

*Vegan  
in  
Europe*



Vegan  
Traveler

(preview – excerpt)

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## **Table of Contents**

Introduction

About this Book

Disclaimer

Copyright

## **Before Your Trip**

Air Travel

What to Pack

Plant-Based in Europe

Veggie-Friendly Accommodations

## **Once You Get There**

Planning Your Day

Creating a Plan

Apps and Wifi

Cooking

Allergies & Food Sensitivities

## **Language**

Phrases & Vocabulary

## **Shopping**

Supermarkets (generally)

European brands

## **Restaurants**

Breakfast in Europe

Restaurants (generally)

International Chains

## **Restaurants by Country**

### **United Kingdom**

England

Ireland

Scotland

### **Scandinavia**

Denmark

Finland

Norway

Sweden

### **Eastern Europe**

Croatia

Czech Republic

Hungary

Poland

Slovakia

Slovenia

Turkey

**Western Europe**

Austria

Belgium

France

Germany

Luxembourg

Monaco

Netherlands

Switzerland

**Southern Europe**

Gibraltar

Italy

Portugal

Spain

## Introduction

Hello and welcome to Europe! (Or if you're reading this book before your trip — happy soon voyage!)

Europe is a dazzling place — a storybook of a history and smorgasbord of cultures. Just stepping off the plane makes you feel a bit more worldly... *sophisticated*.

I urge everyone to make a trip to Europe at least once in their lifetime, even if you only make it to the widely visited cities and monuments (though, in my opinion, the best of Europe lies along the less traveled path!) but I'm not here to sell you on Europe! You already want to go! (Otherwise, why would you read this book?)

My job is to help you eat and reassure you that YES! A thousand times yes! You CAN be vegan in Europe! And NO it's not hard! (No matter what your friends tell you!)

I first traveled to Europe in 2006. (I was bitten by the travel bug and decided I needed to see the world.) I was a mostly-vegan-but-vegetarian at the time, and no sooner would I start beaming about my pending trip, a friend would gently touch my shoulder and say "but you're a vegetarian" with a sad (and concerned!) expression.

I'm delighted to say my month-long trip across 13 countries was a breeze and places where people swore I would starve (like Germany and Ireland) were, and still are, some of the most vegan-friendly places I've ever visited. (In fact, Germany is probably still my favorite vegan spot in Europe!).

I'm now writing this book *from* Europe, on my *sixth* month-long trip abroad as a vegan. (I also lived on a French and Dutch island for a year in the Caribbean). I've now been to more than 40 cities and towns in 23 countries in Europe... but who's counting?

While I have certainly experienced some frustrations, I am often pleasantly surprised, if not overjoyed, by how "vegan" Europe can be. (Just last week I was walking around the beach area of Barcelona when I walked right past a sign that said "vegan ice cream this way!" WIN!)

Having traveled extensively over my home continent as well (46 states and counting!) I can say I find Europe only slightly more challenging (because I don't always speak the language) but (and this is a big but!) I have also found an array of "vegan things" (like vegan yogurt) at even the tiniest stores, in the tiniest of European towns, when I can't say the same for America (though it IS getting better).

Point is, like in America, some places are more veg-friendly (or veg-aware) than others, and patience is always key. And also like in America, there are some Europeans who can't be bothered to help you out (and think vegans are just plain lame—or whatever cool, trendy word there is for "lame" in European lingo) but there are oodles more that are respectful, if not inspired by your gumption!

Likewise, while there are thousands of restaurants you'd never want to eat at, there are thousands more that you would (and will!).

***My best advice:*** Don't come to Europe to eat. If you want an "eating" vacation go to Portland (Oregon), Asheville (North Carolina), or Brooklyn (New York). That's not to say a vegan *can't* have a wonderful meal in Europe (quite the contrary), but your trip to Europe should be about *seeing* Europe. Make the focus of your trip about exploration: marveling at historical sites, visiting world-famous museums, slipping into beautiful, old churches, dabbling in new cultures and languages, capturing once-in-a-lifetime moments, and checking all the boxes on your bucket list. I promise, you'll be so much happier.

Your euro-trip will be marvelous and dreamy if you spend your time enjoying Europe and *not* worrying 24/7 about the eating thing! (When traveling anywhere, I like to remind myself that eating doesn't always have to be a "pleasure." Not every meal has to be a decadent feast or form of entertainment. It's a biological need, so if I'm stuck with a bowl of fruit, a salad, and a baked potato sometimes, I'm doing just fine.) That said, Europe does have its own vegan meccas (Ghent, Glasgow, Prague, London and Berlin just to name a few) and you could plan your trip around those cities, but even places with more limited choices are so much more than the food they offer. (Plus when you're looking at some of the most beautiful landscapes in the world, a potato magically tastes better.)

*Bon voyage!*

Lindsay

PS — If you're looking for general travel information (accommodations, trains, what to pack, and so forth) check out my travel book, [Broke Backpacker](#). You can

also visit [BrokeBackpackerBook.com](http://BrokeBackpackerBook.com) for a list of travel books, gizmos and gear I recommend. For the A-Z on the vegan diet and plant-based lifestyle, check out [The Happy Herbivore Guide to Plant-Based Living](#) (which also has a generous travel and backpacking chapter). AND if you're hungry and want to recreate foods from your trip (or Europe in general) checkout my cookbook, [Happy Herbivore Abroad](#).

## About this Book

This book contains all the information you'll need to eat, drink, and live *la dolce vida* as a vegan in Europe.

I've included specific restaurant recommendations, plus general information about what to expect food-wise in each country (or city), including "accidentally vegan" traditional fare you should try whenever possible. You'll also find suggestions for what to eat at *any* restaurant in *any* city or country, plus what to pack for your trip and what to buy.

