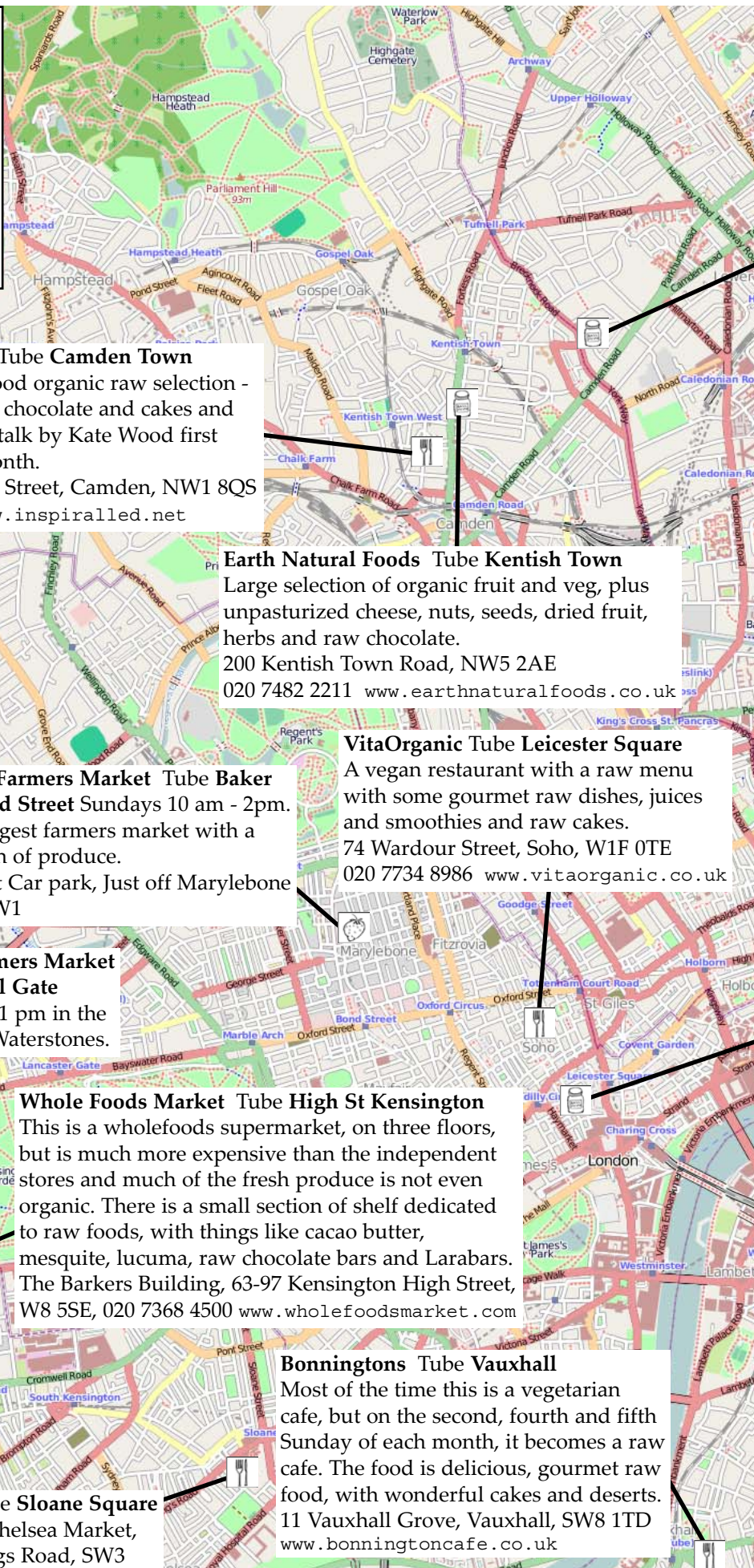


Availability of raw food in London is increasing at a pace. Raw cafés and restaurants are springing up and raw chocolate bars are appearing on the shelves of wholefood shops across the capital. If you live in London or are just visiting, this guide will help you find the best places to eat and shop. All the restaurants/cafés also serve cooked vegan food so you can go with friends who don't want to be limited to raw!



-  Restaurant / Café / Takeaway
-  Shop
-  Market

inSpiral Lounge Tube Camden Town
 Café/bar with a good organic raw selection - salads, smoothies, chocolate and cakes and good music. Raw talk by Kate Wood first Monday of the month.
 250 Camden High Street, Camden, NW1 8QS
 020 7428 5875 www.inspiralled.net

Earth Natural Foods Tube Kentish Town
 Large selection of organic fruit and veg, plus unpasteurized cheese, nuts, seeds, dried fruit, herbs and raw chocolate.
 200 Kentish Town Road, NW5 2AE
 020 7482 2211 www.earthnaturalfoods.co.uk

Marylebone Farmers Market Tube Baker Street or Bond Street Sundays 10 am - 2pm.
 This is the largest farmers market with a good selection of produce.
 Cramer Street Car park, Just off Marylebone High Street, W1

VitaOrganic Tube Leicester Square
 A vegan restaurant with a raw menu with some gourmet raw dishes, juices and smoothies and raw cakes.
 74 Wardour Street, Soho, W1F 0TE
 020 7734 8986 www.vitaorganic.co.uk

Rainforest Creations Tube Hammersmith
 Thursdays 9am to 3pm,
 Hammersmith Lyric Square, King Street, W6

Notting Hill Farmers Market Tube Notting Hill Gate
 Saturdays 9 am - 1 pm in the car park behind Waterstones.

