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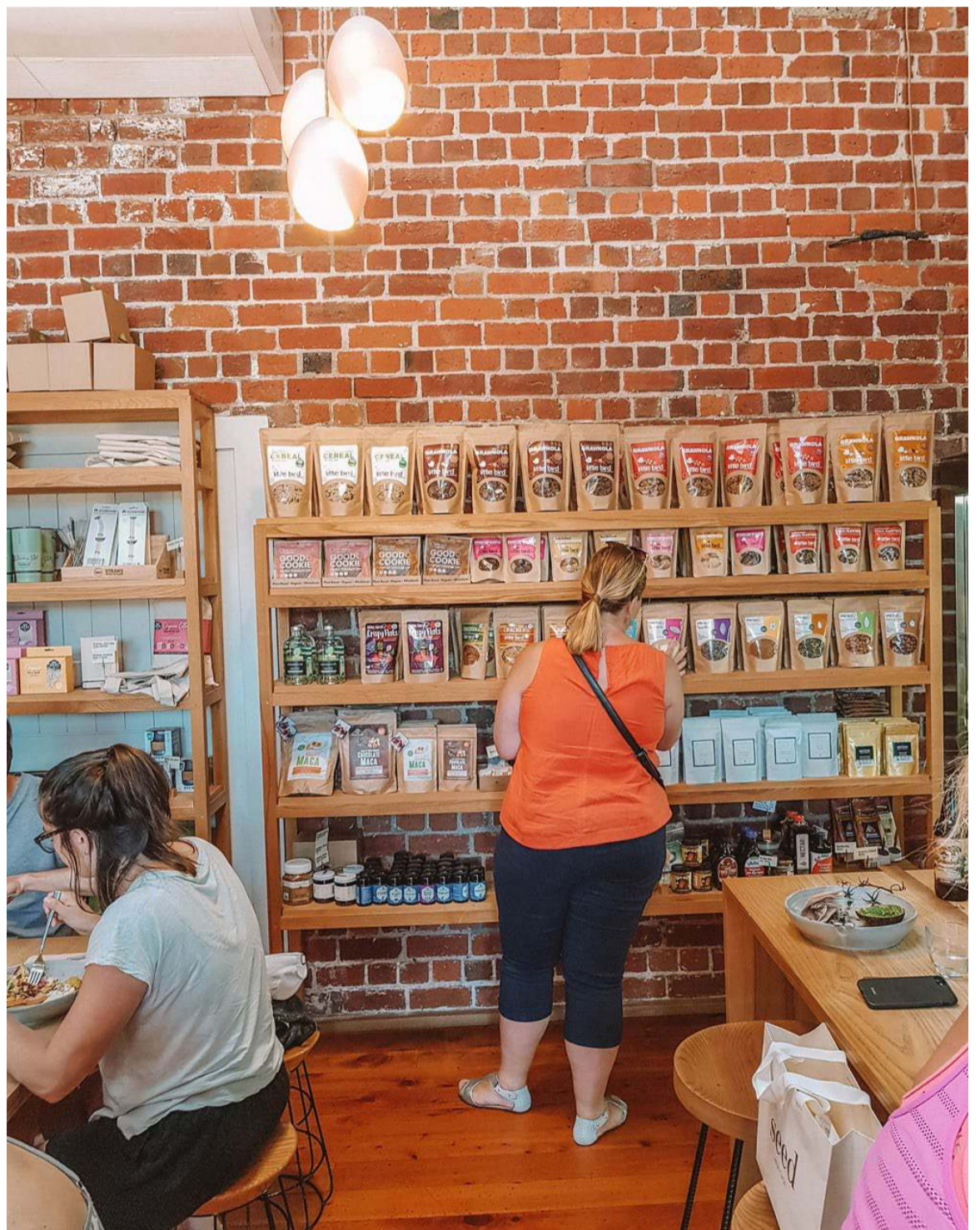
# Vegan Food Guide to Auckland, New Zealand

By Nicole Berth

**O**h, Auckland, how much I love you! I spent more than six years living in Auckland, New Zealand. I finished my Master's degree there and later worked as a Marketing Specialist. And still today, it's one of those places that make my travel and foodie heart sing.

