

# Bit of the Good Stuff

BY SHARON | APRIL 26, 2016 · 2:40 PM

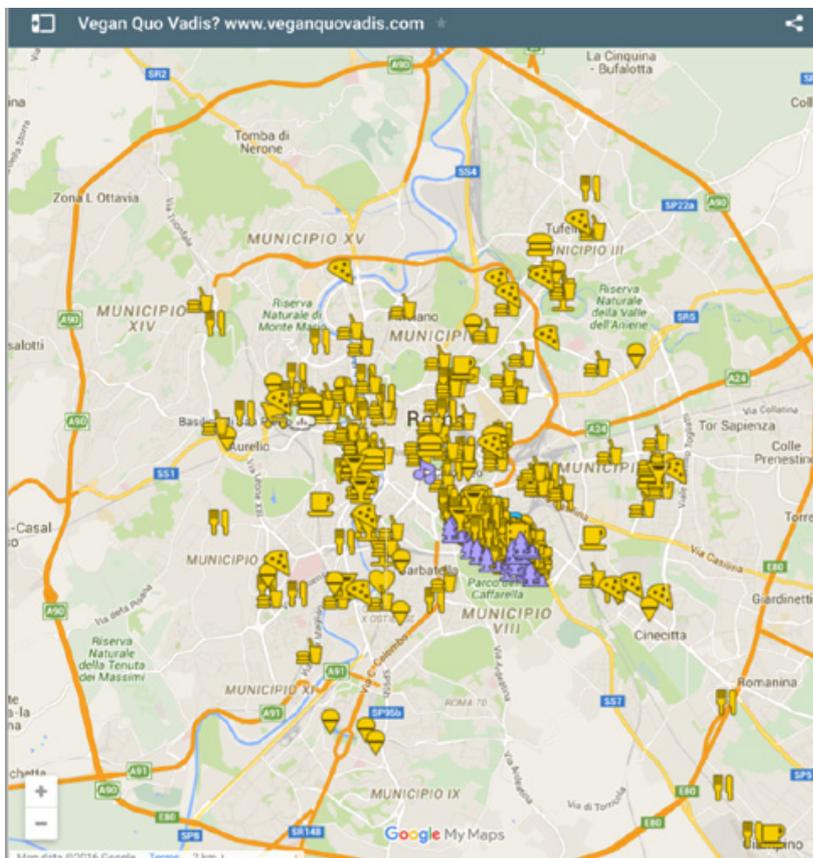
## Eating Vegan in Rome

As I mentioned [in my last post](#), Rome has to be the most vegan-friendly city I've visited so far. Today, I thought I'd share vegan eateries in the city and our recommendations on places to eat.



Before we headed to Rome, I did some research online. I checked out the reviews on [HappyCow.net](#) and [TripAdvisor](#), a readers for recommendations on my [Facebook page](#).

I also found this really useful website called [Vegan Quo Vadis?](#) which has a Google map with all the vegan-friendly eateries, cafes, restaurants, delis and gelaterias. I couldn't believe my eyes when I saw all those pins. There are literally hundred



Our stay in Rome got off to a very positive start, thanks to our wonderful host Rosa Maria. Breakfast was included in our stay. In the 'any special requests' section of the booking form I'd mentioned the word 'vegano'. First and foremost, I mentioned this to avoid the trouble of serving us breakfasts that would be unable to eat. I was fully expecting that we would be buying our own



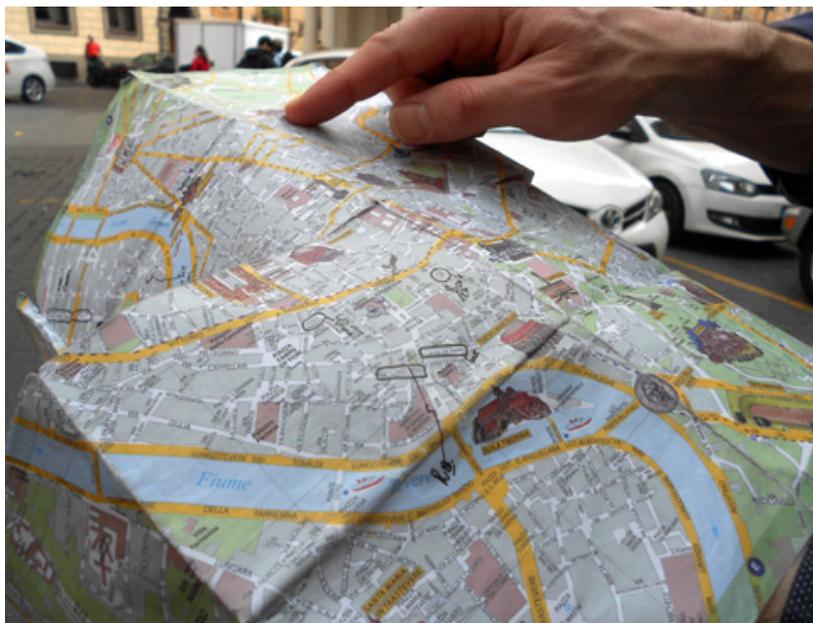
However, Rosa Maria had taken it upon herself to stock the fridge and shelves with a whole array of vegan-friendly food items including rice milk, soya yogurts, breakfast cereals, bread, biscuits, jams and a huge fruit bowl. How kind is that?

