes

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### **BRIXHAM**

Green Cuisine  
40 Middle St  
Brixham  
01803 882682

### **CREDITON**

Wild Thymes  
100 High Street  
Crediton  
01363 772274  
100% veggie, wholefoods, no smoking

### **DARTINGTON**

Cranks  
The Cider Press Centre  
Skinners Bridge  
Dartington  
Devon  
TQ9 6JB  
01803 862388  
100% vegetarian

### **EXETER**

\*Herbies Wholefood and Vegetarian Restaurant  
15 North Street  
Exeter  
Devon  
EX4 3QS  
01392 58473  
100% vegetarian, about half menu vegan inc sweets and glace  
Mon - Fri 1100 - 1430, 1800 - 2130  
Sat 1030 - 1630, 1800 - 2130

The Café  
38 South Street  
Exeter  
EX1 1ED  
01392 410885

### **EXMOUTH**

The Willow Basket  
53 The Strand  
Exmouth  
01395 264398  
100% veggie?

### **NEWTON ABBOT**

\*The Country Table  
12 Bank Street  
Newton Abbot  
TQ12 2JW  
01626 335537  
tuna in some dishes all other items  
vegetarian or vegan  
Mon - Sat 0900 - 1730  
1st & 3rd Sat of month 1930 - 2200

### **PLYMOUTH**

Plymouth Arts Centre Vegetarian Restaurant  
38 Looe Road  
Plymouth  
Devon  
PL4 0EB  
01752 660060  
within arts centre, daily menu

Heart & Soul  
37 New Street  
The Barbican  
Plymouth  
PL1 2NA  
01752 263590  
café shop ns

### **TAVISTOCK**

The Stannary  
Mary Tavy

Tavistock  
PL19 9QB  
01822 810897  
100% veggie, vegan, part non smoking, licensed  
over 12s only  
accommodation

### **TIVERTON**

Angel Gallery  
1 Angel Terrace  
Tiverton  
EX16 6PD  
01884 254778  
veggie cafe and take away 1000 - 1700

### **TOTNES**

Willow Wholefood Vegetarian Restaurant  
87 High Street  
The Narrows  
Totnes  
Devon  
TQ9 5PB  
01803 862605  
100% vegetarian 3 menus for lunchtimes evenings and  
Wednesday nights  
live music on Friday night

Tolivers  
67 Fore St  
Totnes  
01803 862004

The Brioche Restaurant  
49 High St  
Totnes  
01803 864465

### **DORSET**

#### **BOURNEMOUTH**

The Salad Centre  
22 Post Office Road  
Bournemouth  
100% veggie  
vegetarian restaurant, no smoking

### **DURHAM**

#### **BARNARD CASTLE**

Oldfields (ex \*Priors)  
7 The Bank  
Barnard Castle  
Co. Durham  
DL12 8PH  
01833 630700  
?not 100% veg

### **EAST SUSSEX** see Sussex

### **ESSEX**

#### **UPMINSTER**

Allseasons Wholefood Vegetarian Restaurant  
167 St Mary's Lane  
Upminster  
Essex  
RM14 3BL  
01708 640340  
licensed air conditioned, non smoking  
vegan wines and beers most food vegan  
Mon 1000 - 1600 Tues - Sat 1000 - 2130  
Sun 1000 - 1500  
easy access from jct 29 M25

### **GLOUCESTERSHIRE**

#### **CHELTENHAM**

Axiom  
57 - 59 Winchcombe Street

### Notes

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## Mike Crawley's list of Vegan and vegetarian eating places

Cheltenham  
GL52 2NE  
01242 254525 or 253183  
Vegetarian/ Vegan cafe and arts centre live  
entertainment some evenings  
Gallery, intimate theatre and licensed Venue Bar

\*The Orange Tree  
317 High Street  
Cheltenham 01242 234232  
Rest/take away entertainment  
0900 – 1630 Mon 0900 – 2100 Tues – Sat

Veggies  
49 Clarence Street  
Cheltenham  
01242 511777  
rest/cafe

### **NAILSWORTH**

Centre for Cultural Development  
Ruskin Mill  
Old Bristol Road  
Nailsworth  
Gloucestershire  
GL6 0LA  
01453 832571  
Ruskin Mill Coffee Shop Serving vegetarian lunches,  
teas and coffee  
Tues - Sat 1100 - 1600  
Sun & Bk Hols 1500 - 1800

### **GREATER MANCHESTER**

#### **DELPH**

Woody's Vegetarian Restaurant  
5 King Street  
Delph  
Saddleworth  
Oldham  
OL3 5DL  
01457 871197  
100% vegetarian and vegan, licensed  
no smoking, disabled access

