





---

# ITALIA

---

## PIEMONTE

### ALESSANDRIA

#### **Gastronomia Vegetariana Ristorante Vegetariano & macrobiotico**

---

*Restaurant, Health foods shop*

Via Bergamo, 48  
15100 Alessandria  
Phone: 0131-265794  
Closed on: Sunday  
Cuisine: macrobiotic, vegetarian

### ACQUI TERME

Contact

avv. Claudio Bruno & arch. Giuliana Roveglia  
c/o Mobilificio Bruno,  
via Nizza, 46  
15011 Acqui Terme (AL)  
Mobile: 338-8831870  
Language spoken: French, English (basic)

### **San Giovesa piadineria**

---

*Take-away, Health food shop*

via G. Bove 26  
15011 Acqui Terme (AL)  
Phone: 0144-321426  
e-mail: sangiovesa.biopiadina@gmail.com

Open on: Monday 4:00-8:30PM; Tuesday-Saturday  
9:30AM-2:30PM; 4:30-8:30PM Sunday 4:00-8:30PM

## **Abracadà**

---

*Natural food, Macrobiotics, Herbalist*

Via Volpi, 10  
15033 Casale Monferrato (AL)  
Phone: 0142-782084

## **ASTI**

### **MOMBARUZZO (AT)**

Contact

Vittorio Calogero  
Dynamic Yoga, Macrobiotics, Shiatsu Teacher  
Via G. Saracco 20  
14046 Mombaruzzo (Asti)  
Phone: 0141-77081 Mobile: 328-5318161  
e-mail: vittocal@gmail.com  
www.vittoriocalogero.com

### **Azienda agricola Lo Spaventapasseri**

---

*Natural foods*

Via Parancone, 2  
14046 Mombaruzzo (At)  
Phone: 0141-77078 Mobile: 340-3250574  
e-mail: az.spaventapasseri@libero.it

## **BIELLA**

### **La Coccinella**

---

*Bed & Breakfast*

Graglia (BI)

Phone: 015-63236 Mobile: 328-9718404  
e-mail: beblacoccinella@hotmail.com  
www.Cuisinenatura.it

## **La Bursch**

---

*Natural foods*

Shop: via Italia, 41  
13900 Biella  
Tel./fax: 015-472448 Mobile: 333-2706489  
Open on: Wednesday-Saturday 4:00-7:30PM  
Laboratory: via Roma, 10/A 13186 - Sagliano Micca (BI)

Contact

Amilcare Cappellaro, Mobile: 333-2706489

## **CUNEO**

### **Ristorante Battaglino**

---

*Restaurant*

Piazza Roma, 18  
12042 Bra (CN)  
Phone: 0172-412509  
e-mail [info@ristorantebattaglino.it](mailto:info@ristorantebattaglino.it)  
[www.ristorantebattaglino.it](http://www.ristorantebattaglino.it)  
Open on: Tuesday – Sunday  
Closed on: Sunday evening, Monday  
Cuisine: traditional, vegetarian and vegan dishes on reservation

Contact

Alessia Battaglino, Mobile: 333-6685652

## **NOVARA**

### **Associazione Terra e tavola**

---

*Cultural Association*

Via della Pace, 11  
28047 Oleggio (NO)  
www.terraetavola.com

Contact

Roberto Raddi, Mobile: 348-6001560  
e-mail: raddi.roberto@libero.it

*Cooking classes, nutritional counseling.*

## **TORINO**

### **Oh! MioBio**

---

*Restaurant, Take-away, Health foods shop*

Via C. Balbo, 22/A  
10024 Torino  
Phone: 011-8391864  
e-mail: info@ohmiobio.it  
www.ohmiobio.it  
Closed on: Thursday afternoon, Sunday

### **Gastronomia vegetariana**

---

*Take-away, Catering, Gastronomy, Buffet, Health foods shop*

Via D. Di Nanni, 116  
10141 Torino  
Phone: 011-3828605  
Closed on: Monday  
Cuisine: vegetarian, vegan

## **Ristohsawa**

---

*Restaurant, Take-away, bar, Gastronomy, Health foods shop*

Largo Montebello, 31/B

10124 Torino

Phone: 011-8124863

www.ristohsawa.it

Closed on: -

Cuisine: Glisber (without milk, butter, eggs, chese, fish, sugar)

## **Sesamo's kitchen**

---

*Restaurant, Take-away, Catering, Bar*

Via Saluzzo, 23 bis

10125 Torino

Phone: 011-655548

Closed on: Sunday

Cuisine: vegetarian, vegan

*Near Porta Nuova railway station.*

## **Un punto macrobiotico**

---

*Restaurant*

Strada Andezeno, 39-41

10023 Chieri (TO)

Phone: 011-9427337

Closed on: Sunday

Cuisine: macrobiotic

## **VERBANO CUSIO OSSOLA**

### **Edenatura**

---

*Restaurant, Cafeteria*

Piazza Mercato, 25  
28921 Verbania Intra (VB)  
www.edenatura.it  
Closed on: Sunday  
Cuisine: vegetarian, macrobiotic.

## **LIGURIA**

### **GENOVA**

#### **Un punto macrobiotico**

---

*Restaurant, Health food shop*

Via L. Montaldo, 144/R  
16137 Genova  
Phone: 010-8393909  
Closed on: Sunday  
Cuisine: macrobiotic, vegan

Transports: near piazza Manin; ATM bus 49 Brignole railway station or bus 33, 36 piazza De Ferrari, stop at piazza Manin.

