

Vegetarian Britain



2006

Always find the best place to eat, sleep and shop veggie

Edited by Alex Bourke
with Sophie & Stephen Fenwick-Paul, Katrina Holland,
Claire Insley, Sarah Richards and Suzanne Wright

Design by Mickaël Charbonnel, assisted by Alexandra Boylan



Vegetarian Guides

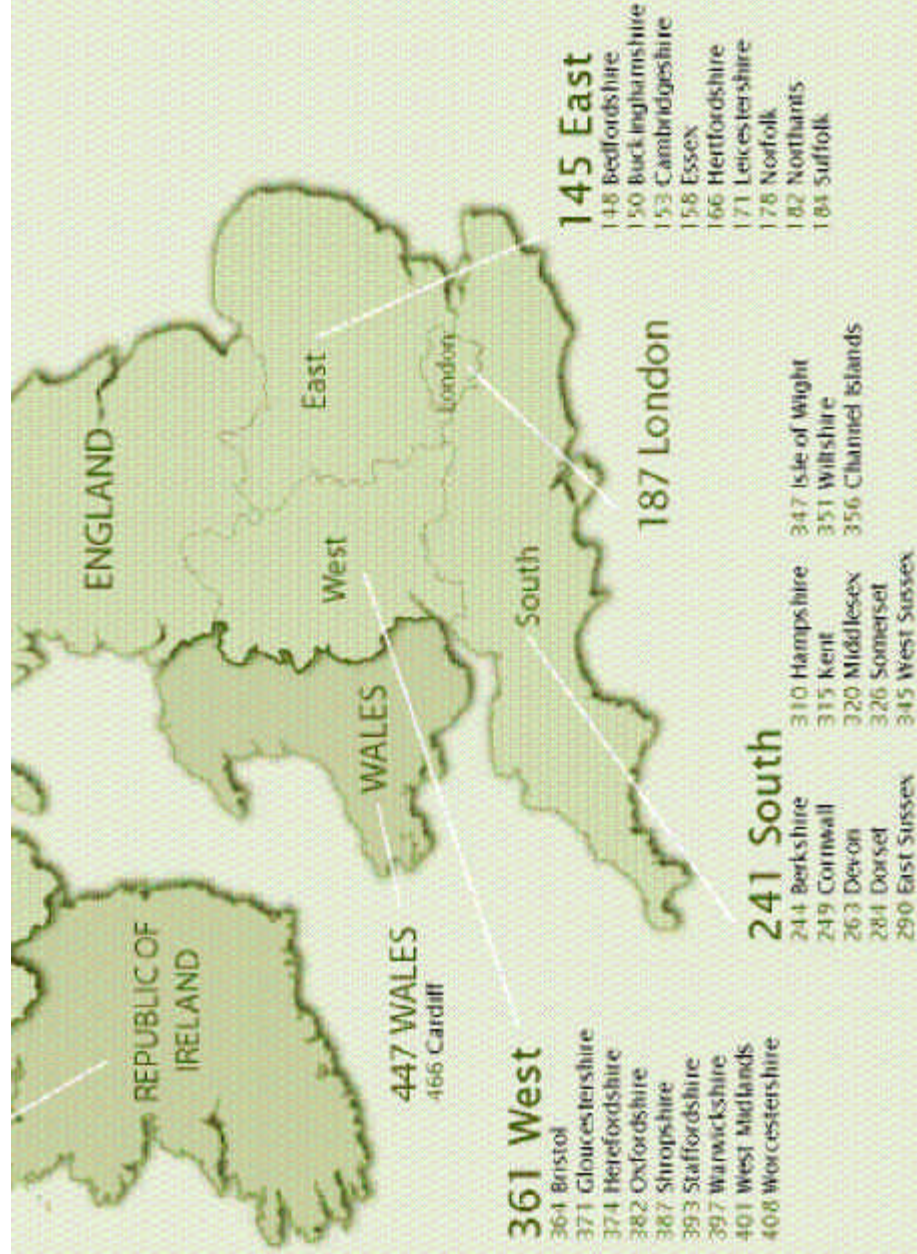
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Vegetarian Britain 2006 (3rd edition)

edited by Alex Bourke, with Sophie and Stephen Fenwick-Paul,
Katrina Holland, Claire Insley, Sarah Richards and Suzanne Wright