Lists of local vegan brands for soy milk, almond milk, vegan ice cream, vegan yogurt, snacks, and other specialty vegan foods (plus where to find them in the grocery store) are also included, along with language tips (including phrases), and cautionary warnings for the all the hidden foods and cultural quirks you need to look out for.

Many chapters also have additional resources such as links to vegan societies, lists of all-vegan stores, or vegan-friendly hotels.

By the end of this book you'll be one well-educated traveling Herbie! (And very full, too!)

## Disclaimer

The author of this book has taken care to make the information contained herein as accurate as possible, but is provided "as is" and without warranty or guarantee (information is always subject to change). The author accepts no responsibility for any loss, injury, or inconvenience sustained by anyone utilizing this information.

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(pages omitted from sample)

## **European Brands**

If you think we have a lot of brands in America... The vegan speciality food market is booming in Europe, with more brands than I can keep up with. Brands can also change by country or region (much like in America!) but I wanted to provide as comprehensive list as possible of brand names to look out.

### **Nondairy Milk**

Alfa Bio (Slovakian)  
Alpro  
Berief Soja Fit (German)  
Bjorg (French)  
Granovita (Spanish)  
Holland & Barrett  
Joya (Austria)  
Provamel  
Savia (Spanish)  
Soy (French)  
Soya e Natura (Italian)  
Soyana (Swiss)  
Vive Soy (UK)

### **Yogurt & Pudding**

Alpro  
Carrefour Bio (French)  
Sojasun (French)  
Sojade  
Sole e Natura (Italian)  
Valsoia (Italian)

### **Cereal**

Cereal Bio (French)  
Kallo  
Muesli (check ingredients)  
Weetabix

**Cheese/Spreads**

Alfa Bio (Slovakia)  
Cheezly (UK)  
Pural (France)  
Vegusto (Swiss)  
Viotros  
Wilmersburger (German)

**Chocolate**

Booja Booja  
Hipo Hyfryd  
Moo Free  
Ritter Sport (German)  
Seed & Bean  
Vivani (German)

**Ice Cream**

Bessant & Drury  
Booja Booja  
Kristy's (or Worthershaw's Freedom)  
Lupinesse (German)  
Razzle Dazzle  
SoYeah/Ice Cream Factory (Netherlands)  
Swedish Glace

**\*\*Full List in the book\*\***

(pages omitted from sample)

## **Poland**

Poles eat more vegetables a day than any other country in Europe (577g per day, according to the European Food Information Council (EUFIC)—Italy is second, followed by Germany and Austria) and with many traditional dishes being centered around vegetables, Poland quickly becomes one of those unexpected vegan-friendly places.

Warsaw and Krakow have the most vegan and vegan-friendly establishments (and fortunately, they are also the top two visited cities in Poland), but Gdansk, Poznań, Lodz, and Wroclaw have plenty of options as well.

### **Additional Poland Resources**

Vegan Guide to Warsaw:

<http://weganwawa.wordpress.com/category/restauracje/>

Empathy Animal Activism Group: <http://empatia.pl/>

Polish Vegetarian Outreach & Resources: <http://www.vege.pl/>

### **Polish Supermarkets**

You should be able to find plant-based milks, soy yogurt, soy puddings, and tofu at most Polish supermarkets along with canned beans, fruits, vegetables, and other basics. The chain supermarket E. Leclerc (<http://www.e-leclerc.com/>) seems to have the widest selection of “vegan things” and discount supermarkets like Biedronka (<http://www.biedronka.pl/pl>) sometimes have vegan specialty goods like veggie burgers or tofu dogs.

There’s also no shortage of health food stores in Poland, though they can often be pretty pricey. If you go to Warsaw, take a trip to Evergreen (<http://www.evergreen.pl/>), an all-vegan shop selling many specialty vegan items.

### **Polish (Vegan) Cuisine**

Polish food is simple and hearty, with slow cooked but delicate flavors. You’ll find little that’s spicy, but plenty that’s tart or sour (pickle juice is a frequent flavoring), which helps Polish cookery stand out against the backdrop of European cuisine.

Cabbage, beets, potatoes, carrots, dried beans, peas, turnips, cauliflower, onions, wild mushrooms, and grains are staple ingredients in Polish cuisine, which means there’s plenty of opportunity for “accidentally” vegan fare. Even better, it’s

not *completely* foreign or alien to eat a plate of vegetables as a meal in Poland — the local Poles do it!

Fresh salads (*salatki*), or *surówka* (shredded vegetables) also accompany most meals. The more popular combinations are *kapusta*, a salad made from cabbage and apples, and *bukiet surowek*, a salad made from shredded cabbage, pickles, carrots and radishes. Boiled potatoes and potatoes sautéed with onions, caraway seeds and sauerkraut (*kapusta kiszona*) are other common side dishes.

There's also pickles and pickled vegetables to enjoy! *Ogórek Kiszony* (Polish pickled cucumbers), *ogórek Konserwowy* (preserved, sweet-and-vinegar tasting cucumbers), *pieczarki Marynowane* (marinated mushrooms), *sałatka Ogórkowa* (pickled and preserved cucumbers with peppers and onions) and *surówka z marchewki* (polish carrot salad) are a must if you love pickled stuff!

Noodles and dumplings are another characteristic of Polish cuisine, often made from buckwheat (*kasha*). *Kluski* is the generic term for soft, mushy Polish dumplings that don't have a filling. They come in a variety of different shapes and are made from mashed potato, flour and water, but may also contain milk or eggs — always inquire. (*Kluski* are kind of like the Polish cousin to Italy's gnocchi).

