

# Restaurant guide

*The following is a list of Vegetarian Restaurants around New Zealand. Make vegetarian restaurants your first choice. (+vegan = vegan-friendly)*

## Auckland

### Amrita (Wellpark College of Natural Therapies)

6 Francis St, Grey Lynn (09) 3600560 (lunch)

### Authentic Vegetarian Restaurant

(Unit F) 22-28 Jellicoe Rd, Panmure (09) 570 7069 (+vegan)

### The Blue Bird Café

299 Dominion Rd, Mt Eden (09) 623 4900 (+vegan)

### Fo Guang Shan Water Drop Teahouse

Cnr Chapel Road and Stancombe Rd, Maukau (09)274 4880

### Hare Krishna Food for Life

268 Karangahape Rd (09) 300 7585 (+vegan)

### Kokako

492 Parnell Rd, Parnell (09) 379 2868 (+vegan)

### Mithai Café

Cnr Mt Albert & Sandringham Roads, Mt Albert (04) 620 0117

### Rasoi Vegetarian Restaurant

211 Karangahape Rd, City (09) 377 7780

### Ras Vatika Indian Vegetarian Cafe

596 Dominion Rd, Balmoral (09) 623 2145

### Raw Power

Floor 1, 10 Vulcan Lane, City (09) 303 3624 (+vegan)

### Revive Cafe

16 Fort St, Akld City (09) 307 1586 (+vegan)

### Roops Vegetarian Takeaways

Shop 6, 489 Richardson Road (Cnr Penney Ave), Mt Roskill (09) 626 4459

### Rulei Vegetarian Restaurant

422 Great North Road, Henderson (09) 838 3006 (+vegan)

### Sweetness Joy

22 Kingdon St, Newmarket (09) 524 0427 (+vegan)

### Vegetarian Café

Shop 6, 50 High St, Auckland Central (09) 302 0616

## Thames

### Sola Café

720B Pollen Street, Thames, Tel. (07) 868-8781 (+vegan)

### Taste & See Cafe (The Castle)

1035 State Highway 2, Mangatawhiri, (on road to Thames) (09) 233 6454

## Coromandel

### Driving Creek Café

180 Driving Creek Rd, Coromandel (07) 866 7066

## Hamilton

### Chinese Healthy Vegetarian Food

148 Ward St, Tel (07) 838 0805

### La Commune Cafe

244 Victoria St (07) 839 6448 (+vegan)

## Palmerston North

### Truelife Takeaways

262 Ferguson St (06) 358-3630

## Wellington

### Aunty Mena Vegetarian Cafe

165 Cuba St (04) 382 8288 (+vegan)

### Higher Taste Restaurant

Old Bank Arcade (downstairs), Corner of Customehouse Quay & Hunter St, (04) 472 2233

### Nature Vegetarian Cafe

519 High St, Lower Hutt (04) 560 4567

### Pranah

120 Riddiford St, Newtown (04) 389 8100

## Nelson

### Kimi Ora Health Spa Resort (Summer Restaurant)

Martin Farm Road, Kaiteriteri (03) 527 8027

### Zippy's

276 Hardy St (03) 546 6348

## Christchurch

### Dream Garden

62 Kendall Avenue, Burnside (03) 358 8485 (+vegan)

### Fo Guang Shan Tea House

2 Harakeke St (03) 341 6276

### Govinda's

602 Colombo St (03) 379 1373

### Govinda's

446 Colombo St, Sydenham (03) 379 1373

### Gravity Cafe Deli

Shop 4, Cotters Lane, 158 High St (03) 377 2108 (+vegan)

### Miengin House

292 Selwyn St, Addington (03) 365 9952 (+vegan)

### Oak Tree Cafe

109 Brighton Mall, New Brighton (03) 382 6220

### The Lotus-Heart

595 Colombo St. (03) 379 0324 (+vegan)

[www.thelotusheart.co.nz](http://www.thelotusheart.co.nz)

### The Lotus-Heart

Cathedral Square(old Post Office bldg entrance under the clock tower) (03) 377 2727

### Welcome Chinese Vegetarian

2 Wharenui Rd, Riccarton (03) 348-2630 (+vegan)

## Dunedin

### Arc Café

135 High St (03) 477 7200 (++)vegan)

<http://arc.org.nz>

### Potpourri

97 Lower Stuart St (nr Moray Place) (03) 477-9983 (+vegan)

### Circadian Rhythm Café

72 Andrew St (03) 474 9994 (+vegan)

### Vraja

401c Princes Street (down an alley, off Police and Bond Streets, no access from Princes Street) 03-471-7186