#### **MANCHESTER**

\*Zumbar ? ex Amigos Restaurant  
14 Oxford Road  
Manchester  
M1 5QA  
0161 236 8438  
completely vegetarian

\*The Greenhouse Vegetarian Restaurant  
331 Great Western Street  
Rusholme  
Manchester  
0161 224 0730  
veggie and vegan no smoking

\*Greens  
43 Lapwing Lane  
West Didsbury  
Manchester  
0161 434 4259  
1730 – 2230 + Tue – Fri, Sun 1200 - 1430

Kaleida  
Wilmslow Road  
Withington  
Manchester

Fallen Angels  
263 Upper Brook Street  
Manchester M13  
0161 273 4327

\*On The Eighth Day  
107-111 Oxford Street  
All Saints

#### Notes

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Manchester  
M1 7DU  
0161 273 4878  
100% vegetarian  
vegetarian/ vegan cafe and wholefood shop  
workers co-operative  
Mon - Fri 1000 - 1900  
Sat 1000 - 1630  
non smoking

Punjab Sweet House  
177 Wilmslow Road  
Manchester M14  
0161 225 2960

Sunflower Vegan Restaurant  
Tommy Duck's Pub  
111 Newton Street  
Manchester City Centre  
0161 236 9805

Yellow Brick Café  
47 Old Birley Street  
Hulme  
Manchester  
0161 227 9008  
café exc veggie/vegan

### **HAMPSHIRE**

#### **ALDERSHOT**

The West End Centre  
Aldershot  
Vegetarian Restaurant within centre

### **BOURNEMOUTH**

The Health Centre  
Boscombe  
Bournemouth

### **HAVANT**

Gallery Café Bar  
Havant Arts Centre  
East Street  
Havant  
01705 480113  
100% Veggie, Disabled access, no smoking  
Mon - Sat 0930 - 1630

### **PORTSMOUTH**

Orchard Cafe  
Francis Ave  
Portsmouth  
01705 614666  
vegetarian/vegan organic  
Tues - Thurs 0900 - 1700  
Fri Sat 0900 - 2100

### **SOUTHAMPTON**

The Flying Teapot  
Onslow Road  
Southampton  
01703 636383  
100% veggie restaurant

The Town House  
59 Oxford Street  
Southampton  
01703 220498  
100% veggie restaurant

Saffron Vegetarian Bistro  
5 Bedford Place  
Southampton  
01703 369666  
exc veggie/vegan  
Tues – Sat lunch, Wed – Sat dinner

### **SOUTHSEA**

Country Kitchen

## Mike Crawley's list of Vegan and vegetarian eating places

59 Marmion Road  
Southsea  
PO5 2AX  
01705 811425  
Mon - Sat 0930 - 1700

### HEREFORD & WORCESTER

#### **BEWDLEY**

Shades of Green Vegetarian Restaurant  
The Glebe House  
Upper Arley  
Bewdley  
01299 861311  
100% vegetarian, no smoking  
accommodation  
10mins walk from Severn Valley Railway - Arley station  
Open Tues - Sun Tearoom 1100 - 1700  
Restaurant 1900 onwards

#### **HEREFORD**

\*Nutters  
Capuchin Yard  
Church Street  
Hereford  
HR1 2LT  
01432 277447  
100%veggie restaurant?

Pulse Café  
89 East Street  
Hereford  
01432 268473  
exc veggie/vegan

#### **ROSS-ON-WYE**

Oat Cuisine  
47 Broad Street  
Ross-on-Wye  
Hereford and Worcester  
HR9 7DY  
01989 566271  
100%vegetarian, health shop cafe and take away

### HERTFORDSHIRE

#### **WELHAM GREEN**

Veggie Bites (Outside Catering?)  
60 Nash Close  
Welham Green  
Hertfordshire  
AL9 7NN  
01707 275283

### ISLE OF WIGHT

#### **KENT**

#### **ASHFORD**

Cornerstone Wholefood Restaurant  
25a High Street  
Ashford  
01233 642874 100% veggie?, no smoking

#### **CANTERBURY**

Canterbury Wholefoods  
10 The Borough  
Canterbury  
01227 464623  
take away/ shop exc veggie/vegan

Fungus Mungus  
34 St. Peters Street  
Canterbury  
01227 781922 100% veggie?

