

# 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](#)

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## **El Sombrero Azul – pupusas, yuca, enchiladas and more**

It's not uncommon for even the most veteran *madrileños* to stumble upon tucked-away eateries they've never noticed. That's exactly what happened to me when I was strolling along the surprisingly calm **Calle de las Hileras** near Plaza Mayor. The spicy smells stopped me in my tracks, but what brought me inside was the *menú del día* written on the window in puff paint.

Monday through Friday, [El Sombrero Azul](#) offers a *menú salvadoreño-mexicano* that includes a *bebida* (Coke products,



beer, sangria, or wine) with a starter big enough to fill you up (like the *pupusas* shown below), a **cocktail** (margaritas, mojitos, you name it) along with a delicious main entree. And for dessert, you can choose from coffee/tea, cheesecake, *bizcocho de tres leches*, and more. **All for 12€.**



## **What's a *pupusa*, you may ask?**

Most countries have their own version of a warm, breaded 'sandwich' filled with meat, cheese, and/or veggies. Food pockets, if you will. **Pupusas are the food pockets of El**

**Salvador**, and El Sombrero Azul has them down to a science. Shown above are two veggie versions, one with zucchini and the other with *frijoles* and cheese (my favorite).



Admittedly, I was a little disappointed in the main entree options, but only because I'm vegetarian. Meat lovers will feel right at home here among the *pastelitos de carne*, *cazuela de cochinita pibil*, *tacos flauta*, and the *plato de carne*. However, the accommodating staff offered me some pretty good alternatives, like fresh yuca (above) or *huevos rancheros*.









If you have room after the first two courses, kick back with a fresh cocktail. Pictured is a delicious **blackberry margarita**, but they also have mojitos and micheladas, as well as fresh Mexican fruit juices and horchata (although those aren't part of the menú).

**TIP: The best time to go is during the week**, because on weekends and holidays the menú price is 15€.

Oh, and the same space hosts a totally different concept by night: it's called La Cueva de Lola, and it's all about Spanish food and flamenco shows. Post to come soon on that!

## Info

- [Facebook](#)
- Address: C/ Hileras 6
- Metro: Ópera or Sol

- Phone: 910 18 54 53

## Also check out:

- [Tacos, tamales and tequila: Madrid's best Mexican joints!](#)
  - [Sahuaro, Mexican magic in the heart of Madrid](#)
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# 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
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# Tuk Tuk – An Asian-Inspired Street Food Restaurant in Madrid

Opened by two British men, Alan and Rick, [Tuk Tuk](#) is a low-key restaurant with two locations near Bilbao and Chueca. All their dishes are based on Asian street food recipes, particularly from Bangkok, Hong Kong and Saigon. With an international wait staff (many of whom are native English speakers) and a range of flavor-packed dishes (plentiful and affordable to boot), it's no wonder why [Tuk Tuk](#) has become so popular among the city's expat community and Madrileños alike.



Tuk Tuk's [menu](#) features noodles, rice bowls, soups, curries and barbecued meat platters. Chock full of different types of vegetables and spices, your tastebuds get a mix of tangy, spicy, coconuty and sweet ingredients in every bite. Tuk Tuk can please any palate. And it's vegetarian friendly, too.

You'll find my favorite dish in the photo below: **Babi**

**Panggang** (barbecued pork with a caramel-like glaze and thick soy sauce). It came on the **Pat Pong Party Platter (€30)**, a great starter for a big group. Just look at the **four dishes** it includes:







I also like the mango and cucumber salad as an appetizer to share. As for main dishes, so far I've tried a soup, rice bowl and Thai curry. Although I don't remember their names, I'd happily eat all of them again. **My advice:** just go in, run your finger down the menu and choose whatever you land on. You can't go wrong!





## Info

[Facebook](#)

[Web](#)

Menu if you feel you need to prepare beforehand

Average price per person: €15-20

Tuk Tuk has two locations now, one near Bilbao and the other, Chueca:

<M> Bilbao: Calle del Cardenal Cisneros 6 |  
Reservations: 914 45 91 80

<M> Chueca: Calle del Barquillo 26 | Reservations:  
915 23 25 56

## More Asian restaurants featured on Naked Madrid:

- [Ramen Kagura, Madrid's \(almost\) perfect ramen bar](#)
- [Kintaro – Oy Vey](#)
- [Sumo – This Japanese restaurant's name says it all](#)
- [Chuka Ramen Bar – Madrid's hottest ramen restaurant](#)
- [Hattori Hanzo – Japanese food, straight up. No sushi.](#)
- [Nippon 2 – top quality yet affordable sushi, finally!](#)
- [Soy Kitchen – a fusion of Asian flavors](#)
- [Karachai – A cozy and elegant Thai restaurant in Alonso Martínez](#)