



Vegetarian & Vegan Berlin

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Big city life with and within Berlin's "Green Lung"

The Großer Tiergarten in the city centre is not only Germany's fifth-largest city park, but also its green lung in many respects. Whether through its hundreds of vegetarian and vegan restaurants, Berlin is standing as a trade fair hotspot for sustainable fashion, or as an experimental laboratory for environmentally-friendly industry: our green future is already being lived out in Berlin today.

In Berlin, even the cuisine is green

When Stefan Hentschel was awarded his Michelin star in the autumn of 2017, he became only the second chef in Germany to win the coveted honour whilst serving an exclusively vegetarian menu. Lucky Leek is another Berlin restaurant represented on the pages of the industry leader. An important current trend is vertical farming where herbs and vegetables are cultivated directly on the spot in concept shops such as the Good Bank. In this way, the food is grown where it's cooked and served, reducing the ecological footprint even further. And the world's first vegan supermarket chain is also a Berlin story: the first Veganz branch opened in Friedrichshain in 2011.

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Green Fashion! Berlin also takes a sustainable approach to fashion

Fairness, sustainability, and the use of purely plant-based materials are important issues in fashion, too. Berlin pays tribute to this fact with two leading trade fairs for this segment of the industry: both the Greenshowroom and the Ethical Fashion Show Berlin bring together the leading eco-fashion players twice a year as part of Berlin Fashion Week to present and discuss the latest developments in shows and panels. In shops like the vegan fair fashion store Loveco, the largest in the city and, since summer 2017, with a second location, vegan fashion is both theme and trend throughout the entire year.

Green tech in Berlin, a mecca for startups

Berlin ranks among the top 5 most important start-up centres in the world. Of course, as everywhere else, forward-looking sustainability plays a central role here. In the summer of 2017, with the Green Startups Network, a new platform was even launched for all types of green economy. The StartGreen portal, also based in Berlin, presents an award of its own, which, similar to the now-established GreenTecAwards, puts the focus on the green founders' scene.

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Find out more about this topic

More information and tips on vegetarian & vegan lifestyle in Berlin

Our tips:

- › Press release "Berlin is the new vegetarian capital" → <http://bit.ly/2Fdg3rT>
- › Biggest vegan summer festival in Europe → <http://bit.ly/2oGaZ4X>
- › VeggieWorld Berlin: trade fair in March 2019 → <http://bit.ly/2l6ugV9>
- › Veganz: the world's first vegan supermarket chain → <http://bit.ly/21Akhcu>
- › Segment trade fairs: "Greenshowroom" and "Ethical Fashion" → <http://bit.ly/2D0c3Vx> and <http://bit.ly/1ezz0gg>
- › Loveco, the largest vegan fair trade fashion store in Berlin → <http://bit.ly/2FokW0d>

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Find out more about this topic

An overview of Berlin's leading vegetarian and vegan restaurants can be found here: <http://bit.ly/2oGaqYT>

Our short film "Vegetarian & vegan #Foodspots_Berlin" gives an insight into the vegetarian & vegan gastronomy of the capital:

<http://bit.ly/2FgsyTu>

Our restaurant tips:

- › Vegan star restaurant **Cookies Cream** → <http://bit.ly/2GUzSk8>
- › dine 100 % raw & vegan at restaurant **Rawtastic** → <http://bit.ly/2t9HcGn>
- › Vegan food at restaurant **Lucky Leek** → <http://bit.ly/2gB1hLX>
- › Vegan, regional dishes at restaurant **Kopps** → <http://bit.ly/2l7esb6>
- › Salats at restaurant **The Bowl** → <http://bit.ly/2oGAX7w>
- › Vertical Farming at restaurant **Good Bank** → <http://bit.ly/2tmjxTr>
- › Healthy and sustainable eating at restaurant **Daluma** → <http://bit.ly/2hTBPI9>
- › Vegan Crêpes and burgers at restaurant **Let It Be** → <http://bit.ly/2oC7vjZ>

Pictures

Download on:
bit.ly/2tnuXWT



Liquid Garden



Kopps



Cookies Cream



The Bowl



Superfood



Daluma



The Green Market



Rawtastic



The Green Market



Daluma



Mugrabi



Luecks

More Berlin inspiration



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