Usually, tourists don't waste a lot of time in Auckland since they want to experience nature. But I think people are making a mistake by skipping Auckland, which to me is probably the best-kept food secret in Australasia. Whatever cuisine you crave, you will find it here. Is it trending right now? You will find it here.

When I returned to Auckland I had a long list of restaurants and cafes I was dying to visit - a list almost as long as the Skytower is high. I would love to share the hidden places and secret food gems in my Vegan Food Guide of Auckland with you.



Here are my favorite cafes and restaurants in and around Auckland that I visited and highly recommend. Not all of them

are strictly plant-based but they always have amazing vegan choices and are always super delicious...

## Bestie Cafe

Shop 13, St Kevins Arcade, 183 Karangahape Road, Auckland

Come here for breakfast or lunch when roaming the city centre or while exploring K'Road. Opening hours: Mon – Fri: 7:30am – 15:00pm// Sat + Sun: 8:30am – 15:30pm

If you head to Bestie (which you should because St. Kevins Arcade is an Auckland must-do for second-hand and specialty shops), make sure you grab one of the tables at the window. When you arrive there, you will know what I mean; window seats give you full view of the palm-lined tropical Myers Park framing Auckland's landmark, the Skytower.

Yes, you heard right, while savoring the food you can actually see the iconic landmark of Auckland while feeling like you're sitting in a jungle-like setting.

At Bestie you will hardly find any tourists despite the Skytower views so it is your perfect chance to mingle with the locals and take your perfect Skytower photo. Bestie is not a strictly vegan place but they have some delicious plant-based breakfast and lunch options that were among the best during my Auckland food spree.

We tried the breakfast donuts with pretzel crumbs and raspberry jam and the falafel lunch plate with pickled onions and hummus. Both dishes were flavorful and I wish I did have more tummy space for the sweets hiding inside the cabinet. So make sure to check out the cabinet food and cakes before ordering. Bestie also does amazing coffee and great plant-based milks.



## *The Butcher's son*

204 Jervois Road, Herne Bay, Auckland

Not to be confused with the plant-based sister, The Butcher's Daughter in NYC, this is a kiwi venture located in hipster town, Ponsonby. Because of the NYC sister restaurant my expectations were super high. We went with a big group so I got to try a great variety of dishes. Overall The Butcher's Son is an all plant-based restaurant, and importantly one of the few that open at night for dinner service. I really loved the interior with lots of green and wood, also the staff was super friendly and attentive here.



So what did we try? We had the sun-fed 'Chicken' Burger, the Buddha Bowl (which changes daily), the mozzarella sticks, Greek Tofu Kebabs, the loaded nachos with cheese sauce, the stuffed aubergine and heaps of their blackcurrant kombucha.

I am usually not into mock meat dishes but the Chicken Burger turned out to be my absolute favorite. It was flavorful, the patty was crispy and the fruity spicy chili jam was mouth-watering. Similarly, the other dishes were really tasty too. I was super excited about the mozzarella sticks but I thought they weren't out of the ordinary. I would have loved to come here for brunch as well as I hear it's really good.

Come here for lunch or dinner, or for a lavish brunch at the weekends. The Butcher's Son serves drinks and cocktails too. Opening hours: Monday Closed// Tues - Fri : 11.00am - 10.00pm// Sat + Sun: 8.00am - 10.00pm

## *Street Organics*

1 Byron Ave, Takapuna, Auckland

If you happen to be on the North Shore in Auckland (which is right over the Auckland Bridge), it might be worth popping into Street Organics in Takapuna. The atmosphere is great and I could totally see myself spending a whole day relaxing in there. And you are super spoilt for choice when it comes to their sweet collection



of raw sugar-free cakes, slices and truffles.

For a start, I tried their lunch Super Salad and the Vegan Creamed Mushrooms paired with a spirulina latte. Overall, the food was good and presented beautifully but it lacked that bit of excitement in taste for me. I also took away a selection of their raw cakes: the caramel slice, the ginger slice, and the cheesecake slice. They were all good, but again, I was missing a flavor punch. I also found the food quite pricey too. In saying that, I still think it's one of the best bets to get healthy food into your tummy when you are over on the North Shore.