ISBN 1-902259-06-8

Published November 2005, by Vegetarian Guides Ltd,
PO Box 2284, London W1A 5UH, England
www.vegetarianguides.com info@vegetarianguides.com
Fax (+44) (0) 870-121 4721

Cover design by Mickaël Charbonnel, contact mick@humanbeans.net
Cover photo Juliet Coombe, Lonely Planet library
Layout and maps by Mickaël Charbonnel assisted by Alex Boylan
Vegetarian Guides logo design: Marion Gillet
Inside photos: Mike Bourke, Tony Bishop Weston and various. Wherever possible copyright has been established. Please inform us of any errors.
Contributors: Tony & Yvonne Bishop Weston, Ankaret Harmer, Sam Calvert, Vanessa Clarke, Dr Cynthia Combe, John Curtis, Peter Despard, Sophie and Stephen Fenwick-Paul, Paul Gaynor, Alexandra Geen, Dr Michael Grill, Carol Hart, Brian Jacobs, Laurence and Christine Klein, Philippa Lennox, everyone at London Vegans, Nana Luke, Laurence Main, Caroline Malkinson, Kari Manovitch, Harry Mather, Scott Nelson, Joy Olver, Marc Palmer, Karin Ridgers, Beverly Riley, George Rodger, Julie Rosenfield, Bani Sethi, Peter Simpson, Patrick Smith, Natalie Tharraléos, Frank Thunder, Patricia Tricker, Lisa Wilkinson, Ronny Worsley and everyone else ... THANK YOU!!

UK and worldwide bookshop distribution: Portfolio Books
Unit 5, Perivale Industrial Park, Horsenden Lane South, Greenford,
Middlesex UB6 7RL, England. sales@portfoliobooks.com
Tel: (+44) 020-8997 9000, Fax: (+44) 020-8997 9097

UK health food shop distribution by KHS Books For Health
31 Middle Bourne Lane, Lower Bourne, Farnham, Surrey GU10 3NH
Tel: 01252 716660 Fax: 01252-821295 booksforhealth@tiscali.co.uk

Distributed in USA and Canada by Casemate, 2114 Darby Road,
Havertown, PA 19083. casemate@casematepublishing.com
Tel 610-853 9131, Fax 610-853 9146

Printed and bound in Wales by Cambrian Printers

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New in this Edition

This third edition of Vegetarian Britain has 25% more entries, over 1,250 places to eat, sleep and shop. For those of you who've been patiently waiting, we apologise for the delay. We had no idea just how many new places you'd tell us about!

This guide uses colour for the first time. Green borders on pages highlight veggie Hot Spots such as Brighton, Bristol, Edinburgh and Cumbria. We've changed the layout to fit 30% more into the same space. The book is now arranged by regions to facilitate touring but retains the county side tabs for ease of reference. The number of indexes has increased to eight so that you can search on accommodation, restaurants, location, 100% vegan (or super-vegan-friendly), retreat centres, and now also child-friendly and dog-friendly. We've also included more information in the listings about smoking, alcohol, whether they take credit cards, and availability of vegan desserts.

Our Top 10 Destinations highlight parts of Britain with an especially high concentration of vegetarian delights. The Top 10 restaurants is our personal selection of innovative places that are making an outstanding contribution to taking vegetarian food mainstream.

