



VEGAN GUIDE TO EATING OUT IN EXETER AND DEVON



VEGETARIAN RESTAURANTS

These are the top eateries we love at EFFA where you'll receive a warm vegetarian/vegan welcome.

Herbies

15 North St, Exeter, EX4 3QS

Tel: 01392 258473

www.facebook.com/pages/Herbies/147477975290832

Comments:	Excellent range of vegan options and desserts Daytime and evening
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Plant Café

1 Cathedral Yard, Exeter, EX1 1HJ

Tel: 01392 428144

www.facebook.com/theplantcafe

Comments:	Good vegan options and excellent salads Daytime
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Cavern Club Vegetarian Café

83 – 84 Queen Street, Exeter, EX4 3RP

Tel: 01392 495370

www.caverncafe.com

Comments:	Vegan options Daytime
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Courtyard Cafe

76 The Square, Chagford, Newton Abbot, TQ13 8AE

Tel: 01647 432571

<http://chagfordhub.typepad.com/home/the-courtyard-cafe.html>

Comments:	Vegan options and happy to veganise where possible Monday to Saturday 9am to 4:30pm Sundays vary
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Cranks

The Cider Press Centre, Shidders Bridge, Dartington,
Totnes, TQ9 6TQ

Tel: 01803 862388

www.crank.co.uk/

Comments:	Some vegan options Daytime
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Fat Lemons

Ticklemore Street, Totnes, TQ9 5EL

Tel: 01803 866888

www.fatlemons-totnes.co.uk/default.html

Comments:	Good range of vegan options Daytime
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PlantBased

High Street, Exmouth

www.facebook.com/plantbasedexmouth

Comments:	Completely vegan Check Facebook page for opening days/hours
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Samphire Brasserie

111 Mayflower Street, Plymouth, PL1 1SD

Tel: 01752 263116

www.samphirebrasserie.com/

Comments:	Totally vegan Daytime and evening
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Terrace Arts Cafe

6 Marine Crescent, Seaton, EX12 2QN

Tel: 01297 20225

www.artannapola.com/

Comments:	Excellent range of vegan options Daytime
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Tierra Kitchen

1A Coombe Street, Lyme Regis, DT7 3PY

Tel: 01297 445189

www.tierrakitchen.co.uk/

Ok it's not Devon
but it's only just
over the border!

Comments:	Good range of vegan options Daytime and evening (see website for seasonal opening days/hours)
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Veggie Perrin's Indian Restaurant

97 Mayflower Street, Plymouth, PL1 1SD

Tel: 01752 252888

veggieperrin.co.uk/

Comments:	Excellent range of vegan options Evening with lunchtime takeaway
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Willow Vegetarian Restaurant

87 High St, Totnes, TQ9 5LW

Tel: 01803 862605

Comments:	Excellent vegan options Daytime and evening
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INDEPENDENTS

These establishments also cater for both vegetarians and vegans so you can still go out and eat with your meat eating friends/family!

Aby's Catering

The Esplanade, Exmouth, EX8 2AZ

Tel: 01395 227676

www.abys-catering.co.uk/

Comments:	Vegan options available Check website for opening hours
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Afriteo

88 South St, Exeter EX1 1EQ

Tel: 01392 204815

www.afriteo.com/

Comments:	Some vegan options - check on ordering Lunchtime and evenings
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Aroma Cafe

6 Bridge Street, Lyme Regis, Dorset,
DT6 3QA

Tel: 01297 445914

www.aromalymeregis.co.uk

Ok it's not Devon
but it's only just
over the border!

Comments:	Some vegan options Check website for opening hours
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The B-Bar

Barbican Theatre, Castle Street, Plymouth PL1 2NJ

Tel: 01752 242021

www.theb-bar.blogspot.co.uk

Comments:	Vegan options available Check website for opening hours
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Broomhill Art Hotel

Muddiford Road, Barnstaple EX31 4EX

Tel: 01271 850262

www.broomhillart.co.uk

Comments:	Booking essential. Please request vegan options when reserving. Check website for opening hours
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Devon Guild of Craftsmen

Riverside Mill, Bovey Tracey, TQ13 9AF

Tel: 01626 832223

www.crafts.org.uk/

Comments:	Menus currently under review. Website does state vegan options available. Daytime
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Dinosaur Cafe (Turkish)