*Pierogi*, meanwhile, are the distant Polish cousin to the ravioli, except they're boiled *and then* fried or baked. Fried *pierogi* are usually fried in butter with onions, but baked *pierogi* might be "accidentally" vegan depending on the fillings. (*Pierogi* are traditionally stuffed with potato filling, ground meat, cheese, sauerkraut, or fruit, for a dessert option.)

You'll also find barley-based dishes such as barley and mushrooms, or a side of barley as a menu option. Rice and other cooked cereals like *karsza* are also side options and usually vegan.

Soups are another distinct feature of Polish cuisine. *Barszcz* (or *borscht*) is a very sour soup that's not like anything you've ever tasted (or *seen* before!). The basic Polish recipe is made from red beets, onion, garlic, and root vegetables. It's traditionally vegan, but some restaurants and families may add bacon.

Similarly, *grochowka* (pea soup), *zupa pomidorowa* (tomato soup), and *krupnik* (vegetable barley) may be "accidentally" vegan or vegetarian. You may also come across "accidentally" vegan cold soups in the summer months. Look for the Polish cousin to Spain's gazpacho—*zupa ogórkowa* (dill pickle soup)—made from sour cucumbers and potatoes or rice. You might also find chilled beet-based soups

like *chlodnik* that should be vegan if they can be ordered without sour cream (*Śmietana*), or *pupa owocowa* (fruit soup).

There's also no shortage of rustic, hearty bread in Poland. Local pumpernickel and sourdough rye shouldn't be missed. Bread (*chleb*) and rolls (*bułka*) are a rich Polish tradition and remain a staple in Poland's modern cuisine. Most bakeries use whole-wheat or rye flours, with the exception of sandwich bread. *Zapiekanka* is a traditional Polish "street food" — a baguette with cheese, mushrooms, onions, peppers and possibly ketchup. If you can order it without cheese, it's vegan. (This sandwich has recently resurfaced thanks to Poland's hipster culture.)

For breakfast, there's groats or kasha (hulled buckwheat). *Kasza gryczana* is a buckwheat porridge (usually made with water).

Lastly, look for fresh fruits in the summer months. Strawberries and plums are the most popular, and are often served as soups or compotes. *Powida* is a thick fruit butter, usually made with plums and anise.

### **Beer and Alcohol**

Vodka, introduced by neighboring Russia, has long been part of Polish culture. Polish vodkas are traditionally prepared from grain or potatoes. Vodka was THE alcoholic drink in Poland until the late 1990's, when beer surged in popularity. Wine is less frequently consumed.

### **Food Warnings**

Polish cuisine is very sour cream heavy. In fact, it's so common that it may not be listed as part of a menu item's description. It can be helpful to indicate you don't want sour cream (*nie śmietana*).

The main meal of the day is eaten around 2 p.m. and is much bigger than the average American lunch. Poles usually eat a salad or appetizer followed by an entree and dessert.

### **International Chains in Poland**

**Loving Hut** – Warsaw, Swidnica

**Govinda** – Warsaw

**Vapiano** – Warsaw (3)

**Le Crobag** – Poznan, Kattowitz

## Polish Chains to Look For

### **Bioway** (<http://bioway.pl/>)

Health-focused “slow food” cafe with several clearly marked vegan options, including desserts. Two locations in Gdynia, three in Gdańsk, and one in Poznan.

### **Da Grasso** (<http://www.pizzeria.krakow.pl/en/>)

Pizzeria with vegan dough. Over 100 locations throughout the country.

### **Du-za-Mi-ha** (<https://www.facebook.com/DUZAMIHAPHO>)

Cheap Vietnamese food chain with vegan options. Five Warsaw locations.

### **Green Way** (<http://www.green-way.eu/>)

Fresh, minimally processed foods, often using local ingredients. Offering everything from soup and salad, to casseroles and pancakes. Eighteen locations throughout the country.

### **Salad Story** (<http://www.saladstory.com>)

Healthy fast food chain offering salads, sandwiches, and soups. Multiple locations throughout the country.

## Polish Vocabulary

**Hello** – Witaj  
**Please** – Proszę  
**Thank you** – Dziękuję  
**Goodbye** – Żegnaj  
**Without** – Bez  
**I don't digest** - Nie trawią  
**Eggs** – Jajka  
**Milk** – Mleko  
**Butter** – Masło  
**Cheese** – Ser  
**Sour Cream** – Śmietana  
**Meat** – Mięso  
**Chicken** – Kurczak  
**Lamb** – Baranek  
**Fish** – Ryba  
**Pork** – Wieprzowina  
**With** – Z  
**Soy** – Sojowy  
**Fruit** – Owoce  
**Vegetables** – Warzywa

## **Warsaw Restaurants**

Overall you'll find Warsaw's vegan restaurant scene is a melting pot of international dishes with the occasional throwback to Polish cuisine. My guess is since traditional (vegan) Polish fare is pretty easy to come by at other restaurants, the local vegan restaurants take the opportunity to showcase the breadth of vegan cookery. (You'll also find no shortage of hummus and falafel joints!)

P.S. Warsaw gets gluten-free! Many establishments are 100% gluten-free while others have ample gluten-free options. Most coffee shops also offer soy and rice milk for an extra charge.

### **Cafe Tygrys**

Relaxed, graffiti decorated all-vegan cafe that embraces the "DIY" spirit. Light "bar food" options like burgers, hot dogs and hummus, plus local beer and fair-trade teas and coffees. Good choice for a casual hangout.

Open 11:00-23:00 M-Sat, Closed Sun  
Chmielna 10a  
Tel. +48 508 316 149

### **Dolce & Vegan**

Vegan and gluten-free bakery selling pies, cakes, cupcakes and authentic Polish treats. Sometimes they offer vegan pizza or brunch foods.

