

>> restaurants (étterem)

Éden

Run by the 7th day Adventist, a lovely **self service lunch bar**, delicious and inexpensive. At the red metro stop Batthyány tér, behind the market building.
> Ist district Iskola u. 31
> Tel.: (1) 3-75-75-75
> www.edenetterem.hu
> Metro Batthyányi tér (red)
> Monday-Friday 7 am-6pm.

Napfényes Ízek,

which means "sunny Tastes" is a fantastic **vegan restaurant** that offers traditional Hungarian dishes! It is run by a Rudolf Steiner inspired movement, so it is vegan (except for honey) and doesn't serve alcohol. Many **organic options**.
> Rózsa u 39, District 7
> Tram: 4/6 at Király utca and walk
> every day 9am-10pm
> English menu, inexpensive, non smoking, no alcohol, sells health food too
> <http://www.napfenyesetterem.hu/>

Govinda

the Hare Krishna restaurant, serving the usual fare of *subji* (spiced veg), rice, *dal* and salads, plus cakes and lovely *lassis*. Either pay for a set meal or per dish
> <http://www.govinda.hu/>
> Vigyázó Ferenc u 4 (C3)
> Metro: Kossuth tér (red)
> Tram: 2
> Mon-Friday 11-8pm
> Saturday-Sunday 12-8pm
> Lacto-veggie
> Non-smoking

Govinda Vega sarok

the newest veggie restaurant in the city
> 1053 Bp Papnövelde u 1
> Tel: 267-7631
> Metro: Ferenciek tere (blue)

> bus: 15
> Mon- Sunday 12-9pm
> Lacto-veggie
> Non-smoking

>> cafes and sandwich bars

Keleti Életmód Centrum

a **vegan health food shop, cafe and alternative health centre**. A 5 minute walk from budaveg.
> Pozsonyi út 16
> open: Monday-Friday 7 am-8 pm

Humus bar

Middle eastern vegan friendly cafes, now on two location. English menu, English spoken.
> 1073 Budapest Kertész utca 39
> www.hummusbar.hu
> Tel: 321-74-77
> Monday-Sunday 12-11pm
> Tram nr 4-6 Király utca
and
> 1054 Budapest, Alkotmány utca 20
> Tel: 302-13-85
> Monday-Friday 10-10 pm
> Saturday-Sunday 12-10 pm
> Metro Arany János utca (blue)

Falafel

self-service salad bar right in the centre of town. Lots of prepared salads, steamed and raw veggies, as well as falafel (of course!), with a choice of dressings. Plus soups and desserts, the first veggie cafe in Hungary.
> <http://www.falafel.hu/>
> Paulay Ede u 53 (D3)
> Metro: Opera or Oktogon (both yellow)
> Tram: 4/6 at Oktogon
> Mon-Fri 10am-8pm; Sat 10am-6pm
> Ovo-lacto-veggie, but mainly vegan
> Non-smoking
> Menu in Hungarian, but speak English
> Salads: 460-580 Ft; Soups: 300-400 Ft; Desserts: 300-500 Ft

Napos Oldal

this cafe's name means 'sunny side' and it's a great place in the middle of town to rest your weary limbs with a herbal tea and cake. They also serve little Hungarian pastries and salads and half the shop is dedicated to health foods
> Jókai u 7 (C/D2)
> Metro: Oktogon (yellow)
> Tram: 4/6 at Nyugati tér or Oktogon
> Mon-Fri 10am-10pm; Sat 10am-1pm
> Vegan
> Non-smoking

Nem Süti

a small sandwich bar, five minutes walk from the budaveg apartment near Margaret Bridge, offers a nice range of toppings on wholemeal bread or pita, plus juices and soya shake
> Jászai Mari tér 4./b (Pozsonyi u) (C1)
> Metro: Nyugati tér (blue)
> Tram: 2 or 4/6 at Jászai Mari tér
> Mon-Fri 9am-7pm
> Ovo-lacto-veggie
> Non-smoking
> Sandwiches: 220-360 Ft; Salads: 360/420 Ft; Juices: 280-380 Ft