#### **CHATHAM**

Food for Living Eats  
116 High Street  
Chatham  
ME4 4BY

01634 409291  
100% vegetarian, no smoking, disabled access

#### **FOLKESTONE**

Holland and Barrett Restaurant  
80 Sandgate Road  
Folkestone  
CT20 2AA  
01303 243646  
100% vegetarian, no smoking

\*The India Restaurant  
see vegan friendly appendix

\*The Good Intent  
Aldington  
see vegan friendly appendix

#### **ORPINGTON**

The Green Man  
162 Orpington High Street  
Orpington  
Kent  
BR6 0JR  
01689 875797  
Mon - Sat 0800 - 1600  
vegetarian cafe wide range of snack foods  
eat in or take away

### LANCASHIRE

#### **CLITHEROE**

The Jigsaw Pantry  
Trinity Youth and Community Centre  
Parson Lane  
Clitheroe  
Lancashire  
01200 27886

#### **LANCASTER**

Libra Wholefood Restaurant  
19 Brock Street  
Lancaster  
LA1 1UR  
01524 61551  
exclusively vegetarian and wholefood, no smoking

### LEICESTERSHIRE

#### **LEICESTER**

The Good Earth  
19 Free Lane  
Leicester  
LE1 1JX  
0116 2626260  
100% vegetarian vegan?  
wholefood dishes, opened in the sixties  
live guitar playing Friday evening

\*The Whole Truth  
19 Belvoir Street  
Leicester  
café/rest/take away  
100% veggie/vegan

Sharmilee Vegetarian  
71 – 73 Belgrave Rd  
Leicester  
0116 2610503  
Tues – Thurs 1200 – 1430 & 1800 – 2130  
Fri – Sun 1200 – 2130  
Veggie / vegan?

#### **LOUGHBOROUGH**

The Greenhouse  
27 Biggin Street  
Loughborough  
LE11 1UA  
01509 262018  
100% veggie, and vegan cafe

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## Mike Crawley's list of Vegan and vegetarian eating places

### LINCOLNSHIRE

#### **GRANTHAM**

Claire's Concoctions  
15a Bridge Street  
Grantham  
NG31 9AE  
01476 7681  
exclusively vegetarian restaurant, part no smoking  
licensed, disabled access

#### **STAMFORD**

Tuppy Rice  
1 Castle Street  
Stamford  
PE9 2RA  
01780 62739  
cafe seven days a week

#### **LOUTH**

Louth Wholefood Shop  
9 Eastgate  
Louth  
01507 602411  
take away/shop

### MERSEYSIDE

#### **LIVERPOOL**

\*Hub  
9 Berry Street  
Liverpool  
L1  
Mon - Tues 0900 - 2330  
Wed - Sat 0900 - 0030  
Sun 0900 - 2330  
veggie co-op with some vegan dishes on menu  
next to and adjoining a bike shop  
furniture made from recycled bike parts

The Green Fish  
11 Upper Newington Street  
Liverpool  
L1 2SR  
0151 707 8592  
veggie cafe

### MIDDLESEX

#### **EDGEWARE**

Chai Restaurant  
236 Station Road  
Edgware  
0181 905 3033  
veggie

#### **HARROW**

Jhupdi Indian Vegetarian Restaurant  
235 Station Road  
Harrow  
Middlesex  
HA1 2TB  
0181 427 1335

#### **SOUTHALL**

A Sweet  
106 Broadway  
Southall  
0181 574 2821  
Indian café/take away

Shahanshah Vegetarian Restaurant  
60 North Road  
Southall  
0181 574 1493  
Restaurant/take away

#### **WEMBLEY**

Woodlands Restaurant  
402 High Road  
Wembley

0181 902 9869  
Indian veggie restaurant

### NORFOLK

#### **DISS**

Amandines  
Norfolk House Yard  
St. Nicholas St  
Diss  
Norfolk  
01379 640449  
daily 1000 – 1600 veggie/vegan café/rest

#### **NORWICH**

\*The Treehouse  
14 Dove Street  
Norwich  
Norfolk  
NR2 1DE  
01603 763258  
100% vegetarian, most of the food is vegan, gluten, yeast  
and sugar free food available  
co-operative run by the people who work there

### NORTHUMBERLAND

#### **ALNWICK**

Town House Restaurant  
15 Narrowgate  
Alnwick  
01665 606336 yp ?100%

#### **HEXHAM**

\*The Hexham Tans  
St Mary's Chare  
Hexham  
01434 604040  
Tues - Sat 0900 - 1600  
Vegetarian, limited vegan

\*Bay Horse Inn  
West Woodburn  
see Vegan friendly appendix

### NOTTINGSHIRE

#### **NOTTINGHAM**

Alley Cafe  
Cannon Court  
Long Row West  
Nottingham  
NG1 6JE  
01559 551013  
Exclusively vegetarian/vegan cafe Mon - Sat 1000 -  
1800

Krishna Vegetarian  
144 Alfreton Road  
Nottingham  
NG7 3NS  
01159 708608  
totally Indian vegetarian restaurant, vegetarian staff  
large part of menu vegan, baby changing facilities  
Tues - Sat 1200 - 2300 Sun 1200 - 2200

