

A guide to eating Vegetarian, Vegan and Gluten Free in Prague



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Introduction

When I first came to Prague in 1996 you could count the number of decent vegetarian restaurants (including the Indian ones) on the fingers of one hand and still have spare fingers. The old classics like Govinda, Country Life and Radost are still going strong. Newcomers (in the last 10 years) like the "pay by weight" vegetarian Beas Dhaba and the vegan Loving Hut chains have several locations in the city (Loving Hut also goes for shopping centres). Now a third generation of restaurants like Maitrea, Lehka Hlava, Lo Veg and Secret of Raw have emerged with stylish locations and high quality meals (not just tin plates and self-service) which have increased their share of the market.

Many people who use these places, like me, are not vegetarian but, have this sense of wishing to cleanse the body occasionally. Personally I'm more inclined to go for the tin plate self-service style like Beas Dhaba but many of the restaurants listed have professional table service.

Pricing:

There are three basic pricing models. The first which is almost exclusively used by Beas Dhaba and Loving Hut (but these two account for more than 50% of vegetarian/vegan restaurants in Prague) uses the "pay by weight" system for the main self-service offer and will individually price extras like samosas, pakoras, raithas (which are called savouries) etc. A meal for me at Beas Dhaba comes to about 140-160CZK but if I take an extra I expect this to rise to 150-180CZK.

The second pricing model is the standard fixed menu which you will find almost everywhere else and again a soup, main course and dessert should put you in the 150-200CZK bracket (Lo Veg, Maitrea, Lehka Hlava). The third is a place like Govinda or Country Life who offer the same fixed menu but with large or small option.

Vegetarian, Vegan, Gluten-free:

The Loving Hut chain, Country Life chain plus restaurants Vegan City and Lo Veg are the only places I know that specifically trade as Vegan restaurants and label meals that are gluten free. You'll find Beas Dhaba will label some of its offer as vegan. Staff in all of the restaurants will be able to point out things on the menu which are suitable for vegans. I'm told locally that vegetarians will use the Indian restaurants but not the vegans. Many of the restaurants will be displaying Gluten-Free options so I've labelled those as "GF". Note that only certain meals will be GF and not the whole menu.

Reservations:

In general I recommend that you always get your hotel to make a reservation for you. Lunchtimes should be ok but, evenings can fill up as these are all fairly small restaurants (30-50 seats).

Restaurant Types and Food Glossary

Restaurant types:

All of the restaurants in the book are categorised by the following abbreviations:

(V, VG) = Primarily Vegetarian but may offer specific dishes suitable for Vegans.

(VG, V) = Primarily Vegan, all vegetarian and can have Gluten Free options.

(GF) = Menu dishes are identified as Gluten Free.

Food Glossary:

Beans - fazole (like chilli beans)

Chick Peas - cizrna -

Lentils (Split peas) - čočka

Cauliflower - kveták

Spinach - Spenat

Brussels sprouts - kapusta

Milk - mléko

Cheese - sýr

Powdered milk - sušené mléko

Whey - syrovátka

Dairy products - mléčné výrobky

Vinegar - ocet

Eggs - vejce

Wheat - pšenice

Rye - žito,

Barley - ječmen

Oats - oves

Wheat starch - pšeničný škrob

Potatoes - brambory

Rice - rýže,

Buckwheat - pohanka

Millet - jáhly

Corn, Maize - kukuřice

Soya - soja

Amaranth - amaranth

Quinoa - quinoa

Corn, Maize starch - kukuřičný škrob

Corn flakes - kukuřičné lupínky

Coeliac Advice and Resources

My advice is to take a look at www.celiak.cz/en for first hand advice on Gluten Free eating. Vegan restaurants recommended on that site include the ones in this book and I've included others that are specifically vegetarian/vegan. Svejk is not in this book as it's a regular Czech restaurant that does Gluten Free elements. For special meals in high standard restaurants it's worth contacting the location directly i.e. I've recently found out that Aromi in Prague 2 offers GF meals by request.

Here's the help card from www.celiak.cz/en and below it you'll find some more useful vocabulary/phrases.

In a restaurant, you can use this text to explain your needs:

Mám celiakii a dodržuji **bezlepkovou dietu**, a proto nemohu jíst jídla, která obsahují tyto obiloviny a výrobky z nich: **pšenici, žito, ječmen, oves** nebo **špaldu**. Můj organismus reaguje na lepek velmi negativně a po případném požití i malého množství těchto obilovin mi hrozí zdravotní obtíže.

Máte prosím na jídelním lístku jídlo, které by bylo pro mne vhodné, nebo můžete připravit moji porci bez zmíněných obilovin (např. bez omáčky nebo osmažit maso bez obalení), případně místo nich použít mouku či škrob z kukuřice, rýže, jáhel, pohanky či brambor?

Děkuji Vám.

