Food

* The Warehouse Café - The Warehouse Café pride themselves on being sustainable, eco –friendly and offering the best local produce. Offering a 100% vegetarian menu with many vegan options, The Warehouse cafe bring you the best of British comfort food.
* Natural Bar and Kitchen - Natural Bar and Kitchen opened Birmingham’s first organic vegan eatery. If you’re after something super healthy and wholesome the restaurant provides organic, vegan, gluten and refined sugar free food that is can be ordered off the menu or served buffet style where you pile up your plate and pay according to its weight. Takeaway option available.
* Kanteen – Based in the Custard Factory Kanteen offer both meat and vegan food. They source their ingredients locally and all of their food is fresh, natural and contains no additives or preservatives. We dare you to try their Moo Shu Vegetable Bao!
* Café Soya - Café Soya is an Asian restaurant hidden away in the Arcadian that offers an extensive mock-meat menu where all the vegetarian options can be made vegan at your request. Their mock-meat dishes will surprise you with their likeliness to the real thing and who doesn’t love a Chinese? Takeaway option available.
* Pho - Pho Café is a Vietnamese Restaurant based in Grand Central. Pho offers low calorie Vietnamese dishes with every vegetarian option also being vegan. Dishes include: Crispy spring rolls, 3 mushroom pho, tofu ca-ri and an amazing strawberry and basil sorbet. Takeaway option available.
* Cherry Reds - Offering the best vegan breakfast an array of homemade vegan cupcakes and an extremely popular falafel burger, Cherry Reds caters for vegans and meat eaters alike. They’re an independent company who are proud to use fresh ingredients, save the plant and support local causes too.
* 3 Threes - 3 Threes Coffee Lounge have two branches, one in the City Centre and one over in the Jewellery Quarter. 3 Three’s offer your favourite lunchtime snacks at an affordable price making it the perfect vegan hangout. Their showstopper? A vegan frankfurter hotdog with all the trimmings for only £3! Takeaway option available.
* Mr Singhs - Fancy a vegan pizza WITH cheese? Just pop in to Mr Singh’s. All of their food is suitable for vegetarians and the majority is for vegans too. Mr Singh’s are committed to serving you the best pizza’s in Birmingham. Takeaway option available.
* Damascena – Damascena has four locations around Birmingham so you’re never far from a yummy hummus fix and it is the BEST hummus in Birmingham. Not only are the café’s super pretty but they serve and extensive list of vegan food including fava beans, falafel, aubergine, halloumi and hummus, lots of hummus!
* Land Restaurant – If you’re looking for a special occasion restaurant, this should be it. Land serve dishes that are plant based and influenced by different cultures. They use seasonal ingredients to give you the freshest food possible.
* The Veggie Chippy – Satisfying all of your junk food cravings the veggie chippy manages to offer fried chicken, battered fish, burgers, kebabs and pizzas all using mock meat products.
* DDC (Vegan Vice and Wholesome Junkies)

Of course many chain restaurants now offer good vegan options too including Pizza Express, Zizzis, Nandos, Yo Sushi! And Bodega.

Shopping

* Cow – Cow Vintage is the best way to find big brands and one off reworked pieces that will allow you to fill your wardrobe in a sustainable way. Based down in Digbeth, you can miss the big yellow warehouse.
* The Clean Kilo – Birmingham is lucky enough to have the largest zero-waste supermarket in the UK. Clean Kilo sell plastic-free products that are sources locally in order to reduce waste. They sell everything you would find in any ordinary supermarket including dry food, household products and toiletries as well as fresh fruit, veg, juice and plant milk.
* Honest Skincare – An independent, organic skincare brand with two stores in Birmingham. They use 100% natural ingredients and all of their packaging is biodegradable or reusable. They also never test on animals and create minimal waste during their production process.
* Indigo Wholefoods (Moseley) - Indigo Wholefoods sells a whole host of different things ot make your vegan life easier. Organic and fair trade vegan food, chemical free beauty products, nontoxic cleaning products, nutritional supplements and alternative remedies. Indigo Wholefoods is a business built on ethics and principles who are committed to making a difference for the planet.
* Pack your own (Kings Heath) – Pack Your Own is a new shopping service that will deliver plastic-free products by bike to the residents of Kings Heath, Stirchley and Moseley in the city. Cosmetics, food and all-natural cleaning products will be delivered in paper bags.
* Bullring Open Market – For all of you fruit and veg needs you can head to the Bullring Open Market, cheap, plastic free fruits and veg, what more could you want?
* LUSH – LUSH are known for being 100% vegetarian, saying no to animal testing, hand making their products and providing the coolest naked packaging. We also just happen to have the world’s biggest LUSH store right here in Birmingham.

Holistic

* Zen – Zen is your one stop shop for all things spiritual. Crystals, Tarot Cards, Incense, Meditation and Chakra accessories, Herbal Teas, Water purifiers as well as offering a whole host of classes, workshops and events Zen will look after your mind, body and soul.
* Yogahaven – Yogahaven offer a full schedule of yoga classes for our including hot yoga, dynamic flow yoga, jivamukti yoga, relaxing candlelit classes and plenty of yoga workshops.
* YogaSweat - Yoga Sweat offers a unique variety of classes including hot yoga, Jivamukti, Dharma, Rocket and Antigravity. To get you into the swing of things they have an introduction offer where £20 entitles you to go to their yoga classes as many times as you wish within 20 days!
* If you’re not based in the City Centre there are tons of yoga classes around Birmingham including: Barefoot Yoga – Harborne and Kings Heath, Iyengar Yoga in Acocks Green, Moseley Yoga in Moseley and City Yoga in Jewellery Quarter.
* Kadampa Meditation Centre - offer meditation courses for beginners, intermediate students and those that wish to study in greater depth. The centre is open to everybody, regardless of belief, background etc. Whether you wish to learn some basic meditation techniques, learn more about Buddhism or just want some time out to experience some peace and quiet, KMC Birmingham has something for you.
* Birmingham Holistic Health Centre - Birmingham Holistic Health Centre is a multi-award-winning natural health centre in Kings Norton. They offer holistic therapy services and courses as well as regular events featuring renowned UK therapists from all over the country. Their holistic therapy services include massage, reflexology, meditation, hypnotherapy, reiki, and more.
* Soul to Sole Holistic Therapy Centre – Soul to Sole have a long list of holistic treatments on offer including reflexology, aromatherapy, massage, counselling, CBT, Hypnotherpahy, Hopi Ear Candles and Homoeopathy.

Resources

Films

* Food, Inc ([Watch Online)](http://documentaryaddict.com/Food+Inc-2174-documentary.html)
* Food Matters ([Watch Online](http://documentaryaddict.com/Food+Matters-9913-documentary.html))
* Forks Over Knives ([Watch Online](http://www.foodmatters.tv/))
* Earthlings ([Watch Online](http://www.youtube.com/watch?v=ibuQ-J04eLQ))
* Cowspiracy ([Watch Online](https://documentarylovers.com/film/cowspiracy-the-sustainability-secret/))

Books

* [The Food Revolution: How your diet can help save your life and our world.](https://www.amazon.co.uk/Food-Revolution-Your-Diet-World/dp/1573244872)
* [Becoming Vegan, Express Edition: The everyday guide to plant-based nutrition](https://www.amazon.co.uk/Becoming-Vegan-Express-Plant-based-Nutrition/dp/1570672954)
* [No Happy Cows: Dispatches from the frontlines of the food revolution](https://www.amazon.co.uk/Happy-Cows-Dispatches-Frontlines-Revolution/dp/1573245755)

Podcasts