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- Gluten free
- Responsible

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Eolapatisserie.com  
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**LOUVE ALPHA**

by Oumy HK

Consulting - Event management - PR

**FAIR SHOT**

ETHICAL PHOTOGRAPHY

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**VEGANPRATIQUE**

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- Good start
- Kitchen tips
- Nutrition advice
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**A vegan cosmetic wrapped in plastic is not cruelty free.**

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**VIRON**

VIRON-WORLD.COM

Author-publisher: Franck-Stéphane Adané, aka Lièvre Taquin. Pictures are provided by the depicted venues. All rights reserved. Reproduction without permission is prohibited. Free sample, not for sale. Do not litter. On the date of this guide's publication, all the venues listed had a 100% plant-based offering. As the restaurant sector is in constant evolution, some information may become incomplete and/or obsolete over time. If possible, check online or call the venues. Published in January 2022 in 10,000 copies, on recycled paper. Print shop: L'imprimeur du Roi. Send any questions or comments to: [contact@lievretaquin.fr](mailto:contact@lievretaquin.fr)





## ASIAN

Ramen, pho, tom kha...



## COFFEE SHOP

Lattes, teas, cake, simple meals



## FAST FOOD

Burgers, kebab, pizzas...



## HEALTHY

Balanced and wholesome cuisine



## ON THE GO

Sandwiches, wraps, bowls...



## TRADITIONAL

French culinary specialties



### 1 Mori Café

Japanese specialties. Ramen, katsu curry, bento, matcha desserts. Japanese vibes, tami on mezzanine, terrace. Mains €13.5-16 | Cake €3.5-6.5 | Drinks €3-5.5 Wed-Sun 12-6pm + Fri 6:30-9:30pm 2 rue des Taillanders (11<sup>th</sup> arr) Ledru-Rollin Breguet-Sabin | Tel +33 (0)1 48 06 19 72



### 13 Aujourd'hui Demain

Vegan concept store: shop and restaurant. Creative comfort food, gluten free pastries. Brunch on W/E. Full set menu €18 | Pastries €3.5-5 | Drinks €4-5 Mon-Thu 11am-7pm | Tue-Sun 11am-10:30pm 42 rue du Chemin Vert (11<sup>th</sup> arr) St-Ambroise Tel +33 (0)9 81 65 20 01



### 26 Les Tontons Veg

Burgers with artisanal buns. World cuisine inspired. Provencal fries, chocolate catzone. Burgers €9-12 | Sides €3.5-6 | Salads, sandwiches €8-10 Tue-Fri 12-3pm, 7-10:30pm | Sat 12-10:30pm 9 rue de Lancy (10<sup>th</sup> arr) République Tel +33 (0)1 40 38 98 41



### 39 Sol Semilla

Superfood restaurant and shop. One-dish meals, bowls, soups, pastries, fresh juices. Rustic décor. Set menu €19.5-23.5 | Mains €14-15.5 (dinner: €17) Tue-Sat 12-3pm, 7-9:30pm | Sun-Mon 12-3pm 23 rue des Vinaigriers (10<sup>th</sup> arr) Jacques Bonsergeant | Tel +33 (0)1 42 01 03 44



### 62 Veggie Tasty

Compose your wrap or bowl! Fresh ingredients, plant-based 'meats' and 'cheeses', homemade sauces. 3 tables for 4. Wraps/Bowls €8.5-10 | Set menu €10.5-15 | Desserts €2 Mon-Fri 12-3pm, 7-9:30pm | Sat-Sun 12-5pm 78 rue Lafayette (9<sup>th</sup> arr) Cadet Tel +33 (0)9 84 28 80 02



### 64 Le Potager du Marais

'Bourgignon', 'blanquette', 'cassoulet', 'crème brûlée'. Organic. Gluten free options. Large dining room, terrace. Starters €8-10 | Mains €14-18 | Desserts €7-8.5 Mon-Fri 12-3pm, 7-10:30pm | Sat 12-5pm 26 rue St-Paul (4<sup>th</sup> arr) St-Paul Tel +33 (0)1 57 40 98 57 (Reservation recommended)



### 2 La Palanche d'Aulac

Vietnamese specialties: pho, bo bun, rolls, plant-based skewers, cake, creamy desserts. Warm vibes. Starters €6.5-9 | Bowls €11.5-16.5 | Desserts €6 Mon-Tue, Fri-Sun 12-3pm, 6:30-11pm | Thu 6:30pm-11pm 13 rue Rodier (9<sup>th</sup> arr) Cadet Tel +33 (0)9 80 63 83 69