#### **Un punto macrobiotico**

---

*Restaurant*

Via del Commercio, 3/D  
16167 Genova  
Phone: 010-3201331  
Closed on: Monday  
Cuisine: macrobiotic, vegan

## **Cibi e libri. La G\*astronomia vegetariana**

---

### *Gastronomy*

Via di Ravecca, 48 rosso

Genova

Phone: 010-2467050

e-mail: info@cibielibri.it

Closed on: Sunday

Cuisine: etnico-vegetarian, vegan, macrobiotic

*Downtown, near Colombo's house.*

## **Prodotti della Riviera e prodotti biologici di Rovatti Sara**

---

### *Natural foods shop*

Mercato orientale

Banco 206

Genova

Mobile: 339-1756419

*Organic fruits and vegetables.*

## **IMPERIA**

### **Apriti sesamo**

---

#### *Restaurant, B&B*

Via alla Chiesa,

18038 Bussana Vecchia (IM)

Phone: 0184-510022

www.ristorantenaturale.it

Closed on: -

Cuisine: vegetarian, vegan, macrobiotic, fish dishes

# LOMBARDIA

## BERGAMO

### **Un punto macrobiotico**

---

*Restaurant, Take-away, Catering*

Via Quarenghi, 36  
24124 Bergamo  
Phone: 035-321377  
Closed on: Sunday  
Cuisine: macrobiotic, vegetarian, vegan

### **Un punto macrobiotico**

---

*Restaurant*

Via T. Tasso, 47/E  
24047 Treviglio (BG)  
Phone: 0363-47533  
Closed on: Sunday  
Cuisine: macrobiotic

## BRESCIA

### **Vegetarian Shakti food**

---

*Cultural Association*

Via Moretto, 11/a  
25100 Brescia (near Centrale railway station)  
Phone: 030-3758914  
Open on: Monday-Friday (evening)  
Closed on: Saturday, Sunday (lunch)  
Cuisine: vegetarian, vegan

## **Ristohsawa**

---

*Restaurant, Take-away, Bar, Gastronomy, Health foods shop*

Via IV novembre, 1

25040 Cividate Camuno (BS)

Phone: 0364-340767

[www.ristohsawa.it](http://www.ristohsawa.it)

Closed on: Sunday

Cuisine: Glisber (without milk, butter, eggs, chese, fish, sugar)

## **Associazione Bioheaven**

---

*Restaurant, Cooking classes*

Via Castello, 37

25017 Esenta di Lonato ( BS)

Tel & Fax 030- 9105298

e-mail: [bioheaven@alice.it](mailto:bioheaven@alice.it)

[www.bioheaven.it](http://www.bioheaven.it)

Contact:

Renato Zanola

## **Erboristeria I semplici**

---

*Herbalist shop*

Via S. Marco, 12

25055 Pisogne (BS)

Phone: 0364-880829

Open on: Tuesday-Saturday

Closed on: Sunday, Monday

Contact

Cristina Cotti, herbalist

## COMO

### **Il piatto della salute**

---

#### *Restaurant*

Piazza Cinque giornate, 56

22100 Como

Phone: 031-263491

Closed on: Sunday

Cuisine: vegetarian, macrobiotic

### **Trattoria del ponte**

---

#### *Restaurant*

Via Vittorio Veneto, 43

22032 Albese con Cassano (CO)

Phone: 031-421484 Mobile: 338 241 54 61

info@trattoriadelponte.net

www.trattoriadelponte.net

Closed on: Monday (evening), Saturday (lunch)

Open on: lunch 12:00AM dinner 7:00PM

Cuisine: vegetarian and vegan dishes on request

Contact

Gennaro Vennucci or Beatrice Terraneo

## CREMONA

### **Ristohsawa**

---

*Restaurant, Take-away, Bar, Gastronomy, Health foods shop*

Via Porta Po vecchia, 2/A

26100 Cremona

Phone: 0372-463242

www.ristohsawa.it

Closed on: Sunday  
Cuisine: Glisber (without milk, butter, eggs, chese, fish, sugar)

## **CREMA**

### **Mangiarsano**

---

*Take-away, Cooking classes, Nutritional counseling*

Via Tensini 7/A  
26013 Crema  
Phone: 347-0653432  
e-mail: info@mangiarsano.info  
Open on: 10:00AM-2:30PM; 4:30-6:30PM  
Closed on: Sunday  
Cuisine: macrobiotic, vegan

Contact

Luciana (Mobile: 347-065343)  
Antonella (Mobile: 355-5755421)

## **MANTOVA**

### **Cortaccia Biocucina**

---

*Restaurant*

Corte dei Sogliari, 6  
(near portici Corso Umberto)  
46100 Mantova  
Phone: 0376-368760  
www.cortaccia.com  
Closed on: Monday, Tuesday (lunch)

Contact

Sergio & Giuliana  
Mobile: 335-5375656

*Traditional Mantua cuisine.*

*Vegetarian and macrobiotic dishes, with carefully selected organic vegetables.*

## **MILANO**

### **La sana gola**

---

*Restaurant, Take-away, Cooking classes*

Via C. Farini, 70

20159 Milano

Phone: 02-6687188/60730542

e-mail: [info@lasanagola.com](mailto:info@lasanagola.com)

[www.lasanagola.com](http://www.lasanagola.com)

Open on: Monday-Friday at lunch, Friday evening (special dinner)

Closed on: Evening, Saturday and Sunday

Cuisine: macrobiotic, vegetarian, vegan

Language spoken: English, French

Transports: Metro M3 Yellow line, stop Maciachini, by foot via Farini; or take tram 4 or bus 70, direction via Farini, first stop.

### **Centro macrobiotico italiano**

---

*Restaurant, Take-away, Catering, Health foods shop*

Via Larga, 7

20122 Milano

Phone: 02-58307416

[www.centromacrobioiticomilanese.it](http://www.centromacrobioiticomilanese.it)

Closed on: Saturday - Sunday

Cuisine: macrobiotic

## **Mens@sana – La gastronomia naturale**

---

*Self-service, Take-away, Catering*

Via Crema, 12  
20135 Milano  
Phone: 02-58306238  
e-mail: rudimensasana@libero.it  
www.mensasana.it  
Cuisine: vegetarian, vegan, macrobiotic  
Open on: 10:30AM – 9:30PM  
Closed on: Sunday; August (two weeks)

Transports: from Centrale FS, metro M3 Yellow line direction S. Donato, stop Porta Romana.

