

# **VEGAN & VEGETARIAN**

The Canary Island of Tenerife has a lot to offer - beautiful nature parks with volcanic and lunar landscapes, a variety of plants, cute little towns full of history, lots of sunshine and mild temperatures all year round, which is why it is called the "Island of Eternal Spring". For all food lovers looking for tasty and delicious vegan and vegetarian food, here is a list of my favourite places on this beautiful island.

— Natalia.

# 1 ROOTS

A great café with a living room atmosphere. Delicious, healthy vegan and vegetarian breakfasts and meals - smoothies, acai bowls, smoothie bowls, buddha bowls, sandwiches, burgers, wraps and cakes.

C. de Zamora, 2A, 38400 Puerto de la Cruz CF82+PV Puerto de la Cruz Fri - Wed: 10-18h

# 2 SWEET PARADISE

Cute café in the capital of Tenerife. 100% organic food, plant-based, local and seasonal. Delicious vegan burgers and club sandwiches. C. de Callao de Lima, 14, 38003 Santa Cruz de Tenerife FP9W+94 Santa Cruz de Tenerife Tue - Sat: 13-20h

## 3 LA HIERBITA

Traditional Canarian cuisine with vegan and vegetarian options. A wide range of tapas and main courses. Try the papas arrugadas with mojo rojo & verde and the berenjenas a la miel. C. Clavel, 19, 38003 · FQ82+C4 Santa Cruz de Tenerife Mon -Sun: 12-00h

#### 4 EL MED VEG

A small bistro near the beach in a quiet area. Healthy, vegan, organic food made with fruit and vegetables from local farmers to support the development of Km O.

Pje Gregorio Guardia, 5, 38612, Sta Cruz de Tenerife 2FW6+C8 El Médano · Open Fri-Wed: 13-22h

#### 5 THE BURGER CAFE

Just a few steps from the ocean in a vibrant area. Perfect place to grab a delicious meal or snack on the terrace. Fresh bowls, burgers, poke, tacos, fries and cold beer. *P.º Guadalajara, 50, 38650 Sta. Cruz de Tenerife 3768+86 Playa de las Américas · Everyday 12h30-11h* 

#### 6 BUENAVIDA

Fresh, homemade food with regularly changing lunch dishes and evening meals. Many classic Italian and Spanish dishes adapted for a vegan diet.

C.C Fañabé Plaza, Av. de Bruselas, 20, 38660 37P8+MP Costa Adeje · OpenWed-Sun 13-21h30

## 7 TIERRA CAFE

On the balcony of a small shopping centre overlooking a bay and family friendly beach. Healthy breakfasts, snacks and lunches.

Terranova, Puerto Colon, Unit 402, Planta 3, C.C, 38660 37J8+2F Costa Adeje Mon-Fri 09-16h / Sat-Sun 09-17h





Edited and illustrated by Natalia Zlateva

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