Gluten-free diet - bezlepková dieta

Gluten - lepek

Gluten-free - bezlepkový, bez lepku

Naturally gluten-free - přirozeně bezlepkový

Does not contain gluten - neobsahuje lepek

Suitable for gluten-free diet - vhodné pro bezlepkovou dietu

Amount of gliadin - obsah gliadinu

Protein - bílkovina

Flour - mouka

Starch - škrob

Yeast - droždí

Malt - slad

Bread (GF bread) - chléb (bezlepkový chléb)

Bread Roll – rohlík (long), houska (flat)

Cake (big cake that gets portioned) - dort

Cake (individual or small slice) - koláč,

Cake (filled pastry like a doughnut) - buchta

Biscuits - sušenky

Pasta - těstoviny

Restaurant Beas Dhaba (V, VG)



Location: Praha 1, Old Town, Týnská 1053/19

Web: www.beas-dhaba.cz

Type: Vegetarian self-service “pay by weight” buffet plus special menus and Vegan options where available.

Metro/Tram: Staromestske Namesti (Old Town Square)

What to expect:

Beas Dhaba currently has six locations in Prague. It specialises in Northern Indian style food and uses the “pay by weight” system. Very efficient “stainless steel tray” design allows you five separate areas in which to put your food. You are expected to take cutlery and a cup with you to the table where you’ll find a jug of water. Look out for the “hour before closing” when all “pay by weight” food is 50% off. Here I describe the Tynska location but look out for their “Belehradska” branch, close to IP Pavlova and only 5 minutes walk from the top of Wenceslas Square, which has special “Dosa menu” days.

Tynska is the only Old Town location for Beas Dhaba. It’s in a quiet location about two minutes walk from the Old Town Square. The reason I’ve selected this branch is that it has a reasonable amount of seating inside plus a courtyard area.



The Menu:

It's the same format in each location with some minor variation. You'll join a queue system starting where the trays are.

There will be a large soup urn in the same location. You then move to the main food section (style pictured) which begins with two types of rice and possibly puree potato.

In the same heated section there will be at least three types of vegetable course which will be based around chick peas, split peas, tofu, sag paneer, Thai and Indian curry.

On top of the heated area will be the savoury extras and breads. After this there will be the salad and sauces counter (size depends on the branch location but always at least 4 salad groups and as many sauces including tomato, onion and lime pickle).

Finally you move through the dessert and drink section. Hand over your tray minus any savoury/bread extras for them to weigh. You pay for the weight and individually priced savouries plus any dessert/lassi/drink from the chilled area. Take a cup and sit where you can. There's a jug of tap water on the table.



Table locations:

I'd always recommend outside in the summer but if you go inside look for the single table (for four) on the right in the corner as you go in. Note, here is ok but the Beas Dhaba in Karlin has no toilet.

In this picture my recommended table is behind you.

How to get there:

I've selected this branch as it is the closest to the centre and it has the outside option but, I also recommend the "Belehradaska" branch close to IP Pavlova metro as that is bigger and does "specials" like the Dosa Menu on selected days. From the Old Town Square take the passageway to the left of the Church of Our Lady of Tyn (Two Spires).

At the end a little square opens up. In front of you will be a gateway and to the left of the gateway is another covered passageway with (Tynska) on the sign. Walk into this passage which starts out pedestrianised and then becomes a narrow road.

About 50 metres on the left there will be an archway and the Tynska branch of Beas Dhaba is in here. If you get as far as "Bar and Books" or the end of the street then you've gone past it.



The "garden" area is open from April to October. It acts as an overspill at lunchtimes and you'll be lucky to get a seat here between 12 and 2pm. It gets busy again in the evening as the last hour before the restaurant closes whatever is still available is 50% off.

Restaurant Loving Hut (VG, V)



Location: Praha 1, New Town, Truhlářská 1119/20

Web: www.lovinghut.cz

Type: Vegan Menu. Self-service buffet until 4pm, restaurant until 9pm.

Metro/Tram: Namesti Republiky (Republic Square).

Non smoking

Closed Sunday

What to expect:

The Loving Hut operates in a very similar way to Beas Dhaba in that the self-service buffet uses the “pay by weight” system and as such both are similarly priced. The food sections are the same with the exception that they often put the soup just before the dessert area. Loving Hut has a much bigger "non-heated" section for cold foods and salads but in the past I've likened the Loving Hut salad bar more to "pizza hut" in that it will result in a fairly heavy salad (you pay by weight at the buffet!) but tastes nice all the same.

Loving Hut then brings the other element of the business plan i.e. the restaurant. This will see you up until around 9pm at most of its places and operates on a fixed menu system.



The essential difference between Beas Dhaba and Loving Hut is that Beas leans heavily towards the Northern Indian style i.e. more curry and rice whilst Loving Hut has some Indian element but a large part of the menu is regular looking European and Asian noodle food but with vegan ingredients.

The Menu:

Loving Hut leans strongly towards Asian style meals. There is a big selection of noodle dishes, bamboo and tofu etc. It does regular Chinese dishes like Kung Pao, Chow Mein, spring rolls and many meals that would normally be served with chicken, beef or pork but here they have been substituted it with vegan meat.

They have a good selection of Asian "big soups" i.e. what the Vietnamese here call "Bun Cha" or "Pho". They also have a large self-service salad buffet.

Table locations:

Of all the branches of Loving Hut in and around Prague you will probably only want to visit Truhlarska (close to Republic Square) or Londynska close to IP Pavlova and Namesti Miru (Peace Square). For this eBook I've chosen the Truhlarska branch as it's faster to get to from the Old Town.



If you are looking for a quick lunch then stay downstairs but if you are looking to come here in the evening or want a longer lunch then I like this branch because it has the "salon" up on the first floor with comfortable chairs.