What to do late at night when the vegetarian restaurant is closed? We've included omnivorous restaurants with big veggie menus where we recognised that many vegetarians eat there, either through choice, or in a group of friends who don't want to go where we do. Top of the list of handy places for when your mates veto a veggie venue are of course Indian restaurants, some of which have more dishes for us than most vegetarian eateries. Lebanese, Italian, south-east Asian, Greek and Mexican restaurants aren't far behind, and we've found the best ones all over the country. Pizza Express has been a veggie standby for years, with vegan pizza bases that can be without cheese. A couple of Pizza Express branches will sometimes even make pizzas with vegan cheese, or let you bring it in, a trend some of our readers are working to encourage. Bella Pasta and Bella Italia are also ahead of other chains in their provision of vegetarian and vegan food.

The Small Print:

Restaurants are continually changing their owners and opening hours and sometimes close for holidays. Every effort has been made to ensure the accuracy of information in this book, however it is impossible to account for every detail and mistakes can occur. It's worthwhile calling before making a special journey to be on the safe side. Sometimes vegetarian guest houses do not continue to be so when they change hands. If you discover changes or a new veggie friendly place, please email us at: updates@vegetarianguides.co.uk For regular updates, visit: www.vegetarianguides.co.uk/updates

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Top 10 Destinations

Romantic dinners, birthday and anniversary celebrations don't have to be limited to your county. Why not whisk your loved one, or just yourself, off to the veggie hotspots of Britain and Ireland? Each has its own character and there are enough here to keep you coming back every month for years.

1 Brighton, East Sussex (South) p290

Veggie capital of the south with a dozen great vegetarian eateries between the central station and the sea, Brighton is the ideal day out as a side trip from London. The area around the Laines is packed with lovely little shops, veggie cafes and even a veggie pub. There are clubs galore and even a naturist beach by the marina. Don't miss Vegetarian Shoes in Gardner Street (closed Sunday). We've given you several places to stay, but make sure you book ahead.

2 Cornwall (South) p249

At the far south-west corner of England, Cornwall has sandy beaches, surfing, sailing, coastal walks, the fabulous Eden project and Heligan Gardens, arty St Ives, and lots of gorgeous guest houses. The top place to relax for a week in summer, or come for a quiet recharge weekend out of season.

3 Cumbria (North) p42

One of Britain's top walking destinations, the Lake District National Park covers the county of Cumbria in the north-west of England. Stunning scenery, stone houses, cafes galore, boat trips on Lake Windermere, and a huge concentration of veggie guest houses.

4 Devon (South) p263

Next door to Cornwall, yet totally different, Devon is much more hilly, with wild and windswept moors, cute coastal towns, and many lovely veggie retreats.

5 Edinburgh (Scotland) p417

Veggie capital of Scotland and the north, packed with history, a castle, parks and squares, tremendous bars and nightlife and a dozen yummy veggie restaurants.

6 Glastonbury, Somerset (South) p327

The town (not the huge festival nearby in the last weekend of June) with the magical Tor, veggie guest houses and cafes, and a New Age spirit, make this the best little place in Britain for a spiritual makeover. (Totnes in Devon and Hebden Bridge in Yorkshire are alternative too.)

7 Dublin (Ireland) p478

The friendliest city in Europe, a cheap flight away by Ryanair. Fantastic pubs and nightlife, plenty to see and buy, and several veggie places to dine. This young, fashionable, trendy capital is very popular for weekends away, hen and stag nights, for example at Bono and the Edge's nightclub the Grafton on the river Liffey, close to the Temple Bar area where young folks go to party and dance away Friday and Saturday night. Everything is within walking distance including some very nice shops.

8 London's West End p217

With one hundred vegetarian restaurants, a dozen of them vegan, London veggies are the envy of the world. When not on a veggie cafe crawl around the West End, there is fantastic fashion shopping in the mile long Oxford Street, the cutest boutiques in Covent Garden, outstanding theatre and nightlife around Soho, and heaps of attractions from the ancient relics of the British Museum to the London Eye ferris wheel. Plus veggie guest houses, a luxury hotel with superb cuisine for rock and movie star readers, and central backpacker hostels and campsites (yes in London!) for budget travellers.

