

VegSoc staff Niki and Jane O'Leary conquer the US!



Veggies go wild in New York Jane O'Leary

Arriving in New York City for the first time, my sister Niki and I knew we were in for a treat. With our Vegan Guide to New York in one hand and an extensive list of veggie eating places from www.happycow.net in the other, we knew we wouldn't go hungry.

The first evening we decided on a vegetarian restaurant called Counter, which is located off First Avenue. The description of the place was that the menu is completely vegan and the interior is a bit 50s-style retro. We arrived at the restaurant rather 'jet lagged', but we soon livened up when we walked in and smelt the lovely aroma of food. We were welcomed by a very friendly waitress and shown to our table. Casting our eyes across the menu we were spoiled for choice. The type of dishes on offer are American versions of

European dishes, plus some stylised 'diner' and 'fast' food. Niki, being a tofu lover, decided on a Cape Cod Platter, which consisted of pan-fried tofu cakes with red pepper, hiziki, confetti slaw and French fries. I decided to go for a Spicy Chick Pea Dansak, which was delicious. Of course, we had to accompany the food with some fine wine. The wine list didn't state whether the wines are vegan, but the waitress talked us through the list and we were certainly spoiled for choice. The prices here were reasonable and the food was certainly top quality.

The next day we decided to explore as much of Manhattan as we could. Not far from our hotel we discovered a health food store called The Health Nuts. What a store! It had a deli, juice bar, lots of veggie food and

organic produce. After leaving the store, we thought we would walk from the upper west side down to the lower east side of the island. After a morning of sightseeing and shopping we decided to head over to a café/restaurant called Teany. We already knew of this place as it is owned by Moby (the vegan musician) and his friend Kelly. The clue being in the name, the café/restaurant does focus heavily on a wide variety of teas, with a selection of 96 varieties from around the world. Teany is vegetarian with an excellent choice for vegans. Highly recommended was the Teany Faux-Turkey sandwich, which came as a vegan version of a club sandwich, and you won't get an average run of the mill salad here, the choice and variety of the salads made it

hard to choose. The dessert menu is just as tempting and varied with such treats as chocolate peanut butter bomb or chocolate cheesecake!

Niki and I agreed we would certainly come back to New York – there is certainly a great choice of eating places for veggies.

Counter Vegetarian Restaurant & Wine Bar
105 First Avenue (between Sixth St & Seventh St)
Tel: (212) 982 5870

Teany
90 Rivington Street (between Orchard St & Ludlow)
Tel: (212) 475 9190

The Health Nuts
835 2nd Avenue
Tel: (212) 874 5475

Y'all have a nice day now! Niki O'Leary

With the busy streets of New York done, Jane and I set off for the more green and laid back state of North Carolina. We had two stops planned, one in Greensboro and one in Wake Forest. The first stop was visiting our friends who lived in a great little trailer in the woods. This was an adventure in itself but as our tummies cried out for food, we were quickly heading down to a place called Boba House, situated in downtown Greensboro. This is a vegetarian restaurant and tea house. The menu was extensive and we were certainly spoiled for choice, with some delights like Shredded Heaven, Eternal Bliss, Hula Pot and Perfect Harmony! I decided on the Perfect Harmony which

was thick slices of tofu with shiitake mushrooms, onions, and clear noodles in a rich tomato sauce. The food was delicious and our meat-eating friends were certainly not disappointed.

With our trusty map in hand and our happycow print-outs, we headed off to find a delightful-looking Indian restaurant called Tower Restaurant. According to happycow, the restaurant's lunch buffets are awesome! They were right – what a choice we had, with such things on offer as spinach and onion fritters, hot pepper batter dipped and fried, and grilled eggplant. There is a large section of cheese-based dishes but the waiter was more than happy to take us through what was suitable for a vegan diet.

Although North Carolina has an extensive range of fast foods places (on most corners) and supermarkets, we decided to check out the local health-type shop. This was called Deep Roots Market and it was almost like a mini supermarket with a vast range of veggie, vegan and organic produce. They even had an excellent range of my favourites like Jason and Kiss My Face cosmetics.

As a vegan I was certainly not disappointed in the choice and I would love go back to the USA. Maybe not all states cater as well as the ones we visited, but it's always an adventure and a great find when you know you don't have to live off salad for a week, or two!

Boba House
332 S. Tate Steet
Greensboro
North Carolina
Tel: (336) 379 7444

Tower Restaurant
144 Morrisville Sqaure Way
Morrisville
North Carolina
Tel: (919) 465 2326

Deep Roots Market
3728 Spring Garden
(Spring Garden at Wendover)
Greensboro
North Carolina
Tel: (336) 292 9216