How to get there:

From Republic Square stand facing the main doors to the Palladium shopping centre. Turn to your left and walk down the road by the side of the shopping centre (Truhlárská). Walk along this road on the right side for approximately 100 metres.

As the current line of building ends the pavement gets wider and on your right will be the restaurant.

Restaurant Radost FX (V, VG)



Location: Praha 2, New Town, Belehradská 234/120

Web: www.radostfx.cz

Type: Fixed Menu (Vegetarian with a Vegan Brunch option)

Metro/Tram: IP Pavlova or Muzeum

Smoking Area: At the back

What to expect:

RadostFX is one of the original vegetarian restaurants in the city along with Govinda and Country Life. The great thing about Radost is that it is also a great cafe and somewhere that you would go to hang out for the whole evening enjoying your meal then drinking at the bar etc. It was also seen as the trendier place to go and it has stayed trendy largely by providing a variety of great food in a great atmosphere.

I've known people wander in here, have a three course meal and leave without even realising that it's vegetarian.



The cafe runs alongside the passage way from the window so the further into the restaurant you go the darker it's going to get (check my table tip) but the food is the same wherever you are.

The Menu:

This is possibly the best and most varied of vegetarian menus in the city. There are two menus. You have the weekly menu which is a selection of main rice/pasta/vegetable etc meals to which you can add soup and/or a dessert for a fixed price.

The other option is the Daily Menu which breaks down into many different sections and provides a fully international array of meals like stuffed peppers, Thai/Indian curry, stir fry, nachos, quesadillas, pizza, salads, veggie burgers and a range of original desserts. It's also one of two vegetarian restaurants (Mlsna Kavka is the other), that does a weekend brunch and in this case it's suitable for vegans.



Table locations:

RadostFX is divided into three distinct areas. When you go in you'll be entering the Restaurant/Cafe part which extends from the front window to the bar.

Behind the bar is the first part of what they call the "Lounge" which is a non-smoking area and the "oriental" lounge is further back and this area is called the "Gallery" (smoking area) pictured left.

The cafe side is pretty much first-come, first-served but the Lounge and Gallery will require reservations 12-2 and after 7pm. The tables I recommend are at the back in the oriental part of the lounge but this is a smoking area. If you can get a later lunch you'll find it empties out a bit between lunch and dinner.

On the right as you go into the Gallery there's a spot with a skylight above it (pictured above).



How to get there:

From the top of Wenceslas Square, cross the road so that you are facing the National Museum.

Walk to the right one block i.e. to the set of traffic lights. Turn left and walk two blocks. You are now in a road called Belehradská with a tramline.

Pictured left is the "Lounge".

Turn right into this road and RadostFX is at No.120 (blue numbers) about 75 metres further down on your left.

Restaurant Maitrea (V, VG)



Location: Praha 1, Old Town, Týnská ulice 1064/6

Web: www.restaurace-maitrea.cz/en

Type: Fixed Vegetarian Menu (some suitable for vegans), fixed lunch menu, no buffet

Metro/Tram: Staromestska

Non Smoking

Additional Meal Labelling Information

M - contains milk, eggs

V - vegan

L - contains gluten (in Czech it's "lepek")

B - gluten free (in Czech it's "bez lepku")

What to expect:

Maitrea translates as "loving kindness" and this place is run as a little oasis. It aims to create a harmonic and peaceful atmosphere in which to meet and eat. A no smoking environment spread over two floors (ground and basement). Upstairs is the smaller salon whilst the bulk of the seating is downstairs. On both levels you can see the feng shui influence in the design, the use of running water fountains and fireplaces. Not a sharp corner in sight and the tables are well spaced. It's a nice place for a quick lunch but really it's worth a dinner visit.



The Menu:

The restaurant offers a fixed 2-course lunch offer for a fixed price and a general menu that you can choose from all day. Soups are very reasonably priced and you could make a great meal for two using just starters. Note that meals have additional labelling listed above which indicates whether a meal is suitable for vegans, has dairy products or is gluten free.

Personally I think you go a long way to beat their "Maitrea" starter selection and one of the unique salads.

The main courses offer an international selection of dishes including classic vegetarian and vegan meat. I think it's one of the best main course offers in the city for vegetarians.

Both Maitrea and sister restaurant Lehka Hlava both have outstanding menus with Asian options previously only seen in places like RadostFX.



Table locations:

The ground floor has a few tables and the salon with the fireplace but also contains the shop which takes up a fair amount of space so most likely you'll be going downstairs. If you want a bit of privacy then ask for a table at "fireplace" end. If you're not bothered about location then the tables to get the fastest service are opposite the bar at the bottom of the stairs. If you're going for "finger food" then the areas in front of the

fireplaces both upstairs and downstairs have low tables and comfy chairs. Everything else is tables and chairs. Pictured left is the downstairs area with fountain centre-left and fireplace area at the end.



How to get there:

From the Old Town Square exit the square in the little passage next to the Church of Our Lady Tyn (the one with the two towers). At the end of the narrow passage turn left past the Hotel Cerny Slon (Black Elephant) into Tynska Ulicka.

Maitrea is at number 6 about 50 metres further on the right.