Open 12:00-20:00 M-Th, 12:00-22:00 F-Sat, Closed Sun  
ul. Marszałkowska 115 (Located on the backside of the building)  
Tel. +48 605 324 174  
<https://www.facebook.com/dolceandvegan>

### **DOM Made**

Offers a daily vegetarian special that is often vegan or can be prepared vegan. Good choice for a romantic meal. Interior is designed like an old villa, and there is beautiful outdoor garden seating.

Open 12:00-22:00 T-Fri, 10:00-22:00 Sat-Sun, Closed Mon  
Mierosławskiego 12  
Tel. +48 509 165 712  
<https://www.facebook.com/DOMmadeWarszawa>

### **Green Bar**

Former Green Way near train station. Good place to try vegan versions of traditional Polish "street foods".

Open 10:00-21:00 M-Sat, 11:00-21:00 Sun

Szpitalna 6

Tel. +48 22 625 00 55

<https://www.facebook.com/pages/Green-Bar/113383978828859>

### **Gruszki Pietruszki**

Vegetarian wine bar with light food menu: a few soups, salads and pastas, plus daily specials and desserts (vegan items are clearly marked). Extensive list of organic wine.

Open 12:00-23:00 Sun-Th, 12:00-00:00 F-Sat

Garbarska 3 i 5

Tel. +48 662 051 550

<https://www.facebook.com/pages/Gruszki-Pietruszki/298036500352280>

### **Krowarzywa**

First all-vegan burger joint in Poland. Burgers are made in-house.

Open 12:00-23:00 Sun-Th, 12:00-00:00 F-Sat

Hoża 42

Tel. +48 516 894 767

<https://www.facebook.com/Krowarzywa>

### **Kubek I Olowek**

Casual vegetarian restaurant with vegan and gluten-free options. Mostly salads and sandwiches. Daily special is usually Polish cuisine inspired. Also does "theme" nights such as sushi or pizza.

Open 08:00-21:00 weekdays (12:00-20:00 weekends)

Kredytowa 8

Tel. +48 732 773 171

<https://www.facebook.com/KUBEKiOLOWEK>

### **Marraskesh Cafe**

Vegetarian Moroccan restaurant with vegan and gluten-free options. Good place to try vegan versions of Moroccan cuisine. Sister restaurant to Tel-Aviv Cafe.

Open 07:00-22:00 M-F, 08:30-22:00 Sat, 10:00-20:00 Sun

Aleje Jerozolimskie 123a

Tel. +48 22 610 71 68

<http://www.fooddesigners.pl/marrakesh/>

### **Przemiana Wege Kuchina**

Health-oriented vegetarian restaurant near the University with vegan and gluten-free options clearly marked. Menu changes regularly. Daily special is usually rice, salad, and vegetable-based dish such as ratatouille. Great option for healthy, lighter fare.

Open 12:00-21:00 M-Th, 12:00-22:00 F-Sat, 12:00-20:00 Sun

Mikołaja Kopernika 25

Tel. +48 725 362 979

<http://wegekuchnia.com/>

### **Relaks kawiarnia**

Part bike shop, part gourmet coffee cafe with vegan desserts and sandwiches. Great hangout for coffee lovers.

Open 08:00-21:00 weekdays (09:00-18:00 weekends)

ul. Puławska 48

<https://www.facebook.com/kawiarniarelaks>

### **Tel-Aviv Cafe + Deli**

Kosher, all-vegan and gluten-free Israeli cuisine. Sister restaurant to Marraskesh Cafe.

Open 08:00-00:00 Sat-Th, 08:00-02:00 Fri

ul. Poznańska 11

Tel. +48 22 621 1128

<http://www.fooddesigners.pl/tel-aviv/>

### **Veg Deli**

Modern, urban vegetarian restaurant with vegan and gluten-free options. Slightly upscale "cafe food" you'd see at vegan restaurants in LA or NYC. Also sells homemade baked goods and smoothies for takeaway.

Open 12:00-22:00 M-Sat, 12:00-20:00

ul. Radna 14

Tel. +48 733 669 874

<https://www.facebook.com/vegdeli>

### **VEGA Restaurant**

Health-oriented vegetarian restaurant with vegan options clearly marked. A portion of each sale is used to feed hungry children. Simple, healthy Polish fare like soups and mixed salads.

Open 11:00-20:00 daily

Al. Jana Pawła II 36c

Tel. +48 22 35 35 400

<http://www.vega-warszawa.pl/>

### **Vege Miasto**

All-vegan "hipster" cafe with gluten-free and raw options, including desserts and homemade organic ice cream. Wide assortment of food choices from burgers and pancakes, to salads and hot tofu-based entrees.

Open 12:00-21:00 daily

Solidarności 60a

Tel. +48 607 031 114

<http://www.vegemiasto.pl/>

### **W Gruncie Rzeczy**

Cozy all-vegan, all-organic restaurant. Menu changes regularly but vegan pierogi are always offered. Also offers breakfast foods like tofu scramble.

Open 11:00-23:00 M-Sat, 11:00-21:00 Sun

Hoża 62

Tel. +48 690 310 846

<https://www.facebook.com/WGruncieRzeczy>

## **Kraków Restaurants**

Kraków is a friendly city, but most tourists spend their time taking day trips out of the city to popular historical monuments such as Auschwitz, the Wieliczka salt mine, and the Renaissance Pieskowa Skała Castle. Unfortunately there aren't many vegan options by those destinations, but there are plenty within the city.

### **Cafe Młynek**

Charming B&B that opens their vegetarian cafe to non-guests. Offers hot breakfast, pancakes, soups, sandwiches, tarts, pasta, main courses for dinner, and desserts. One of the few "eat out" breakfast options. Candlelight ambiance at night.