9 Scottish Highlands p427

To truly get away from it all, you can't beat a highland guest house. Like the couples who leave the city to start a new life running these wonderful places, you too can wake up to birdsong with not a car in sight. Walk amongst the glens, sit by a loch, enjoy the beautiful wilderness, soak up the history of a ruined castle or whisky distillery, and stuff yourself silly on yummy Scottish veggie grub.

10 Wales p447

Britain's other great unspoiled natural escape, north and west Wales offer walking, mountains, peace and relaxation. And stacks of vegetarian guest houses.

A Top 15 would also include these vibrant cities with excellent veggie dining: Birmingham, Bristol, Glasgow Manchester and York. Other great cities are Bath, Leicester, Nottingham and Sheffield.

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Our Top 10 Veggie Restaurants in Britain

- 1 De Muths – Bath, Somerset P335
Top tourist venue has a top class veggie restaurant and vegan dessert heaven.
- 2 Manna – Primrose Hill, London P205
Classy gourmet international dining in Primrose Hill. Ideal for a romantic dinner.
- 3 Terre a Terre – Brighton, East Sussex P302
The gourmet restaurant in a town full of veggie cafes. If you don't reserve, you won't get in.
- 4 Two Two Two – Hammersmith, West London P235
Outstanding new licensed gourmet vegan international restaurant near Olympia, with charming staff and a superb dessert menu.
- 5 Cafe Maitreya – Bristol P368
The capital of the West of England has a top vegetarian restaurant near the M32.
- 6 Black Bo's – Edinburgh, Scotland P422
Cordon Vert with an amazingly eclectic menu for a romantic evening.
- 7 Hitchcocks – Hull, East Yorkshire P126
All you can eat buffet restaurant run by a couple who've travelled all over the world collecting recipes. The first to book choose which country the menu of the night will be from.
- 8 Riverside Vegetaria – Kingston, Surrey P342
Superb restaurant with gorgeous views over the Thames.

9 Bob Trollop's Pub – Newcastle-upon-Tyne P106

A comprehensive vegetarian food menu in a proper British pub. They even have a magic vegan button on the till.

10 Wild Ginger – Harrogate, Yorkshire P117

Cosy and homely vegetarian restaurant that is particularly good for vegans.

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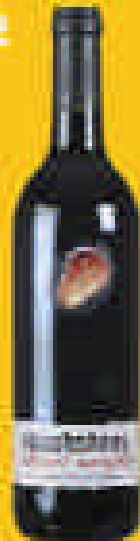


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The Good Island Guide

Veggie eateries may be few in these places, but if you're well supplied, nothing beats a good island break.

Isle of Wight

Enjoy a slower pace of life just below Southampton off the south coast of England. Perfect for sailing or just watching. There's even a vegan guest house.

Isle of Man

Get away to where no one will ever find you on this big island in the Irish Sea. Open an offshore bank account and relax in complete tranquility. (except during the annual TT motorcycle races)

Jersey

Of the two main Channel Islands, close to the coast of France, Jersey is the fun island for a self-catering holiday with sunbathing, surfing, swimming, country walking and a couple of great places to eat out. It's no wonder bronzed Aussie lifeguards come over in droves during their winter to work the beaches. For an altogether quieter time head for Guernsey.

Scottish Islands

To truly get away from it all, watching seabirds, seals and beautiful sunsets on a windswept, deserted beach, head for Orkney, Shetland or the outer Hebrides.

"One of the simplest and most powerful ways to rekindle passion is to get out of the house on a romantic getaway.... Try to get away at least one night a month."

John Gray, Mars and Venus In The Bedroom



Special Interest Holidays

Vegetarian Britain gives you places to sleep and eat. But what about the time in between meals? How about a holiday or weekend where you are pampered or provided with fun activities to enjoy in the company of other veggies?