Maxine's Salad Table  
56 Upper Parliament Street  
Nottingham  
NG1 2AG  
01159 473622  
first vegetarian cafe in Nottingham, vegan meals clearly  
marked  
part no smoking  
Tues - Fri 0900 - 1900 Mon & Sat 0900 - 1700 Sun  
1000 - 1500

Out to Munch  
15 Goosegate  
Hockley  
Nottingham

#### Notes

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NG1 1FE  
01159 481115  
100% vegan, cafe above a healthfood shop Hiziki  
Mon - Sat 0930 - 1600

Rebels  
Waltons Hotel  
2 North Road  
The Park  
Nottingham  
NG7 1AG  
01159 475215  
100% vegetarian, restaurant within a hotel

\*Salamander Restaurant  
23-25 Heathcote Street  
Nottingham  
NG1 1AG  
01159 410710  
100% vegan restaurant  
vegan wine list  
Mon - Sat 1800 - 2300  
Sun 1800 - 2200

Vegetarian Pot  
375 Alfreton Road  
Nottingham  
NG7 5LT  
01159 703333  
Indian Restaurant purely vegetarian  
vegan curries  
Mon - Sat 1130 - 1400 1700 - 1900

Veggies Food Stall  
Clinton Street  
off Lower Parliament Street  
Nottingham  
NG1  
01159 585666  
totally vegan snack stall to inform public  
Mon - Fri 110 - 1530  
Sat 1100 - 1600

### **OXFORDSHIRE**

**OXFORD**  
Cafe M. O. M. A.  
Museum of Modern Art  
30 Pembroke Street  
Oxford  
OX1 1BP  
01865 813814  
Tues - Sat 0900 - 1730  
(Thurs until 2130)  
Sun 1100 - 1730

### **SHROPSHIRE**

**CHURCH STRETTON**  
Acorn Wholefood Restaurant  
26 Sandford Avenue  
Church Stretton  
SY6 6BW  
01694 722495  
100% veggie, and vegan, non smoking

### **SHREWSBURY**

The Good Life  
Barracks Passage  
Wyle Cop  
Shrewsbury  
SY1 1XA  
01743 350455  
exclusively vegetarian, part no smoking  
licensed, disabled access  
0930 - 1530

### **TELFORD**

Olivers Vegetarian Bistro  
33 High Street  
Ironbridge

Telford  
Shropshire  
TF8 7AG  
01952 433086  
100% vegetarian  
organic wines and unusual vegetarian cheeses, non  
smoking, licenced,  
coach parking nearby, childrens menu and portions  
available  
Tues - Fri 1900 - 2300  
Sat 1200 - 1500, 1900 - 2300  
Sun 1200 - 1700  
weekday lunches during holiday periods

### **SOMERSET**

**CASTLE CARY**  
The Old Bakehouse  
High Street  
Castle Cary  
BA9 7AW  
01963 50067  
exclusively vegetarian, no smoking

### **GLASTONBURY**

The Assembly Rooms  
High Street  
Glastonbury  
01458 834677  
1000 - 1600 winter  
0900 - 1900 summer  
vegan and organic food, licensed

\*Blue Note Cafe  
4 High Street  
Glastonbury  
01458 832907  
0900 - 1700 (longer in summer)  
vegetarian food, 100% veggie?

\*Cafe Galatea  
5a High Street  
Glastonbury  
Somerset  
BA6 9DP  
01458 834284  
100% vegetarian  
lunchtime and evening menu  
Mon - Tues 1030 - 1800  
Wed - Thurs 1030 - 2100  
Fri - Sat last orders 2200  
Sun last orders 2100

The White Spring  
Well House Lane  
Glastonbury  
light cafe snacks, all vegetarian,  
no smoking, gift shop  
1030 - 1830 summer  
1030 - 1700 winter  
Feb closed Mon & Tues

### **TAUNTON**

County Stores  
52 North Street  
Taunton  
01823 272235  
Mon - Thurs 0930 - 1730  
Fri - Sat 0830 - 1730  
?100% veggie

### **WELLS**

The Good Earth Restaurant  
4 Priory Road  
Wells  
BA5 1SY  
01749 678600  
100% veggie?