There was also a wide range of teas, a big jar of ground coffee and two coffee machines – an American style filter coffee machine and an espresso maker (that you heat on the hob/stove). I've always wanted to know how to use one of these, so I asked Rosa Maria for help. The coffee was absolutely beautiful and saved us a small fortune on buying coffees in the city.



Friends had warned me to watch out for service charges when drinking and eating out in Rome. Unfortunately, they'd be sitting down for a coffee and patisserie, then being billed a small fortune. From what I understand, if you drink coffee and eat, you pay for the coffee; if you sit down, you pay a service charge. It's definitely worth checking out.

I'd like to say a big "thank you" to whoever produced the [Vegan Quo Vadis? map](#), because it made our trip so easy. Each area of Rome we were going to visit that day, then we checked out the map (using our apartment's free WiFi), identified a few places of interest, then noted them on our paper map. We then knew exactly where to head for lunch/dinner rather than traipsing around and searching for a suitable place to eat.



Whatever your eating style, there's bound to be something to suit you in Rome. There are fast food joints; swank restaurants; quirky bistros; pizzerias; cafes; delis; and ice cream parlours. We only got to try a handful during our stay. Here's the low down on where we went....

#### **Olive Dolci**

This is a 100% vegan gelateria. It has two branches in Rome. The small takeaway on Via Vittoria Colonna was the closest to our apartment and we visited it three times during our stay.



The ice cream is made with olive oil, which may sound strange but it seriously works. The ice cream is smooth, creamy we tried the almond, hazelnut, choc chip, chocolate hazelnut and ginger ice creams.



- 100% vegan, gluten-free (except the cones)
- Main branch: Via Emanuele Filiberto 140, Rome

- Takeaway: Via Vittoria Colonna 20, Rome
- <https://www.facebook.com/olivedolci>; <https://www.facebook.com/olivedolcipiazzacavour/>

### Grezzo

This raw chocolate shop sells the most exquisite hand-made raw chocolates, desserts and ice cream. It's a small venue, tables inside where you're welcome to sit and enjoy your ice cream (at no extra charge).



The ice cream is made with almond milk, which they make on site. We tried the blueberry and raw chocolate flavours a delicious. I did ask Lil' L to take a photo before he tucked in, but it was too late.



Big thank you to my reader, Patty, for recommending this place. It was definitely worth a visit!

- Vegan, gluten-free, raw, organic

- Via Urbana 130, Rome
- <http://www.grezzoitalia.it/>; <https://www.facebook.com/grezzorawchocolate/>

### Universo Vegano

This is a 100% vegan fast food outlet, with an [extensive menu](#) to choose from. We loved this place and visited it twice for lunch. It's hugely popular. We even saw members of the Carabinieri (Italian police force) come in to order their lunch! There are no tables, so if you want to sit down, I'd recommend getting there for opening time (12.30pm).



Great shop window...



and wall clock ♥



The burgers are huuuuge! Definitely the largest bap I've ever eaten! Between us, we tried the burgers, omelette focaccia the food was lovely, but I personally preferred the sandwiches as I loved the super seedy, wholegrain bread.



The desserts are lush too. They're pretty filling, so one dessert can easily be shared between two or three people. We enjoyed the cheesecake.



- 100% vegan, some gluten-free options
- Piazza del Paradiso, Rome
- <http://www.universovegano.it/negozi/negozio-roma-2/>; <https://www.facebook.com/pages/Universo-Vegano/>

### Vega Food

Organic Indian street food is on the menu at this establishment. It's a tiny venue (set up principally for take outs) but it inside.



