



WORD OF MOUTH

TO GREENER PASTURES

There's never been a better time to be a vegetarian traveller—**Prachi Joshi** guides you beyond the usual suspects in Colombo, New York, Dubai, Singapore, London and Zurich

COLOMBO

RANBATH With produce sourced from its own organic farm, Ranbath offers a hearty taste of traditional Sri Lankan vegetarian cuisine. Make your own bowl with a generous serving of organic heirloom rice, heaped onto a lotus leaf, and accompanied by five vegan curries of your choice. End your meal with a banana and kithul treacle hopper or imbul kiribath (rice cake with treacle). +94 773235555

CAFÉ FRANÇAIS With its wooden flooring and rustic black-and-white tiles, vintage photos of France adorning the walls, and soft mood lighting, Café Français exudes a très chic French bistrot vibe. A Mediterranean menu includes French onion soup, gnocchi, assorted pasta, a gourmet burger with potato cake, grilled veggies, and tomato confit, and traditional French desserts like crème brûlée and lemon tart. Pair your meal with a curation of French wines or even Champagne. cafefrancaisbypourcel.com

FOOD STUDIO If you want to graze on a wide range of local and international cuisines, head over to Food Studio at the Colombo City Centre mall. This gourmet food court is home to 15

F&B offerings that give you a taste of Sri Lanka, India, Singapore, Indonesia, China, Japan, and even Portugal. Don't miss the House on the Moon, a concept dessert bar that offers stunning deconstructed desserts paired with single-origin teas from all around Sri Lanka. foodstudio.lk

LIFE'S GOOD KITCHEN A charming little café with outdoor seating, Life's Good Kitchen is known for its organic, healthy menu with plenty of vegetarian and vegan options. Expect juicy vegan burgers with dukkah-dusted cassava fries, roasted pumpkin salad, vegan falafel wraps, sourdough bagels, spaghetti with roasted pumpkin and eggplant, along with fresh juices. [@lifegoodkitchen](https://www.instagram.com/lifegoodkitchen)

UPALI'S BY NAWALOKA Overlooking the serene Viharamahadevi Park, Upali's is the place to go for authentic Sri Lankan flavours from all parts of the island. Take your pick from steaming curries (like hathmaluwa, a seven-in-one vegetable curry) with rice, hoppers, pittu, kottu roti, and more, served along with assorted sambols. They also offer a set lunch and a tasting plate for dinner. upalis.com →



DUBAI

COMPTOIR 102 Housed inside a California-style villa in old Jumeirah, Comptoir 102 is a chic French-owned concept store and organic café-restaurant offering a short, on-trend menu of vegetarian bites, sugar-free juices, and dairy-free smoothies. Come for a healthy breakfast of orange blossom chia pudding or gluten-free pancakes, or drop in for a quick lunch of green salad and labneh panini. Don't miss the vegan, sugar-free house ice cream before you head out. @comptoir102

LITTLE EARTH BY NABZ&G Taking the crown for Dubai's best vegan restaurant in

Zomato's user choice awards, Little Erth is all about wholesome foods that are "full of earth's positive energy" served in a warm, inviting ambience. Get the vegan cheese tartine, or the fully loaded Buddha Burger, or the flavour-packed veggie tofu bowl. They also offer hearty soups, stews, and curries — the creamy yet light butternut squash curry stew is a crowd favourite. nabzandg.com

MAN'OUSHE STREET Named after manoushe (plural manakish), a traditional Lebanese flatbread, Man'oushe Street offers Middle Eastern street food from its many locations around town. Apart from



Clockwise from left: **Wild & The Moon interiors; Dubai Creek; New York City is home to an exciting array of vegan and vegetarian restaurants; Freshly made vegan ramen at Abcv; interiors of Abcv**
Previous page: **the food at Comptoir 102**

the manakish, which come with toppings like cheese, zaatar and labneh, you can find shawarmas, arayas (stuffed pita sandwiches), baked halloumi, kaak (a purse-shaped Lebanese flatbread with savoury or sweet filling), and much more. manoushestreet.com

WILD & THE MOON Organic, plant-based, gluten-free – Wild & The Moon checks all the right boxes with its selection of cold-pressed juices, nutmylks, smoothies, salads, soups and super bowls, all served up in a trendy, earthy setting with wooden furniture and a profusion of indoor plants. They also offer all-day breakfast, a small selection of hot dishes like soups, tacos, and burgers, and an assortment of healthy desserts. wildandthemoon.ae

XVA ART CAFÉ The Gordon Ramsay-approved XVA Café is housed in XVA Art Hotel, a bright, airy spot with al fresco seating in the heart of Dubai's historic Al Fahidi neighbourhood. The largely vegetarian menu features a set breakfast, salads, soups, a moreish eggplant burger, and purportedly the best cheesecake in Dubai, not to mention their signature mint lemonade which gets rave reviews. vxahotel.com