Retreat Centres

Throughout the accommodation listings, you'll occasionally see the words Retreat Centre, indicating that this is a place offering a lot more than bed and breakfast. Burn out is a constant risk of modern life. Come and rejuvenate at guest houses run by holistic health practitioners. Be pampered with massage, Reiki, yoga and other revitalisers. Two particularly well recommended retreat centres are Heartspring in Wales and Shekinashram in Glastonbury, Somerset. You'll find more in the Retreat Centres index.

Yoga centres are usually run by vegetarians and the food is almost always veggie. Find them in the yoga magazines in WH Smith or larger health food stores.

Annual Vegan Festivals in Britain

Heart of England, check www.veganfestivals.org.uk for 2006 venue. East Midlands, Sat 10th Dec 2005, 11am to 5pm, at the Council House, Market Square, Nottingham. See page 97.

London September at Kensington Town Hall, Hornton St W8, www.londonveganfestival.org.uk

Bristol end October, see www.yahoo.co.uk (p362)

London Christmas Without Cruelty on the closest Sunday to 1st December at Kensington Town Hall. www.animalaid.org.uk

One World Summer Festival www.macrobios.com

Veggie Holidays Abroad

The International Vegetarian Union (www.ivu.org) and European Vegetarian Union (www.european-vegetarian.org) organise week long World and European Vegetarian Congresses, based around a hotel with talks, cookery demos and excursions, every couple of years. You can come to learn all about activism, or just hang out and socialise with veggie voyagers from all over the world. The next World Vegetarian Congresses are in Goa Oct 2006, and Dresden 2008.

Vegi Ventures offer guided vegetarian holidays for small groups from Peru to Turkey. (See page 36, www.vegiventures.com) For keen and leisure cyclists, Bicycle Beano tour around the UK.

If you fancy a city break in Paris, Amsterdam or Barcelona, make a romantic investment in our Vegetarian Europe guide. It contains capitals and tourist hotspots from Seville to St Petersburg. (See the end pages of this guide.)

Music and Arts festivals

The Edinburgh Festival throughout August is heaven for theatre and music fans. Make sure you book accommodation well ahead. There are plenty of other festivals all over Britain throughout the year, which you can find listed in music magazines and via tourist offices.

For a bargain weekend away, pack a tent for festivals such as Glastonbury, on the solstice weekend at the end of June, where there are veggie cafes in the Green Fields area. At other events such as Reading Festival, WOMAD and the Big Green Gathering, you'll also find specialist veggie caterers like Leon Lewis (see Essex). For all these events, buy tickets in advance or you probably won't get in!

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Veggie pages

Free Help and Advice for Veggies

If you want to go veggie or vegan, or know someone who might be interested, the organisations below have stacks of literature to help and can answer questions. If you want to help spread the word and get active for animal rights and health, or you just need more recipes, they would love to hear from you. They all have brilliant websites. Always enclose a stamped addressed envelope or a donation, or better still join (by covenanted standing order is best) and help them make the world a better place for veggies, meat reducers and, of course, animals.

The Vegetarian Society

www.vegsoc.org
See advert page 15.

Vegetarian and Vegan Foundation

www.vegetarian.org.uk
See advert page 21.

The Vegan Society

www.vegansociety.com
See advert page 29.

Viva! (Vegetarians International Voice for Animals)

www.viva.org.uk
See advert page 13.

Animal Aid

www.animalaid.org.uk
See advert page 31.

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People for the Ethical Treatment of Animals (PETA)

www.peta.org.uk
See advert page 24.

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Vegan Buddies

www.veganbuddies.org.uk

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Veggies

www.veggies.org.uk
Tel: 0845-458 9595

Publishes the Animal Contacts Directory, available on line, which lists every veggie and vegan business and animal group in the country and many overseas.