### **YEOVIL**

#### Notes

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The Ginger House  
52 Princes Street  
Yeovil  
Somerset  
BA20 1EQ  
01935 74437  
vegetarian cafe/restaurant  
all dishes vegetarian, organic, vegan  
sugar free or gluten free  
Mon - Thurs 1000 -1700  
Fri - Sat 1000 - 2100

### **STAFFORDSHIRE**

#### **STOKE ON TRENT**

Dylans Vegetarian Restuarant  
99 Broad Street  
Hanley  
Stoke  
01782 286009  
veggie

Hayloft Vegtarian Restaurant  
Butt Lane  
Ranton  
Stafford  
ST18 9JZ  
01785 822933

### **SUFFOLK**

#### **IPSWICH**

Marno's  
14 St Nicholas Street  
Ipswich  
Suffolk  
IP1 1TJ  
01473 253106  
100% vegetarian, vegan specialities and gluten free  
cakes

### **SUSSEX**

#### **BEXHILL**

Corianders  
66 Devonshire Road  
Bexhill on Sea  
East Sussex  
TN40 1AX  
01424 220329  
vegetarian wholefood restaurant, part non smoking

### **BRIGHTON**

\*Food for Friends  
17a - 18 Prince Albert Street  
The Lanes  
Brighton  
East Sussex  
BN1 1HF  
01273 202310  
100% vegetarian  
vegan and gluten free choices  
three cookbooks associated with restaurant  
wholefood and vegetarian, accessible to wheelchair  
users  
special provision for children

The George  
Trafalgar Street  
North Lanes  
Brighton  
01273 681055  
Pub/rest  
exc veggie

The Indian Vegetarian (buffet)  
Ship Street  
North Street  
Brighton

Slims Healthfood Restaurant

### Notes

\* denotes visited

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92 Churchill Square  
Brighton  
01273 24582  
0930 - 1730  
exclusively vegetarian and special diets by arrangement  
part no smoking, licensed, disabled access

Terre a Terre  
71 East Street  
Brighton  
01273 729051  
Mon 1800 – 2230 Tues – Sun 1200 2230

Trogs Restaurant  
124 Kings Road  
Brighton  
01273 326302  
gourmet veggie

Vegetarian & Vegan Sandwich shop  
92a Trafalgar Street  
Brighton  
01273 623332

### **CHICHESTER**

Cafe Paradiso  
9 Priory Lane  
Northgate  
Chichester  
West Sussex  
PO19 1AR  
01243 532967  
vegetarian - offers gluten free food  
licence - none  
smoking - none

### **HORSHAM**

East Mews Revival Cafe  
5a Park Place  
Horsham  
West Sussex  
RH12 1DF  
01403 271125  
100% vegetarian  
all food home made

### **HOVE**

Frogans Restaurant  
117 Western Road  
Hove  
01273 773586  
café/rest/take away

Sanctuary Café  
51 Brunswick Street  
Hove 01273 770002  
café/rest entertainment

### **LEWES**

Seasons of Lewes  
199 High Street  
Lewes  
01273 473968  
café/rest/take away

### **PLAISTOW**

\*Clements Restaurant  
Rickmans Lane  
Plaistow  
West Sussex  
RH14 0NT  
01403 871 246  
'100% vegetarian' about 50% vegan items  
expensive  
Tues - Sat ev 1900 - 2300 lunchtime - when there is a  
reservation  
closed Sun & Mon fully licensed

### **WADHURST**

## Mike Crawley's list of Vegan and vegetarian eating places

Wealden Wholefoods  
High Street  
Wadhurst  
East Sussex  
01892 783065  
café/shop

### **WORTHING**

Seasons  
15 Crescent Road  
Worthing  
West Sussex  
BN11 1RL  
01903 236011  
100% vegetarian  
non smoking

### **SURREY**

#### **CROYDON**

Hockneys Vegetarian Restaurant  
98 High Street  
Croydon  
CR0 1ND  
0181 688 2899  
100% veggie, non smoking

#### **KINGSTON UPON THAMES**

Riverside Vegetaria  
64 High St  
Kingston upon Thames  
Surrey  
KT1 1HN  
0171 546 7992  
10% discount vegan society members

Café Beacon  
42 Richmond Road  
Kingston  
0181 296 9921  
veggie café

#### **RICHMOND**

Richmond Harvest  
5 The Square  
Richmond  
0181 940 1138  
veggie take away/rest

#### **THORNTON HEATH**

Santok Maa's Bhel Poori House  
848 London Road  
Thornton Heath  
0181 665 0626  
veggie fast food restaurant

#### **RICHMOND**

Rani Vegetarian Restaurant  
3 Hill Street  
Richmond  
TW9 1 SX  
0181 332 2322  
part non smoking

### **TYNE AND WEAR**

#### **NEWCASTLE**

Bob Trollope  
34 Sandhill  
Quayside  
Newcastle upon Tyne  
NE1 3JF  
0191 261 1037  
100% vegetarian vegan? vegetarian pub, all day  
vegetarian breakfast