### 14 Sweet Rawmane

Restaurant & tearoom. Burgers, bowls, raw pizzas, raw pastries, brunch. Cute interior. Covered terrace. Mains €12 | Set menu €15 | Cake €3.5-7.5 Mon-Thu 11am-10pm | Fri 11am-4pm | Sun 12-6pm 83 rue Daguerre (14<sup>th</sup> arr) Gaité Denfert-Rochereau | Tel +33 (0)9 86 12 73 48



### 27 Möpa

Berliner kebabs, burgers with artisanal buns, bowls, cake, hot drinks. 100% homemade. Cosy vibes. Bowls €8.9 | Sandwich+side €9.9 | Set menu €13.9 Tue-Sat 12-9pm, 7-9:30pm 17 rue du Croissant (2<sup>nd</sup> arr) Sentier Grands Boulevards | Tel +33 (0)9 81 44 98 93



### 40 Resto Naturo

Cuisine by a certified naturopath chef. Organic and allergen free. Cosy. Brunch on Sundays. Three course €15.5 (€18.5 W/E + holidays) | Brunch €24.5 Wed-Sat 12-3:15pm | Sun 11:30am-3:15pm 77 rue St-Maur (11<sup>th</sup> arr) Rue St-Maur Tel +33 (0)7 65 23 26 26



### 63 Plan D

Comforting, creative and seasonal warm sandwiches. Homemade sandwiches. Terrace + 5 seats inside. Sandwiches €9 | Sandwich+side €13 | Sundae €5 Mon-Fri 12-3pm, 7-9:30pm | Sat-Sun 12-9:30pm 22 rue des Vinaigriers (10<sup>th</sup> arr) J. Bonsergeant Web: [daimantcollective.com](http://daimantcollective.com)



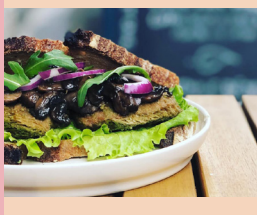
### 65 Bonnard

'Traditional cuisine revisited. Creative and homemade. 'Blanquette', 'parmentier', lasagna, etc. Organic wine. Elegant. Mains €10-18 | Starters/Desserts €7 | Wines €6-9 Tue-Sat 9am-11:30pm 18 rue des Gravilliers (3<sup>rd</sup> arr) Arts et métiers Tel +33 (0)1 45 31 89 60



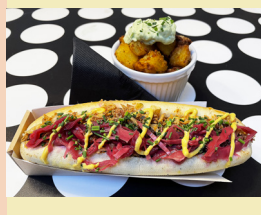
### 3 Itadakizen

Japanese specialties. Bentos, sushis, ramen, wakame salads, desserts. Intimate, cosy izakaya. Mains €10-14 | Desserts €3.5 Tue-Sat 12-3pm, 6-8pm 12 rue Pradier (19<sup>th</sup> arr) Pyrénées Tel +33 (0)1 42 85 15 40 (Reservation recommended)



### 15 Comptoir Veggie

Changing menu: buddha bowls, sandwiches, grilled 'cheese', pastries, specialty coffees. Plant decoration. Pastries €1.2-3.5 | Mains €7-13 | Drinks €2.5-5.5 Tue-Fri 9-4pm | Sat 11-5pm 12 avenue Ledru Rollin (12<sup>th</sup> arr) Ledru-Rollin Tel +33 (0)1 71 26 56 82



### 28 Putsch

Creative and seasonal fast-good & café. Hot dogs, burgers, cake. Homemade sauces and pickles. Spacious. Sandwich €8.5 | Sandwich+side+cookie €14 | Brunch €24 Mon-Sat 9am-6pm | Sun 10-3pm 21 boulevard Rouget de Lille (Montreuil, 93) Mairie de Montreuil | Tel +33 (0)9 54 84 57 49



### 41 So Nat

Canteen: creative buddha bowls, cake, fresh juices. Homemade. Bowls €10 | Desserts €3-4 | Set menu €9-16 Mon-Fri 11:30am-3pm • 9 rue de Laborde (8<sup>th</sup> arr) St Lazare • 5 rue Bourdaloue (9<sup>th</sup> arr) N-D de Lorette • 18 rue St-Fiacre (2<sup>nd</sup> arr) Grands Boulevards