We visited soon after it opened so we were able to bag a table.



I checked with the chef and with just one exception – the lassi drink – the entire menu was vegan. We chose some pakori pancakes with curry filling for our main course. The curry is freshly made to order, and the chef checked how spicy we'd like it, mild as I'm a heat wimp. The kitchen is pretty open, so I was able to watch him cook the food as I sipped on my Ayurvedic drink since such a clean kitchen. It was literally sparkling!



- almost entirely vegan, gluten-free options, organic
- Via di Monte Giordano, 1, Rome
- <https://www.facebook.com/vegafoodforlife>

#### Buddy Italian Restaurant Cafe

Located on one of the main streets, this place is pretty unassuming from the outside but has a beautiful, spacious interior. This place, but the 'vegano' menu on the board outside happened to catch my eye as we walked past. It was closed at the time we returned in the evening; and I'm so glad we did.



★ VEGANO VEGAN ★	
<b>Antipasti Starters</b>	
Bruschette con salse vegane crudiste e germogli <i>Bruschette with raw dressings and shoots</i>	7,00
Caponata di verdure con bacche di goji e pinoli <i>Ratatouille with goji berries and pine nuts</i>	9,00
Tagliere di verdure grigliate con datteri, germogli e noci <i>Mixed grilles vegetables with dates, shoots and nuts</i>	9,00
.....	
<b>Primi First</b>	
Quinoa con julienne di zucchine, carote, scalogno e semi di chia <i>Quinoa with zucchini, carrots, scallion and chia seeds</i>	10,00
Cous cous alla mediterranea <i>Mediterranean cous cous</i>	7,00
Riso basmati al curry con pinoli e bacche di goji <i>Basmati rice with curry, pine nuts and goji berries</i>	9,00
.....	
<b>Pinsa romana</b> fatta con farina di riso, farina di soia e farina di frumento. <i>Pinsa is a typical roman pizza made with rice flour, soybean flour and wheat flour, all rigorously no ogms. For our pinsa we only use fresh and seasonal products.</i>	
<b>Vegan:</b> avocado, maionese raw, pomodoro pachino, semi di sesamo <i>Avocado, vegan raw mayonnaise, cherry tomatoes, sesame seeds</i>	10,00
<b>Esotica:</b> ananas, mais, basilico, salsa al mango, germogli e semi di lino <i>Pineapple, corn, basil, mango dressing, shots</i>	10,00
<b>Campagnola:</b> peperoni, zucchine, melanzane, pinoli, bacche di goji, germogli e salsa tzaziki raw <i>Peppers, zucchini, eggplant, pine nuts, goji berries, shoots and raw tzaziki</i>	10,00
<b>Goji:</b> spinacino, peperoni, bacche di goji, noci, salsa thai <i>Baby spinach, peppers, goji berries, nuts, thai dressing</i>	9,00
<b>Scarola:</b> scarola, uvetta, pinoli <i>Endive, raisins, pine nuts and olives</i>	9,00
.....	
<b>Insalate Salad</b>	
<b>Vitaminizzante:</b> cetrioli, melone, ananas, basilico, germogli e salsa al mango <i>Cucumbers, melon, pineapple, basil, shoots and mango dressing</i>	12,00
<b>Purificante:</b> spinacino, peperoni, bacche di goji, sedano, finocchi, salsa thai <i>Baby spinach, peppers, goji berries, celery, fennel, thai dressing</i>	12,00
<b>Energizzante:</b> valeriana, avocado, pomodoro pachino, noci, mandorle, semi di girasole, salsa tzaziki raw <i>Valeriana, avocado, cherry tomatoes, nuts, almonds, sunflower seeds, raw tzaziki sauce</i>	12,00
<b>Fortificante:</b> rucola, pomodoro pachino, cipolla rossa, champignon, noci, semi di sesamo, mix di salse crudiste <i>Rocked salad, avocado, cherry tomatoes, red onion, mushrooms, nuts, sesame seeds and Mix of raw dressings</i>	10,00

We chose the pinsas (a Rome-style pizza) and a portion of fries to share between us. The first night we had the "pinsa v mayonnaise, avocado, cherry tomatoes (Lil' L switched for aubergine) and sesame seeds.

Like every place we ate in Rome, the staff at Buddy were really helpful. When Lil' L asked to switch the toppings on his happy to oblige.