---

Viale Lazio, 25  
20135 Milano  
Phone: 02-5455930

Via Lanzone, 3  
20123 Milano  
Phone: 02-39663631

Via Teodosio, 8  
20131 Milano  
Phone: 02-23951709

Viale Pasubio, 16  
20154 Milano  
Phone: 02-39663211

Via Principe Eugenio, 23  
20155 Milano  
Phone: 02-39540069

Via C. Battisti, 16

20099 Sesto S. Giovanni (Milano)

Phone: 02-39541549

Via Lecco, 18

Monza

Phone: 039-490403

### **Muscolo di grano**

---

*Restaurant*

Via M. Buonarroti, 8

20100 Milano

Phone: 02-48004737

Closed on: Sunday

e-mail: [info@ristorantemuscolodigrano.com](mailto:info@ristorantemuscolodigrano.com)

[www.ristorantemuscolodigrano.com](http://www.ristorantemuscolodigrano.com)

Cuisine: vegetarian

Infos: Mobile: 348-8857440

Transports: Metro M1 Red line, stop Wagner

### **Tathagata**

---

*Take-away, Catering*

Via Tortona, 20

20144 Milano

Phone: 02-8395380

Closed on: Saturday evening, Sunday

Cuisine: vegan, macrobiotic, mediterranean

### **Un punto macrobiotico**

---

*Restaurant*

Piazza dei Fiori, 15 – villaggio Ambrosiano

20090 Segrate (MI)

Phone: 02-2137713

Closed on: Sunday

Cuisine: macrobiotic, fish dishes (on reservation)

### **Bottega & Natura**

---

*Health food shop*

Via Corridoni, 27

Legnano (MI)

Phone: 0331-548679 Mobile: 335-364271

e-mail: bottega\_natura@libero.it

Closed on: Monday afternoon

Transports: bus from Legnano FS Railway station

Contact

Enzo Rizzi e-mail: enzo.rizzi@givg.it

## **PAVIA**

### **Un punto macrobiotico**

---

*Restaurant*

Via Colonna, 1

27030 Mezzana Bigli (PV)

Phone: 0384-88220

Closed on: -

Cuisine: macrobiotic

### **Centro Olistico il Soffione**

---

*Macrobiotic centre, Cooking classes, Health food shop*

Via dei Caduti, 6

27010 Spessa Po (PV)

Phone: 0382-79470

e-mail: il.soffione@libero.it

www.ilsoffione.com

Closed on: Summer, from 15<sup>th</sup> July to 15<sup>th</sup> September

Contact  
Giusi De Francesco, Natural cuisine teacher

Language spoken: English

## **VARESE**

### **Agriturismo Terra Libera**

---

*Agritourist*

Via Campi Lunghi  
21030 Azzio (VA)  
Phone: 340 125 81 84  
Open on: Friday (evening), Saturday and Sunday  
Cuisine: vegetarian

*Organic food.*

### **Centro studi macrobiotici**

---

*B&B*

Via Papini, 36  
21038 Cellina (VA)  
Phone: 0332-647225  
e-mail: macrocasa@libero.it  
www.macrocasa.it  
Cuisine: macrobiotic

Contact  
Angelo Cerutti (Mobile: 340-7010525)

From Milano, by car: Motorway A8 dei Laghi, exit Sesto Calende-Vergiate, then direction Angera- Laveno, 5 km from Laveno; by train, Ferrovie Nord Milano, from Cadorna railway station, stop Laveno or FS, from Porta Garibaldi railway station, stop Sangiano.

# TRENTINO-ALTO ADIGE

## BOLZANO

### **Un punto macrobiotico**

---

*Restaurant*

Via Verona, 6  
39100 Bolzano  
Phone: 0471-266648  
Closed on: Sunday  
Cuisine: macrobiotic

### **Edelweiss**

---

*Hotel, Restaurant*

Località s. Maddalena, 77  
39040 Funes  
Phone: 0472-840141  
Closed on: -  
Cuisine: macrobiotic (on reservation)

## TRENTO

### **Casa di salute Raphael – Palace Hotel**

---

*Restaurant*

38050 Roncegno (TN)  
Phone: 0461-772000 fax 0461-764500  
e-mail: mail.info@casaraphael.com  
www.casaraphael.com  
Cuisine: vegetarian

*Very good restaurant. Buffet with organic ingredients.*

## **Albergo Villa Rosa**

---

### *Restaurant*

Via s. Giuseppe, 19  
38050 Roncegno (TN)  
Phone: 0461-764489  
Open on: Monday - Saturday, 12:00AM – 2:00PM; 7:00 –  
9:00PM (Summer, open also on Sunday).  
Cuisine: vegetarian, vegan, macrobiotic

## **Veg Point**

---

### *Restaurant*

Via Alberè, 22  
39024 Tenna (TN)  
Phone: 0461-700149 Mobile: 338-1530768  
Closed on: Tuesday; lunch  
Open on: 6:00-12:00PM  
Cuisine: vegetarian, vegan

# **VENETO**

## **PADOVA**

### **Luna nuova**

---

Via s. Gregorio Barbarigo 12  
35141 Padova  
Phone: 049-8758907  
Closed on: Sunday, Monday; August  
Cuisine: vegetarian, vegan (on request)

## TREVISO

### La vera terra

---

#### *Restaurant*

Via Girolamo da Treviso, 5

31100 Treviso

Phone: 0422-410203

[www.laveraterra.it](http://www.laveraterra.it)

Closed on: Sunday

Cuisine: vegetarian, vegan, fish dishes

*Home made bread, tofu, seitan, spelt and corn pasta with or without egg; cakes, without milk, egg, butter and sugar. Fish dishes.*