### 64 Land&Monkeys

Traditional French bakery & café. Pastries, cookies, tarts, sandwiches, salads. Warm vibes. Pastries €1.2-4 | Sandwiches €5-6 | Set menu €10.5 86 bd Beaumarchais (11<sup>th</sup> arr) | 158 rue de la Roquette (11<sup>th</sup>) 85 rue Raymond Losserand (4<sup>th</sup>) | 2 rue de Turénne (4<sup>th</sup>) 54 rue d'Amsterdam (9<sup>th</sup>) | Web: [land-and-monkeys.com](http://land-and-monkeys.com)



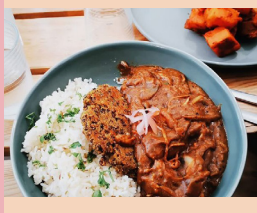
### 66 Maison Sukoon

Seasonal French/Indian cuisine. Quiches, 'blanquette', 'kofta', 'lassi'. Catering is veggie but restaurant is vegan. Mains €10-18 | Cake €6 | Lassi €5 | Brunch €28 Tue-Sat 11:30am-3:30pm, 6:30-10:30pm | Sun 10:30am-4pm 142 avenue du Maine (14<sup>th</sup> arr) Montparnasse | Tel +33 (0)1 45 49 39 88



### 4 La Maison du Mochi

Cosy tea room serving handmade 'mochis' - traditional Japanese pastries. Wide selection of flavours. Mochis €3.5-4 | Drinks €2.5-6 Tue-Sun 11-7:30pm • 39 rue Cherche-Midi (6<sup>th</sup> arr) Sévres-Babylone • 120 rue de Turenne (3<sup>rd</sup> arr) Filles du Calvaire



### 16 Spirulina

Curry, soups, grilled 'cheese', burgers, pastries. Homemade. Ground floor + mezzanine. Bright décor. Breakfast €7-8 | Mains €9-13 | Pastries €4 Mon-Fri 9-4:30pm | Sun 11-4:30pm 186 rue St-Denis (2<sup>nd</sup> arr) Réaumur-Sébastopol Tel +33 (0)6 28 74 79 02



### 29 Burger Theory / Theory

• Burgers, buffalo wings, desserts. Homemade. Cosy. Burgers €9.5 | Sides/Desserts €3.5 | Set menu €14.5-17 11 bldv Filles du Calvaire (3<sup>rd</sup> arr) | All week 11:30am-10pm • Burgers & quinoa burritos €9.5 | Bowls €12-13 | Menu €14.5-18 | 32 rue Louise Michel (Levallois, 92) All week 11:30-2:30pm, 6:30-10pm



### 42 Les Bols d'Antoine

Buddha bowls, pad thai, detox juices, cake, brunch. Cosy and bright. Large covered terrace, view of Paris. Starters €6 | Bowls/Mains €12-15 | Desserts €5 Tue-Wed 11:30am-5:30pm | Thu-Fri 11:30am-11pm Sat-Sun 10am-11pm | 10 rue des Envierges (20<sup>th</sup> arr) Pyrénées Couronnes | Tel +33 (0)9 82 43 80 53



### 65 Eve Sandwicherie

Baguette and focaccia sandwiches, cookies, cheesecakes, chia puddings. Organic, homemade. Sandwiches €6 | Desserts €2-4 | Set menu €10 Mon-Fri 9am-6pm, Sat 10am-6pm 37 rue d'Aboukir (2<sup>nd</sup> arr) Sentier Tel +33 (0)6 70 18 69 35



## GOURMET

Refined cuisine, elegant vibe



### 5 Bodhi Vegan

Vietnamese specialties. Soy meat and soy fish dishes. Tempuras, mango salads, raviolis, stewpots. Starters €7 | Mains €9 | Desserts €5 Mon-Sat 11:30-2:30pm + Mon-Sun 18:30-22:30 23 avenue Claude Vellefaux (10<sup>th</sup> arr) Colonel Fabien Tel +33 (0)1 42 85 33 87



### 17 Grounded

Cinnamon rolls, granolas, morning toast, pies, brownies, avocado toasts. Cosy, warm vibes. Toasts €10-11 | Breakfast €9 | Cake €3-6 Mon, Thu, Fri 9-3pm | Sat-Sun 9:30am-4pm 101 rue de Charonne (11<sup>th</sup> arr) Charonne Insta: [grounded\\_paris](http://grounded_paris)



### 30 Furaha

Burgers, burritos, hot dogs, cookies, fair trade soda. Social project which employs members of the deaf community. Burger+fries+drink €9-12.8 | Cookies €2 Mon, Thu, Fri 9-3pm | Sat-Sun 11am-1am 78 rue Réaumur (2<sup>nd</sup> arr) Réaumur-Sébastopol Web: [furaha.com](http://furaha.com)