PHOTOGRAPHS: CHRISTOPHER PIKE, MAURO GRIGOLLO/STOCKSY



NEW YORK

ABCV Located inside the flagship showroom of ABC Carpet & Home in Flatiron, Abcv is Jean-Georges Vongerichten's vegan venture, a crisp, all-white space with seating to match. Dishes are ingredient-driven and really spotlight the veggies—consider the whole roasted cauliflower or avocado lettuce cups or the green chickpea hummus. But the star of the show is the house-cultured hemp seed burger in a tender sweet potato bun. @abcvnyc

BAR VERDE Smack in the heart of East Village, Bar Verde serves up vegan "new Mexican" cuisine with inventive variations of guacamole, ceviche, and salsa, along with an extensive taco menu (with fillings such as cauliflower stewed in sweet-spicy pineapple sauce, and maitake mushroom tempura). It also offers a pretty serious bar menu with mezcal, tequila, sotol, and raicilla, alongside wines, beers, and spirits. @barverdenyc

KAJITSU The minimalist setting of Kajitsu is in keeping with its shojin ryori vegetarian Buddhist temple cuisine, the forerunner of the popular kaiseki cuisine. This one Michelin-starred restaurant serves a hyperseasonal, vegetable-centric menu (or a chef's counter omakase), which includes dishes featuring fermented tofu, wild mushroom, seasonal squashes, udon, mochi, and more, all plated on exquisite pottery with some pieces created by Japanese masters more than 200 years ago. kajitsunyc.com

DI AN DI Make a beeline for Di An Di, a vegetarian and vegan-friendly, contemporary Vietnamese restaurant with Scandi-chic ambience complemented by indoor plants. Vegetarian/vegan options include baby mustard leaf roll, vermicelli bowl with fried imperial roll, banh mi chay (with tofu and mushroom pate), and pho chay (a flavourful mushroom pho with smoky shitake and oyster mushrooms). diandi.nyc

SEASONED VEGAN What started as a pop-up in 2010 morphed into Seasoned Vegan in Harlem, THE spot for appreciating vegan soul food. The 'fake-out' menu features dishes like BBQ 'crawfish' sandwich (made with grilled burdock root and fermented soy), po'boy sandwich with fried yam 'shrimp', chickpea 'tuna' sandwich, 'riblets' made with lotus root and fermented soy, and the like. seasonedvegan.com →



From top: **A view of the exclusive Sentosa Cove area from ONE°15 Marina Club; Peranakan-Thai food at Whole Earth** Opposite page: **Mildreds is a vegetarian icon in London with a menu inspired by dishes from around the world**

SINGAPORE

ANNALAKSHMI If you're craving ghar ka khana on your Singaporean jaunt, head over to one of the two locations of Annalakshmi. Eat your fill of curries, stews and breads from the buffet featuring a mix of north and south Indian cuisine. The restaurant is run by the Temple of Fine Arts (TFA), a non-profit arts institution, so there is no bill at the end of your meal; donate what you think is a fair amount, which will be used towards funding TFA's programme of workshops, performances, and exhibitions of classical Indian arts. +65 63399993

GENESIS VEGAN RESTAURANT An unassuming little spot in Central Singapore, Genesis Vegan Restaurant is justly famous for their dumplings stuffed with mock meat, mushrooms and spring onions. The menu is a mix of Asian and Italian – a lasagne with brown lentils substituted for the meat filling is quite popular. Other dishes to try include lotus leaf rice, Nonya laksa, bak kut teh rice (a vegan version of the medicinal herb-filled stew), and tofu cheesecake. +65 64387118

SOUL ALIFE Located in the Changi City Point mall at Changi Business Park, Soul Alife is all about healthy and cruelty-free plant-based food. There's everything from vegan watermelon poke bowl to inari sushi to vegan pizzas, burgers, and pasta. The restaurant offers a small all-day brunch menu (get the tofu scramble) and healthy bowls like the popular Buddha bowl stuffed with roasted veggies, quinoa, turmeric cauliflower, beetroot hummus, and more. soulalifesg.com

VEGANBURG Touted as the world's first 100 percent plant-based burger joint, the decade-old VeganBurg pushes the envelope on what a vegan burger can be. The juicy patties are made with soya beans and mushrooms and the burgers come fully loaded with veggies, farm-fresh greens, pickles, and gourmet sauces. Pick from options like chargrilled satay, creamy shrooms, avocado beetroot and more. Order a side of seaweed fries (or sizzlin' broccoli if you are so inclined), drinks, and soft-serve ice cream to make a meal of it. veganburg.com