The portion of fries was huge, so perfect for sharing between the three of us. They came with mayonnaise, but the consi we'd like to switch to vegan mayonnaise instead. All the dressings are made on the premises and the vegan mayonnaise waitress how they made it and she kindly shared their tips (with a little help from Google translate!)



We enjoyed this place so much that we decided to return for our last lunch before heading back to the UK. This time we mayonnaise, grilled courgette, bell pepper and aubergine, sprouts and pine nuts. They were so delicious! And of course portion of those amazing fries.



Buddy does sell home-made desserts and cakes too, including at least one vegan option. We didn't get to try them this time, but we'll be sure to pick them up!

- Omnivore restaurant, but with a dedicated vegan menu, gluten-free options
- Corso Vittorio Emanuele II, 105, Rome
- <http://buddyroma.it/>; <https://www.facebook.com/buddy.roma2014>

### **Saltimbocca**

In my experience, all "proper" Italian restaurants (i.e. ones where the pizzas are freshly made to order) are happy to serve without cheese. One night we opted to go to Saltimbocca in the heart of the historic quarter. What first attracted me to the restaurant was a message written on their menu board, emphasising that there were no service charges. This reassured me that we were not going to get a bigger bill than expected.

Saltimbocca is a lovely, spacious restaurant with plenty of seating. We asked the waitress if we could order giardiniera pizza without cheese in order to make them vegan. She told us it was no problem at all. The pizzas were topped with grilled vegetable including aubergine, courgette and pepper. They were absolutely delicious.

- No vegan options on the menu but happy to make their giardiniera/vegetable pizza without mozzarella
- Via di Tor Millina, 5 (off Piazza Navona), Rome
- <https://www.facebook.com/Saltimbocca-1139452282809001>

### **Supermarkets / Health Food Stores**

As well as plenty of options for eating out in Rome, there are also supermarkets and health food stores where you can pick up groceries. They are pinned on the Vegan Quo Vadis? [map](#) and listed on [HappyCow.net](http://HappyCow.net). When purchasing cakes, cookies and breakfast cereals, look out for:

- **Latte – Milk**
- **Uova – Eggs**
- **Miele – Honey**

### **GoGreen Store**

While in Rome, I would also recommend checking out the GoGreen store. This place is filled to the brim with eco-friendly products including clothing, footwear, toiletries, cosmetics, foods and toys.



They had some gorgeous t shirts made with organic natural fibres. I had my eye on one, but when I returned to the shop late and it was already closed for the afternoon. My mistake.



Yes, you did read that right... the Italians have a vegan magazine called Funny Vegan. That did make me chuckle a lot.

- Piazza San Giovanni in Laterano, 26; Roma
- <http://gogreenstore.com/en/>

#### The one I missed... So What?

After reading their rave reviews and checking out their mouth-watering [menu](#) online, I'd really wanted to visit the So W

we didn't make it this time as it was on the opposite side of Rome to where we were staying. Next time!

- 100% vegan, gluten-free options
- via Ettore Giovenale 56-58, Rome
- <http://www.sowhatvegan.com/>; <https://www.facebook.com/sowhatristorante/>



Based on my childhood experience of vacations in Italy, I'd always considered the Italians to be the world's best at two cream and pizza – and having returned as a vegan adult, I can proudly say my opinion hasn't changed.

Great work Italians friends! I really hope the UK catches on with your gorgeous vegan ice creams & pizzas.

And if anyone could bring the [Universo Vegano](#) franchise to the UK, I know one 12 year old boy that would extremely h

Share on ...     

## 18 Responses to *Eating Vegan in Rome*

### Tolerance

April 26, 2016 at 4:06 pm

Excellent. Great trip. And I need a copy of Funny Vegan.

[Reply](#)

### Sharon

May 6, 2016 at 1:45 pm

There's a Funny Vegan website too <http://www.funnyvegan.com> It's such a funny name for a magazine. I wonder Sure does make me chuckle though 😊

[Reply](#)

### Sarah Ellis

April 26, 2016 at 4:38 pm

What a great review! We tried gelato made with olive oil in Sardinia last year and it was delicious. We've been ponder while and your review makes me want to go there all the more – so many fantastic vegan options on top of all the cult staying at The Beehive, which is a vegetarian/vegan friendly guesthouse but am interested to know about the accomo that the landlady was so helpful. Maybe you could let me know the details privately?

