

Bite Me Café: Secretly Vegan, Obviously Delicious Donuts in Madrid

Let's be real, vegans are taking over. And us carnivores are left to use our survival tactics – shrewd sarcasm, vegan jokes and complete and utter avoidance. If you tell me you're taking me to a vegan restaurant, I will most likely find an excuse about my goldfish's birthday party and politely decline.

But when Bite Me opened in my neighborhood of Legazpi, my roommate and I decided that we had to try it as good neighbors should. We walked into the charming café and were instantly greeted by the owner, Joel and his warm, extremely hospitable Canadian-ness. He explained all of the flavors to us, passionately and meticulously as we ooh-ed and made the tough decision of picking a donut; much like giving the final rose on The Bachelor.

After I scarfed down my rich chocolate and red wine donut, I was broken the hard truth that Bite Me Café is indeed (gulp)... a vegan café. But the deliciousness of my donut negated every ounce of vegan distrust I had before.



I could have lived the rest of my life not knowing that it was a vegan donut – and that’s the point. The donuts boldly speak for themselves and the message is clear: they’re delicious. Period. Since then, Bite Me has become a neighborhood favorite of mine that I frequent often.

Joel (Canada) and Sandra (Spain), the donut-loving couple, opened Bite Me in October 2018 after a year and a half of making and donating donuts for events. Bite Me is a cute, quaint neighborhood café, full of exposed brick, tones of red, crooning of Freddie Mercury in the background and mix-match

chairs for a quirky charm. I was shyly greeted by their dog, Ferb, who spent most of his time sleeping in the corner. Yes, Bite Me is dog friendly.



The crafted flavors change weekly. The flavors of this week (just to name a few) are Wild Strawberry, Smoked Maple, Apple Pie, Chocolate and Hazelnut Cream and the limited-edition Torrija (a Spanish-style French Toast).

I greedily tried multiple, completely content with all of the flavors. The Apple Pie donut reminded me of everything

American – filled with fresh apple jam, cinnamon and a surge of flavor that I discovered was a hint of Jamaican all-spice.



The Chocolate Hazelnut Donut was way too good to be true, rich in flavor with a combination similar to Nutella on steroids.

My all-time favorite donut was a Valentine's Day Special of Strawberry Shortcake filled with handmade strawberry jam, decadently topped with whipped cream, strawberries and shortcake. And yes, this donut was my Valentine's Date.



But with Bite Me, there is one rule: You have to get there early as donuts sell out fast. I learned my lesson, so I now obsessively follow them on Instagram to ensure they are in stock and see the mouth-watering flavors of the week. Along with their amazing donuts, Bite Me sells coffee, a great selection of teas, La Virgen brews, and bagels on the weekends.

No matter how your eating habits define you, we can all agree of the simple truth that these donuts are damn good and made with pride from Joel and Sandra. Bite Me is an upcoming local

café where you will come for the donuts again and again.

By Rachel Thompson

To learn more about the author, check out her blog www.RachelInRoute.com or follow her on Instagram at @RachelInRoute

All images from [Bite Me's Facebook page](#)

Bite Me

- [Facebook](#) & Instagram: @biteme_madrid
- [Spotify playlist](#)
- Address: Plaza de la Beata Maria Ana de Jesus, 2 (Metro: Legazpi)
- Hours: Mon: 10-1:30, 4-9pm; Tues & Wed: Closed; Thurs: 10-1:30, 4-9pm; Fri: 10-1:30, 4-9pm; Sat & Sun: 10-9pm. *Hours may change for Summer*

Also check out: [4 vegetarian and vegan-friendly restaurants in Madrid](#)

4 Vegetarian and vegan-friendly eateries in Madrid

In the land where *jamón* and *queso manchego* prosper, it may at first seem difficult to survive as a vegan or vegetarian in Madrid. But fear not! Although it is true that Spanish food is typically meat and dairy-based, the city's restaurant scene has changed a lot over recent years. Today, Madrid's world-class vegetarian and vegan-friendly eateries will have

individuals with all diets falling in love with Spanish food.

Here are a few Madrid restaurants that all offer delicious vegetarian and vegan-friendly dishes with a Spanish twist!

[Vega](#)



Located on Calle de la Luna, this restaurant prides itself in creating all organic, vegan, homemade dishes for guests to enjoy. Restaurant-goers will love the smoked aubergine tapas or the beetroot and strawberries Gazpacho for appetizers, both

vegan-friendly Spanish favorites. Visitors can enjoy [Vega](#)'s delicious salads, black rice with "squid", "chili con carne", or "Burrata" tapas. What is so special about Vega is their vegan twist on foods and dishes that are commonly enjoyed in Spain by the locals.

- **Image from** [Facebook](#)
- **Address:** Calle Luna 9
- **Metro:** Santo Domingo, Noviciado, Callao

[B13](#)



Enjoy typical Spanish tapas at [B13](#), on Calle de la Ballesta, with their mouthwatering *patatas bravas* (a local favorite), their "calamari", as well as their variety of vegetarian hamburgers. Whether you're in the mood for a Spanish tapas-style meal or want to feast on a delicious hamburger or

sandwich, B13 has what you're craving for your next vegetarian meal.