### Il giardino

---

#### *Restaurant*

Via Roma, 222

30030 Salzano (VE)

Phone: 041-5747167

Open on: only for members

Cuisine: vegetarian

#### Contact

Paola e Michele Callegaro

Via A. Zanettin, 9

30020 Quarto D'Altino (VE)

Phone: 0422-825164/825425

*Venice area. 15 minuti from Venice downtown.*

## **VERONA**

### **La suca baruca**

---

*Restaurant, Self-service, Take-away, Catering, Cultural Association*

Via don C. Steeb, 25

37122 Verona

Phone: 045-597897

e-mail: lafatazucchina@yahoo.it, lasucabaruca@yahoo.it

www.sucabaruca.com

Open on: Wednesday-Saturday 12:15-2:30PM (Self-service); 7:30-10:00PM

Closed on: Sunday; two weeks on Christmas holydays; 1st-15th August

Cuisine: vegetarian, vegan

*Organic foods. No-profit association "La suca baruca" (The pumpkin), active in Verona since 1978.*

## **VICENZA**

### **Un punto macrobotico**

---

*Restaurant*

Via s. Sebastiano, 15

36061 Bassano del Grappa (VI)

Phone: 0424-227152

Closed on: Monday

Cuisine: macrobiotic

# FRIULI-VENEZIA GIULIA

## GORIZIA

### **Al bon vento**

---

*Take-away, Agritourist*

Via Cittanova, 17

34070 Fossalon (GO)

Phone: 0431-88356

Closed on: -

Cuisine: vegetarian, vegan, macrobiotic

## UDINE

### **Il Risveglio**

---

*Restaurant*

Via Aquileia, 103

33100 Udine

Phone: 0432 297243

Closed on: Sunday; 15<sup>th</sup> August

Cuisine: vegetarian

*Organic ingredients.*

# EMILIA-ROMAGNA

## BOLOGNA

### Un punto macrobiotico

---

*Restaurant*

Via A. Tiarini, 1/E  
40129 Bologna  
Phone: 051-352354  
Closed on: Sunday  
Cuisine: macrobiotic

*Near Centrale railway station.*

### Un punto macrobiotico

---

*Restaurant, Take-away, Health food shop*

Via delle Borre, 7  
40131 Bologna  
Phone: 051-6351072  
Open on: Monday – Sunday 12:00AM – 2:00PM; Monday -  
Saturday, 6:00-7:30PM (Take-away, on reservation)  
Cuisine: macrobiotic

*Bus 11A, 11B, 18, 92, stop Pescarola*

### Centro natura

---

*Restaurant, Self-service, Take-away*

Via degli Albari, 6  
40126 Bologna  
Phone: 051-235643  
e-mail: ristorante@centronatura.it  
www.centronatura.it  
Closed on: Sunday evening  
Cuisine: vegetarian, vegan, macrobiotic

*High quality vegetarian restaurant (self-service) vegetarian  
100% certified organic ingredients.*

### **Naturasi**

---

*Restaurant, Self-service, Take-away, Catering*

Via Po, 3  
40133 Bologna  
Phone: 051-6241205  
www.naturasi.com  
Closed on: Sunday  
Cuisine: vegetarian, vegan, macrobiotic

### **Il giardino dei sapori**

---

*Take-away, Health foods shop*

viale Guerrazzi, 3/B  
40026 Imola (BO)  
Phone: 0542-24110  
Closed on: Monday sera  
Cuisine: vegetarian, macrobiotic

## **FERRARA**

### **La Trattoria**

---

*Restaurant, Cooking classes*

Via del Lavoro, 13/17  
44100 Ferrara  
Tel./Fax: 0532-55103

## **FORLÌ - CESENA**

### **Un punto macrobiotico**

---

*Restaurant, Health foods shop*

Via Marinelli, 54

47023 Cesena (FC)  
Phone: 0547-611505  
Closed on: Sunday  
Cuisine: macrobiotic

### **WHERE TO STAY: Hotel Cappello**

---

#### *Hotel*

viale Mazzoni, 1  
47521 Cesena (FC)  
Phone: 0547-21016 fax 0547-21158  
e-mail: info@hotelcappello.com  
www.hotelcappello.com

*Small hotel, near Rocca Malatestiana.*

### **Un punto macrobiotico**

---

#### *Restaurant*

viale D. Bolognesi, 47  
47100 Forlì (FC)  
Phone: 0543-370900  
Closed on: Sunday  
Cuisine: macrobiotic

## **MODENA**

### **Casa Val di Sasso**

---

#### *Cultural macrobiotic centre*

Via Castellino, 381  
41050 Guiglia ( MO)  
Phone: 059-795841

*Possibility to stay and have meals, call in advance.*

## **PARMA**

### **Ceres**

---

*Macrobiotic centre, Cooking classes*

Borgo delle Colonne, 8  
43121 Parma  
Phone: 0521-237793  
e-mail: bioceres@libero.it  
www.bioceres.it

Tranports: from Parma railway station, bus 7, stop Barriera Saffi (via Mentana), 5 minutes by foot, via Saffi then to the right Borgo delle Colonne.

Contact

Luigi Ghillani (Phone: 0521-237793)

### **Apriti sesamo**

---

*Restaurant, Take-away*

Via Montecorno, 4  
43100 Parma  
Phone: 0521-270274  
www.apritiseseamo.it  
Closed on: Sunday  
Cuisine: vegetarian, vegan, macrobiotic

*Near Parma FS railway station.*

### **Un punto macrobiotico**

---

*Restaurant*

Via Spezia, 81  
43044 Collecchio (PR)  
Phone: 0521-802048  
Closed on: Sunday

Cuisine: macrobiotic

## **PIACENZA**

### **Aquarius**

---

*Restaurant*

Via Campagna, 15  
29100 Piacenza  
Phone: 0523-331033  
Closed on: Monday  
Cuisine: vegetarian, macrobiotic

### **Un punto macrobiotico**

---

*Restaurant*

Via Alberoni, 38-40  
29100 Piacenza  
Phone: 0523-329312  
Closed on: Sunday, Thursday evening  
Cuisine: macrobiotic