Supernatural Restaurant  
2 Upper Level  
Princess Square  
Newcastle  
0191 261 2730

veggie/vegan

### **WARWICKSHIRE**

#### **COVENTRY**

Yum  
86 Shakespeare Street  
Stone  
Coventry  
01203 442711  
veggie café/rest

#### **RUGBY**

Summersalts  
27 High Street  
Rugby  
01788 543223  
exclusively vegetarian restaurant

#### **STRATFORD UPON AVON**

Stratford Health Food Cafe  
Greenhill Street  
Stratford  
01789 415741  
vegetarian  
not tried  
nothing known

### **WEST MIDLANDS**

#### **BIRMINGHAM**

\*The Warehouse Cafe  
54 Allison Street  
Digbeth  
Birmingham  
B5 5TH  
0121 633 0261  
Mon - Sat 1200 - 2100  
not 100% VEGAN, no smoking throughout  
fresh organic vegetables  
special dietary requirement can be catered for  
above Friends of the Earth centre includes ONE EARTH  
SHOP

\*Wild Oats  
5 Raddlebarn Road  
Selly Oak  
0121 471 2459  
1200 - 1400, 1800 - 2100  
100% veggie, disabled access, non smoking  
("Anything vegan?" - "not sure, I don't think so"  
not impressed - didn't stop)

4Veg  
1 Walford Road  
Sparkhill  
Birmingham  
0121 624 4440  
veggie indian take away

Jyoti Restaurant  
566 Stafford Road  
Sparkhill  
Birmingham  
0121 766 7199  
veggie indian rest/take away

Rogan's Vegetarian Restaurant  
12 College Road  
Handsworth Wood  
Birmingham  
0121 515 3906  
veggie rest

Walton's Country Cuisine  
72 Causeway Green Road  
Oldbury  
West Midlands  
BF68 8LF  
01384 253507

### Notes

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## Mike Crawley's list of Vegan and vegetarian eating places

### WILTSHIRE

#### **AVEBURY**

\*Stones  
4 Green Street  
Avebury  
Marlborough  
Wilts  
SN8 1RF  
01672 539514  
100% vegetarian several vegan items close to stone circle  
usually two main courses also cold savories and salads  
licensed, disabled access

#### **SALISBURY**

Salisbury Healthfoods  
15 Queen Street  
Salisbury  
01722 335965  
take away/shop

### WORCESTERSHIRE

#### **GREAT MALVERN**

\*St Ann's Well Café  
Great Malvern  
01684 560285  
café north end of hills access by foot

Brief Encounter Restaurant  
Great Malvern Station  
Imperial Road  
Malvern  
Worcestershire  
01 684 893033  
Thurs - Sat 1900 - 2300  
inspired vegetarian food, fully licenced, 100% vegetarian

### YORKSHIRE EAST

#### **BRIDLINGTON**

Bean There  
The Vegetarian Café  
10 Wellington Road  
Bridlington  
01262 679800

#### **HULL**

\*Fiddleheads  
11 King Street  
Market Place  
Hull  
HU1 2JJ  
01482 224749  
lunch tues - fri 1200 - 1400, sat 1000 - 1600  
eve wed - sat 1900 - 2200

\*Hitchcocks Vegetarian Restaurant  
1 Bishop Lane  
High St  
Hull  
HU1 1PA  
01482 320233  
Open 2015 onwards - book  
Many international styles, first one to book  
for evening chooses the theme  
Starters served at table - main course is a hot buffet  
eat as much as you want - 3 course meal is £10 per head

\*The Zoo  
Vegetarian Cafe  
80b Newland Avenue  
Hull  
HU5 3AB  
01482 494352  
Mon - Sat 1000 - 1900  
friendly atmosphere some vegan items on menu

### YORKSHIRE NORTH

#### **EAGLESCLIFFE**

#### Notes

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#### \*The Waiting Room

9 Station Road  
Eaglescliffe  
Stockton-on-Tees  
Cleveland  
TS16 0AB  
01642 780465  
Mon - Sat 1100 - 1400, 1900 - 2130(last orders)  
Sun 1100 - onwards  
100% vegetarian vegan?

### HARROGATE

\*Wild Ginger  
5 Station Parade  
Harrogate  
01423 566122  
bistro almost entirely vegan

#### Tiffins

11a Regent Street  
Harrogate  
North Yorkshire  
HG1 5AW  
01423 504041  
100% vegetarian /vegan? restaurant/art gallery  
lunch and evening menus, live jazz some Sundays

#### Tea Tree

Outhwaite House  
Main Street  
Hawes  
DL8 3QL  
01969 667817  
veggie, wholefood tea shop, crafts

### SKIPTON

Herbs  
Natural Food Centre  
10 High Street  
Skipton  
01756 790619  
100% veggie, no smoking