- Image from [Facebook](#)
- Address: Calle de la Ballesta 13
- Metro: Callao, Gran Vía

[Freedom Cakes](#)



[Freedom Cakes](#), also on Calle de la Luna, is known as the first vegan pastry shop in Madrid. It is truly a wonderful spot to enjoy a quality cup of coffee with any vegan milk that you prefer. Whether it be an iced soy latte during hot summer months or an almond milk cappuccino to warm you up on chilly autumn mornings, you'll love their delicious coffee options. Better yet, pair your coffee with one of their renowned vegan pastries, ranging from freshly baked cakes, cupcakes, muffins,

and cookies, all 100% vegetable-based!

- [Facebook](#)
- **Address:** Calle Luna 14
- **Metro:** Noviciado, Callao

[Sanissimo](#)



Last, but certainly not least, Sanissimo is a wonderful restaurant with a few locations in Madrid, that is pleased to offer an array of vegan and vegetarian dishes. Start your day off on the right foot with one of their juices and smoothies, or perhaps one of their popular bagels. Between their

refreshing fruit bowls, sweet bagel options, and rich pastries, you'll always enjoy starting your day at Sanissimo.

- **Image from** [Facebook](#)
- **Address:** Calle San Vicente Ferrer 28 / Calle Campomanes, 5
- **Metro:** Tribunal, Noviciado / Opera, Santo Domingo

Whether your diet be vegan, vegetarian, meat-based, or fish-based, you'll never have to fear missing out on the spectacular Spanish cuisine that the city of Madrid boasts. Enjoy mouthwatering vegan and vegetarian dishes, but with the same Spanish influence as what the locals are enjoying.

By Haley Grant

You may also like: [Veggie Nirvana at VivaBurger in La Latina](#)

Honest Greens, feel-good food that tastes good too

For me, eating is always an emotional experience. I want to eat food that makes me feel good, both physically and mentally. Depending on my mood, that can mean very different things. Sometimes all I want is a creamy *croqueta* or my mom's mac and cheese... but other times, my body begs for **whole grains, greens, and lean protein.**

To be completely honest (pun intended), I didn't realize how much I missed **healthy, home-cooked meals** until I found Honest Greens. This brand new spot in Nuevos Ministerios may at first

glance look like just another hipster cafe, but I swear it's something special.



The space itself is impeccably decorated and practically begging to be Instagrammed. The **open kitchen** means you can watch all the magic happen. But even more exciting is the fact that most of the menu items are on display right in front of you, so you can browse the options before making your (very difficult) choice.



This is one of those places where I would happily devour anything on the menu, so ordering is a considerable challenge. Luckily, they break it down into a nice and simple process: choose between a market plate or a garden bowl, then pick your sides or protein. Easier said than done.

The **market plates** come with either chipotle marinated chicken, rare beef, tuna tataki, homemade falafel, or black pepper tofu. Each is accompanied by a fresh green salad with pesto dressing and organic sourdough bread with herbed butter.



Chipotle chicken and seasonal vegetables

Is your mouth watering yet? I've barely gotten started. After you choose your base, you get to add extra sides from an overwhelming list. Cold options include coleslaw, beet salad, creamed eggplant, lentils, hummus, and roasted watermelon (yeah, you read that right). Hot sides include mashed pumpkin, baked cauliflower, roasted beets, herbed potatoes, seasonal vegetables, and organic sweet potato, each with creative garnishes ranging from spirulina to spiced yogurt.

I highly recommend the chicken, and although the beef was a bit raw for my liking, it's received rave reviews from plenty of my friends. You can't go wrong with the seasonal vegetables or the sweet potatoes, which add some color and carbs to the plate. And speaking of carbs, the bread might actually be the best part of the dish. Freshly grilled and soaked in butter... how can you argue with that?



A market plate with ternera madrileña and roasted sweet potatoes



Salad fixin's

If you want to put vegetables front and center, opt for a **garden bowl** instead. Spicy kale, ginger honey goat cheese, peanut chili lentils, sesame greens, wild coconut quinoa... with names like that, you can hardly imagine the possibilities. Each bowl is filled to the brim with various veggies, fruits, nuts, seeds, and dressings. You can also add any protein for an extra boost.

Oh, and did I mention there's a soup of the day?

Once all that has sunk in, turn your attention to the drinks. They've got cold pressed juices, homemade fruit-infused waters, wine, beer, and *vermut*—plus **organic fair trade coffee**. In fact, one of the highlights of the place is the adorable coffee truck parked outside, advertising their specialty beans.



Self-serve aguas frescas

The portions here are generous and filling, proving once and for all that it's possible to feel fully satisfied after a healthy meal. But if you manage to save room, try one of the **sugarless and gluten-free desserts**. Their takes on classics like carrot cake and apple crumble might not be exactly what you're expecting, but they have their own charm. If you've got a real sweet tooth you might be disappointed, but it's totally worth it to at least give them a chance.

The best thing about Honest Greens is that it combines the trend of vegetarian and vegan cafes with a selection that caters to meat-eaters as well. While I love a good veggie burger and am slightly addicted to kale, I won't deny that every meal can be improved by a grilled chicken breast or a juicy steak. For me, this place is **the best of both worlds**.



The business cards say it all

Whatever dietary camp you belong to, you'll find something here that fits your tastes. And the next time you're craving some good, honest greens... well, you know where to go.

Info

- [Website](#)
- [Facebook](#) & [Instagram](#)
- **Address:** Paseo de la Castellana, 89
- **Metro:** Santiago Bernabéu & Nuevos Ministerios