### **Il pane quotidiano**

---

*Health food shop*

Via dei Calzolari, 15  
29100 Piacenza  
Phone: 0523-388601

## **RAVENNA**

### **Gastronomia La Coccinella**

---

Via D'Azeglio 3/ C  
48100 Ravenna  
Phone: 0544-217700  
e-mail [info@coccinellabio.it](mailto:info@coccinellabio.it)  
[www.coccinellabio.it](http://www.coccinellabio.it)

Open on: Monday - Saturday 6:00AM – 8:00PM, Sunday  
7:00AM – 1:00PM  
Cuisine: vegetarian

*Hot and cold dishes with whole grains and vegetables.  
Organic ingredients.*

### **Albergo ristorante Cappello**

---

*Hotel, Restaurant*

Via 4 novembre, 41  
48100 Ravenna  
Phone: 0544-219876  
www.albergocappello.it  
Closed on: Sunday evening, Monday  
Cuisine: traditional, vegetarian dishes

Contact:

Marcello Marescalchi  
Via Romea Sud, 67/A - 48100 Ravenna  
Phone: 0544-61827  
e-mail: marescalchi@alice.it

*Herbalist*

Contact

Lorenzo Liberti  
Viale Copernico, 14 - 48100 Ravenna  
Phone: 328-2733464  
e-mail: lorenzoliberti@libero.it

### **Un punto macrobiotico**

---

*Restaurant*

Via G. Garibaldi, 30  
48012 Bagnacavallo (RA)  
Phone: 0545-63699

Closed on: Monday  
Cuisine: macrobiotic

### **Babette**

---

*Restaurant, Self-service, Take-away, Health foods shop*

Corso G. Mazzini, 195/13  
48018 Faenza (RA)  
Phone: 0546-28503  
Closed on: Sunday, Monday  
Cuisine: vegetarian, vegan, macrobiotic

## **REGGIO EMILIA**

### **Antonella Bracchi**

---

Contact  
Via Conforti, 37  
42010 Rivalta (RE)  
Phone: 0522-569786 Mobile: 347-1066155

*Natural Cooking teacher*

### **Un punto macrobiotic**

---

*Restaurant*

Via Roma, 64/A  
42100 Reggio Emilia  
Phone: 0522-541687  
Closed on: -  
Cuisine: macrobiotic

## **RIMINI**

### **Un punto macrobiotic**

---

*Restaurant*

Via A. Di Duccio, 26

47900 Rimini  
Phone: 0541-782844  
Closed on: Tuesday afternoon, Sunday  
Cuisine: macrobiotic

### **Bio's café**

---

*Restaurant, Self-service, Take-away*

Via Bramante, 7  
47900 Rimini  
Phone: 0541-788260  
Closed on: Sunday  
Cuisine: vegetarian, vegan

### **Ristohsawa**

---

*Restaurant*

Via Francesca da Rimini  
47841 Cattolica (RN)  
Phone: 340-3106832  
[www.ristohsawa.it](http://www.ristohsawa.it)  
Closed on: -  
Cuisine: Glisber (without milk, butter, eggs, chese, fish, sugar)

### **Un olmo - Un punto macrobiotico**

---

*Restaurant, Health foods shop*

Via fratelli Cervi, 73  
47838 Riccione (RN)  
Phone: 0541-607360  
Closed on: Sunday  
Cuisine: macrobiotic

# TOSCANA

## AREZZO

### Un punto macrobiotico

---

#### *Restaurant*

Via Piero della Francesca, 40  
52037 Sansepolcro (AR)  
Phone: 0575-735544  
Closed on: Sunday, Monday evening  
Cuisine: macrobiotic

## FIRENZE

#### Contact

Stefano Caioli  
viale F. Fredi 199  
50144 Firenze  
Mobile: 320-0834416

#### *Macrobiotic cuisine counseling*

### Un punto macrobiotico

---

#### *Restaurant*

piazza T. Tasso, 3/R  
50124 Firenze  
Phone: 055-221167  
Closed on: Sunday

## Troponais

---

#### *Take-away, Catering, Gastronomy, Pastry Shop*

Via S. Gallo, 92/R  
50129 Firenze  
Phone: 055-483017

Closed on: Saturday evening; Sunday and Holydays; August

Cuisine: vegetarian, vegan, macrobiotic

### **Ristorante Il vegetariano**

---

*Restaurant*

Via delle ruote, 30/R

50129 Firenze

Phone/Fax: 055-475030

Closed on: Monday; Saturday, lunch; Sunday and Holydays; August e Christmas

Open on: 12:30AM-2:30PM; 7:30-10:30PM

Cuisine: vegetarian, vegan

### **La raccolta**

---

*Restaurant, Take-away*

Via G. Leopardi, 2/R

50121 Firenze

Phone: 055-2479068

[www.laraccolta.it](http://www.laraccolta.it)

Closed on: Sunday

Open on: Monday – Saturday; 12:30AM-3:00PM

Cuisine: macrobiotic

### **Caffè d'orzo**

---

*Bar spuntini*

Via R. Giuliani, 17/R

50141 Firenze

Closed on: Sunday; August

### **La fonte**

---

*Restaurant, Take-away, Catering*

Via di Lucignano, 15

50025 Montespertoli (FI)

Phone: 0571-609514  
e-mail: info@ristorantelafonte.it  
www.ristorantelafonte.it  
Closed on: Monday, Tuesday  
Cuisine: vegetarian, vegan, macrobiotic  
*Reservation mandatory.*

### **Villa Vrindavana**

---

*Centro vegetariano Govinda*

Via Scopeti, 108  
50026 S. Casciano in val di Pesa (FI)  
Phone: 055-820054  
www.villavrindavana.it  
Open on: Friday 7:30-10:30PM; Saturday-Sunday  
12:30AM-3:00PM; 7:30-10:30PM

