

Berlin: The Vegan Capital

Berlin, 17 August 2016 The vegan lifestyle is becoming more popular every day in Berlin. As of this summer, there are 43 restaurants in the German capital that use no animal products in their cooking. That's 31 more than five years ago. More than 340 restaurants in Berlin also feature animal-free dishes on their menus. Vegan ingredients are not only the basis of the latest food trends in the German capital, but the city's also becoming a centre for designing and making fashion, shoes, and cosmetics without animal products.

New Food Trends: Raw Foods, Super Foods, and Clean Eating

One of the latest trends is raw food. At **Rawtastic** in Prenzlauer Berg, Berlin's first raw vegan restaurant, the food is not heated above 42°C (108°F). The careful handling of the food ensures that it not only retains its nutritional value, but also gains flavour. The menu includes such things as Koodles (noodles made from carrots and zucchini) and a 'shroom burger made from mushrooms.

Daluma in Mitte works with super foods with higher nutritional content than other foods. In addition to detoxifying power smoothies, the menu includes dishes based on lentils, pasta, rice, or quinoa. Just a few doors down at **Super Foods & Organic Liquids**, there are plenty more nutritious things to enjoy on the spot or to take away. **Liquid Garden** in Prenzlauer Berg, meanwhile, specialises in super food juices and smoothies.

Clean eating, which focuses on natural, unprocessed food, is offered at **The Bowl** in Friedrichshain - on a vegan basis. Whether you choose an Italian bowl with vegetable noodles and tomatoes or a Mexican bowl with avocado and corn, every dish is 100% sugar- and gluten-free.

Vegan Living in Berlin: Fashion, Make-up, and Markets

Fashionable without animal products: **Umasan Healthstyle** in Mitte is the world's first label offering only organic vegan goods under fair trade conditions. Instead of leather, twin sisters Anja and Sandra Umann experiment with innovative fibres. The matching vegan shoes to an outfit can be found at **avesu** in Prenzlauer Berg.

Und Gretel produces high-quality make-up with natural ingredients, dazzling colours, and durability. Founders Christina Roth and Stephanie Dettmann use only natural materials, without synthetic preservatives, chemical ingredients, and, of course, no animal testing.

The latest vegan trends in food and lifestyle can be checked out every year at Berlin's **Vegan Summer Festival** held on Alexanderplatz (19-21 August), at **Green Market Berlin** in the old Kindl Brauerei (autumn event being held 17-18 September), and the **VeggieWorld** trade fair (26-27 November) at Station Berlin.

Information on Vegan Berlin

1. Food and Drinks: Selection of Restaurants/Diners/Bars

Vegan restaurant mentioned in the Guide Michelin: [Lucky Leek](#) in Prenzlauer Berg

Vegan food at [Kopps](#) in Mitte

Super food at [Daluma](#) and [Super Foods & Organic Liquids](#) in Mitte

Organic liquids made from super food at [Liquid Garden](#) in Prenzlauer Berg

Raw food at [Rawtastic](#) in Prenzlauer Berg

Clean eating at [The Bowl](#) in Friedrichshain

More vegan and vegetarian restaurants at [visitBerlin.com](#)

Berlin's first vegan butcher and diner in Friedrichshain: [L'herbivore](#)

Vegan diner [Dandy Diner](#) in Neukölln

First vegan donut shop in Berlin: [Brammibal's Donuts](#) in Neukölln

Tapas bar [Alaska](#) in Neukölln

Beer garden [Wilder Hase im Nirgendwo](#) in Friedrichshain

Vegan and vegetarian döner at [Vöner](#) in Friedrichshain

Cocktail bar [Chaostheorie](#) in Prenzlauer Berg

Ice cream at [Kontor Eismanufaktur](#) in Mitte und Prenzlauer Berg

Tofu manufacturer [TofuTussis](#)

Cooking classes at [Goldhahn & Sampson](#) and [Kochhaus](#)

2. Lifestyle: Fashion, Make-up, Events and more

[Veganz](#), Europe's first vegan supermarket, three shops in Friedrichshain, Kreuzberg, and Prenzlauer Berg

Shoes at [avesu](#) in Prenzlauer Berg

Fashion at [Umasan Healthstyle](#) in Mitte

[loveco](#) - vegan fashion and make-up in Friedrichshain

[Und Gretel](#): Natural make-up

[Veganes Sommerfest](#) at Alexanderplatz, 19-21 August 2016, with more than 50,000 visitors

Lifestyle market [Green Market Berlin](#) at old Kindl Brauerei, autumn edition on 17 und 18 September, winter edition on 17 und 18 December

Europe's largest vegan fair [VeggieWorld](#) on 26 und 27 November at Station Berlin

Tour with [Vegan Tours Berlin](#)

Vegan tattoos at [Little Bird Tattoo](#) in Rummelsburg

Vegan sex shop [Other Nature](#) in Kreuzberg

3. Apps and Websites, making a vegan lifestyle easier

Website [Berlin-Vegan](#) with a map of vegan restaurants

App [Berlin Vegan Guide](#) with more than 300 restaurants, diners, and cafés and more than 200 shops

App und website [Happy Cow](#)

Offers for vegan and vegetarians at [visitBerlin.com](#)

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