

# Top 10 Vegan Cities by National Geographic Traveller Food

Submitted by: APL Media (Absolute Publishing)

Wednesday, 8 May 2019

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LONDON (Wednesday, 8 May 2019): National Geographic Traveller Food has revealed its top 10 vegan-friendly cities, and singled out the restaurants putting them on the map in 2019. In the latest issue, distributed free with June's National Geographic Traveller (UK), we celebrate a movement with real momentum, showcasing the plant-based dishes making waves across the globe, from doughnuts in Berlin to vegan sushi in Warsaw.

Glen Mutel, editor of National Geographic Traveller Food, said: "Veganism is truly a global movement — there's never been a better time to travel as a vegan. London is leading the charge, particularly in the East End — and in this issue, we've profiled three Hackney-based chefs who are pushing the boundaries of veganism. But London faces healthy competition from culinary powerhouses such as Milan, Tel Aviv, Berlin, São Paulo and, of course, New York and Los Angeles."

Also in this issue, we examine the renaissance of Kentucky bourbon, sample the historic kebabs of Lucknow, Northern India and journey to Malta for a slow-cooked family meal. All this plus guides to the food hotspots of Copenhagen, St Petersburg and Hawke's Bay, New Zealand.

In addition, expect the usual mix of thought-provoking features and easy-to-follow recipes from world-renowned contributors.

Don't miss:

- Deconstruction: Ratatouille — revealing the secrets of the iconic vegetable dish from Provence
- In Pictures: Pie 'n' mash — an East End institution
- My Life in Food: Singer-turned-chef Kelis talks about her Puerto Rican roots and how culinary school changed her life
- Five ways with: Manu Canales offers up five great ways to use labneh
- Make Perfect: Tips for making pad thai
- The Pioneer: Alexandre Silva on pushing the boundaries of traditional Portuguese cuisine

Fast facts

On sale date: 2 May 2019

Price: Free with the June edition of National Geographic Traveller (UK), which costs £4.60

Website: Competitions, subscriptions, blogs, features and more. [nationalgeographic.co.uk/food-travel](https://www.nationalgeographic.co.uk/food-travel) (<https://www.nationalgeographic.co.uk/food-travel>)

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Notes

The quarterly, 132-page magazine is available free of charge with the December, March, June and September issues of National Geographic Traveller (UK). It's brought to you by APL Media Limited, publisher of the award-winning National Geographic Traveller.

National Geographic Traveller (UK) is published under licence by APL Media Limited, from National Geographic Partners LLC in Washington, D.C. The 180-page travel and lifestyle magazine was launched in December 2010, and is packed full of you-are-there photography, authentic travel experiences and inspiring narratives. [nationalgeographic.co.uk/food-travel](http://nationalgeographic.co.uk/food-travel)  
(<https://www.nationalgeographic.co.uk/food-travel>)

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