Lé-Bár

a convenient little pizza, salad and fresh juice bar next door to Bio-ABC health shop
> *Múzeum krt 19 (D4)*
> Metro: *Kalvin tér (blue) or Astoria (red)*
> Mon-Fri 10am-6pm

>> health shops (biobolt)

there are lots in Budapest, but these offer the best selection of fresh produce on top of the usual food and health products

BioABC, Múzeum krt 19 (D4)

fresh cakes, pastries, bread, organic fruit & veg

- > *Metro: Kálvin tér (blue) or Astoria (red)*
- > *Mon-Fri 10am-7pm; Sat 10am-2pm*

Napra, Szabolcska Mihály utca 5 (off map)

fresh cakes, pastries, bread, organic fruit & veg

- > *Mon-Fri 8am-6pm; Sat 8am-1pm*

Bioritmus, third floor, Mammút2 (A2)

fresh cakes, pastries, bread, organic fruit & veg... but meat as well! (open on Sundays)

- > *Metro: Moszkva tér (red)*
- > *Tram: 4/6 at Moszkva tér*
- > *Mon-Sat 10am-9pm; Sun 10am-5pm*

Cibaria Biobolt, Pozsonyi u 49 (C1)

fresh cakes, pastries, bread

> *5 minute walk from budaveg (along Victor Hugo u to end, then it is on left by the park)*

- > *Tram: 4/6 at Jaszai Mari tér*
- > *Mon-Fri 9am-7pm*

Nektár, Ferenc krt 42 (D4)

fresh cakes, pastries, bread

- > *Metro: Ferenc krt (blue)*
- > *Tram: 4/6 at Ferenc krt / Üllői út*
- > *Mon-Thu 10-7; Fri 10-6; Sat 10-1*

Csaba utca, Moszkva Tér (A2)

fresh cakes, pastries, bread

- > *Metro: Moszkva tér (red)*
- > *Tram: 4/6 at Moszkva tér*
- > *Mon-Fri 10am-8pm; Sat 10am-2pm*

Darshan Biopont, Krúdy Gyula u 7 (D4)

fresh cakes, bread (open on Sundays)

- > *Metro: Kálvin tér (blue)*
- > *Tram: 4/6 at Baross u*
- > *Mon-Fri 10am-10pm; Sat-Sun noon-10pm*

Fagyöngy, basement, Mammút1 (A2)

pastries, bread (open on Sundays)

- > *Metro: Moszkva tér (red)*
- > *Tram: 4/6 at Moszkva tér*
- > *Mon-Sat 9am-9pm; Sun 9am-6pm*

Napos Oldal, Jókai u 7 (C/D2)

> *Metro: Oktogon (yellow)*

- > *Tram: 4/6 at Nyugati tér or Oktogon*
- > *Mon-Fri 10am-10pm; Sat 10am-1pm*

BioÜzlet, Nagy Ignác utca (C2)

- > *Metro: Nyugati tér (blue)*
- > *Tram: 4/6 at Nyugati tér*
- > *Mon-Fri 9am-6pm; Sat 9am-2pm*

>> other useful shops

> apart from Cibária, there are four more health shops near the budaveg apartment, but their range is not as wide. The best is the one on Csanády u (turn left out of the flat, then the first street on the left)

> there are also two big ethnic shops selling spices and more exotic produce – one in Lehel tér market centre (cross the big Vaci ut from Victor Hugo u and it is to the left) and one in the Central Market Hall basement, Vámház Krt (C4, *Metro: Kálvin tér on blue line*)

> for normal groceries try Lehel tér market centre or the Smatch supermarket in the Westend shopping mall at Nyugati tér (C1)



budaveg

guide to
veggie restaurants
and health shops
in Budapest

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