Restaurant Lehka Hlava (V, VG)



Location: Praha 1, Old Town, Boršov 280/2

Web: www.lehkahlava.cz/en_novinky.htm

Type: Fixed Vegetarian Menu, fixed lunch menu, meals suitable for Vegans

Metro/tram: Staroměstská

Non Smoking

Additional Meal Labelling Information

M - contains milk, eggs

V - vegan

L - contains gluten (in Czech it's "lepek")

B - gluten free (in Czech it's "bez lepku")

What to expect:

Lehka Hlava translates as "Clear Head" or "easy on the head". The location was originally a tea room. You had to ring the bell and they opened the door to let you in so, not the best business model. After the floods of 2002 it had to close and in 2005 they took the opportunity to renovate, remodel and explore a new path. What they came up with is a unique experience.

The old door (dare I say it, ancient gate) is still there and leads into the courtyard. You go into the building through a modern glass door and you'll have a choice of three distinct areas which are described below. It doesn't have the space and flow of the sister restaurant Maitrea, but it does have what could be called both a calming and energising feel if that's possible.



The Menu:

The menu is almost a mirror of Maitrea. All vegetarian dishes with items suitable for vegans in both the lunch menu and general menu are listed.

The fixed lunch menu begins at 1130am and ends either at 2-30pm or when they run out. Nice reasonably priced soups and a good salad selection (although Maitrea nicks this category for me).

Note that meals have additional labelling listed above which indicates whether a meal is suitable for vegans, has dairy products or is gluten free.

There's a very Mediterranean feel about the main menu with the addition of Asian and Mexican style dishes, raw spaghetti, burritos, quesadillas and Thai red curry (with tofu). Again, it's possible to make excellent meals here only from the starters and extras.



Table locations:

As you go in you'll enter a kind of Japanese style hallway pictured on the previous page. On your right is the first of the three areas.

It's a horseshoe shaped seating area with fixed glass table which will seat 6 in comfort or 8 if you know each other well. Nice and bright with a window looking out on the courtyard

The second area is what they consider the main area yet it only has 6 tables laid out in a regular 2-place and 4-place tables and chairs manner. Here you'll see the open cooking area with the wrap-around counter.

The last area is "Celestial" and pictured above. Great on cold days when they have the fire going and the coved ceiling, already a mass of stars, will flicker as it catches the light. There are four booths with fixed tables in here. The restaurant has 47 places in total.

My advice is to go for a Celestial table first although they often get reserved to groups of four people with couples using the more versatile main area part of which is pictured below.



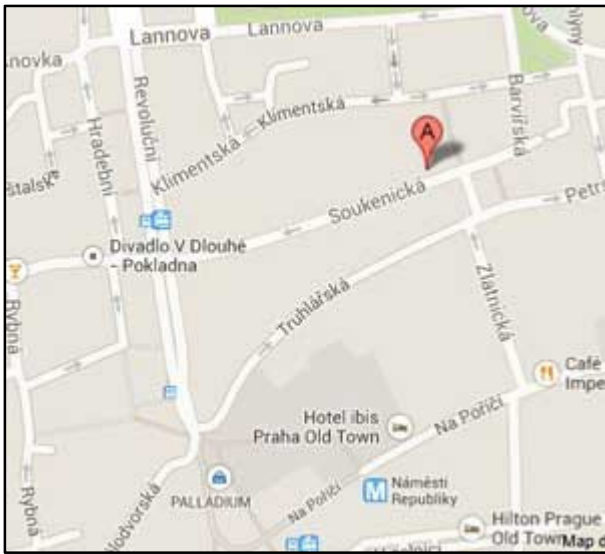
How to get there:

From the Charles Bridge, stay on the Old Town side of the tramline and walk under the archway to the left. You cross one road (Anenska) and at the next junction the road bears off to the left in front of you (Karoliny Svetle).

Walk along this road about 40 metres and take the first road on the left (Borsov).

Lehka Hlava entry is the next gate on your left.

Restaurant Govinda (V)



Location: Praha 1, New Town, Soukenická 2060/27

Web: www.govindarestaurace.cz/cms/en/

Type: Fixed vegetarian menu with big or small portion size - cash or meal ticket (no plastic)

Metro/tram: Republic Square/Dlouha

Non Smoking

Closed Sunday

What to expect:

Govinda's branch at Soukenická which I describe here was the first vegetarian restaurant I ever went to as it was close to where I was working in 1996. Not much has changed. You get a stainless steel plate and you decide whether you want large or small. They serve you the fixed menu offer on the plate. You decide if you want the extras like the fried savouries or the sweets. They are only open for lunch and a very early evening meal i.e. must be finished before 6pm (earlier on a Saturday).



The Menu:

This is a fixed Indian-style lunch menu. Govinda publishes the weekly offer via their website in Czech but if you copy and paste into the Google translator it gives pretty accurate answers. You decide if you want the big or small portion based on the plate you take (round plate is smaller).

The meal format is the same with the small portion containing rice, vegetable dish (subji), savoury and spicy chutney. The big portion tray contains the same as the small with the addition of the soup and also has more space for if you want to buy extra savouries or a sweet. You can buy fresh juice and lassi in the serving area but, the tables all have a jug of tap water with lemon.

Pictured above is the downstairs seating area for approximately 25 people. Very light, airy and has the feel of an Indian cafe.