## **LIVORNO**

### **Il germoglio**

---

*Restaurant*

Via della Campana, 31-33  
57122 Livorno  
Phone: 0586-888071  
Closed on: Monday; Easter, Christmas, 15<sup>th</sup> August  
Cuisine: vegetarian, vegan, macrobiotic

### **Cibo per la pace**

---

Corso Amedeo, 69/71  
57125 Livorno  
Phone: 0586-893591  
Closed on: Sunday, August  
open: Monday-Friday 1:00-2:30PM; Saturday 8:00-  
10:00PM  
Cuisine: macrobiotic, vegetarian

## **LUCCA**

### **Solemite**

---

*Organic Food Shop*

Via Stagi 73  
55045 Pietrasanta (LU)  
Phone: 0584-283093

### **La mela**

---

*Restaurant, Take-away, Catering, Bar, Pastry shop*

Via Regia, 72  
55049 Viareggio (LU)  
Phone: 0584-943237  
Closed on: Monday, July e August (only dinner)  
Cuisine: vegetarian, vegan, macrobiotic

## **PISA**

### **La rosmarina**

---

*Restaurant*

Via A. Diaz, 50 C/D  
56025 Pontedera (PI)  
Phone: 058-7292822  
[www.larosmarina.it](http://www.larosmarina.it)  
Open on: 7:30-12:00PM  
Closed on: ; Sunday, on reservation  
Cuisine: traditional, vegetarian dishes

## **SIENA**

### **Il Mangia Sano - Cucina naturale**

---

*Organic Food Shop, Take-away, Herbalist Shop*

Strada Massetana Romana, 52/a  
Siena

Phone: 0577-271842

e-mail: biovitasiena@tin.it

Open on: Sunday-Saturday

### **Terraviva**

---

*Restaurant, Self-service, Take-away, Bar, Gastronomy*

Via Puccini, 11 corner Via Senese  
53036 Poggibonsi (SI)

Phone: 0577-938834

Closed on: Sunday

Cuisine: vegetarian, macrobiotic

## **MARCHE**

## **ANCONA**

### **Il girasole**

---

*Restaurant, Take-away, Health foods shop*

Via M. Fazioli, 24  
60123 Ancona

Phone: 071-55766

Closed on: Sunday

Cuisine: vegetarian, macrobiotic, fish dishes

### **Un punto macrobiotico**

---

*Restaurant*

Via s. Martino, 2

60122 Ancona  
Phone: 071-200305  
Closed on: Sunday  
Cuisine: macrobiotic

### **Un punto macrobiotico**

---

#### *Restaurant*

Via Malagrampa, 8  
60027 Osimo (AN)  
Phone: 071-7133440  
Closed on: Sunday, Monday evening  
Cuisine: macrobiotic

## **ASCOLI PICENO**

### **Un punto macrobiotico**

---

#### *Restaurant*

Via Bengasi, 28  
63100 Ascoli Piceno  
Phone: 0736-255207  
Closed on: Sunday  
Cuisine: macrobiotic

### **Un punto macrobiotico**

---

#### *Restaurant*

Via C. Forlanini, 25  
63023 Fermo (AP)  
Phone: 0734-622197  
Closed on: Sunday evening  
Cuisine: macrobiotic

### **Un punto macrobiotico**

---

#### *Restaurant*

viale Trieste, 235/A

63018 Porto sant'Elpidio (AP)  
Phone: 0734-903640  
Closed on: Sunday  
Cuisine: macrobiotic

## **MACERATA**

### **Un punto macrobiotico**

---

*Restaurant*

Via C. da Fabriano, 11  
62100 Macerata  
Phone: 0733-770583  
Closed on: Sunday  
Cuisine: macrobiotic

### **Un punto macrobiotico**

---

*Restaurant*

Via G. Mazzini, 74  
62012 Civitanova Marche (MC)  
Phone: 0733-770583  
Closed on: Sunday, lunch  
Cuisine: macrobiotic

### **Un punto macrobiotico**

---

*Restaurant*

viale Europa, 29  
62027 San Severino Marche (MC)  
Phone: 0733-634549  
Closed on: Sunday  
Cuisine: macrobiotic

### **Ostello Larice**

---

*Hostel*

Località Convento, 2

62010 Urbisaglia (MC)  
Phone: 0733-506898

*2 or 4 beds room. Vegetarian cuisine, fish dishes on request. Low prices.*

## **PESARO - URBINO**

### **Un punto macrobiotico**

---

Via A. Diaz, 36  
61100 Pesaro (PU)  
Phone: 0721-64268  
Closed on: Sunday  
Cuisine: vegetarian, macrobiotic

### **Chiccoteca srl**

---

*Restaurant, Health food shop*

Via Gramsci, 21  
61100 Pesaro (PU)  
Phone: 0721-31901

*Restaurant*

Via B. Buoizzi, 20  
61100 Pesaro (PU)  
Phone: 0721-34324  
e-mail: [info@chiccoteca.it](mailto:info@chiccoteca.it)  
[www.chiccoteca.it](http://www.chiccoteca.it)

Open on: lunch 12:30AM; dinner 7:00PM; open on Summer  
holydays

Closed on: Sunday, at lunch

Cuisine: vegetarian, vegan, macrobiotic

Transports: Bus from Railway station

Contact  
Lidia Zucchi  
Mobile: 335-5499786

### **Un punto macrobiotico**

---

*Restaurant*

Via Forestieri, 1-3  
61032 Fano (PU)  
Phone: 0721-804910  
Closed on: Sunday  
Cuisine: macrobiotic

### **Un punto macrobiotico**

---

*Restaurant*

Via Pozzo Nuovo, 4  
61029 Urbino (PU)  
Phone: 0722-329790  
Closed on: Sunday  
Cuisine: macrobiotic