5 New North Road, Exeter, EX4 4HH

Tel: 01392 490951

Comments:	Vegan-friendly Middle Eastern cuisine and they are very obliging! Daytime to evenings
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Donkey Sanctuary (Hayloft Restaurant)

Slade House Farm, Sidmouth, EX10 0NU

Tel: 01395 578222

www.thedonkeysanctuary.org.uk/

Comments:	A few vegan options Daytime
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Exeter Phoenix

Bradninch Place, Gandy Street, Exeter, EX4 3LS

Tel: 01392 667062

www.exeterphoenix.org.uk

Comments:	Some vegan options but more limited in the evenings Daytime and evenings
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Exeter Royal Albert Memorial Museum

Queen Street, Exeter, EX4 3RX

Tel: 01392 265858

www.rammuseum.org.uk

Comments:	Menu changes daily with some vegan options Daytime and evenings
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The Exploding Bakery

Central Station Buildings, Queen Street, Exeter, EX4 3SB

Tel: 01392 427900

www.explodingbakery.com

Comments:	1 vegan choice available Check website for opening hours
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The Farmers Union

16 Queen's Terrace, Exeter, EX4 4HR

Tel: 01392 279955

<http://www.thefarmersunion.co.uk/>

Comments:	Extensive vegan menu Check website for opening hours
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Fresha Cafe

23 Bittern Rd, Exeter EX2 7LW

Tel: 01392 447701

www.fresha.org/

Comments:	Limited vegan options Weekdays only
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The Glorious Art House

120 Fore Street, Exeter, EX4 3JQ

Tel: 01392 490060

www.theglorious.co.uk

Comments:	Always a vegan dish on the menu, vegan cakes, a variety of plant based milks and vegan hot chocolate Check website for opening hours
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The Grove

Esplanade, Exmouth, EX8 1BJ

Tel: 01395 272101

www.youngs.co.uk/pubs/grove

Comments:	Current menu has vegan burger option Check website for opening hours
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The Hidden Treasure Tea Room

5A New Bridge Street, Exeter, EX4 3JW

Tel: 01392 274134

<http://www.hiddentreasure.biz/>

Comments:	Vegan afternoon tea (served anytime) Check website for opening hours
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In the Miso Soup

101a High Street, Totnes

Comments:	Not yet open. Check their Facebook page for further details: https://www.facebook.com/inthemisosouptotnes/timeline
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Jack in the Green

Rockbeare, Nr Exeter, EX5 2EE

Tel: 01404 822240

www.jackinthegreen.uk.com

Comments:	Contact them in advance and they will prepare a vegan menu Check website for opening hours
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Jasmine Thai

153 Fore Street, Exeter, EX4 3AT

Tel: 01392 689988

www.jasminethai-exeter.co.uk/#

Comments:	Separate vegetarian menu is mainly vegan and vegan desserts also available Lunchtime and evenings
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Lilico's Tapas Lounge and Bar

Bridge Buildings, The Square, Barnstaple EX32 8LW

Tel: 01271 372933

www.lilicos.co.uk

Comments:	Vegetarian menu. Please request vegan options when ordering Check website for opening hours
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Mashawi (Lebanese)

44 Sidwell Street, Exeter, EX4 6NS

Tel: 01392 202688

en-gb.facebook.com/MashawiExeter

Comments:	Vegan options Check Facebook for opening hours
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Mill on the Exe

Bonhay Road, Exeter, EX4 3AB

Tel: 01392 214464

www.millontheexe.co.uk/

Comments:	Menu now has vegan options labelled Lunchtime to evenings
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New Horizon Cafe

47 Longbrook Street, Exeter, EX4 6AW

Tel: 01392 277523

facebook.com/newhorizoncafe

Comments:	Many vegetarian options are/can be vegan Ring for opening hours
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Oats Healthy Living Store

11 Bolton Street, Brixham, Devon, TQ5 9BZ

Tel: 01803 858542

www.oatsofbrixham.co.uk/

Comments:	100% vegetarian (mostly vegan) Check website for opening hours
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Oddfellows

60 New North Road, Exeter, Devon, EX4 4EP

Tel: 01392 209050

www.theoddfellowsbar.co.uk/

Comments:	Always at least one starter, main and dessert are vegan Check website for opening hours
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Old Firehouse

50 New North Road, Exeter, EX4 4EP

Tel: 01392 277279

www.oldfirehouseexeter.co.uk/

Comments:	Good vegan options and vegan pizzas available after 9pm Various hours (see website)
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Otter Nurseries