Table locations:

Govinda has two seating areas. Downstairs next to the shop was pictured on the previous page with larger tables and benches. Upstairs is the original seating area.

The upper seating is a collection of tables and chairs mostly designed for 4 people but with three smaller tables and you are expected to share your table so all places are filled in peak

times. Pictured left is about one third of the upstairs area and if you look against the far corner you'll find a couple of sunken tables that sit on the short end of the room i.e. you sit on the cushion on the floor and your legs are under the ground level (they achieve this by making this end of the restaurant like a stage).

How to get there:

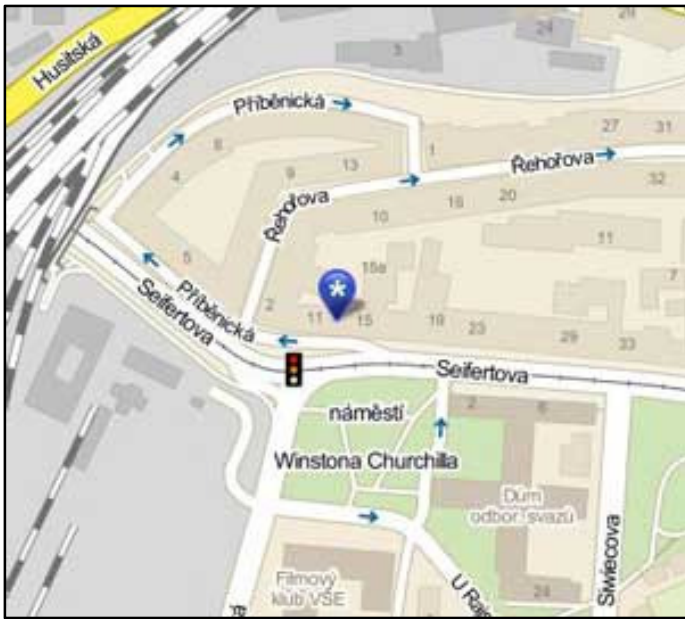


Start at the Old Town Square and exit the square via the street called Kozi (Caffreys Irish bar is in that corner). At the roundabout walk into Dlouha and continue to the end of this road i.e. until you reach the traffic lights at the junction with Revolucni.

Cross the main road and keep walking into Soukenická keeping to the left pavement if possible. Walk approximately 150 metres until the square opens up with all the cars parked etc. On your left just behind you in the corner is the entry to Govinda pictured left.

It's an eight minute walk from the Old Town Square.

Restaurant Secret of Raw (VG, V)



Location: Praha 3, Zizkov, Seifertova 13

Web: www.secretofraw.cz

Type: Fixed vegetarian menu and fixed lunch menu (Monday to Friday). No Buffet.

Metro/Tram: Hlavni Nadrazi/Husinecka

Non Smoking

What to expect:

Secret of Raw takes a holistic view to eating and encourages you to use it as part of a "whole-life" wellness process. In it's own words, it wants you to understand the use of food as part of a physical and spiritual "healing process". They run cooking classes and seminars to support their ethos. It's true that foods that have been cooked have fewer nutrients and vitamins than uncooked food and they seem to take the tastiest vegetables, cous cous and barley and turn out a stunning array of food.

Secret of Raw is also an accomplished bakery and offers a high quality selection of cakes to eat there and to take away.



The Menu:

This place probably has the smallest starter selection of all the restaurants in this book. Maximum 3 soups and 3 cold starters make up the choice. They don't do themselves justice on the salads either. These are very nice meals but the descriptions are so short that you'd never know what's in them without seeing it on a plate.

So we enter the main course where you'll find a few food groups like burgers, raw sushi, raw pizza, zucchini, and few individuals like nut quiche and the carrot tagliatelle. They do a nice "tasting" dish for one or two persons with a selection of main courses.

Leave room for dessert as they'll have a great choice of homemade cakes.



Table locations:

On entering the double fronted shop you'll think that you're in a cafe as there'll be a chiller loaded with cakes, a large coffee making machine and a number of tables and chairs on your right.

You can sit here to eat if you like but the main restaurant area with the comfortable chairs is at the rear of the shop.

You walk through the passage where there are a couple of small tables tucked around the corner. My advice is to get a table right at the back in the rear room. The place seems to be exclusively configured with small tables for two with only one or two 4-place options.



How to get there:

From Wenceslas Square take the number 9 tram in the direction of the Jindriska Tower and get off at the third stop (Husinecka). Walk back down the hill until you reach the open green park in front of the school (there'll be a statue of Winston Churchill).

Now you'll have to cross the main road and Secret of Raw is on the other side at number 13.

Restaurant Lo Veg (VG, GF)



Location: Praha 1, Lesser Town, Nerudova 36

Web: www.loveg.cz

Type: Vegan fixed menu, fixed lunch menu, Gluten-free listings

Metro/Tram: Tram 22 Malostranske Namesti (low end) or Pohorelec (upper end).

Non smoking

What to expect:

This is a vegan restaurant which has a set menu plus a two course lunch menu (without drink). Gluten Free meals are marked as "GF" but be aware that they may mark a meal as GF if taken with a specific side dish like buckwheat instead of dumplings etc.