Booze

Festival Wines, page 22.
Vintage Roots, page 16.

Charities

Vegfam, page 28.

Cleaning Products

Ecover (page 13) manufacture all kinds of cleaning products that have not been tested on animals and have no animal ingredients. You can find them in many wholefood stores and take the bottles back to be refilled..

Cosmetics

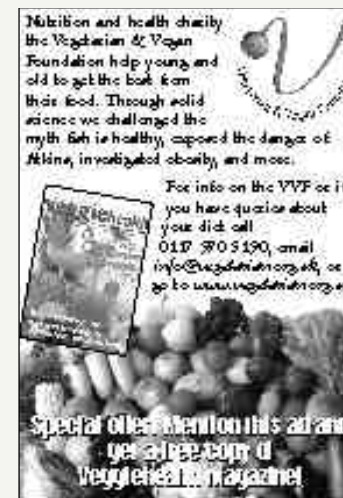
BUAV (page 36) have a Little Guide to Cruelty Free, as do PETA (page 24). One of the most innovative vegan companies is Yaoh, page 10.

Dating

Contact Centre, page 16.

Dog and Cat Food

Many veggies aren't thrilled about having to feed companion animals. A number of companies make veggie dog food, including Happidog (see page 8), and Vegecat and Vegekit for cats is available from the Vegan Society (page 29). Realfood's cats love Redwoods fake tuna and salmon (in health food shops) and Fry's mince from Beanies (page 19 and 312).



Holidays

Vegi Ventures, page 28, and see the feature on holidays, page 18.

Meat and cheese substitutes

VeggieMaster page 5.
Fry's page 19.
Redwood page 22.

Nutrition and Recipes

Yvonne and Tony Bishop Weston's Vegan cookbook, page 29.

Nutritionist and caterer Liz Cook has produced a gorgeous colour illustrated vegetarian (in fact vegan) nutritional chart with which foods to eat for vitamins, minerals, carbohydrates, protein, fibre and essential fatty acids. 18cm high by 88cm wide, with wipe clean finish, it's on kitchen walls and cupboards in thousands of veggie homes. Price £3.95.

So, What do you eat? is Liz's beautiful full colour hand drawn A4 cookbook full

of nutritional advice and easy recipes. The covers are tough, clear plastic and the pages are wipe clean, designed for years of kitchen use by children of all ages, teenagers and anyone starting a vegetarian or vegan diet. Price £12.95 with a free copy of the wallchart. Wall chart and book available direct from Liz on 01273-388864 or email lizcook@onetel.com

Travel

Vegetarian Guides sells guides to London, Britain, Europe, Spain, Italy, USA/Canada, New York etc. The website has links to restaurant listings all over the world. See end pages and inside front cover for more details. www.vegetarianguides.co.uk



Shoes

Beyond Skin, page 7.
Ethical Wares, page 30.
Total Liberation, page 13, and shop in Axminster, page 278.
Vegetarian Shoes, page 26, or visit their shop in Brighton, page 305.



Food for Life

by Yvonne Bishop-Weston, BSc Dip ION




Probably the single most persuasive argument you could have to encourage others to join you in making a difference is yourself. Just being a happy, healthy looking vegetarian or vegan speaks for itself.

There are huge benefits in living meat free not only for your long term health but also for the viability and health of our planet.

In 2004 Britain's largest ever health and diet survey of over 37,000 people, by the Institute for Optimum Nutrition (ION), revealed only 6% were in 'optimal health'. 44% were in poor health, with frequent low energy (80%), constipation (81%), high stress (75%), PMS (women 64%), abdominal bloating (64%), frequent colds (50%), headaches or migraine (46%) and depression (46%). The good news is that it found that the healthiest people ate 8 or more servings of fruit and vegetables a day.

