



Top vegetarian restaurants

Enjoy Vegetarian Week with **Square Meal's** guide to the best meat-free venues in the South East

£ CARNEVALE

135 Whitecross Street, EC1
(020-7250 3452), open
Mon-Fri noon-3.30pm;
Mon-Sat 5.30-11pm

Flying the flag for meat-free eating, this diminutive veggie demolishes the nut cutlet image of vegetarianism. The shop window is full of adorable edibles and the menu smacks of desire, not denial.

££ THE GATE

51 Queen Caroline Street, W6
(020-8748 6932), open
Mon-Fri noon-2.45pm;
Mon-Sat 6-10.45pm

This is that rare thing: a chic vegetarian restaurant, filled with designer-handbag types rather than the beard and sandals brigade. The menu takes its influences from a wide range of cuisines, and in warm weather the cobbled courtyard makes a fine outside dining room.

£££ THE GREENHOUSE

27a Hay's Mews, W1
(020-7499 3331), Mon-Fri
noon-2.30pm; Mon-Sat
6.45-10.30pm

This restaurant closed in January for a complete refurb and has re-emerged with a beige-and-grey look that

brings an elegant urbanity to the place. Vegetarians are spoilt with artful combinations of ingredients in dishes such as soft-boiled organic egg with button mushrooms and a white truffle velouté.

£ GREEN NOTE

106 Parkway, NW1
(020-7485 9899), open
Wed-Sun 6-11pm

This veggie café dishes up feel-good food with a side order of ambient music in cosy surrounds of blasted brickwork and rustic wood. It's a laid-back place — perfect for spending the evening with

friends over a bottle of wine.

££ MANNA

4 Erskine Road, NW3
(020-7722 8028), open
Mon-Sun 6.30-11pm;
Sun 12.30-3pm

One of the country's oldest vegetarian restaurants, Manna has been serving up meat-free dishes since 1966. The inventive menu makes use of all kinds of veggie produce in dishes such as roast squash, pinto bean chilli and red Thai curry.

£ MILDREDS

45 Lexington Street, W1
(020-7494 1634), open
Mon-Sat noon-11pm

Mildred's is always busy, but it's not only veggies and vegans who come to sample its wares: carnivores also tend to leave pleasantly surprised by the quality and range of dishes on the seasonal menu.

£ RASA

55 Stoke Newington Church Street, N16 (020-7249 0344), open Mon-Sun 6-10.45pm (Fri-Sat -11.30pm); Sat-Sun noon-3pm

The lobster-pink exterior would be enough to make Rasa stand out, yet it has also secured an enviable reputation for its exceptional Kerala food. It may be entirely vegetarian, but all but the most die-hard carnivores are bound to be won over by the intriguing food on offer.

£ RAINBOW VEGETARIAN CAFÉ

9A King's Parade, Cambridge (01223 321551), open Tues-Sat 10am-9.30pm

King's College Chapel towers above this humble but very healthy hideaway. Specials boards list daily soups, dishes of the day and irresistible baked goodies such as carrot cake and vegan cheesecake. All wines, beer and cider are vegan and organic.



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££ TERRE À TERRE

71 East Street, Brighton
(01273 729051), open
Tues-Sun noon-10.30pm
(Sat -11pm; Sun -10pm)

One of Brighton's best restaurants, this just-off-the-seafront eaterie is housed in a large, light space that blends cool contemporary looks with a laid-back air, imaginative wine list and astonishing Asian-edged vegetarian food.

PRICE GUIDE

£££ Above £45

££ £30-£45

£ Under £30

Price ranges are indicative of one two-course à la carte meal, plus half a bottle of house wine, coffee, cover charge, service and VAT. Restaurant reviews compiled specially for *The Times* by Square Meal, for 18 years the London and UK eating-out experts. Opinions are based on the experiences of the Square Meal team of inspectors and of thousands of readers, who are surveyed throughout the year. You can find more reviews and news on their website.

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THEBIGEAT

Saf

££ 152-154 Curtain Road,
EC2 (020-7613 0007),
open Mon-Fri noon-
3.30pm, 6.30-11pm;
Sat 6.30-11pm

Health-conscious Londoners are welcoming the recent arrival of Saf, the capital's first raw food restaurant. An acronym for simply authentic food, the menu is 100 per cent botanical with no animal products, dairy, refined or processed ingredients, and most

dishes are cooked below 48C to maximise the food's nutritional benefits. Creative options include wok-charred edamame with wasabi pea powder and black sesame, and beetroot ravioli with cashew herb ricotta, asparagus, balsamic figs and pumpkin seed oil. The organic wine and drinks list follows the same clean-living ethos, as does the contemporary decor.