Come here for breakfast, lunch or to savor their big range of raw cakes and slices. They also sell a really good range of homemade komboucha and apple cider vinegar and DIY kits there. I can recommend the strawberry mint komboucha in particular. Opening hours: Mon – Sun: 7.30am – 3.30pm

## *Little Bird Unbakery*

*Cnr Summer Street & Ponsonby Road*

As you can tell, Auckland really spoils anyone that loves healthy plant-based food. But mat Unbakery for nothing. All the food they sell here is raw and EVERYTHING is made from scratch: nut milks, cheeses, fermentations, baking. Little Bird really takes wholefoods seriously. Created by founder Meagan Hay, it's an institution in the NZ raw scene. So make sure you get a bite of it!

The buzzing modern cafe is crammed with young and old alike who want a bite of the fully plant-based menu. We tried the Vietnamese crepes, the famous Bird Bowl, and for dessert we had the passionfruit cake and the hazelnut tarte. We also had the thick chocolate shake and the strawberry smoothie.

Without a doubt, every dish that I tried was a winner. The passionfruit cake was a melt-in-

your-mouth-tropical-flavor-explosion and the hazelnut cake was pure chocolate creaminess. Always go for dessert; Little Bird is famous for their raw cakes for a reason. On top of that, they have their own branded range of raw crackers and raw macarons plus some zero waste goodies which you buy at the cafe too.



Come here for lunch or breakfast, they do not offer dinner. Opening hours: Mon – Sun: 7.00am – 4.00pm



## Kind Cafe

16 McDonald Street, Morningside, Auckland

This was by FAR my favorite place of the whole trip. Oh my gosh, you do have to come and eat here! KIND is out of this world beautiful. With hundreds of plants hanging from the ceiling entangled with strings of lights, you feel like you're sitting in a jungle glasshouse. The staff is crazy friendly and the hardest part was to decide which dish to go for. The cuisine is super innovative, food is amazingly presented and every single crumb on the plate was delicious. Even the ceramics were to die for and all handmade in the NZ. Please note - KIND is not strictly vegan if that is important to you, they do feature eggs on the menu too but no meat.

We went for breakfast and I chose the feijoa & mango coconut yoghurt (tasted like a creamy custard) with walnut granola & strawberries. We also tried the smashed bean sandwich and the jackfruit tacos which were equally delicious and almost too beautiful to eat. Along with their fabulous food, the owners of KIND live exactly what the name of the restaurant promises. They help to build a greener neighbourhood by promoting urban gardening, composting, workshops, fitness and instead of coffee cards, they plant a tree for every ninth coffee you have.

Come here for breakfast, lunch or dinner.

Opening hours: Mon: 7:30am - 4:30pm// Tues - Fri: 7.30am - late// Sat: 8am - late// Sun: 8am - 4pm

## Mondays Wholefoods

503B New North Road, Kingsland

Nestled in the backyard of the Kingsland shops, entering Mondays Wholefoods is a bit like walking into a little greenhouse. I really loved the whole vibe here with the wooden tables, couches and swing chairs. And the vibe pairs perfectly with their colourful, beautiful food. It's also a really good spot to take photos of you and your dishes if that's your jam.

At Mondays, we had the KETO Feast bowl and the jackfruit tacos with vegan aioli. My tacos were delicious but the portion size was quite small whereas the KETO feast that my friend