### 41 Jimmy's Street Food

Sub sandwiches, tenders, mac no'cheese, caesar salads, cookies, organic drinks. 100% homemade. Mains €9 | Small set menu €11.5 | Big set menu €13.5 7 days a week 12pm-12am 4 rue Pierre Fontaine (9<sup>th</sup> arr) Pigalle Tel +33 (0)6 67 32 99 27



### 43 apêti

Organic gourmet and seasonal cuisine. Soups, poke, bowls, dish of the day, pastries, fresh detox juices. Starters €6-9 | Mains €13-18 | Desserts €6-8 apêti Recherche-midi 72 rue du Cherche Midi (6<sup>th</sup> arr) Wed-Sat 8:30am-3pm, 7-9:30pm (Mon-Tue: opens at 12) apêti Ségur 21bis av de Ségur (7<sup>th</sup> arr) | Mon-Fri 12-4pm

### 66 Juice Box

Compose your own balanced bowl. Homemade desserts, fresh juices. Take-away only. Medium bowl + dessert €12.5 Mon, Wed-Fri 9am-3pm | Tue, Sat 9-4pm 115 rue Monge (5<sup>th</sup> arr) Censier Daubenton



### 67 Le Potager de Charlotte

Healthy cuisine. Comfort-food, international touch. Cosy. Starters €9 | Mains €17 | Desserts €9 | Brunch €33 Tel +33 (0)1 44 65 09 63 (Reservation recommended) • 12 rue de la Tour d'Auvergne (9<sup>th</sup> arr) Anvers Cadet Tue-Sat 7-10:30pm + Thu-Sat 12-2pm | Sun 11-3pm • 21 rue Rennequin (17<sup>th</sup>) Ternes | Idem + Wed 12-2pm



### 6 BrEAThe - Montorgueil

Japanese-inspired cuisine. Gourmet and creative. Makis, uramakis, ramen, matcha desserts. 'Izakaya' vibes. Starters €6.5-8.5 | Mains €9-10 | Desserts €9 Wed-Sat 12-2:30pm, 6:30-10pm | Sun 12-2:30pm 3 rue Mandar (2<sup>nd</sup> arr) Sentier Etienne Marcel Tel +33 (0)6 26 56 26 20



### 18 Yogamour

Yoga center, meditation and massages. Acai bowls, smoothies, energy balls, cake, Cosy, warm vibes. Cake €3.9-4.5 | Acai bowls €9 | Soup/Cheese toasts €7.5 Mon-Fri 9-7pm | Sat 10:30-7pm | Sun 11-6pm 76 rue N-D de Nazareth (3<sup>rd</sup> arr) Strasbourg St-Denis | Tel +33 (0)9 77 50 94 68



### 32 Hank Burger

Creative burgers, handmade buns. Potato wedges, homemade desserts, fairtrade sodas. Gluten free options. Burgers €9-11 | Set menu €14-16 | Desserts €2-5.5 7 days a week (hours online) | Tel +33 (0)9 72 44 03 99 • 32 rue N-D de Lorette (9<sup>th</sup> arr) Rambuteau • 8 rue de Rochechouart (9<sup>th</sup> arr) Cadet



### 45 Le Myrha

World cuisine: mafés, falafels, chilis, carrot cake. Organic. Spacious and bright dining room. Mains €11.5 | Starter/Dessert + Main + Drink €16 Tue-Sat 11:30am-11pm 70 rue Myrha (18<sup>th</sup> arr) Château Rouge Tel +33 (0)9 73 21 78 43



### 68 Copper Branch

Burgers, bowls, wraps, desserts, shakes. Dining room downstairs. Burgers €10 | Bowls €14 | Burger+fries+dessert €15.4 7 days a week, 11am-10pm 151bis rue de Rennes (6<sup>th</sup> arr) St Placide Notre-Dame des Champs | Tel +33 (0)6 29 07 69 17



### 68 Soya

International cuisine. Wines, pastries, 'verrines'. Smart casual vibe | Starters €7-12 | Mains €18 | Desserts €8 • 20 rue de la Pierre Levée (11<sup>th</sup> arr) République | Mon-Sat 12-2:30pm, 7-11pm | Sun 11:30-3pm • 'Comptoir bio': 106 quai de Jemmapes (10<sup>th</sup> arr) J. Bonsergeant | Insta: [soyacomptoirbio](http://soyacomptoirbio)