Note that they use Seitan in several meals and that is definitely NOT GF. The layout of the restaurant is quite airy in the main area with the painted wood-beamed ceiling. Upstairs (LoveGallery) can be configured in different ways i.e. small tables and chairs, relaxing place for a drink or a private buffet.



The Menu:

On the webpage the denní menu (weekday lunch menu) is in Czech but click on the UK flag and you'll go to Lunchtime.cz where you will have the English translation.

The main menu is further down the page and is already translated into English. Lo Veg has a

Czech/International menu and it's a good place for

vegans/vegetarians to get a feel for Czech food but without the meat. Choices include the classic "Svickova na smetane" which would normally be slices of beef, dumplings, cranberry sauce and cream.

Here they just substitute the meat for Seitan and the dumplings are a GF option. Add their burgers, pasta options, hummus and quesadillas and you'll have a good menu to choose from.



Table locations:

This is a two-room restaurant so there's not much choice in the seating. The restaurant has certainly spread its picture of the terrace table but this is not served by the staff except on extremely special occasions. Pictured left is the scenic view but unless you have some special deal with the restaurant, it's off limits.

This rooftop (with castle view in the background) is not a regular table so don't try and reserve it. So basically you've got the main area (wood-beamed) and upstairs if they've put tables there. If they've got the chain across the stairs then upstairs is closed (or private party).



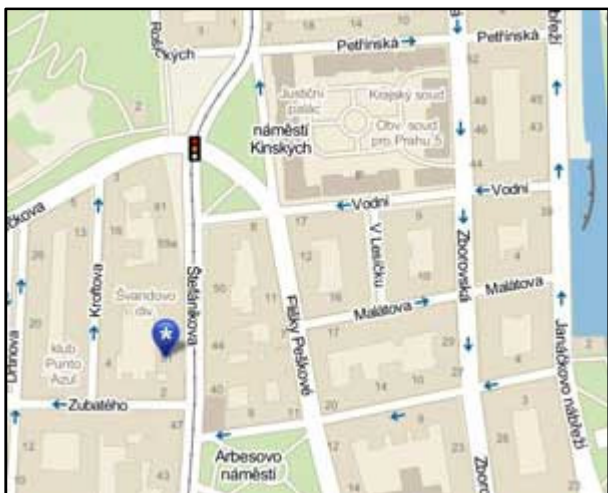
How to get there:

From Malostranske Namesti, walk up the hill towards the castle. This takes you onto the cobblestones of the street called Nerudova.

Restaurant Lo Veg is at number 36 about three quarters of the way up on your right.

Pictured left is the upstairs area configured with tables at the far end.

Restaurant Bily Jerab (V, VG)



Location: Praha 5, Andel, Štefánikova 259/51

Web: www.bily-jerab.cz

Type: Fixed vegetarian menu, fixed weekday lunch menu.

Metro/Tram: Andel/ Svandovo Divadlo

Non Smoking

Reservations by phone only on +4202 5721 5934

What to expect:

It's primarily a tea room that does food so there's very much a Japanese feel in the place. In fact, from the outside you would struggle to see that there was even a restaurant here as it advertises itself as a tea room and a place that sells tea. Much of the clientele is brought in by word of mouth. Screens, yucca plants, tea boxes and lots of tea paraphernalia. Very popular at lunch times for it's fixed menu as there are not many vegetarian places in the area. There is less need for a reservation in the late afternoon and evening.



The Menu:

Bily Jerab is primarily a tearoom and has been for years but I started recommending it for vegetarians after it started its lunch menu.

If you want to check it out before you come to Prague it's not immediately obvious where the menu is on the website.

You have to go into the Tearoom area of the site and you'll find links to the menus in pdf format which lean heavily towards Japanese style. So you can expect a soup, a main course and a cup of tea for @150CZK.

To give you an example, on the day I checked their menu you would have got cream of radish and potato soup followed by ravioli filled with spinach and ricotta and "Long Jing" a Chinese tea (slightly nutty and naturally sweet).

They do desserts separately which are mainly cakes served in the tea room.

**Table locations:**

Bily Jerab has most of its tables on the ground floor by the windows which is my preferred location. There is a small basement as well.

This is a non-smoking venue.

How to get there:

From the New Town catch either the No.6 or No.9 Tram in the direction of Smichov. From Malostranske take either the 12 or 20. Either way if you are using any of the trams you'll get off at "Svandovo Divadlo". Keep walking in the same direction a further 50 metres and you'll see the double glass-fronted tea room on your right.

From the junction of where the Legii Bridge (National Theatre on the other side) meets Ujezd (the tram stop and prisoners monument) you'll have approximately a 6 minute walk.

Restaurant Country Life (VG, V, GF)



Location: Praha 1, Old Town, Melantrichova 463/15

Web: www.countrylife.cz (Czech)

Type: Fixed Vegan menu with all GF dishes identified.

Metro/tram: Mustek

Non Smoking

What to expect:

Country Life is the original vegan restaurant in Prague. It has locations in Melantrichova (Old Town), Jungmannova (New Town) and Dejvice (on the way to the airport). The restaurant specifies which meals are Gluten-free with a little sign (wheat with a line through it). They operate the "big portion, small portion" based on the size of the plate. All restaurants are normally combined with a bio/bakery shop selling drinks, ingredients and prepared food to takeaway.