Here are my Top 10 Tips for being a super-healthy veggie:

- 1 Start the day with a BANG!** You've been asleep all night busy repairing the damage of a modern lifestyle – give your body a break! Feed it! A mug of caffeine and a bit of toast with sugar-laden marmalade, or worse still a pop-tart, just won't do it long term. Try a bowl of porridge with strawberries or blueberries and some nuts and seeds sprinkled on top. If you are a toast-a-holic aim for wholemeal or rye breads spread with nut or pumpkin seed butter instead of jam.
- 2 Put a rainbow in your life!** Oranges are not the only fruit. Eat a wide variety of colourful fruit and vegetables. Many are appealing bright colours for a reason – to attract you to them and their myriad of phytonutrients, vitamins and minerals. Research on benefits of foods such as blueberries, broccoli, carrots and mangoes claims benefits ranging from warding off Alzheimer's to protecting against cancer. Buy organic or wash them with water and vinegar. Your dinner plate should be at least half full with a mixture of colourful vegetables (not including potatoes) with a bias towards green leafy veg. Drizzle flax or hemp oil on them to get your quota of essential fats.
- 3 Just Say "No" to Drugs** You may think coffee and sugary foods and drinks are giving you the energy to drag yourself out of bed in the morning, but in actual fact they are what make you feel like you need them so much. Try decaff coffee or tea or better still experiment with polyphenol and anti oxidant rich teas such as Rooibosch (redbush) instead.



**What Do You Mean,
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4 Have a drink! A glass of red wine has been shown in some studies to benefit you with its anti-oxidants and relaxing effects. Much more than that and the toxic effects of the alcohol on your liver and brain will start to outweigh any benefits. Give your body a chance to flush itself out. Drink 1½ litres (6 mugs) of water a day – between meals and especially in hot weather.

5 Get Fat not Fatter Bizarrely you can lose weight by eating fat. You need the right sort, the kind your brain rather than your bottom is made of. Even among the good fats balance can be a problem. Many people struggle to get enough vital omega 3 fats which can be found in their most useful form in high lignan flax oil, hemp oil and also in walnuts. Drizzle flax oil on your vegetables, cereal, soup or salad. You can also sneak it in your smoothies.

6 Step Outside! Grab yourself some sunshine to boost vitamin D. Take a tip from the birds – hitch hike towards the equator in winter. Yes too much is bad for your skin but not enough could be even worse. Nothing is ever that simple – there is a new study that suggests that sunshine slows melanoma growth – remember everything in moderation.

7 Get up and Go! There's nothing quite like a bit of exercise to promote health – so get your heart beating a little faster for at least 15 minutes a day. Also follow the example of your neighbour's cat – do a bit of stretching and yawning – yoga is even better, Tai Chi anyone? Remember all those exercises you used to do at school, crouching, leg raises? Walk, cycle, swim, dance and wherever possible don't take the lift or escalator.

8 Atkins Smatchkins Remember protein? OK so Dr Atkins was on a bridge too far but he had a point. A white bread base with a sugary red sauce and a bit of animal fat on top (pizza) or a bowl of white flour and water (pasta) with a sugar laden tomato sauce on top, or corn flour and water (tortilla) with vegetables and sugary chilli sauce (Fajitas) is not real food – it tastes great, but unless you throw a whole load of beans, nuts and tofu on there you are barely one step away from eating nothing but sugar. If you live in a basement and you had to run up 3 flights of stairs to answer the door to the pizza boy then maybe your body could use a few instant calories – if not – you're stuffed. Aim for about 20% or at least a quarter of your dinner plate to be mixed protein-rich foods such as lentils and mushrooms, beans, nuts and seeds, quinoa, buckwheat, tofu, hemp or meat-free alternatives without hydrogenated-fat.



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9 Carb Crawling Yes carbohydrates are delicious, but in their refined (white) form, unless you are down the gym every night – forget it. One nutritionist is recommending a maximum safe limit of 5 French fries a day – you get the picture? Pick unrefined complex carbohydrates, with a bit of how nature intended them to be, complete with fibre.