## **UMBRIA**

### **PERUGIA**

#### **Il chicco integrale**

---

*Restaurant, Take-away, Health foods shop.  
Association, Cooking classes*

Via della Gabbia, 9  
(Borgo XX giugno)  
06123 Perugia  
Phone: 075-5725263  
e-mail: [ilchiccointegrale@libero.it](mailto:ilchiccointegrale@libero.it)

www.ilchiccointegrale.it

Open on: Monday - Saturday at lunch

Closed on: Sunday, Evenings; 20th July – 7th September

Cuisine: vegetarian, macrobiotic

Transports: Mini metro, stop Pincetto

Contact

Giuliano Borzuoli/Massimo Principi,

Mobile: 334-2894002

### **Un punto macrobiotico**

---

*Restaurant, Take-away, Catering*

Via B. Bonfigli, 4-6

(Borgo XX giugno)

06121 Perugia

Phone: 075-5725340

Closed on: Sunday

Cuisine: macrobiotic

### **Un punto macrobiotico**

---

*Restaurant*

Via M. Angeloni, 7

06012 Città di Castello (PG)

Phone: 075-8553825

Closed on: Sunday-Monday evening

Cuisine: macrobiotic

# LAZIO

## LATINA

### Un punto macrobiotico

---

*Restaurant*

Via Isonzo, 194  
04100 Latina  
Phone: 0773-610354  
Closed on: -  
Cuisine: macrobiotic

## ROMA

### Un punto macrobiotico

---

*Restaurant, Health food Shop*

Via U. Moricca, 100-102  
00167 Roma  
Phone: 06-39751039  
Closed on: Sunday  
Cuisine: macrobiotic

Transports: near Metro, stop Baldo degli Ubaldi

*Reservation advised.*

### Un punto macrobiotico

---

*Restaurant*

Via dei Volsci, 121  
00185 Roma  
Phone: 06-49382279  
Closed on: Sunday  
Cuisine: macrobiotic

## **Un punto macrobiotico**

---

### *Restaurant*

Via s. Giorgio Morgeto, 175  
00173 Roma  
Phone: 06-7217741  
Closed on: Sunday  
Cuisine: macrobiotic

## **Trattoria Il gECOBIONdo**

---

### *Restaurant*

Via G. Cardano 105 (near ponte Marconi)  
00146 Roma  
Phone: 06-5571048  
e-mail: [www.gecobiondo.it](http://www.gecobiondo.it)  
Open on: Tuesday-Saturday, from 8:00PM; Sunday-  
Monday, only for private brunch or dinner  
Cuisine: vegetarian, vegan

## **Tidirò**

---

### *Restaurant*

Via del Mattonato 42 (Trastevere)  
00100 Roma  
Phone: 06-5810626  
Mobile: 340-09691599  
e-mail: [scrivi@tidiro.net](mailto:scrivi@tidiro.net)  
[www.tidiro.net](http://www.tidiro.net)  
Closed on: -  
Cuisine: macrobiotic

*Members only.*

# ABRUZZO

## L'AQUILA

### **Il maggiociondolo**

---

*Restaurant*

Via Arischia, 2  
67100 L'Aquila  
Phone: 0862-28743  
Closed on: Wednesday  
Cuisine: vegetarian, macrobiotic

# CAMPANIA

## NAPOLI

### **Semi di sole**

---

*Restaurant*

Via Martucci, 8  
80100 Napoli  
Phone: 081-0832893  
[semidisole.blogspot.com/](http://semidisole.blogspot.com/)  
Closed on: -  
Cuisine: vegetarian, macrobiotic

### **Un sorriso integrale**

---

*Restaurant, Take-away, Catering*

vico S. Pietro a Majella, 6  
80138 Napoli  
Phone: 081-455026  
Closed on: Sunday (open all days in May -June)  
Cuisine: vegetarian, vegan, macrobiotic

## **SALERNO**

### **Un punto macrobiotico**

---

*Restaurant*

Via Irno, 217  
84135 Salerno  
Phone: 089-271999  
Closed on: Monday, Wednesday and Sunday  
Cuisine: macrobiotic

### **Un punto macrobiotico**

---

*Restaurant*

Via Roma, 12  
84095 Giffoni Valle Piana (SA)  
Phone: 089-865889  
Closed on: -  
Cuisine: macrobiotic

### **Che fresco**

---

*Restaurant*

c/o Hotel Calipso  
Via Mantegna, 63  
84063 Paestum (SA)  
Phone: 0828-8111031 Fax: 828-721384  
Closed on: -  
Cuisine: macrobiotic, vegetarian, vegan

Contact  
Roberto Paolillo

# CALABRIA

## REGGIO CALABRIA

### Un punto macrobiotico

---

#### *Restaurant*

Via E. Cuzzocrea, 23  
89100 Reggio Calabria  
Phone: 0965-813512  
Closed on: Sunday  
Cuisine: macrobiotic

Contact:

Domenico

# SICILIA

## CATANIA

### Haiku

---

#### *Restaurant, Take-away, Catering, Health food shop*

Via Q. Sella, 28  
95129 Catania  
Phone: 095-530377  
e-mail: [contact@haiku-ct.it](mailto:contact@haiku-ct.it)  
[www.haiku-ct.it](http://www.haiku-ct.it)

Closed on: Monday evening, see web site for Summer openings

Open on: 1:00-3:00PM; 8:00-12:00PM

Cuisine: vegetarian, vegan, macrobiotic

Transports: from FS railway station, AMT bus 628-722-535-830-2-5-431, stop viale Libertà n. civico 182

*Cooking classes*

Contact

Gabriella Puglisi Mobile: 339-8162555

Language spoken: English, German, Spanish

## **Pianeta verde**

---

*Restaurant*

Via Vanasco, 7/B

Catania

Phone: 095-327543

Open on: Winter, lunch only; Summer, dinner only

Cuisine: macrobiotic, vegetarian

## **RAGUSA**

### **Un punto macrobiotico**

---

*Restaurant*

Via Nazionale, 224/3

97015 Modica (RG)

Phone: 0932-764476

Closed on: Sunday

Cuisine: macrobiotic

## **SIRACUSA**

### **Un punto macrobiotico**

---

*Restaurant*

Via Cavour, 14

96017 Noto (SR)

Phone: 0931-836494

Closed on: Sunday

Cuisine: macrobiotic

# SARDEGNA

## CAGLIARI

### **La terra di mezzo**

---

*Restaurant*

Via Portoscalas, 1  
09122 Cagliari  
Phone: 070-662889  
Closed on: Sunday  
Cuisine: vegetarian, vegan