Open 08:00-23:45 daily  
plac Wolnica 7  
Tel. +48 12 430 62 02  
<http://cafemlynek.com/>

### **Deli 8**

Bodega with vegan and gluten-free lunch options sometimes, plus specialty vegan items in the store.

Open 08:00-19:00 weekdays (Closed weekends)  
ul. Mazowiecka 8  
Tel. + 48 12 631 11 79  
<https://www.facebook.com/deli8krakow>

### **Green Day**

Vegetarian bar with vegan items. Mix of international staples like hummus, gazpacho, wraps, samosas, and enchiladas.

Open 11:00-22:00 M-Sat, 11:00-21:00 Sun  
ul. Mikołajska 14  
Tel. +48 12 431 10 27  
<http://www.greenday-krakow.pl/>

## **Glonojad**

Self-service vegetarian bar offering vegan and gluten-free options. Offers international dishes like burritos, curries, tacos, samosas, pastas, and soups. Close to the train station.

Open 08:00-22:00 weekdays (09:00-22:00 weekends)

Plac Matejki 2

Tel. +48 12 346 16 77

<http://www.glonojad.com/>

## **Karma Organic Coffee**

Contemporary "hipster" cafe with vegan and gluten-free baked goods, plus a daily lunch menu. Expect soups, curries, stir-frys and light mezze-type meals. Offers soy milk. A must-stop for coffee lovers.

Open 10:00-20:00 weekdays (11:00-20:00 weekends)

ul. Krupnicza 12

Tel. +48 506 06 06 84

## **Momo**

Mostly vegan Tibetan-Indian fusion restaurant located in the Jewish and cultural quarter of Krakow (Kazimierz). The Tibetan dumplings are their signature dish. The South Indian potato-stuffed pancakes are also popular. Several gluten-free options (clearly marked).

Open 11:00-20:00 daily

ul. Józefa Dietla 49

Tel. +48 609 685 775

<https://www.facebook.com/BarWegetarianskiMomo>

## **Nova Krova**

Artisan burger joint with a wide selection of homemade vegan burgers and creative toppings, plus soups, salads and desserts. A must-visit if you love a good (gourmet) veggie burger. Gluten-free options. Soy milk available. Cash only.

Open 10:00-21:00 Sun-Th, 10:00-23:00 F-Sat

Pl. Wolnica 12

Tel. +48 530 305 304

<http://novakrova.com.pl>

### **Pod Norenami**

Mostly-vegan Pan-Asian restaurant with an extensive menu. Most dishes center around tofu or faux meats, like mock chicken.

Open 10:00-22:00 M-W, 10:00-23:00 Th-Sun

Krupnicza 6

Tel. +48 661 219 289

<https://www.facebook.com/PodNorenami>

### **Shake & Bake**

Milkshake shop and gluten-free bakery with light vegan options. Offerings change daily. Soy milk available.

Open 07:00-21:00 weekdays (10:00-21:00 weekends)

ul. Juliana Dunajewskiego 2

Tel. +48 662 165 627

<http://shakeandbake.pl/>

### **Spółdzielnia Organic Resto**

“Hippie” eco-friendly co-op lunch bar with daily dine-in specials and vegan take-away foods like wraps and smoothies. Offerings change daily. Limited selection, but healthy and fresh.

Open 11:00-22:00 Sun-W, 11:00-00:00 Th-Sat

ul. Meiselsa 11

Tel. +48 536 777 405

<http://www.spoldzielnia.org/eng/>

### **Wielopole 3**

Underground (a.k.a. located in a cellar) gourmet vegan restaurant with gluten-free and raw options. "Fine dining"-style food, but without the fancy atmosphere (or hefty price tag). Good choice for a gastronomy experience. Owners also credit Dr. T. Colin Campbell and *The China Study* as inspiration for the restaurant. Ask about oil-free.

Open 12:00-21:00 Sun-W, 12:00-22:00 Th-Sat

Wielopole 3

Tel. +48 506 024 767

<https://www.facebook.com/Wielopole3>

## Slovakia

Slovakia is a small country in the heart of Europe with a growing interest in veganism and raw food, especially in the larger metropolitan areas like Bratislava, where you'll find vegan and vegan-friendly restaurants, and Košice. Traveling as a vegan is a bit more challenging in the smaller towns of Slovakia if you don't speak the language, but most tourists only make it to Bratislava. (It's a great day trip from Vienna! Sail down the Danube!)

### Additional Resources

Sloboda Zvierat (Freedom for Animals): <http://www.slobodazvierat.sk/>  
(Slovak non-government organization for animal protection and welfare.)

### Slovak Supermarkets

Biopark (<http://biopark.sk>) is a Slovak chain with a wide selection of vegan specialty goods.

Additionally, the Bioparks in Bratislava (Avion and Eurovea locations) also have in-store organic bistros with vegan options. (Avion: Ivanská cesta 16, Eurovea: Pribinova 8)

### Slovak (Vegan) Cuisine

Slovak cuisine varies region by region, but potatoes, sauerkraut, local vegetables, fruit and wild mushrooms were (and still are) traditionally eaten, so you may find "accidentally" vegan fare based on these ingredients, especially if you look towards the side dishes. Modern Slovak cuisine, however, is heavily influenced by neighboring countries, so you won't find a ton of restaurants serving "traditional" or "authentic" dishes.

*Bryndzové halušky* (potato dumplings) is one of Slovakia's national dishes. They're sort of like the Slovak cousin to Italy's gnocchi (boiled potato is mixed with flour (*halušky*) to make a dough). They're served smothered in *bryndza* (sheep cheese) and topped with bacon or pork pieces, so you'd need to order just the *halušky*. (Explain you want it without the bacon and cheese — *nie slanina, nie syr*). Alternatively, *strapačky* is *halušky* served with sauerkraut instead of *bryndza*.