Gosford Road, Ottery St. Mary EX11 1LZ

Tel: 01404 815815

<http://www.otternurseries.co.uk/>

Comments:	Sunday nut roast is always vegan Check website for opening hours
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Pea Green Boat Cafe

The Esplanade, Sidmouth, EX10 8BB

Tel: 01395 514152

Comments:	Vegan options are not marked on the menu but they are happy to advise/adapt Lunchtime and evenings during the week and all day weekends
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Peagreen Kitchen

175 Union Street, Torre, Torquay, Devon, TQ1 4BX

Tel: 07706 960625

Comments:	Vegan options Daytime only
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Real Food Store Cafe

11 & 13 Paris Street, Exeter, EX1 2JB

Tel: 01392 681234

www.realfoodexeter.co.uk/

Comments:	Always happy to cater for vegans even if not on the menu. At least two cake choices. Daytime
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Red Lion

Broadclyst, Exeter, EX5 3EL

Tel: 01392 461271

www.redlionbroadclyst.co.uk/index.html

Comments:	Separate vegan menu with three choices for each course Lunchtime and evenings
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The Roundabout

Roundabout, 2-4 Drake Circus, Plymouth, PL4 8AQ

Tel: 01752 825090

www.theroundaboutplymouth.co.uk/

Comments:	Some vegan options Lunchtime and evenings
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Russinas Tapas Bar

59 Torquay Road, Paignton, Devon, TQ3 3DT

Tel: 01803 527347

www.restaurant59.co.uk/

Comments:	Separate vegan menu Check website for opening hours
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Seeds 2 Bakery

40 High Street, Totnes TQ9 5NP

Tel: 01803 862526

www.seeds2.co.uk

Comments:	Bakery that only produces vegetarian foods Check website for opening hours
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Steaks N Sushi Japanese

23/24 North St, Exeter, EX4 3QS

Tel: 01392 250414

www.steaknsushi-exeter.co.uk

Comments:	Not clearly marked but just check with them Lunchtime to evenings
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Tony's

Chandlers Court, Fore Street, Exeter, EX4

Tel: 01392 437771

www.tonyscandystore.co.uk

Comments:	Vegan ice cream and milkshakes Check website for opening hours
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Thrive Cafe

47 Fore Street, Totnes TQ9 5NJ

Tel: 01803 840202

www.thrivecafe.co.uk

Comments:	Vegan options available Check website for opening hours
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The Twisted Oak

Little John's Cross Hills, Ide, EX2 9RG

Tel: 01392 273666

www.thetwistedoak.co.uk

Comments:	Large vegan menu Check website for opening hours
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Tyepyedong Noodle Bar

175 Sidwell St, Exeter, EX4 6RH

Tel: 01392 251888

www.tyepyedong.com

Comments:	Excellent vegan options Lunchtime and evenings + takeaway
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The Wild Fig Deli

53 Fore Street, Totnes TQ9 5NJ

Tel: 01803 864829

www.thewildfig.co.uk

Comments:	Many vegetarian options that are also vegan. Tuesday night is also vegetarian night. Check website for opening hours
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The Waterfront Restaurant

Pier Head, Exmouth EX8 1DU

Tel: 01395 272100

www.waterfrontexmouth.co.uk/

Comments:	Currently 1 vegan option for breakfast, lunch and dinner. Please notify them in advance Check website for opening hours
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The World Peace Café (in Ashoka Kadampa Buddhist Centre)

33 Sutherland Road, Plymouth, PL4 6BN

Tel: 01752 224137

www.meditationinplymouth.org

Comments:	Good selection of vegan foods Check website for opening hours
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CHAINS

Like the independents these establishments also cater for both vegetarians and vegans so you can still go out and eat with your meat eating friends/family!

