

# Vegan Ghent

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Having heard so much about the Belgian city of Ghent's Veggie Thursday, I couldn't resist a short holiday there with my husband Neil.

As well as having beautiful architecture and places of interest we found that the city had three vegan restaurants plus several vegetarian cafes including *Tasty World* which served three of the most delicious vegan burgers we had ever tasted (wholemeal seeded bap stuffed with grated carrot, green leaves, vegan mayonnaise, vegan ketchup and a choice of homemade burger). The vegan restaurants are called: *Komkommertijd*, *Avalon* and *Lekka GEC* and they all serve excellent vegan food every day of the week.

While in Ghent we met up with Tobias and some other people connected to EVA (Ethical Vegetarian Alternative) who had been the main movers in persuading Ghent Council to introduce the veggie day every week for the sake of the environment. Tobias said that the Council had been looking to introduce new 'green' policies and after talks with EVA they

soon came to realise that a meat-free day once a week was a policy that they could easily introduce to significantly decrease the city's eco footprint.

EVA have made a map of all of the restaurants that serve vegetarian food in Ghent on a Thursday: [http://www.vegetarisme.be/index.php?option=com\\_content&view=article&id=9&Itemid=99](http://www.vegetarisme.be/index.php?option=com_content&view=article&id=9&Itemid=99)

Tobias



Neil