

>> restaurants (étterem)

Vegetarium

our favourite for a nice evening meal, with the extensive menu split equally between vegan and lacto-veggie dishes. Also has a cheap lunch menu. Make sure you try the stuffed polenta and the vegan strawberry pancakes!

- > *Cukor u 3 (C4 on Visitor's Guide map)*
- > *Metro: Ferenciek Tere (blue line)*
- > *Mon-Sun 11am-10pm*
- > *Lacto-veggie, vegan - clearly marked*
- > *Non-smoking area*
- > *Menu in Hungarian and English, also speak German*
- > *Starters: 300-750 Ft; Main courses: 850-1400 Ft; Desserts: 300-500 Ft*

Napfényes ízek

Lovely vegan restaurant run by a Rudolf Steiner inspired movement. Great place for Vegan Hungarian dishes.

- > *Rózsa u 39, District VII*
- > *Map: G4*
- > *Tram: 4/6 at Király utca and walk every day 9am-10pm*
- > *English menu, inexpensive, non smoking, no alcohol, sells health food too*

Darshan Biopont

with a daily menu of traditional Hungarian dishes made vegan, this is a great place to test your taste buds. The set menu gives the basic staples, with the salad and cake bar. And all this in the hipp(i)est place in town, complete with ethnic and retro clothes shops

- > *Krúdy Gyula u 7 (D4)*
- > *Metro: Kalvin tér (blue)*
- > *Tram: 4/6 at Baross u*
- > *Mon-Fri 10am-10pm; Sat-Sun noon-10pm*
- > *Vegan*
- > *Non-smoking*

Angyalok Konyhája

Health food restaurant with a vegan and a meat kitchen. Relaxed atmosphere - complete with slumber couches! Just around the corner from the budavég apartment, so no need to go far.

- > *Visegrádi u 2 (C1/2)*
- > *Metro: Nyugati tér (blue)*
- > *Tram: 4/6 at Nyugati tér*
- > *Mon-Sat 11am-midnight*
- > *Non-smoking*

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

- > *Vigyázó Ferenc u 4 (C3)*
- > *Metro: Kossuth tér (red)*
- > *Tram: 2*
- > *Mon-Sat noon-9pm*
- > *Lacto-veggie*
- > *Non-smoking*

Éden

Run by the 7th day Adventist, in a fantastic old building close to Erzsébet Híd on the Buda side.

- > *Ist district Döbrentei u. 9.*
- > *Tel.: (1) 3-75-75-75*
- > *Web: www.edenetterem.hu*
- > *open: Sunday-Thursday 12-11pm. Friday and Saturday closed*

>> cafes and sandwich bars

Falafel

self-service salad bar right in the centre of town, perfect for a quick but filling bite on the run. Lots of prepared salads, steamed and raw veggies, as well as falafel (of course!), with a choice of dressings. Plus soups and desserts

- > *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

only recently opened, this small sandwich bar, five minutes walk from the budavég 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

the newest veggie place in town, 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)

Simply the best place in Budapest - fresh cakes, pastries, bread, organic fruit & veg
> Metro: Kalvin 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: Moskva tér (red)
> Tram: 4/6 at Moskva tér
> Mon-Sat 10am-9pm; Sun 10am-5pm

Cibaria Biobolt, Pozsonyi u 49 (C1)

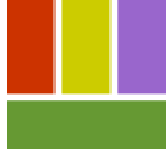
fresh cakes, pastries, bread
> 5 minute walk from budaveg (along Victor Hugo u to end, then it is on left by the park)
> Tram: 4/6 at Jaszai Mari tér
> Mon-Fri 9am-7pm

Nektár, Ferenc krt 42 (D4)

fresh cakes, pastries, bread
> Metro: Ferenc krt (blue)
> Tram: 4/6 at Ferenc krt / Ulloi ut
> 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



budaveg

Darshan Biopont, Krúdy Gyula u 7 (D4)

fresh cakes, bread (open on Sundays)
> Metro: Kalvin 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: Moskva tér (red)
> Tram: 4/6 at Moskva 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 Cibaria, there are four more health shops near the budaveg apartment, but their range is not as wide. The best is the one on Csanady 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, Vamhaz Krt (C4, Metro: Kalvin 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)

guide to
veggie restaurants
and health shops
in Budapest

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