We would also recommend the following blog on the People for Ethical Treatment of Animals (PETA) website:

<http://blog.peta.org.uk/2014/09/menu-vegan-options-chain-restaurants/>

Boston Tea Party

84 Queen Street, Exeter, EX4 3RP

Tel: 01392 201181

Also in Honiton and Barnstaple

www.bostonteatparty.co.uk/our_cafes/exeter.php

Comments:	Some vegan options including cake Daytime
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Cosy Club

The Cosy Club, 1 Southernhay Gardens, Exeter, EX1 1SG

Tel: 01392 8487448

www.cosyclub.co.uk/exeter

Comments:	Separate vegan menu *** Please be aware that the décor consists of a number of animal heads on the walls!*** Daytime and evening
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Giraffe

Princesshay, Exeter, EX1 1GE

Tel: 01392 494222

www.giraffe.net/

Comments:	Soya milk options for breakfast and hummus. See allergy info on line. Daytime to evening
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Las Iguanas

79-81 Queen Street, Exeter, EX4 4RP

Tel: 01392 210753

(Also in Torquay & Plymouth)

www.iguanas.co.uk/

Comments:	Separate vegetarian/vegan menu Daytime and evening
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Pizza Express

2 Broadgate, Cathedral Yard, Exeter, EX1 1HJ

Tel: 01392 495788

(Also in Torquay and Barnstaple)

www.pizzaexpress.com/

Comments:	Some vegan options (see allergens info on-line) also able to take your own vegan cheese provided the pack is sealed and in date Daytime and evening
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Pizza Hut

Unit 5, Exe Bridges Retail Park, Exeter, EX4 1AH

Tel: 01392 273424

(Also in Torquay and Plymouth)

www.pizzahut.co.uk/

Comments:	Pizza without cheese and some salad bar options (see allergens on-line) Lunchtime to evening
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Toby Carvery

Rydon Lane, Middlemoor, Exeter, EX2 7HL

Tel: 01392 435353

(Also in Plymouth)

www.tobycarvery.co.uk

Comments:	Unlikely candidate but they have three vegan options and a dessert available. Onions usually cooked in meat gravy but they are happy to prepare 'plain' vegetables on request. Lunchtime to evening
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Seco Lounge (Visto Lounge also in Torquay)

Mills Bakery, 4 Royal William Road, Plymouth, PL1 3RP

Tel: 01803 211009

www.thelounges.co.uk

Comments:	Rapidly expanding chain with a small vegan menu Check website for opening hours
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Visto Lounge (Seco Lounge also in Plymouth)

Abbey Crescent, Torquay, TQ2 5FB

Tel: 01803 211009

www.thelounges.co.uk

Comments:	Rapidly expanding chain with a small vegan menu Check website for opening hours
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Wagamama

16 Bedford Street, Exeter, EX1 1LL

Tel: 01392 274810

(Also in Plymouth)

www.wagamama.com/restaurants/exeter

Comments:	Some vegan options (allergens list available on-line and in restaurant) Lunchtime to evening
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Wetherspoons

Various locations

Tel: *Various*

www.jdwetherspoon.co.uk/home/pubs/find/Devon#

Comments:	Not brilliant but will offer vegan curry option if available Daytime and evening
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Yo! Sushi

8 Bedford Street, Princesshay, Exeter

Tel: 01392 331340

(Also in Plymouth)

www.yosushi.com/restaurants/exeter

Comments:	Some vegan options (see nutritional and allergen info on-line) Lunchtime to evening and takeaway
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Exeter's First and Only 100% Vegan Food Shop

Seasons



Seasons is a vegan family owned and run speciality food shop in Well Street, Exeter. It is 100% vegan. They have daily homemade treats available to take away, ranging from savouries like sandwiches, quiches and sushi, to sweets like cheesecakes, truffles and raw slices. Their social media pages list what's available every morning.

<http://www.facebook.com/seasonsveganstore>

<http://www.instagram.com/seasonsexeter>

8 Well Street, Exeter EX4 6QR

<http://www.seasonsexeter.co.uk>



Whilst we are happy to feature the establishments in this guide, it is not an exhaustive list and we cannot guarantee the quality of food, service or changes to opening hours. We also cannot comment on the ethics of the non-vegetarian establishments.

We will be distributing 'Vegan Choices Here' stickers for establishments to display so please feel free to contact us with any feedback or other establishments that you have found to be vegan friendly at:

<mailto:mail@effa-uk.org>

We are also pleased to report that on 13 December 2014, new legislation (the EU Food Information for Consumers Regulation No. 1169/2011) came into force which requires food businesses to provide allergy information on food sold unpackaged, which we hope will make eating out vegan even easier. If in doubt just ask!

For more information or to join EFFA please contact us at the above e-mail address or visit our website/Facebook:

effa-uk.org/effa/effa.aspx

www.facebook.com/exeterfriendsforanimals