

Alex Bourke of Vegetarian Guides leads us through the veggie restaurants, cafés and cake dens of Amsterdam.

PLACES TO GO



Amsterdam is perfect for a short break. There are galleries and museums galore, from the Anne Frank House to the Van Gogh Museum, canal cruises between the colourful houses, and you won't need a phrasebook as the friendly locals all speak English. Most restaurants have veggie options, and the decades-established vegetarian ones have been joined by some new vegan cafés around the Haarlemmerdijk shopping street that runs from the Central Station to Westerpark. You can even pick up non-leather shoes and a belt at the Vega Life shop.

Golden Temple is a big international vegetarian evening restaurant in a great shopping street. Mains (€14-21) feature coconut curry, Tuscan rustic spelt risotto, Mexican spicy tortillas, unusual big salads like

sticky tempeh and peanut, and a very classy vegan pizza with wild mushrooms, spinach, walnuts, garlic and truffle oil. Or go for the gluten-free vegan dish of the day (€14.25). Their dessert speciality is raw pies with a coconut base, such as cherry fig or lime and avocado. They serve organic wine and beer, and a children's menu is available.

At **TerraZen** organic vegan café, the Caribbean chef has lived in Japan and fuses Ital cuisine with oriental. Here crispy vegan 'chicken' curry and rasta pasta meet tempeh, gyoza dumplings and soba noodles. Follow with a smoothie, some ice cream, or a chocolate, banana or survival cake - the latter made with walnuts, sunflower seeds, spices, and corn and rice

flours to power you through an afternoon's walking the streets. Finish up slurping a brightly coloured bubble tea.

DopHert and **Koffie ende Koeck** are two fabulous new vegan cafés. Come to DopHert for a typical Dutch breakfast of sandwiches with peanut butter and chocolate sprinkles, the weekend all-day brunch of beans, seitan, 'chorizo' and tofu scramble, or sandwiches, salads and soups. Nearby Koffie ende Koecke is vegan cake heaven. Wrap your lips around the cake of the day, such as wild walnut, brownies, cookies and cupcakes, washed down with Ethiopian organic coffee complete with a drawing in the frothy milk. Both cafés have outside tables and welcome children.

Also recommended...

- **DE BOLHOED** licensed organic vegetarian restaurant, in the centre near the Anne Frank House, has a very alternative vibe and big portions (three courses for €25).
- Take a tram to **BETTY'S** vegetarian restaurant to celebrate a special occasion with the haute cuisine three-course surprise menu (€32.50).
- **VEGA BOND** is a small vegan supermarket and coffee corner, good for lunch wraps, such as spinach-hummus or gluten-free tempeh, cupcakes and smoothies.



- Three **MAOZ** cafés sell falafels with all-you-can-eat salad bar (€4.95) till 1am or later.
- **ALCHEMIST GARDEN** is raw food central with dishes like lasagne made from courgettes, sun-dried tomatoes, walnut-mushroom 'meat' and hemp cheese, plus juices and desserts.

NEED TO KNOW

Golden Temple

www.restaurantgoldentemple.com/en

TerraZen

www.terrazencentre.com

DopHert

www.dophertcatering.nl

Koffie ende Koeck

Facebook: Koffie ende Koeck

De Bolhoed

Prinsengracht 62
1015 DX Amsterdam

Betty's

www.bettys.nl

Vega Bond

www.vegabond.nl

Maoz

www.maozusa.com/restaurants/locations/amsterdam

Alchemist Garden

Facebook: Alchemist Garden

Vega Life

www.vega-life.nl

- For more info visit

www.amsterdam.info
www.iamsterdam.com



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