



GFG reviews



The Vegetarian Society gives the *GFG* advice on what questions to ask about vegetarian options

Veggie might

■ Is there any vegetarian wine or beer?

Wine and beer are commonly 'fined', or clarified, with products made from animals. Beer makers mainly use isinglass (a fish gelatine) to perform this task. You have to rely on the staff to provide a wine that hasn't been made using isinglass, gelatine or crab shells.

■ Do the puddings contain gelatine?

Gelatine is commonly found in many dishes, such as cheesecake or fruit pie. As gelatine is made from the skins, tendons and ligaments of pigs and cattle, it is not acceptable to vegetarians. Vegetarians who want to avoid battery eggs and gelatine will often struggle to find something suitable.

■ Do you use vegetarian cheese?

Cheese is often produced using animal rennet. Rennet is an enzyme taken from the stomach of a young slaughtered calf and used to separate the curds from the whey.

Vegetarian versions of rennet are commonly used in the UK cheese industry. Some staff will simply think that all cheese is vegetarian, so get them to ask in the kitchen.

■ Can I have a starter as a main course?

If there's little choice for vegetarians on the main section of the menu, it's a good idea to ask whether you could have a larger portion of one of the starters as a main course, or whether one of the ingredients could be left out of the main course. Chefs have been known to take up the challenge and make something special for their vegetarian guests.

VOTE FOR YOUR TOP RESTAURANT

You have until 23 May to nominate your favourite restaurant for the *Good Food Guide* Restaurant of the Year. Go to www.which.co.uk/gfg/feedback or text GFG, followed by the name and place of the restaurant, to 62233.



Top vegetarian restaurants

Where to find marvellous meals without meat from the *Good Food Guide*

■ Caban

Yr Hen Ysgol,
Llanberis LL55 3NR,
01286 685500,
www.caban-cyf.org
Global organic offerings

■ Café Maitreya

89 St Mark's Road,
Easton, Bristol BS5 6HY,
0117 951 0100, www.cafemaitreya.co.uk
Dazzling food, with attitude and edge

■ Chaophraya

Chapel Walk,
Manchester M2 1HN,
0161 832 8342,
www.chaophraya.co.uk
Stylish city-centre Thai dining

■ David Bann

56-58 St Mary's Street,
Edinburgh EH1 1SX,
0131 556 5888,
www.davidbann.co.uk
Don't miss the rhubarb cheesecake!

■ Demuths

2 North Parade
Passage, Bath BA1 1NX, 01225 446059,
www.demuths.co.uk
International inspiration in a Georgian townhouse

■ Greens

43 Lapwing Lane,
West Didsbury,
Manchester M20 2NT,

0161 434 4259,
www.greensrestaurant.net
Simon Rimmer's delightful modern bistro

■ The Gate

51 Queen Caroline Street, London W6 9QL,
020 8748 6932,
www.thegate.tv
Cosmopolitan vegetarian options in a converted church

■ Manna

4 Erskine Road,
London NW3 3AJ,
020 7722 8028,
www.manna-veg.com
Vegetarian award winner in GFG London. Fantastic flavours from around the world

■ Quince and Medlar

11-13 Castlegate,
Cockermouth, Cumbria CA13 9EU, 01900 823579, www.quinceandmedlar.co.uk
Great expertise and attention to detail

■ Terre à Terre

71 East Street, Brighton BN1 1HQ, 01273 729051, www.terreaterre.co.uk
Vegetarian trailblazer with solid following

More information
Vegetarian Society
www.vegsoc.org

To buy *The Good Food Guide 2008* for just £9.99, plus £2.97 p&p (normal price £16.99), call 01903 828557 and quote GFGW0508 and ISBN 978 1 84490 036 7, or visit www.which.co.uk/gfgbook – offer closes 23 May 2008