



The Cornish Vegan

15 Kenwyn Street,
Truro TR1 3BU

www.thecornishvegan.com 01872 271540

Good 2 Go

44 St Pirans Road, Perranporth TR6 0BJ
07538 482089

Good 2 Go is a static mobile food van.

It is closed for some of the winter. www.good2gocornwall.co.uk



BeginV Café and outside catering by **Enjoy Vegan Food**

95-97 Fore Street, Bodmin PL31 2JB 01208 892541

www.facebook.com/EnjoyVeganFood

www.facebook.com/BeginV

LittleGreenVeganBakery.wordpress.com

Vegan cakes and treats! Also on facebook 07498 759172

Pura Pressed www.purapressed.co.uk 100% raw juices,
smoothies, desserts & treats. Online & market stalls
including Saturdays in Truro.

Vood Bar (outside catering & pop-up restaurant)

www.facebook.com/VoodBar www.voodbar.com 07515425539

Michael House Guest House - see inside for info

Bleujennow B&B - see inside for info

The Byre Retreat - via AirBnB see inside for info

10th issue of this leaflet. Printed on 100% recycled paper.

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- LITTLE GREEN VEGAN BAKERY
- 🏠 BLEUJENNOW B&B 🏠
- 🏠 MICHAEL HOUSE B&B 🏠
- 🏠 THE BYRE RETREAT 🏠

A GUIDE TO BEING VEGAN IN CORNWALL

FOR THE ANIMALS

EARTHLINGS ♥ COWSPIRACY
 FORKS OVER KNIVES
 NUTRITIONFACTS.ORG

PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

~~SPECIESISM~~ 😞 ~~CARNISM~~

BE 100% CRUELTY FREE 😊

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Eating Out in Cornwall

These are the 100% vegan places in Cornwall

Sadly, Wildebeest, the first vegan place in Cornwall has closed.

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BeginV Café & new base for Enjoy Vegan Food, 95 Fore St, Bodmin
Enjoy Vegan Food www.facebook.com/EnjoyVeganFood
Enjoy Vegan Food does outside catering. 01208 892541

Vegan Accommodation

Michael House Guest House, Trelake Lane, Treknock. PL34 0EW
www.michael-house.co.uk 01840 770592

Bleujennow B & B 2 Castle Road, Penzance. TR18 2AX
www.bleujennowveganbedandbreakfast.co.uk 01736 332238

The Byre Vegan Retreat Mevagissey. Via AirBnB.com

Food in Cornwall

The **Naturally Vegan Plot** will soon have some high quality vegan organic food. There are ethnic and whole food shops selling a variety of food suitable for vegans. **The Growing Project** in Pensilva sells organic fruit & veg. There is the **Tamar Grow Local** food hub. **Keveral Organic Veg Boxes** www.keveral.co.uk/in-the-box - the oldest soil association certified organic farm. In Cornwall there are also many roadside honesty stalls selling fresh fruit & veg. **The Vegan Cornish Pasty Company** is Perrenporth based and has several outlets. Also available online via mail order: thecornishveganpastycompany.com

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Facebook in Cornwall

Cornwall Vegans - is a great place to start. Here you can ask questions, discuss veganism, find a vegan buddy and learn which of the many restaurants has just started offering vegan options. The group members meet up and the group organise an excellent annual vegan festival in Truro.

Cornwall Allies for Animals is a group dedicated to ending the suffering and exploitation of all animals. They also work to promote the benefits of a plant based diet.
www.cornwallanimalaction.co.uk

CARA – Cornwall Animal Rights Activism

Where To Eat this comprehensive guide includes anywhere that will cater for vegans in Cornwall. It is also available in a printed version. <https://vegancornwall.wordpress.com>

GLO Vegan A group with monthly Pot-Luck events usually held at the B Juicy Bar in Truro.

Dr Hadwen Trust Cornwall Group - the UK's leading non-animal medical research charity.

Kernow Crafty Vegans A place where like-minded vegan folk can share their experiences of crafting and arrange to craft together in person.

Find all the links to these local vegan places and groups here:

www.BeVegan.Today

Also included in the website is an information blog covering many topics about veganism and a facebook page.

"For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love."

~ Pythagoras

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