The Menu:

The website is in Czech but if you download the weekly fixed menu plan at <http://www.countrylife.cz/restaurace-country-life-melantrichova-praha> then you can run the meals through Google translator for an accurate description. The menu format is a soup, 2 main courses and a side dish which is usually rice or potatoes. Salad is extra.

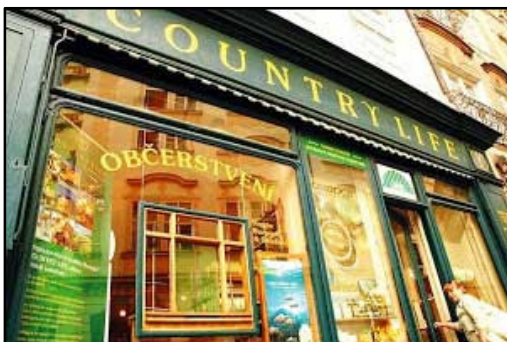


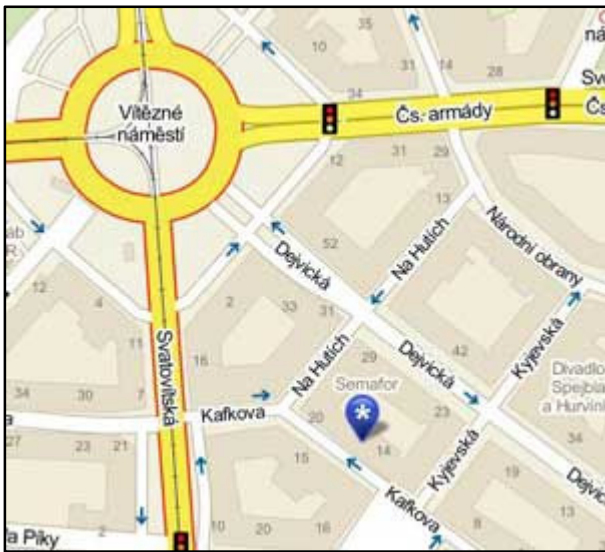
Table locations:

As you go through the main door from the passage you'll find the serving area is pretty much in front of you with all the seating around to the left. You sit where you can and people will make space for you to share tables. From April to October they have tables outside.

How to get there:

From Wenceslas Square, walk in the direction of the Old Town Square. This takes you into Melantrichova and towards the end of the road it "dog legs" to the right. On the bend next to the passageway is the restaurant. The shop entry is at the front. The restaurant entry is in the passage.

Restaurant Vegetka (VG, V)



Location: Praha 6, Dejvicka, Kafkova 605/16

Web: www.vegan-vegetka.com/

Type: Fixed vegan menu, buffet

Metro/Tram: Dejvicka

What to expect:

Vegetka is a popular local restaurant if you are staying in the Dejvice Prague 6 area of town but it's not a place you would go out of your way to visit if you were staying in the centre of town for a weekend etc.



The Menu:

The food is heavily biased towards Chinese. The restaurant offers a daily set menu, a buffet and a fixed meal menu.

In the buffet if you spend more than 110CZK on the main meal you'll get your choice of soup and a cup of tea for free.

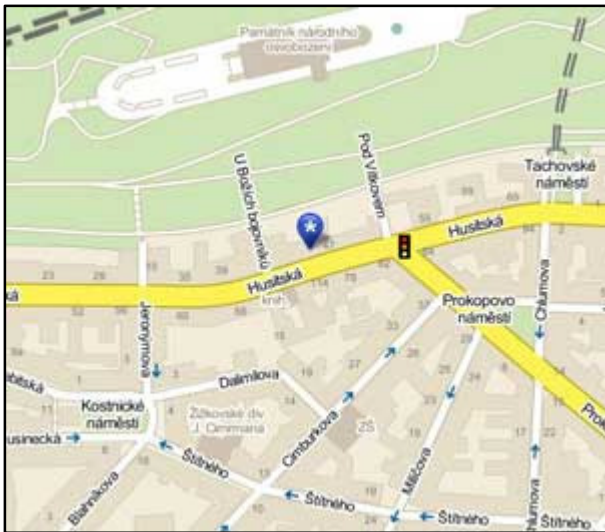
Table locations:

No recommendations are made here.

How to get there:

From the Dejvicka roundabout, walk as if you were going to Prague Castle (via Svatovitska). Take the second left which is Kafkova (there's a post office on this corner). Stay in Kafkova which means you will bear around to the right and you'll find the restaurant is about 50 metres on your left in an orange coloured building.

Restaurant **Vegan City (VG, V)**



Location: Praha 3, Zizkov, Husitská 45

Web: www.vegancity.cz

Type: Fixed vegan menu

Metro/Tram: Husitska

What to expect:

Vegan City is a little off the tourist path and not so easy to get to but it serves the lower half of the Zizkov hill. It leans towards Chinese/Japanese and is one of the few places where you'll find vegan seafood for soups and sushi etc. Message boards have this one as "cheap and cheerful", clean, 100% vegan but there is this prevalence of the fake meat i.e. it's a proper vegan restaurant trying to make itself look Chinese. No complaints about the food though.



The Menu:

It's Chinese/Vietnamese all the way on this one. Just think of any Chinese meal (apart from crispy duck) and this place will have a vegan version of it. They do a good "big soup" choice. Very good portion size but they offer many small portions of meals as well.