WHOLE EARTH Awarded the Michelin Bib Gourmand over four consecutive years (2016-2019), Whole Earth is Singapore's only plant-based Peranakan-Thai restaurant. The Penang rendang with marinated shiitake mushroom is a signature dish as are the olive rice with a savoury kick of Chinese Teochew olives and the creamy, piquant Nonya curry with slow-cooked mushroom and potato. wholeearth.com.sg

PHOTOGRAPH: SCOTT WOODWARD



LONDON

MANNA Located in Primrose Hill, Manna is one of the most popular vegan restaurants in London. The restaurant champions seasonal, local produce and the menu draws influences from Mexico, Japan, India, and elsewhere—the Caribbean platter with jerk tofu and a veggie pot stew is a standout. Try one of the seasonal specials such as roasted root vegetable masala or buffalo cauliflower tostada, or splash out on the chef's special five-course custom menu. mannalondon.co.uk

MILDREDS More than three decades old, Mildreds is somewhat of an institution on London's ever-changing restaurant scene. You may have to wait a bit outside the 18th-century townhouse for a table, especially at lunchtime, but it's worth it for an inventive menu of Asian and Middle Eastern dishes—think spinach gyoza, kimchi chick'n (meatless) burger, seaweed spiked laksa, and more. Don't leave without trying one of their creative desserts like peanut butter millionaire tart and caramel cheesecake with Biscoff crumb. mildreds.co.uk

THE GATE Another long-standing restaurant, The Gate serves up vegetarian and vegan fare across its four locations. The menu reflects Mediterranean and

Asian influences with dishes such as miso-glazed aubergine, artichoke terrine, wild mushroom risotto cake, and even an aubergine schnitzel. The restaurant is also known for its monthly secret vegan supper clubs, offering a five-course tasting menu with wine pairings. thegaterestaurants.com

POLLEN STREET SOCIAL Award-winning chef Jason Atherton's Pollen Street Social opened in April 2011 and received a Michelin star within six months. Get a place at the chef's counter for a vegetarian or vegan four-course tasting menu featuring stunningly-plated sophisticated Modern British plates that spotlight homegrown seasonal vegetables. Expect dishes like salt-baked celeriac, roasted Jerusalem artichokes, BBQ Lincolnshire sand carrots, New Forest mushroom risotto, and more. pollenstreetsocial.com

WULF & LAMB Contrary to its name, Wulf & Lamb is a relaxed spot for plant-based comfort food. Their chilli 'non' carne and mac and cheese are very popular and taste close to the real thing. Other standouts include pulled jackfruit burger, creamy linguine with broccoli, chargrilled cauliflower steak, an aromatic green coconut curry and Tex Mex salad. wulflandlamb.com →



From top: **Zurich's charming waterfront;**
lunchtime at Haus Hiltl

ZURICH

HAUS HILTl The oldest, continuously operating vegetarian restaurant in the world, Haus Hiltl has been serving up vegetarian and vegan fare since 1898! Its famous buffet offers over 100 dishes that you can choose from and pay for by weight. There's an à la carte menu as well with dishes like eggplant tartare, Korean-style baked cauliflower, a Bolognese with soy mince, a selection of Indian dishes, vegan ice cream, and more. hiltl.ch

MAISON RAISON Oriental mezze meets Japanese kaiseki cuisine to make "meseki" at the opulent Maison Raison. Let renowned Swiss vegan chef Lauren Wildbolz's intensely-flavoured cuisine blow you away. Expect a series of small bowls filled with dishes like sesame tofu in shiso leaf, artichokes with housemade mozzarella, 'planted chicken' (a chicken substitute with peas), smoked tempeh, and more. maison-raison.ch

NENI Housed inside the quirky-cool 25hours Hotel Langstrasse, Neni is a lively spot with a spacious terrace for Israeli and Mediterranean cuisine.

Apart from the excellent mezze platter with a trio of hummus served on a tiered stand, order the sabich (baked aubergine with hummus, tahini, and vegetables), or ask for the vegan daily special. neni.ch

THE SACRED - VEGETERIA

Located in the lively Langstrasse quarter, The Sacred is the first organic, vegan restaurant in Switzerland. With colourful, art-filled interiors and a large, sunny terrace section, the restaurant is a great spot for a relaxed brunch and some people-watching. On offer is a daily hot and cold buffet where you pay by weight, followed by a wide selection of vegan ice cream. vegeteria.ch

TIBITS With floral wallpaper and pastel colours, Tibits is a rather photogenic vegetarian and vegan buffet restaurant in the Seefeld quarter of Zurich. The "food boat" centrepiece serves some 40 freshly prepared items. The pay-by-weight buffet also includes soups, sandwiches, hot mains, and delectable desserts. The restaurant also has a kids' lounge with a play area and a children's table. tibits.ch 