### 7 Kapunka Vegan

Thai specialties. Green papaya salad, tom kha, kao tam, green/yellow curry. Small dining room, calm terrace. Starters €10 | Mains €16 | Desserts €9 Tue-Sat 12-3pm, 7-10:30pm 4 rue de Damiette (2<sup>nd</sup> arr) Strasbourg S-Denis Tel +33 (0)1 42 33 78 99 (Reservation recommended)



### 19 Cloud Cakes

Pastries, hot drinks, iced lattes, fresh juices, buddha bowls. Brunch on Sundays. Pastries €4 | Lunch €12-20 | Breakf €4-11 | Drink €2.5-6 Mon-Sat 9-7pm | Sun 11:30-3:30pm • 32 rue N-D de Lorette (9<sup>th</sup> arr) St-Georges • 6 rue Mandar (2<sup>nd</sup>) Sentier Châtelet



### 33 Victor & Germaine

Burgers, mixed salads, pastries. Organic and 100% homemade. Wooden interior and plant decoration. Burgers €10 | Sides/Desserts €4 Mon-Fri 12-2:30pm + Fri-Sat 6-10pm 80 avenue du Général Leclerc (Bourg-La-Reine, 92) RER Bourg-La-Reine | Tel +33 (0)6 98 84 67 02



### 46 Florian

100% homemade dishes, made from raw, organic and seasonal ingredients. Take-away only. Set menu €8-12 Mon-Fri 11:30am-2:30pm 30 rue Washington (8<sup>th</sup> arr) Georges V Tel +33 (0)9 54 48 76 45



### 69 Veganissim

Burgers, pokebowls, paninis, hot dogs, sandwiches, nuggets, cheesecakes. Seating indoor & terrace. Mains €8-15 | Desserts €3-7 | Drinks €2-5.5 Mon-Sat 10am-11pm 108 rue de Miromesnil (8<sup>th</sup> arr) Villiers Tel +33 (0)1 44 07 53 29



### 69 The Friendly Kitchen

Refined, organic and seasonal cuisine. Comfort-food, international touch. Craft beers and wines. Cosy vibe. Mains €16 | Desserts €8 | Pancakes (brunch) €9.5 Tue-Fri 12-2:30pm | Wed-Sat 12-2:30pm, 7-10:30pm 8 rue Popincourt (11<sup>th</sup> arr) Voltaire Bastille Tel +33 (0)1 43 57 33 42



### 8 Riz Riz

Rice in all its forms! Thai curry, exotic waffles, dahl, masala. Trendy. Starters €8 | Mains €14-15 | Desserts €6-8.5 Mon-Fri 12-3pm, 7-11pm | Sat-Sun 12-4pm, 7-11pm 221 rue St Martin (3<sup>rd</sup> arr) Arts et Métiers Web: [riz-riz.com](http://riz-riz.com) (Reservation recommended)



### 20 Boneshaker Donuts

Handmade donuts with wide selection of flavours. Premium coffee. New room with 12 seats inside. Donuts €3.5-5 | Coffee €2-5 Tue-Fri 8:30am-5pm | Sat 9am-5pm 86 rue d'Aboukir (2<sup>nd</sup> arr) Sentier Web: [boneshakerparis.com](http://boneshakerparis.com)



### 34 Season Square

Burgers with homemade brioche bread, soups, fries, cinnamon buns. 100% homemade. Bright room. Burgers €8.5 | Bowls €11.5 | Soups €3-5 | Sides/Desserts €3 Mon-Sat 12-2:30pm + Sat 7-10pm 32 rue de la Vierge Weiss (19<sup>th</sup> arr) Chevaleret Biblio François Mitterand | Tel +33 (0)9 86 72 86 15



### 47 Cantine Primeur

Changing menu: bo bun, lasagna, hummus, etc. Desserts, hot drinks. Wines & beers. French bistro vibe. Main + starter or dessert or juice €16 | Desserts €6 7 days a week 12-2:30pm + Fri-Sat 7-10pm 4 rue Lemon (20<sup>th</sup> arr) Belleville Tel +33 (0)1 71 70 95 28



### 60 Ara Chocolat

Chef chocolatier. Fairtrade and sustainable. Pralines, tablets, hot chocolates, candies. Tablet 70g €8.5 | Candies 50g €4.5 | 8 pralines €9.5 Wed-Fri 12-2:30pm | Sat 11am-6pm 54 rue de Dunkerque (9<sup>th</sup> arr) Barbès-Rochechouart | Tel +33 (0)6 70 09 87 75

