

VEG OUT



Whether you're a life-long vegetarian, dabbling with veganism or just looking to pack in more of your five-a-day, here's everything you need to know about living a vegetarian lifestyle in Dubai ▶

Vegetarian restaurants

Seven of Dubai's finest 100 per cent vegetarian restaurants

01 Be Super Natural Kitchen

Hunt down this small but mighty vegan spot next time you're peckish in The Dubai Mall. It has a comprehensive list of fresh juices and smoothies that are packed with fruit, vegetables and protein – try the 'hulk' green smoothie that includes spirulina. While its food menu is pretty small, it's perfect for a fresh and nutritious lunch that's also free from meat, dairy, sugar, gluten and harmful chemicals.

TRY: The zucchini pasta with heirloom tomato sauce (Dhs38) a *Galleries Lafayette, Dubai Mall, Downtown Dubai, daily 10am to 6pm. Tel: (04) 3399933. Metro: Burj Khalifa/ Dubai Mall. facebook.com/ BeSuperNaturalKitchen*



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02 Wild & The Moon

The cold-pressed juice company has taken the plunge and opened its own café in Al Quoz. It's a haven for Dubai's health-conscious foodies who are looking for dishes that are raw, vegan and gluten-free but still exciting and new. The minimalist café also has some decent coffee and powerfully nutritious juices, including the 'glow gorgeous' for good skin and 'the tiger' for stamina.

TRY: Acai bowl with granola and fresh bananas (Dhs45) a *Unit H77, Alserkal Avenue, Al Quoz 1, Dubai, daily 9am to 7pm. Tel: (04) 3433392. Taxi: Alserkal Avenue. wildandthemoon.com*

03 XVA Café

Hidden away in Al Fahidi Neighbourhood is the XVA boutique hotel, art gallery and pescatarian restaurant. Sit in a shady spot of the picturesque courtyard and tuck into Middle Eastern-inspired vegetarian dishes, including pumpkin kebbeh and beetroot kebabs, while sipping on a refreshing mint lemonade.

TRY: Beetroot kebab with sweet potato fries (Dhs45) a *XVA Art Hotel, Al Fahidi Neighbourhood, Bur Dubai, Dubai, daily 7am to 10pm. Tel: (04) 3535988. Metro: Al Fahidi. xvahotel.com/cafe*



04 Maharaja Bhog

Head to Maharaja Bhog to dine on quality North Indian food. Tuck into endless servings of 100 per cent vegetarian and authentic rotis, curries, thepla flatbreads and sweet treats at this thali-style restaurant. The huge crowds that gather every Friday is proof of how good it is – go hungry but be prepared to queue.

TRY: Maharaja bhog (a buttermilk drink, Dhs43) a *3 A Street, Al Karama, Dubai, Sun to Thur noon until 3.30pm, 7pm to 11pm, Fri to Sat noon until 4pm, 7pm to 11.30pm. Tel: (04) 3964744. Metro: BurJuman. maharajabhog.com*

05 77 Veggie Boutique

The little JLT café is on a mission to boost Dubai's vegetable intake. Its menu focuses on plant-based and healthy dishes, with some straight-forward café classics – salads, sandwiches, soups – and some more inventive South Asian-inspired options. They've also taken on the likes of Kcal with their own low-calorie, low-carb meal plan delivery service.

TRY: Balti potatoes with aubergine (Dhs47) a *Tiffany Tower, Cluster W, Jumeirah Lake Towers, Dubai, Sun to Thur 8.30am to 10pm, Sat 10am to 10pm, Fri 12.30pm to 10pm. Tel: (04) 4224116. Metro: Damac. 77veggie.com*

06 Saravanaa Bhojan Shala

For a tasty Indian dinner that won't break the bank make a beeline for Saravanaa Bhojan Shala, the yogi Indian restaurant of choice. Vegetarians aren't used to much choice so the huge menu takes some navigating – alternatively just tell the waiters what you're in the mood for and they're quick to recommend. It's a handy humble spot, so dress casually and share a large dosa with your friends.

TRY: Ghee roast dosa (Dhs10) a *Marina Pearl Building, Dubai Marina, Dubai, Sat to Thur 7.30am to 11.30pm, Fri 7.30am to midnight. Tel: (04) 4512525. Metro: JLT. saravanaabhogian.com*

07 Saravana Bhavan

Ask for vegetarian restaurant recommendations and Saravana Bhavan often tops the list. One of the world's largest vegetarian chains, it's been serving seriously delicious South Indian specialities for more than three decades. Try an Indian breakfast of fresh steamed idli or spend an evening mopping up a tasty palak paneer with a buttery naan. With a meal for two setting you back no more than Dhs80, it's easy on your wallet too.

TRY: Ghee roast masala (Dhs12.75) a *Summer Land Building, Barsha 1, Dubai, Sat to Wed 7.30am to 11pm, Thur and Fri 7.30am to 11.30pm. Tel: (04) 4276682. Metro: Mall Of The Emirates. saravanabhavan.com*



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Dina Ghandour, Jivamukti yoga instructor

"The flavours and ingredients at Comptoir 102 are so good, you won't realise you're eating vegan. My latest favourite is their 'vegetarian plate' with quinoa, guacamole, black bean salsa and homemade gluten free crackers. Ace."



Robbie Greenfield, Editor, Golf Digest Middle East

"I'm not vegetarian, but 77 Veggie Boutique's meal plan is more than capable of swaying diehard meat eaters. My favourite has got to be the 'molly made munch bunch'."



Ben Walton, Styck App co-founder

"My favourite dish is the vegan bean chili at Le Pain Quotidien. I recommend adding some extra harissa and you're good to go."

