



**Ethica** is the only 100% vegan shop in Plymouth.  
 There is a notice board and information. It sells food,  
 cleaning products, pet supplies, cosmetics & more.  
 155 Armada Way PL1 HY 01752 229897  
[www.facebook.com/EthicaPlymouth](http://www.facebook.com/EthicaPlymouth)  
 Online store: [www.ethicaveganstore.co.uk](http://www.ethicaveganstore.co.uk)

## Samphire

**Samphire Brasserie** is Plymouth's only 100%  
 vegan restaurant. Open for lunch & evening  
 meals with a large menu and daily specials.  
 111 Mayflower Street PL1 1SD 01752 263116  
[www.SamphireBrasserie.com](http://www.SamphireBrasserie.com)

**The Earth Café** is a monthly pop-up 100%  
 vegan café. It is a Saturday evening. It is usually  
 in the basement of the Fortesque pub in Mutley  
 Plain. There is vegan food, a presentation or talk  
 and announcements followed by live music.

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# PLYMOUTH VEGANS PLYMOUTH EARTH CAFE ETHICA 🌿 SAMPHIRE DEVON ANIMAL SAVE A GUIDE TO BEING VEGAN IN PLYMOUTH

BETTER FOR THE ANIMALS  
 BETTER FOR THE PLANET  
 BETTER FOR THE HUMANS  
 EARTHLINGS ♥ COWSPIRACY  
 FORKS OVER KNIVES  
 NUTRITIONFACTS.ORG  
 PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE  
~~SPECIESISM 🙄 CARNISM~~  
 BE 100% CRUELTY FREE 😄

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## Shopping in Plymouth

**Ethica** is the only 100% vegan shop in Plymouth. It sells food, cleaning products, pet supplies & cosmetics.

155 Armada Way PL1 HY 01752 229897

**Rickard Lanes** was established over 60 years ago. It has a large selection of dried foods, alternative health stuffs; potions, lotions & medications! [www.RickardLanes.co.uk](http://www.RickardLanes.co.uk)  
44 Mayflower Street PL1 1QL 01752 665175

The Plymouth Vegans' website has loads of info about vegan shopping... [plymouthvegans.weebly.com](http://plymouthvegans.weebly.com)

## Eating Out in Plymouth

**Samphire Brasserie** is the city's only 100% cruelty-free restaurant. 111 Mayflower Street PL1 1SD 01752 263116

**The Earth Café** is a near monthly Saturday evening pop-up 100% vegan café. It is usually in the Fortesque pub's basement in Mutley Plain. There is superb vegan food, announcements and talks followed by about two hours of live music.

**The Naturally Vegan Plot** do an all-vegan "Elevensies" on the last Saturday of the month. These events are held at Tavy Lodge. Many other local restaurants and cafes now offer several vegan choices. Worth investigating are; **Veggie Perrins**, Mayflower Street is vegetarian with vegan choices open evenings, the veggie **Reservoir Café** on the University Campus offer a selection of vegan items. The **Discovery Café** and **Make140 Café** were among the first to have vegan options. There a vegan Punjabi Pop-Up **Desi Junction** is a Punjabi pop-up! So many local cafés and restaurants now have vegan options. You'll find many of these places listed in the Plymouth Vegans website.

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## Plymouth Facebook Groups

**Plymouth Vegans** have a facebook group and a website - it is a great place to start. Here you can ask questions, discuss veganism, find a vegan buddy and, with the help of a special local map, find out which places offer vegan food options. The group meets up, eats out and has Pot Lucks. Their website is a good resource: [plymouthvegans.weebly.com](http://plymouthvegans.weebly.com)

**Devon Animal Save** regularly have street campaigns and vigils for animal rights. **Plymouth Friends for Animals (PFFA)** is a group with a community page.

*Other local facebook community pages and groups include:*

**Plymouth Vegans, Vegetarians & Friends**, Plymouth Vegan Events, **Naturally Vegan Plot**, Vegan Library, Plymouth (UK), **Plymouth Vegans Pot Luck**, Plymouth Raw Vegan Pot Luck, **Plymouth's Vegan Events**, Plymouth Vegans Gardening and Allotmenting, **Plymouth, Plymouth Veggies&Vegans - Rational Ethical eating-types & everyone else**, University of Plymouth Vegetarian and Vegan Society, **Plymouth Dining-Out Group**, Plymouth Dining-In Group, etc. etc.

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[www.BertyJustice.co.uk](http://www.BertyJustice.co.uk) - local vegan speaker

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*Find links to all these local places, communities & groups, as well as an info blog and calendar of events here:*

# www.Be Vegan.Today

**One should not kill a living being, nor cause it to be killed, nor should one incite another to kill. ~ Buddha**

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