Whole Foods Market Tube High St Kensington
 This is a wholefoods supermarket, on three floors, but is much more expensive than the independent stores and much of the fresh produce is not even organic. There is a small section of shelf dedicated to raw foods, with things like cacao butter, mesquite, lucuma, raw chocolate bars and Larabars.
 The Barkers Building, 63-97 Kensington High Street, W8 5SE, 020 7368 4500 www.wholefoodsmarket.com

Luscious Organic Tube High St Kensington
 Wholefoods shop with organic fruit and veg.
 240 Kensington High St, W8 6NE
 020 7371 6987 www.lusciousorganic.co.uk

Bonningtons Tube Vauxhall
 Most of the time this is a vegetarian cafe, but on the second, fourth and fifth Sunday of each month, it becomes a raw cafe. The food is delicious, gourmet raw food, with wonderful cakes and deserts.
 11 Vauxhall Grove, Vauxhall, SW8 1TD
www.bonningtoncafe.co.uk

Rainforest Creations Tube Sloane Square
 Saturdays 9am to 3pm - Chelsea Market,
 Duke of York Square, Kings Road, SW3

Alexandra Palace Farmers Market
 Rail **Alexandra Palace** or Tube **Wood Green**
 Sundays 9am to 3pm Both **Rainforest Creations** and **Dragonfly** have takeaway food stalls at this market. Wood Green, N22

Second Nature Rail Wood Street
 Good selection of organic produce.
 78 Wood Street, Walthamstow, E17 3HX
 020 8520 7995

Hornbeam Market Stall Tube Walthamstow Central
 Saturdays 10am to 3pm with organic produce from East Anglia plus some produce grown on local allotments.
 458 Hoe Street, Walthamstow, E17 9AH
 www.hornbeam.org.uk

Bumblebee Tube: Kentish Town
 Great selection of organic fruit and veg, nuts, seeds, herbs and spices, etc
 30, 32 & 33 Brecknock Road, N7 0DD
 020 7607 1936

Farmers Markets
 London has a good range of farmers markets where you can get local produce, much of it organic and many also have unpasturized dairy. There is not room to show them all on the map but there are currently markets in Acton, Blackheath, Clapham, Ealing, Islington, Marylebone, Notting Hill, Peckham, Pimlico Road, Queens Park, South Kensington, Swiss Cottage, Twickenham, Walthamstow and Wimbledon Park - for more information see www.lfm.org.uk or call 020 7833 0338. There are also other markets which are not connected with the official London Farmers Markets, including one which rotates around several locations in Lewisham on Saturdays, and one in Dulwich on the last Sunday of the month.

SAF Tube Old Street
 High class restaurant, see page 9 for review.
 152-154 Curtain Road, Shoreditch, EC2A 3AT
 020 7613 0007 www.safrestaurant.co.uk

Friends Organic Tube Bethnal Green
 Wholefoods shop with organic fruit and veg.
 83 Roman Road, E2 0GQ
 020 8980 1843

China Town Tube Leicester Square
 A few shops selling durian, young coconuts, mangosteen and other tropical and exotic fruits.
See Woo: 18-20 Lisle Street
New Loon Moon: 9 Gerard Street
Loon Fung: 42-44 Gerrard Street
Golden Gate: 100 Shaftesbury Ave

Rainforest Creations Tube Liverpool Street
 Old Spitalfields Market, Brushfield Street, E1

Rainforest Creations - Stalls in several markets serving up Caribbean style salads and delicious raw cakes. See www.rainforestcreations.co.uk for more details.

Fareshares Food Co-op Tube Elephant & Castle
 A non-profit-making voluntary project stocking some organic fruit and veg plus dried wholefoods.
 Open Thursday 2-8pm; Friday 3-7pm; Saturday 3-5pm
 56 Crampton Street, Walworth, SE17 3AE
 www.fareshares.org.uk

Raw Food Delivery Services

Raw Fairies offer daily deliveries of freshly prepared raw food. The menu changes daily and includes a smoothie, salads, pizza, quiche, burgers, deserts and more.
www.rawfairies.com 07879 246 501

Dragonfly Wholefoods also offer a raw food delivery service.
www.villagewholefoods.co.uk 020 8347 6087

Brixton Whole Foods Tube Brixton
 A good selection of organic produce.
 59 Atlantic Road, Brixton, SW9 8PU.
 020 77372210

Blackheath Farmers Market Rail Blackheath
 Well placed for a visit to Greenwich park afterwards.
 Sundays 10 am - 2 pm, Blackheath Rail Station Car Park