[Reply](#)

**Sharon**

May 6, 2016 at 1:22 pm

Hi Sarah! Yes, I'm more than happy to help. If you have any questions, don't hesitate to contact me (sharon@bito). It's great to hear that olive oil ice cream is available in Sardinia too. I've always wanted to visit Sardinia! Did you?

[Reply](#)**Sarah Ellis**

September 21, 2016 at 12:05 pm

Hi Sharon, I have only just seen your reply, having just read your blog again in preparation for our trip to Rome. Sardinia was amazing- we stayed in a lovely town called Cannegione where there was a health-food shop and plenty of vegan things in the local supermarket. I was surprised by how easy it was to be vegan there. I think there's a massive surge in demand globally.

[Reply](#)**Sharon**

October 5, 2016 at 7:19 pm

Hey Sarah. Great to hear that Sardinia's vegan friendly. I'll definitely check out Cannegione. Could be our best time in Rome! Have an amazing time in Rome! And do try and check out Buddy. I've been dreaming about those pinsas & they've returned! xx

[Reply](#)**Jen Farrant**

April 27, 2016 at 8:27 am

I'm really surprised, I would not have thought Rome would be vegan friendly at all! It was a total fail for me in France with baguettes and hummus. As I am now gluten and dairy free I think I would not manage it well at all, although to be honest I didn't have that much choice on things.

But Rome...who knew!

Jen Farrant recently posted..[#aprillove2016](#) [Dear reflection](#) 

[Reply](#)**Sharon**

May 6, 2016 at 1:30 pm

Hi Jen! With the exception of Paris, France is definitely the trickiest country I've been to when it comes to veganism. When we visit, I always make sure we hire a self-catering apartment then we make our own packed lunches and evening meals to save money. We spent a small fortune in Italy as we ate out twice a day!

[Reply](#)**Sandy**

April 29, 2016 at 1:17 am

Wow just wow! Definitely know where to head if we ever end up there now!  
Surprised by the olive oil ice-cream!  
Good to have another restaurant already lined up for next time too!  
HappyCow is a really helpful tool, we have it out here too 😊

[Reply](#)**Sharon**

May 6, 2016 at 1:39 pm

Happycow.net has made my life so much easier and saved me hours of time trundling around streets, checking out started the website but, whoever they are, I'm immensely grateful to them 😊

[Reply](#)

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## Koko

May 2, 2016 at 5:57 pm

Wowowow! Who knewww that Rome would be so vegan friendly!? Everything looks amazing. That map is an incredible one like that for everywhere! I think it's time for a trip to Rome...!

Koko recently posted..[Chocolate Chip Banana Bread with Orange-Cinnamon Butter](#) ❤️

[Reply](#)

## Sharon

May 6, 2016 at 1:42 pm

I know right? Rome seriously rocks! The Google map is awesome too. Wish we had one for every city!

[Reply](#)

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## Alyson

May 3, 2016 at 9:28 pm

My only visit to Rome was in 1996, when then good ol' world wide web was still a wee bairn ... no Happy Cow or other with gestures, dictionaries and ate in omnivore places. Sounds like 20 years has seen a revolution!!

[Reply](#)

## Sharon

May 6, 2016 at 1:35 pm

Hi Alyson. Yes, things have definitely moved on, which is great to see! I think the internet & social media have helped gather momentum. Exciting times ahead for sure! xx

[Reply](#)

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## Vicky

May 27, 2016 at 3:22 pm

Fantastic review Sharon, I've already made a note of it for when we eventually go. The ice cream looks delicious and I can really try hard to please compared with most of the UK with regards to Vegan and Gluten Free food.

Vicky recently posted..[SCD Ice Cream GF SCD](#) ❤️

[Reply](#)

## Sharon

June 8, 2016 at 8:09 pm

Thanks Vicky <3 I do hope you make it Rome one day. It's a fantastic city. If possible, I'd definitely recommend going that may be!!)

[Reply](#)

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## Kaloyan

March 20, 2017 at 1:44 pm

Hi!

I have just come back from Rome. I followed partially your advices so I visited Universo Vegano, Buddy's and Vega food

and delicious. Vega food – you might skip the samosas and koftas.

[Reply](#)

**Sharon**

March 22, 2017 at 7:47 am

Hi Kaloyan! I'm pleased to hear that the guide proved useful! Hope you had a great visit to Rome. It's such a love!

[Reply](#)

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