### WHITBY

Shepherd's Purse  
95 Church Street  
Whitby  
YO22 4BH  
01947 820228  
Rosie or Pete  
vegetarian restaurant  
B&B galleried courtyard of en suite rooms  
four poster or brass bedsteads  
non smoking, licensed

### YORK

The Blake Head Vegetarian Cafe  
104 Micklegate  
York  
01904 623767  
cfe and book shop, non smoking

#### \*Rubicon

5 Little Stonegate York  
01904 676 076  
100% veggie, non smoking

### YORKSHIRE SOUTH

#### **SHEFFIELD**

Blue Moon Cafe  
22a Norfolk Row  
Sheffield  
0114 276 3443  
Mon - Fri 0830 - 1630  
Sat 0900 - 1600  
Veggie and Vegan Cafe near Crucible Theatre  
opposite St Marie's Cathedral

### YORKSHIRE WEST

## Mike Crawley's list of Vegan and vegetarian eating places

### **BARNSELEY**

Down to Earth Restaurant  
36 Shambles St  
Barnsley  
01226 203656 yp ?100%

### **BRADFORD**

Cocobana Restaurant & Club  
47 Cheapside  
Bradford  
01274 739441  
rest/club  
vegan

Hansa's  
44 Great Horton Road  
Bradford  
01274 730433  
Indian vegetarian restaurant

South Square Vegetarian Cafe  
South Square  
Thornton Road  
Thornton  
Bradford  
BD13 3LD  
01274 834928

### **DONCASTER**

Eating Whole  
25 Copley Rd  
Doncaster  
01302 738730 yp ?100%

### **HEBDEN BRIDGE**

Laughing Gravy/Hebden House  
The Birchcliffe Centre  
Birchcliffe Road  
Hebden Bridge  
West Yorks  
HX7 8DG  
01422 844425  
veggie restaurant/group accom

### **LEEDS**

Hansa's Vegetarian Restaurant  
72-74 North Street  
Leeds  
West Yorkshire  
LS2 7PN  
0113 244 4408  
100% vegetarian  
Indian vegetarian restaurant  
vegan desserts also available

Beano Whole foods  
36 New Briggate  
Leeds  
veggie shop/take away

### **OTLEY**

The Curlew Cafe  
11/13 Crossgate  
Otley  
LS21 1AA  
01943 464351

### **ROTHERHAM**

Wot No Meat  
126 Broad St  
Parkgate  
Rotherham  
01709 719140 yp – sounds veggie

### **SHEFFIELD**

Café Ceres  
390 Sharrowvale Rd  
Sheffield  
0114 267 9090 yp ?100%

Chinski's Vegetarian Restaurant  
353 Abbeydale Rd  
Sheffield  
0114 250 1076

## **SCOTLAND**

### **BORDERS**

#### **AYRSHIRE**

### **CLYDE**

**GLASGOW**  
Asha Vegetarian Restaurant  
141 Elderslie St  
Glasgow G3  
0141 221 7144

The Granary  
Howard St  
Glasgow G1  
0141 226 3770

13th Note  
Bar Cafe Venue  
50 - 60 King St  
Glasgow  
G1 1VR  
0141 553 1638  
1200 - 2400  
completely animal/dairy free & live music

Ladyfinger by Mother India  
7 Buccleuch Street  
Cambridge Street  
Glasgow  
0141 353 0777  
Vegan and vegetarian cuisine  
all dishes £3.95, sundries priced separately

Vegville  
93-97 St. Georges Road  
St. Georges Studios  
Charing Cross  
Glasgow  
G3 6JA  
0141 572 1160  
100% vegetarian vegan?

Wholefoods  
Unit 7 Princes Square  
48 Buchanan St  
Glasgow G1  
0141 226 4251

### **PAISLEY**

The Corn Crib  
22a Lawn St  
Paisley  
PA1  
0141 889 9261

### **DUMFRIES AND GALLOWAY**

### **FIFE**

**KIRKCALDY**  
Sunflowers  
39 Whytescauseway  
Kirkcaldy  
KY1 1XY  
01592 646266  
restaurant, licensed, non smoking

### **HIGHLANDS**

**KYLE OF LOCHALSH**  
Wholefood Cafe  
Highland Design Works  
Plockton Road

### Notes

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## Mike Crawley's list of Vegan and vegetarian eating places

Kyle of Lochalsh  
01599 534388  
exclusively vegetarian and special diets, non smoking  
open 1200 - 1500, 1830 - 2030

### LOTHIAN EDINBURGH

Ann Purna  
Vegetarian Wholefood Restaurant  
45 St. Patrick Square  
Edinburgh  
EH8 9ET  
0131 662 1807  
Mon - Sun 1730 - 2300  
Mon - Fri 1200 - 1400  
Licensed, no smoking throughout  
home cooking from India and Gujrati  
80% vegan  
wheelchair access limited