*Lokše* are thin potato pancakes that look like a potato-based tortilla or flapjack. Traditionally, *lokše* are made from only potato, flour, water and salt, and cooked in oil, so they're usually vegan, but some places may use butter instead of oil.

## Beer and Alcohol

*Slivovitz* is a plum brandy made in Slovakia. Beer is also consumed.

The more popular Slovak drinks are all milk-based (they like sour milk and kefir!) which are definitely *not* vegan.

## Food Warnings

Traditionally, lunch was the biggest meal of the day for Slovaks. This has shifted slightly in recent years, though noon remains the busiest time at restaurants and many establishments still close *early* by American standards — 1900 is the norm.

Lunch in Slovakia generally consists of a soup plus hot entree with a side vegetable dish. A “daily dish” combo of these items is common at restaurants and usually inexpensive.

*Kapuśniak* (cabbage soup) usually contains pork or *kielbasa*, but some regions make it with roots and mushrooms. *Fazuľová polievka* (bean soup) is usually prepared with lard and sausage.

*Zemiakové placky* are thick potato pancakes made from grated potatoes. (The Slovak cousin to hash browns.) Unfortunately they usually contain egg.

Sauerkraut should be vegetarian, but it never hurts to ask.

It is customary to bring a bottle of wine or alcohol when you visit someone’s home.

## International Chains in Slovakia

**Govinda** – Bratislava, Košice

## Slovak Vocabulary

**Hello** – Dobrý deň

**Please** – Prosím

**Thank you** – D’akujem

**Goodbye** – Zbohom

**Without** – Bez

**I don’t digest** – Nechcem stráviť

**Eggs** – Vajcia

**Milk** – Mlieko

**Butter** – Maslo  
**Cheese** – Syr  
**Meat** – Mäso  
**Chicken** – Kuracie  
**Lamb** – Jahňacie  
**Fish** – Ryby  
**Pork** – Bravčové mäso  
**With** – S  
**Soybean** – Sójový  
**Fruit** – Ovocie  
**Vegetables** – Zelenina

## **Bratislava Restaurants**

For the vegan with allergies, Bratislava is a culinary oasis. Several restaurants offer extensive allergy-sensitive menus, clearly indicating the ingredients in each dish. It's one of the few places in Europe that "gets" allergies *and* their understanding is *superior* to what we see in America, too... at least when it comes to menu labels!

### **Bemba Restaurant**

All-vegan raw restaurant just outside the city center (accessible by tram) in the "Snail" building. Offers salads, soups, raw entrees like "pizza" or "burgers", desserts and fresh juices. Their "sushi rolls" are very popular.

Open 10:00-21:00 M-Sat, Closed Sun

Háľkova 1

Tel. +421 917 954 265

<http://www.restauraciabemba.sk/>

### **Cajova Biela Lalia**

"White Lily Tea Room" with vegan and raw options, including a daily hot entree.

Open 12:00-22:00 weekdays (15:00-22:00 weekends)

Nevädzová 882/4

Tel. +421 905 161 925

<http://www.bielalalia.sk/>

### **Good Five**

Health-oriented restaurant with several vegan and allergy-free options. Menu is clearly marked to indicate which items contain gluten, fish, shellfish, eggs, dairy, soy, nuts, peanuts, celery, sesame seeds, sulphites, mustard and legumes (lupine). A must-visit, especially for those with allergies.

Open 11:00-22:00 daily  
Rusovská cesta 5  
Tel. +421 45 2207 483  
<http://www.goodfive.sk/>

### **Huy Vege**

Mostly vegan Vietnamese bistro. Majority of dishes center around tofu. Cash only.

Open 10:00-19:00 M-F, 10:00-16:00 Sat, Closed Sun  
Kolárska 8  
<http://www.huyvege.sk/>

### **Lucy's Vegan Food**

Tiny restaurant that's completely vegan, gluten-free and sugar-free. Short menu of salads, noodles, pastas and rice dishes plus two desserts. Has vegan and gluten-free beer and wine plus a large tea selection.

Open 11:00-15:00 weekdays (Closed weekends)  
Malý Trh 2  
Tel. +421 944 945 589  
<http://www.lucysveganfood.com/>

## **U Kubistu**

French-Slovak fusion restaurant with vegan options. Menu changes daily based on what's available in the kitchen. Salads, hummus and socca (a chickpea-based French bread) are usually available. Gotta love their descriptions and attitude: *"Sometimes organic stuff from local suppliers, sometimes not. Whatever happens, this salad is always composed of fresh vegetables, as good as it gets."* Staff is accommodating to dietary restrictions. Interesting drink options and large tea selection.

Open 08:00-22:00 weekdays (10:00-22:00 weekends)  
Grösslingova 26  
Tel.+421 948 077 845  
<https://www.facebook.com/UKubistu/>

## **Veg Life**

Self-service restaurant with menu that changes daily. Mix and match hot and cold entrees. Limited seating. Vegan items are well marked. Pay by weight. Good option for a quick bite or hot breakfast.

Open 11:00-17:00 weekdays (Closed weekends)  
Mickiewiczova 18  
Tel. +421 948 345 433  
<http://www.veglife.sk/index.php/en/>

## **Vegan Bar**

All-vegan "no frills" minibar with daily meal of the day offered for take-away. Accommodates gluten-free when possible. Go early! Packed at lunchtime and sells out. Cash only.

Open 12:00-18:00 weekdays (Closed weekends)  
Továrenská 9  
Tel. +421 944 051 454  
<https://www.facebook.com/vegan.bar.ba>

### **Veggie Healthy Food**

Allergy-friendly vegetarian cafe offering soups, salads, wraps, quiches, desserts and a daily special. Menu clearly indicates which items contain dairy, eggs, soy, nuts, peanuts, seeds, milk, and gluten. Also has indicators for vegan, organic, and low fat. Good choice for a healthy lunch.