Try to ensure no more than a quarter of your dinner plate is starchy, complex carbohydrate such as brown rice, wild rice, wholemeal pasta, millet or potatoes. Try buckwheat pasta, other protein rich pseudo-grains such as quinoa and amaranth, and fresh bean sprouts. Have some protein with your snacks such as hummus with your oatcakes or nuts with organic chocolate. Avoid eating carbs separately unless you have just been working out in the gym for 40 minutes. For French bread think sugar stick. Try not to have too many carbs at night.



10 Vive la difference! One of the failings of modern western medicine is that it tries to treat everyone as equal when we are all so different. Many factors affect how healthy you are and one of the keys to the success of alternative and complementary therapies is they look at the whole body and underlying causes, not just symptoms.

If you are struggling with life, don't be afraid to take a multi-vitamin and mineral supplement. Pick a good brand as they are more reliable, better quality and in the long run cheaper than getting extra vitamins secondhand from fortified foods. It's not a cop out if you are a vegetarian – many meat eaters could benefit from extra selenium, calcium, zinc, magnesium, iron and even vitamin B12. The Soil Association will explain how the soil (from which food is made!) has been depleted of key minerals.

The role of B12 as a health biomarker is taking on Eureka proportions with its importance in protecting against heart

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disease by lowering homocysteine levels. We don't live in a natural world – please recognise that and at the very least take a sublingual vitamin B12 under your tongue on a regular basis until someone proves its bio-availability in algae in addition to cow-poo and Marmite!

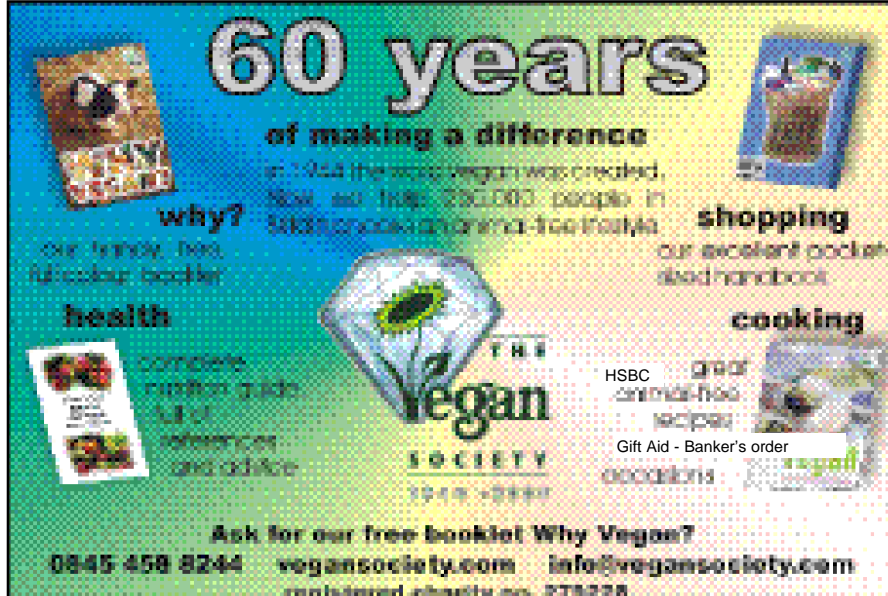
If you have any health problems then seek out a member of The British Association of Nutrition Therapists (BANT).



Yvonne Bishop-Weston is a BANT registered nutrition therapist and Foresight practitioner. She has held key roles at Holland & Barrett, Cranks and is currently a Senior Consultant at the Food Doctor. She also runs her own nutrition and catering consultancy

www.foodsforlife.org.uk

in partnership with her husband Tony and together they have written the new cookbook Vegan, published by Hamlyn, £12.99, ISBN 0600609154.



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