\*Bann's Baked Potato Shop  
56 Cockburn Street  
Edinburgh  
0131 225 7572  
all vegetarian

\*Banns  
Vegetarian cafe  
5 Hunter Square  
Edinburgh  
0131 226 1112  
Mon - Sun 1000 - 2300  
licensed, vegan wine and beer no smoking section  
wheelchair access at street level vegan dishes indicated

Black Bo's  
Vegetarian Restaurant  
57-61 Blackfriars Street  
Edinburgh  
0131 557 6136  
Mon - Fri 1230 - 1430 1800 - 2230  
Sat 1230 - 2230  
Sun 1800 - 2230  
licenced, no smoking section ,wheelchair access but  
toilets downstairs  
not usually vegan main courses but chef will oblige on  
request

\*Cornerstone Vegetarian Café  
Prince's Street  
Under St. John's Church  
Edinburgh  
0131 229 0212  
Mon - Sat 1000 - 1700  
non smoking vegetarian/vegan cafe, disabled access  
from Prince's Street

Engine Shed Vegetarian Cafe  
1st Floor  
19 St. Leonards Lane  
Edinburgh  
EH8 9SD  
0131 662 0040  
Mon - Thurs 1030 - 1530  
Fri 1030 - 1430  
Sat - Sun 110 - 1600  
vegan dishes indicated on menu mostly organic  
non smoking throughout, lift for wheelchair access

Green Umbrella  
Vegetarian Cafe  
St. Stephens Street  
Stockbridge  
Edinburgh  
no telephone  
Mon - Sat 0900 - 2200  
Sun 1200 - 1800  
vegan friendly, vegan dishes not indicated

\*Helios Fountain  
7 Grassmarket  
Edinburgh  
EH1 2HY  
0131 229 7884  
Mon - Sat 1000 - 1800  
Sun 1200 - 1600  
back of bookshop, vegan dishes marked organic where  
possible  
no smoking throughout wheelchair difficult toilets  
downstairs

\*Hendersons Salad Table  
Vegetarian Restaurant and Wine Bar  
94 Hanover Street  
Edinburgh  
EH2 1DR  
0131 225 2131  
Mon - Sat 0800 - 2300  
festival Suns 0900 - 2100  
no smoking section, vegan dishes indicated, live music  
in evenings,  
children welcome during the day, wheelchair access by  
arrangement

\*Isabel's Cafe  
83 Clerk Street  
Edinburgh  
EH8 9JG  
0131 662 4014

Kalpna  
Wholefood Vegetarian Restaurant  
2/3 St. Patrick's Square  
Edinburgh  
EH8 9EZ  
0131 667 9890  
Mon - sat 1200 - 1430, 1730 - 2300  
vegetarian Indian food  
ingredients listed on menu  
no smoking throughout, licensed  
wheelchair access, children welcome

Lachana Vegetarian Restaurant  
3 Bristo Place  
Edinburgh  
0131 225 4617  
Mon - Thurs 1200 - 1430, 1630 - 1900  
Fri 1200 - 1430  
enter through Bristo Health Food Shop

Nature's gate  
Vegetarian Restaurant/Wholefood Shop  
83 Clerk Street  
Edinburgh  
EH8 7JG  
0131 662 4014  
Mon - Sat 1000 - 1900  
persian and middle eastern food, cafe below wholefood  
shop  
mainly vegan, no smoking throughout  
children welcome wheelchair access difficult

\*Susie's Cafe  
53 West Nicholson Street  
Edinburgh  
0131 667 8673  
Sun - Thurs 1000 - 2100  
Fri - Sat 1000 - 2200  
now licensed

The Anarkali Tandoori Restaurant  
19 Dalry Road  
Edinburgh  
0131 337 0828  
Mon - Sat 1200 - 1430, 1700 - 2400  
disabled access, Vegetarian food Indian style

W. J. Christies (pub)

### Notes

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## Mike Crawley's list of Vegan and vegetarian eating places

27/31 West Port  
Grassmarket  
Edinburgh  
0131 229 4553  
exclusively vegetarian menu  
Mon - Fri 1200 - 1900  
Sat - Sun 1200 - 1700

### **WALES**

#### **GWYNEDD**

##### **LLANGFNFI**

The Whole Thing  
5 Field Street  
Llangefni  
01248 724832  
100% wholefood restaurant, non smoking

#### **PORTHMADOG**

Vegonia Wholefoods  
49 High Street  
Porthmadog  
01766 515195  
vegan shop

#### **PENARTH**

Tomlins Vegetarian Restaurant  
46 Plassey Street  
Penarth  
CF64 1EL  
01222 706644

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