Open 11:00-19:00 weekdays (Closed weekends)

Obchodná 66

Tel. +421 911 188 529

<http://www.veggie.sk/>

### **Zdravíčko EVERA**

Macrobiotic cafe. Daily lunch menu offers two soups and two entrees that are usually vegan and gluten-free.

Open 11:00-17:00 weekdays (Closed weekends)

Tomášikova 46

Tel. +421 903 230 227

<http://www.dobrastrava.sk/>

## Slovenia

Slovenia sits at the crossroad of many big European destinations. It borders Italy to the west, Austria to the north, Croatia to the south, and Hungary to the east. Chances are you'll pass through Slovenia if you travel by train, bus or car, and do yourself the favor and hop off in Ljubljana!

### Additional Resources

Slovenian Vegan Society: <http://vegan.si/en>

List of common ingredients for over 200 traditional dishes:

<http://www.slovenia.info>

Printable translation card for what you can/cannot eat:

[http://www.vegan.si/files/8513/7258/4184/English\\_Vegan\\_Pasport.pdf](http://www.vegan.si/files/8513/7258/4184/English_Vegan_Pasport.pdf)

### Slovenian Supermarkets

The supermarket chain Kalcek (<http://www.kalcek.si/>) has a large section of organic foods, including vegan specialty items, vegan take-away packaged foods and staples like plant-based milks. In the summer you can also find vegan ice cream!

Ljubljana also has several all-vegan stores and markets with a wide range of products and foods for sale: Superhrana (Cesta na Brdo 45a), OrCa (Komenskega ulica 44), and Ziva Center (Tomačevo 27), all closed on Sundays. Zdrava Trgovinca is a small all-organic store with several vegan items (Lestikov trg 6).

### Slovenian (Vegan) Cuisine

*Ajdovi žganci* is a national Slovene dish that's usually vegan *and* gluten-free (just buckwheat flour, water, salt, and oil). It's sort of like the Slovenian cousin to the UK's Yorkshire pudding. Some regions add crackling (see Food Warnings below), sausage, or a meat sauce, though, so always inquire.

Buckwheat flour, as you'll soon discover, is a culinary staple in Slovenian cuisine. The good news for vegans: you'll see buckwheat pasta in addition to buckwheat raviolis on most menus. The pasta is normally vegan, though it may or may not be gluten-free. Some restaurants blend buckwheat flour with wheat flour to make pasta so if you're gluten-free, be sure to ask.

Also look for *mlinci*, a Slovenian pasta that is first baked until completely dehydrated, then reconstituted in hot water. There's also *njoki* which is the Slovenian cousin to Italy's gnocchi. *Njoki* are usually vegan as well, but may contain egg.

Raviolis (or dumplings might be a better description) are another traditional Slovenian dish, and you may find a few that are "accidentally" vegan or can be made vegan by request. The filling is usually mashed potatoes, but may also contain cheese or meat, or be served in a cream sauce. Eggs may also be used in the actual ravioli. Every restaurant and region does their dumplings a little differently.

*Aleluja* is a thick soup made from turnip peels and buckwheat flour. The soup is usually vegan since it was traditionally eaten during Lent as part of a fasting period, but may be served with bacon or cracklings (see Food Warnings below).

Slovenia's national soup, *prežganka*, is traditionally made with eggs, but if the soup isn't pre-made, you may be able to order it without the eggs (*brea jajc*) since they're whipped into the soup at the end. *Mineštra* (minestrone soup) may be another "accidentally" vegan option.

For breakfast there is *kaša* (kasha), one of the oldest dishes in Eastern European Slavic cuisine. Although we think of kasha as a dry cereal in the US, "kasha" generally refers to hot porridge made from buckwheat groats and water. (Kaša can also be made from a blend of other cereals like oats, barley, millet and rye, so gluten-free vegans beware). *Loška medla* is a millet-based porridge that may contain buckwheat but is usually vegan and gluten-free.

*Močnik*, on the other hand, is the traditional Slovenian porridge and it's made from buckwheat and other cereals that are cooked in milk or sour cream. (If you see *močnik* on a menu, inquire whether it can be made with water, or soy milk if they have it listed.) A denser, potato version of *močnik* is *mešta* (made from wheat flour, buckwheat flour and boiled potatoes). Cream and lard or cracklings are sometimes added however, so always inquire.

Other regional dishes to look for: *žganci* (buckwheat, corn and barley) and *matevž* (boiled potatoes and beans). You may also come across polenta. Ask if the polenta made with milk (*mleko*), cream (*smetana*) or butter (*maslo*), or if it can be prepared with only water (*samo vode*).

## **Wine, Beer and Alcohol**

Slovenia's wine country has only three regions, but more than 28,000 vineyards. Over 75% of the wine made is white wine, so if white wine is your preference this is *your* wine country! (White wine also tends to be vegan, FYI!) Additionally, over 70% of all Slovenian wines are classified as premium wines (*vrhunsko*). If you're looking for a truly unique wine experience, try *cviček*, a Slovenian wine made out of a mix of both white and red grapes.

You can also try *tropinovec*, the Slovene version of pomace brandy, a spirit made out of the grapes that remained in the wine press after the expression of grape juice), or *Kraški brinjevec* (juniper brandy).

Beer in Slovenia is mostly pale ale. The top two brands of Slovenian beer are Laško and Union, both of which are vegan-friendly according to the U.S. website Barnivore.