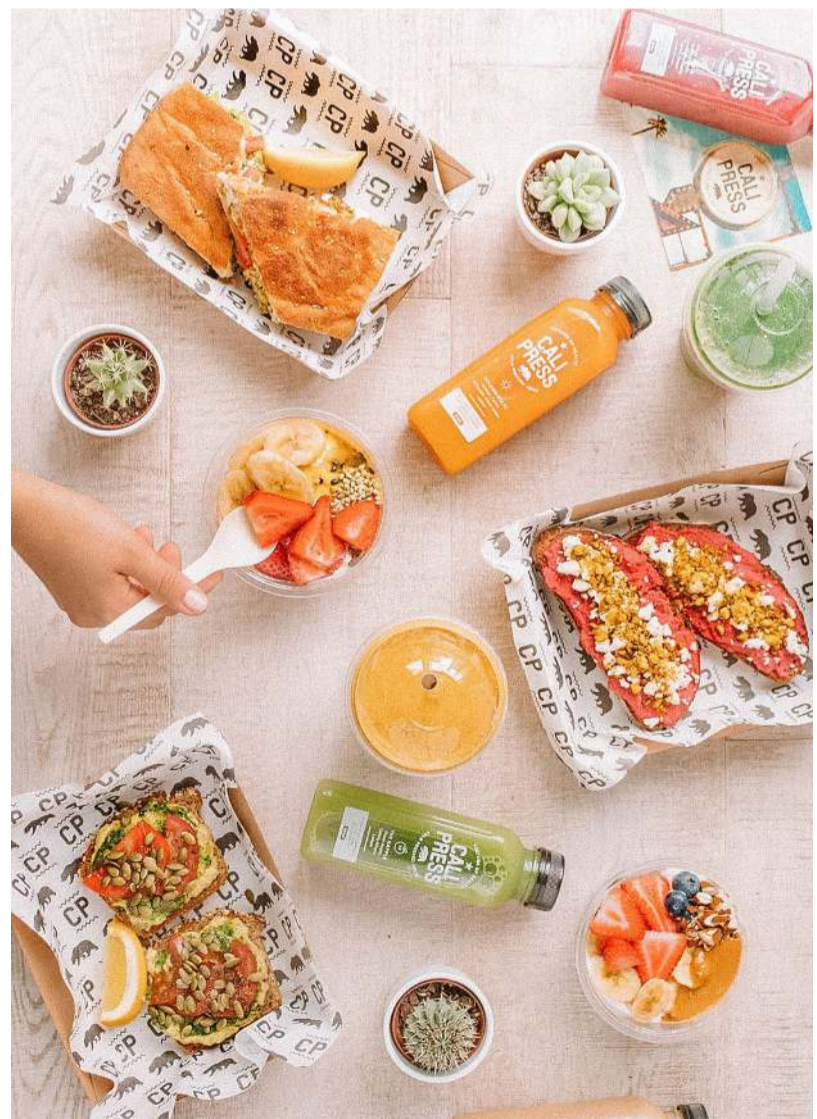
had was heaps. It is not an all vegan cafe, they do have eggs and meat too. Still, you will be absolutely spoiled for vegan choices here. Also, the service was lovely and we felt like going on a little holiday sitting in the backyard chilling on the couches here. And in case you are in need of a little holiday, Mondays also offer yoga classes and urban retreats.

Come here for breakfast, lunch or a coffee and slice treat while exploring hipster town Kingsland. Opening hours: Mon – Fri: 9.00am – 3.00pm// Sat + Sun: 8am – 4pm

## Cali Press

287 Parnell Rd, Parnell – Entry via Gibraltar Cres

I found this gem of a cafe on my stroll through Parnell and immediately fell in love the moment I set foot in it. Everything screams California and



it has an airy beachy feel with wooden benches, plants and big windows.

It is one of those places where every smoothie bowl sounds better than the other and the cabinet overflows with healthy raw homemade sweets. The avocado toast is crispy, creamy and made to perfection served with a slice of lemon. CaliPress also serve fantastic matcha latte's and cater for all health needs from gluten-free, vegan and raw. And of course, the name gives it away, they do cold-pressed juices and tonic shots too.

Come here for lunch, a healthy take away, or a cold pressed juice to fuel up. Never leave without a piece of cake. Opening Hours: Mon- Fri 7.30am - 3.00pm// Sat + Sunday 8.00am - 3.00pm

## *Tart Bakery*

Oh Tart bakery! A bakery selling vegan donuts, cream pies, tarts and pastries was the last missing puzzle piece for my vegan food guide. It is a super small shop on K'Road which you can visit after having breakfast at Bestie cafe. Their stuff is sweet, yummy and by no means vegan health food but it's very kiwi and super delish.

Opening hours: Mon - Sun 7.00am - 4.00pm.

Well, that's my ultimate foodie guide to Auckland for now. The restaurant scene is so fast paced that it is almost impossible to stay up-to-date. I hope you loved my Vegan Food Guide to Auckland!







## About the author...

### Nicole Berth

Nic is the face behind the vegan food blog [When Sweet Becomes Healthy](#), passionately writing about healthy wholesome sweets and sharing her love for travel and a holistic and sustainable lifestyle. German born, she spends a lot of her time checking out new plant-based cafes and restaurants around the world which she shares in her vegan food guides. Being pretty busy munching on healthy cakes, she also writes for the German sustainability blog [New Moon Club](#).