Five best veggie burgers

Because a Portobello mushroom in a bun isn't a burger



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01 Burgerfuel

What: The V-Dub Vege
Cost: Dhs32

Now here's a place that hasn't scrimped on the veggie option: a hefty bun packed with a deliciously gooey mess of pumpkin, carrot, chickpea, ginger bites, beetroot topped with melted cheese.

a *The Dubai Mall, Downtown Dubai, Sun to Wed 10am to 11pm, Thur to Sat 10am to midnight. Tel: (04) 325 3416. Metro: Burj Khalifa/Dubai Mall. burgerfuel.com*

ALSO: *Al Barsha, Dubai World Trade Centre, The Palm, JBR, Jumeirah Park Pavilion, Mirdif, Sheikh Zayed Road*

02 The Cheesecake Factory

What: Veggie Burger
Cost: Dhs52

Get your mouth round this mammoth burger, made from brown rice, mushroom, farro grains and black beans, all in a toasted bun and finished off with cheese and served with French fries or a green salad.

a *Mall Of The Emirates, Al Barsha, Dubai, Sat to Wed 10am to 10pm, Thur and Fri 10am to midnight. Tel: (04) 3549362. Metro: Mall Of The Emirates. thecheesecakefactory.com*



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03 Brunswick Sports Club

What: The Verger
Cost: Dhs65

This boisterous burger is stuffed with roasted sweet potato, capsicum jam, grilled onions, avocado and veggie chips all smothered in slaw.

a *Sheraton Dubai Mall Of The Emirates Hotel, Dubai, daily noon until 2am. Tel: (04) 3529535. Metro: Mall Of The Emirates. brunswicksc.com*

04 The Counter

What: Sprouted Veggie
Cost: Dhs29

Choose your own toppings to complement this vegan pattie, (we're fond of the avo), or skip the decision making and go



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for the 'sprouted veggie' with red onion, roasted red pepper and alfalfa sprouts all in a multigrain bun.

a *The Beach, JBR, Dubai, daily 10am to midnight. Tel: (05) 26408814. Metro: JLT. thecounterburger.com*

05 Gourmet Burger Kitchen

What: Billy The Kid
Cost: Dh36

GBK boasts five veggie burger options. We recommend 'Billy The Kid': layers of goat cheese, grilled aubergine, salad, pesto, a kick of harissa mayor and sour pickled baby onions.

a *Dubai Marina Mall, Dubai Marina, Dubai, daily 11am to 11pm. Tel: (04) 5509296. Metro: JLT.facebook.com/GBK.MENA*



Catboy, Dubai92
radio host

"I'm a fussy eater so being a vegetarian in Dubai wasn't the best idea. But the other day I had the polenta benedict at Bystro that was full of flavour."



Alex Atack, freelance
photographer

"JLT has this Vietnamese place called Hanoi. They do these huge pho noodle soup bowls with tofu and lemongrass. Usually vegetarian food feels like a compromise, but this is so satisfying."



Louise Quick, What's
On features writer

"My guilty treat is Operation Falafel and their crispy stuffed falafel, ideally with a za'atar maneesh and a good helping of hummus."



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Cauliflower power

Move over kale – the cauliflower is the new cruciferous of choice

01 Caramelised cauliflower risotto

Where: R Trader
Cost: Dhs90

Fragrant risotto served with shaved truffle – cauliflower has never looked so fancy. a *Al Fattan Currency House, DIFC, Dubai, Sun to Thur noon until 2am. Tel: (04) 3435518. Metro: Financial Centre. facebook.com/rtraderdubai*



2

wings but rest assured these bite-size cauliflower morsels are 100 per cent vegetarian. a *Souk Al Bahar, Downtown Dubai, Dubai, daily noon until 2am. Tel: (04) 4322300. Taxi: Souk Al Bahar. clawbbq.com*

02 Buffalo cauliflower

Where: Claw
Cost: Dhs55

It looks like popcorn chicken and tastes like fiery Buffalo

DID YOU KNOW?

Cauliflower is a great source of vitamin C, which helps boost our immune systems

03 Korean fried cauliflower

Where: Social Room
Cost: Dhs90

Sticky and sweet cauliflower florets that are battered to perfection. a *InterContinental Dubai Marina, Al Sufouh, Dubai Marina, Dubai, daily 6pm to 2am. Tel: (04) 4466664. Taxi: InterContinental Dubai Marina. marinasocialdubai.com*



Beth Taylor, DKC veterinary nurse
"The best risotto I've had in town is the cauliflower cheese and spinach risotto at Rhodes Twenty10. It was stunning."



Varsha Bhatia, What's On group sales manager
"I love the veggie enchiladas and fajitas at Cactus Jacks in the Millennium Airport Hotel. They serve the best vegetarian Mexican food in town."

PROTEIN POWER

Protein is important for muscle growth and strong hair and nails, and most commonly found in meats. But Mia Man, raw chef and health coach for cold-pressed juice company Essentially, give us her top five veggie-friendly protein sources

01. Chia seeds

Chia seeds have 19 different amino acids and, when soaked in nut milk, make a delicious breakfast.

02. Goji berries

With eight essential amino acids, sprinkle this superfood over cereal or throw in a smoothie for a protein boost.

03. Quinoa

This seed can contain up to 11g of protein per cup and makes a great low-sugar replacement for white rice.

04. Dark-leafy greens

A hundred calories of kale can hold 11g of protein – not to mention all those great vitamins and minerals.

05. Nuts

Full of fibre, good fats and protein, nuts make a great snack – try spreading some raw nut butter over apple slices.

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