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NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

THE ULTIMATE GUIDE to Being Vegan in Australia

By Wendy Werneth

This article originally appeared on [The Nomadic Vegan website](#)

“G’day mate! Ya going veggo, hey?”

That’s not an uncommon phrase in the land down under, especially to those on the plant-based path!

Going vegan in Australia is simple, but it can bring some challenges depending on your location and how diverse you’d like your lifestyle to be.

Let’s take a closer look at some of the best resources to help you do it right.

THRIVING AS A VEGAN IN AUSTRALIA’S TOP DESTINATIONS

98% of Australia’s population lives on the coast. Traveling from city to city in Australia is simple and can be cost effective if you plan your trip around Australia in advance.

Aussies tend to be a very friendly people, and many seek exciting experiences, love the outdoors, and enjoy living a healthy lifestyle.

Because of this friendliness and the egalitarian society, many restaurants are naturally inviting to the vegan diet and are happy to

accommodate when possible.

However, finding the vegan restaurants and shops in Oz can sometimes be difficult.

Find below the major cities and top destinations of Australia and some delicious vegan standouts in each one:



ADELAIDE

The quiet hills of Adelaide in South Australia are home to some of the country’s best wine and quaintest living. But the city is also home to beautiful food of the vegan variety.

Give these a try: [Veggo Sizzle](#), [Ayla’s Café](#) and [Chianti](#).

ALICE SPRINGS

Located in the heart of the outback, Alice Springs is isolated from the major cities on the coast. This historic home to legendary hiking routes and dry-river boating also offers several acclaimed vegan eateries.

Give these a try: [Page 27 Café](#) and [Tea Shrine](#).

CAIRNS

Queensland is known as the tropical fruit capital of the world, and for very good reason. In Far North Queensland, Cairns is home to countless tropical fruit groves and farms at every turn.

In addition to the shops listed below, if you find yourself traveling across Cairns, it’s likely you’ll stumble on a delectable fresh fruit or veg vendor on the roadside!

Give these a try: [Snoogies Health Bar](#), [Waffle On](#), and [Tamarind](#).

CANBERRA

As the capital city of Australia, Canberra has over 70 vegan-friendly restaurants for its

400,000+ residents. But be prepared to build your own meal at many of them, as dedicated vegan restaurants are few and far between.

Give these a try: [Blu Ginger](#), [Sweet Bones](#), and [Kingsland](#).



BRISBANE

Brisbane is located in the subtropics of southeast Queensland and has plenty of veggie options to go around.

Give these a try: [Vege Rama](#), [The Green Edge](#), and [Sun & Earth Organics](#).

I also must mention the amazing markets that pop up each week around Brisbane. If you're in Brissy on the weekend, try the New Farm, Milton and West End Markets for fresh local fruits, vegetables, and treats. If you're there during the week, pop by the City Markets for a midday lunch or snack.

For more delicious vegan food in Brisbane, visit this page on the city's official website.



GOLD COAST

Upon entering the Gold Coast, you can feel the sun on your skin and the taste of sea salt in the air. And this big-time beach town has your vegan needs covered.

Give these a try: [Greenhouse Canteen](#), [Cardamom Pod](#), and [Bootleg Juice Bar](#).

HOBART

Located on the south coast of Tasmania, capital city Hobart is home to a landscape of rugged mountains and wild ocean. And while you might be hard-pressed to find a restaurant specializing in vegan-only cuisine, there's no shortage of plant-based dining here.

Give these a try: [Veg Bar](#), [Heartfood Café](#), and [Our Little Vegan Kitchen](#).

MELBOURNE

Melbourne is the definition of "cool." Walk through the city to find outstanding works of art in the form of graffiti on the side of buildings, musicians perfecting their crafts on the street, and specialty restaurants delivering beauty on each plate.

Give these a try: [Smith & Deli](#), [Matcha Mylkbar](#), and [Trippy Taco](#).



SYDNEY

The iconic city of Sydney is full of amazing sights, bright lights, and mouth-watering vegan goodies.

The epitome of big city living, [Sydney's vegan options](#) range from charming local juice bars to elegant, award-winning vegan Chinese restaurants.

Give these a try: [Bodhi](#), [Mother Chu's Vegetarian Kitchen](#), and [Soul Burger](#).

Venturing beyond Sydney? Use this [vegan and eco-friendly guide](#) to plan a side trip to the Blue Mountains!

DARWIN

Australia's Northern Territory boasts some eclectic and mouth-watering vegan options, including one extra-special plant-powered food truck!

Give these a try: [Eat at Martin's](#), [Simply Foods](#), and the [Buda Bar food truck](#).

PERTH

Perth has heaps of vegan-friendly restaurants buried within its streets, including many with a great view of the vast Indian Ocean.

Give these a try: [Loving Hut](#), [Something Raw Café](#), and [C Restaurant](#).

Find a full list of vegan and vegetarian-friendly restaurants on the [Vegan Perth directory](#).