As with all wine and beer, you run into the issue of whether egg or isinglass is used during the filtration process, so unless you're at a vegan restaurant, it's hard to know if the wine or beer is truly vegan.

## **Food Warnings**

Cracklings (*zaseka*) which are basically crumbled lard, bacon or pork rinds, are often added to what would otherwise be a vegan or vegetarian dish. Usually cracklings are added at the end, or on top, so the dish can still be prepared or served without it by request. Soups may also contain butter or lard as a base.

## **International Chains in Slovenia**

**Govinda** – Ljubljana

**Loving Hut** – Maribor, Celje

## **Slovenian Vocabulary**

**Hello** – Pozdravi

**Please** – Prosimo

**Thank you** – Hvala

**Goodbye** – Poslovice

**Without** – Brez

**I don't digest** – Jaz ne prebavljajo

**Eggs** – Jajca

**Milk** – Mleko

**Butter** – Maslo  
**Cheese** – Sir  
**Meat** – Meso  
**Chicken** – Piščanec  
**Lamb** – Jagnjetina  
**Fish** – Ribe  
**Pork** – Svinjina  
**With** – Z  
**Soybean** – Soja  
**Fruit** – Sadje  
**Vegetables** – Zelejava

## **Ljubljana Restaurants**

Ljubljana was an unexpected romance for me. It was supposed to be nothing more than a quick pitstop on my way to Croatia, but within the hour I was smitten and begging for more.

Ljubljana is a youthful city full of life, culture, and knock-your-socks off sights. It's Europe's best-kept-secret and it feels wrong to spill the beans on this unknown but cleverly intoxicating and riveting city. It's the kind of "I could live here" place and you really could since Ljubljana is oh-so very vegan-friendly (and eco-minded!)  
*Go! Go! Go!*

### **Ajdovo Zrno**

Popular vegan cantina offering soups, salads, sandwiches, hot entrees, desserts and a salad bar. Has some raw options, plus smoothies and milkshakes. Good stop for a light meal when out touring.

Open 08:00-17:00 weekdays (Closed weekends)

Trubarjeva cesta 7

Tel. +386 40 832 446

[http://www.satwa.si/Ajdovo\\_zrno/Doma.html](http://www.satwa.si/Ajdovo_zrno/Doma.html)

### **Arabska Kuhinja**

Small kiosk selling authentic Arab cuisine inside Ljubljana's Central Market (Centralna Tržnica). Offerings are subject to change, but you can expect some vegan options like freshly made hummus, baba ganoush, makdous and couscous. Cash only.

Open 07:00-14:40 W-Sat, Closed Sun-T

Pogačarjev trg

Tel. +386 41 512 534

<https://www.facebook.com/arabskakuhinja>

### **Bazilika Družina**

"Soul food" cafe and bistro (two locations) with several vegan options clearly marked on the menu. Most weekly specials are also vegan. Offers soups, pies, sandwiches, salads and smoothies, but not your usual finds. Inventive flavors and interesting combinations like pea soup with apples and cauliflower soup with almonds. Great choice for healthy, fresh lunch.

Open 07:00-18:00 (Bistro 'til 23:00) weekdays (Closed weekends)

Bistro (Prešernova 15), Cafe (Miklošičeva 22)

Tel. +386 31 261 785

<http://www.bazilika.si/>

### **Bobenček**

Mostly vegan cafe with daily soup plus sandwiches, pastas, smoothies and light baked goods. Student discount. Good choice for a cafe breakfast or light lunch.

Open 07:30-22:00 M-F, 08:30-22:00 Sat, 11:00-20:30 Sun

Trubarjeva 17

Tel. +386 1 432 12 83

<https://www.facebook.com/bobencek>

## **Dishi**

Small "lunch" restaurant with vegan options. Menu changes daily but at least one option is vegan.

Open 10:00-16:00 weekdays (Closed weekends)

Župančičeva ulica 9

Tel. +386 1 425 14 52

<http://dishi.eu/>

## **Frks**

Take-away fresh wrap stop with two vegetarian wraps that can be made vegan.

Open 08:00-01:00 M-T, 08:00-06:30 W-Sat, 17:00-01:00 Sun

Kongresni trg 6

Tel. +386 40 151 705

<http://frks.si/>

## **K16**

Casual vegetarian cafe offering vegan pizzas, sandwiches and other casual "fast food" choices. Cash only.

Open 07:00-19:00 M-Th, 07:00-17:00 F, Closed Sat-Sun

Aškrčeva 2

Tel. +386 1 241 12 66

<https://www.facebook.com/pages/K16/124794614243042>

## **Paninoteka**

Ljubljana's most famous sandwich shop turned full restaurant. Mostly Italian-inspired cuisine. Light vegan options. The Tajko is very popular.

Open 08:00-01:00 daily

Jurčičev trg 3

Tel. +386 40 349 329

<https://www.facebook.com/Paninoteka.Restaurant>

### **Slaščice Mihalek**

Family-owned bakery offering raw, vegan and gluten-free options.

Open 10:00-19:00 M-F, 10:00-13:00 Sat, Closed Sun

Celovška cesta 56

Tel. +386 1 231 91 11

<http://www.slascice-mihalek.si/>

### **TaBar**

Slovenian tapas bar with light vegan options.

Open 10:00-00:00 M-W, 10:00-01:00 Th-Sat, Closed Sun

Ribji trg 6

Tel. +386 31 764 063

<http://www.tabar.si/>

### **Valvas'or**

Upscale, fine dining modern restaurant that will accommodate vegans and vegetarians with advanced notice. Reservations required. Closed Sunday.

Stari trg 7

Tel. +386 1 425 04 55

<http://valvasor.net/>

(End of this sample)

Enjoy the preview?

Order now at:

<http://happyherbivore.com/vegan-in-europe/>