Table locations:

It's primarily a takeaway restaurant so there are only two tables inside.

How to get there:

The best way is to go to the Florenc Bus station main entrance where the ticket building is located. Walk to the other side of the bus station i.e. where the buses drive out onto the street. Turn right and walk 150 metres until you get to the top of the road by the traffic lights. Turn left into Husitska and walk another 120 metres where you'll find number 45 on your left about 30 metres before the next set of traffic lights.

Restaurant Golden Tikka (V)



Location: Praha 2, New Town, Katerinská 465/42

Web: www.tikka.cz

Type: Fixed Menu (vegetarian options)

Metro/Tram: IP Pavlova

Designated smoking area

What to expect:

There are two places, this one and another in Konviktska in the Old Town (no credit cards here). This Golden Tikka is an Indian restaurant attached to a hotel and as such will have a mixed menu but all of the side dishes are vegetarian. It's considered a central location i.e. IP Pavlova but you do have to walk in and go up to the restaurant on the first floor.

The Menu:

In the daily lunch menu they have a special vegetarian section plus all the Paneer Menus are suitable as well. The starter section has a vegetable platter for two people.

The main menu has a special section again with Paneer, Chana Masala, vegetable curries/jalfrezi, aloo and dal etc.

Table locations:

The inside seating doubles as a breakfast room for the hotel and they have a terrace so I recommend the tables by the terrace windows and in good weather go out onto the terrace itself.

How to get there:

From the top of Wenceslas Square turn right then walk two blocks i.e. two sets of traffic lights. You should now have a road in front of you with a tramline. Cross this road and then stop. Look to your right and you'll see the main road with the tram line goes down a hill. From where you are standing look to the left and you'll see a smaller side road (it has the IBIS and Novotel hotels in it). At your end of this street on the left you'll see a sign for the Hotel Ankora and the Golden Tikka restaurant.

Restaurant Indian Jewel (V)



Location: Praha 1, Old Town, Tyn 642/6

Web: www.indianjewel.cz

Type: Fixed Menu (vegetarian options)

Metro/Tram: Staromestska

What to expect:

Indian Jewel is quite well established now and provides an excellent venue both inside the cavern-style interior and during the summer it has an additional 50 seats outside in the courtyard. It will have a mixed menu but all side dishes and vegetable curries are vegetarian.

The Menu:

It's a complete menu as far as the general offer is concerned. There are vegetarian options in each course and Indian Jewel has a specific vegetarian offer. My own opinion is that it's the place to go for a meal with a view of the courtyard. If you are specifically coming to enjoy a meal then I think Golden Tikka has a better offer but you can't beat a meal in the Tynsky Dvor courtyard.



Table locations:

Inside the restaurant you are basically in a long cavern with seating on either side so the further in you go the quieter it gets but the main recommendation in the summer is outside in the courtyard.

How to get there:

From the Old Town Square take the passageway to the left of the Church of Our Lady of Tyn. At the end of the passage will be entry to the Tyn Courtyard (Tynsky Dvor). Enter the courtyard and walk straight ahead. 50 metres on your right you'll see the Indian Jewel entry.

Restaurant Mlsna Kavka (V)



Location: Prague 8, Karlin, Sokolovská 327/29

Web: www.mlsnakavka.cz

Type: Fixed vegetarian menu

Metro/Tram: Florenc

What to expect:

Got a travel pass or ok with a 20 minute walk then this could be for you (especially if you've got young kids with you). With it's original name, the Picky Jackdaw combines being a non-smoking restaurant with being a venue for cookery courses whilst offering employment to those with mild mental illness (Green Doors project). They have a kid's play area.



The Menu:

A Daily lunch menu is available (listed on Facebook). The main menu is not extensive but does include three different soups, two salads and a choice of at least three main courses.

You can also add specials to the main course so look out for their Nasi Goreng.

Sunday Brunch is popular here as not many restaurants open on Sundays in the area. The choice is sweet/savoury with pastries and omelettes etc and places must be booked in advance (menu details and reservation form are on the website).

Table locations:

There are two salons. Tables are inside on the left in the main salon and behind the bar on the other side. There's some crazy art going on in various places in the first room and people take tables depending on what they want to look at. Personally I'd take the window table at the far end just to the left of the big plate! On the other side it's a different colour scheme although you have the same black tables and chairs. This rear area is also the location of the children's play area (young children) and is pictured on the next page.

**How to get there:**

To walk here, start at the Republic Square and exit the square along Na Porici (with the tramline - Hotels IBIS, Century Old Town and Atlantic are on the left of this street). You'll need to keep walking for about 10 minutes until you go under the highway overpass.

Cross the main road and you'll have the Florenc metro station on your right. Keep walking another hundred metres and you arrive at a railway bridge. You'll find Mlsna Kavka is on the other side of the road on the corner.

If you are coming by metro then get off at Florenc and take the exit for Sokolovska. When you leave the station turn right and the restaurant is at the end before the bridge on the left.

Thank you

I'd like to thank you for taking the time to read the book. I hope that I've been able to suggest a few places and food to try that you hadn't heard of before and there are some great places here to experience either for lunch or dinner.

I've been to all of these places and try and keep it all up to date but if you do have a suggestion or correction please feel free to let me know.

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