TRYING THESE WONDERFUL RESTAURANTS IS GREAT, BUT WHAT IF YOU WANT TO COOK AT HOME?

You'll find all the ingredients necessary for a complete vegan meal plan at your local Coles or Woolworths supermarket. If you're going the organic route, try visiting Fundies or Wray Organics for more options.

FAVOURITE FOOD COOPERATIVES

Peppered around Australia are some amazing cooperative organizations, where the community will grow (or source) and distribute fresh, local, healthy food to others.

It's a great alternative to the grocery store, and many organizations are largely run by volunteers. You'll be supporting local growers and eating healthy and staying vegan in Australia at the same time.

Often you can buy in bulk, and many co-ops will offer online ordering as well. Just imagine how you'd feel walking away with 20kg (44 pounds) of bananas!

Find below some co-ops across Australia:

ADELAIDE[Organic Corner Store](#)**CANBERRA**[The Food Co-op](#)**BRISBANE**[Charlie's Fruit](#)**FOODCONNECT**[Northey Street City Farm Organic Market](#)**MELBOURNE**[Friends of the Earth](#)**PERTH**[The People's Market](#)**SYDNEY**[OneTable](#)[Bathurst Wholefood Co-operative](#)[Honest to Goodness](#)**BEST APPS FOR EATING VEGAN IN AUSTRALIA**

When traveling in Australia, it's likely your computer won't be handy for research 24/7. Here are three apps perfect for helping you stay on the plant-based path while on the go as a vegan in Australia.

IS IT VEGAN?

Excellent for new vegans or those interested in simply eliminating animal products from their diet.

The Is It Vegan? app categorizes the ingredient based on a search, or the product by reading the barcode, then tells you whether the item you've chosen is "Definitely Not Vegetarian" or "Definitely Vegan!"

You can also help out the community and upload your own products, growing the list of hundreds of thousands of products already available on the app.



Get the Is It Vegan? app on [iPhone](#) | [Android](#)

VEGMAN

Locating the best vegan, vegetarian, and veg-friendly restaurants in Australia has never been easier. Vegman is a fun and user-friendly app that helps you to discover your new favorite vegan joint.

Using their companion website, you can also write reviews on the places you visit, upload images of your favorite dish, and leave a rating to help others using the app.

**To verify the data is correct and the shop is open, I recommend you call the restaurants found in the app before visiting.*

FOODSWITCH

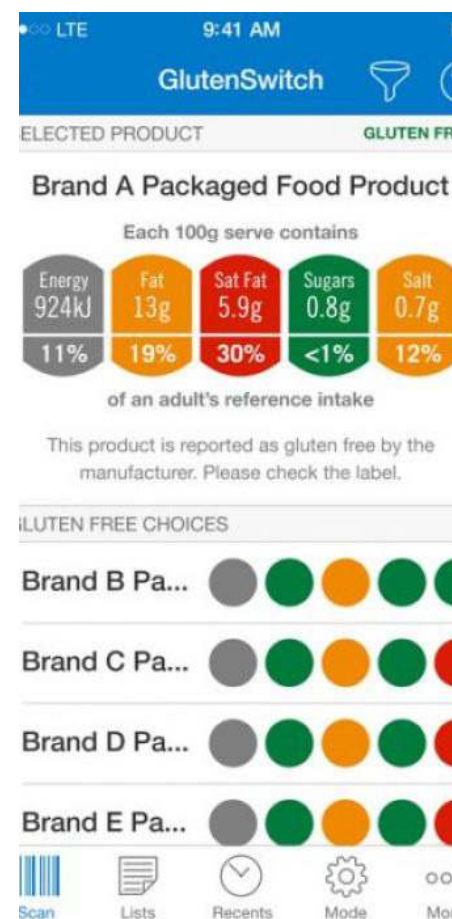
Powered by the largest independent packaged foods database in Australia, the FoodSwitch app helps you learn what's really hiding inside the food you enjoy. Knowing what's in your food helps you make better choices for yourself and your family.

Scan your packaged item and see how the traffic-light-style labelling allows for easy identification of how foods are rated according to healthfulness.

The mandated Health Star ratings listed on food labels in Australia also show within the

app, providing consistency and helping you keep your overall vegan nutrition in check.

Get the FoodSwitch app on [iPhone](#) | [Android](#)



Now you have some expert recommendations on vegan restaurants and you know how to find the best Australian cafés using your phone.

You're all set to make the most of life as a vegan in Australia!

And just remember, even some of the big chains can be veganized with a few tweaks - Starbucks, for example.

What's left? Broaden your horizons and embark on a vegan tour through the land down under! There's really nothing like it.



Wendy Werneth

Wendy is a vegan foodie with a passion for travel at thenomadicvegan.com. Her aim is to uncover the best vegan-friendly restaurants the world has to offer, enabling others to be vegan anywhere they go.

Website: www.thenomadicvegan.com

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