## ORISTANO

### **B&B Sa Domu Desogus**

---

*B&B*

Via S. Giorgio, 69  
09070 Milis – Oristano  
Phone: Fax 078-351622  
[www.milis.org](http://www.milis.org)  
[www.enzo4.com/sadomudesogus](http://www.enzo4.com/sadomudesogus)  
Closed on: open all days  
Cuisine: vegetarian, macrobiotic

*Organic ingredients*

---

---

# SVIZZERA

---

## CANTON TICINO

### LUGANO

#### Ristorante il Radicchio

---

*Restaurant*

corso Elvezia, 22  
6900 Lugano  
Phone: +41 91 922 11 48.  
Open on: Monday - Friday (lunch)

#### Sapori Bio

---

*Take-away, Health food shop*

Salita Chiattono, 18  
6900 Lugano  
Phone: +41 91 922 04 64

### LOCARNO

#### Ristorante Govinda

---

*Restaurant*

Via della Motta, 10  
6600 Locarno  
Phone: +41 91 752 38 52  
Cuisine: vegetarian

---



---

# PORTOGALLO

---

## LISBONA

### LISBONA

#### **WHERE TO STAY: Pensione Norte**

---

*Hotel*

Rua dos Douradores,161  
1100-205 Lisboa  
Phone: 21 887 89 41/221 887 95 76 Fax 21 886 84 62

#### **Instituto macrobiótico de Portugal (IMP)**

---

*Macrobiotic Centre*

Rua Anchieta, 5-2 esq  
1200-023 Lisboa  
Phone: 21 32 42 290 - Fax 21 32 42 991  
[www.e-macrobiotica.com](http://www.e-macrobiotica.com)  
Open on: Monday – Friday, 12:00AM-2:30PM

*Members and students only. More infos on web site  
[www.e-macrobiotica.com](http://www.e-macrobiotica.com)*

#### **Centro de alimentação natural (ex Unimave)**

---

*Restaurant*

Rua dos Correeiros, 205, 2º  
1200 Lisboa  
Phone: 21 342 25 14 Mobile: 96 484 75 59  
Open on: Monday-Friday, 12:00AM-3:30PM

## **Tao - Restaurante natural**

---

### *Restaurant*

Rua dos Douradores, 10  
1100 Lisboa (Baixa)  
Phone: 21 885 00 46  
e-mail: ruirato.tao@clix.pt  
Open on: Monday-Saturday, 12:00AM-4:00PM; Tuesday-Saturday 6:30–9:30PM

## **Yin Yang**

---

### *Restaurant*

Rua dos Correeiros, 14 - 1º  
1100-166 Lisboa  
Phone: 21 342 65 51  
Open on: Monday-Friday, 12:00AM-3:00PM

## **Os Tibetanos**

---

### *Restaurant*

Rua do Salitre, 117  
1250 Lisboa  
Phone: 21 384 20 28  
e-mail: restaurante@tibetanos.com  
www.tibetanos.com  
Open on: Monday-Friday, 12:00AM-2:00PM; 7:30–9:30PM

## **Govinda**

### **Restaurante vegan e vegetariano ~ Salão de chá**

---

#### *Restaurant, Tea room*

Parque Municipal de Oeiras  
Rua Desembargador Faria (near Oeiras station)  
Lisboa  
Mobile: 96 533 78 43  
e-mail: govindaоеiras@sapo.pt  
www.govinda.com.sapo.pt

## **Jardim dos sentidos**

---

### *Restaurant*

Rua da Mãe d'Água, 7, 1250 Lisboa (near Praça da Alegria)  
Lisboa  
Phone: 21 342 36 70  
e-mail: geral@jardimdosentidos.com  
www.jardimdosentidos.com  
Open on: Monday - Friday (lunch and dinner); Saturday (lunch)

## **Prazeres ecológicos**

---

### *Restaurant*

Rua Eng.º Vieira da Silva, Mercado 31 de Janeiro, loja 24  
1050-105 Lisboa  
Phone: 21 314 04 52  
e-mail: prazeres.ecologicos@clix.pt  
www.prazeresecologicos.com  
Open on: Monday - Friday 7:00AM –7:00PM; Saturday 7:00AM – 3:00PM

## **PSI - Restaurante vegetariano**

---

### *Restaurant*

Alameda St. António dos Capuchos - Jardim dos Sabores  
1150-138 Lisboa  
Phone: 21 359 05 73  
e-mail: info@psi-veg.com  
www.restaurante-psi.com  
Open on: Monday - Saturday 12:00AM-8:00PM

## **Green Pepper**

---

### *Restaurant*

Av. José Malhoa, 14B

1070 – 158 Lisboa  
Phone: 217 260 001  
www.greenpepper.org

### **Paladar Zen - Restaurante vegetariano**

---

*Self-service*

Av. Barbosa du Bocage, 107 C (near Nossa Senhora de Fátima church)

Lisboa

Phone: 21 795 00 09

e-mail: info@paladarzen.pt

www.paladarzen.pt

Open on: lunch and dinner

Transports: Metro, stop Campo Pequeno, exit Avenida Barbosa du Bocage

### **Pimentão azul**

---

*Restaurant*

Parque das Tecnologias

Rua Prof. Dr. José Pinto Peixoto, n.º 30 c/D Talaíde

2740-252 Porto Salvo

Phone: 21 421 02 85

e-mail: info@pimentaoazul.com

www.pimentaoazul.com

Open on: Monday-Friday 12:00AM-3:00PM

## **LISBONA METRO AREA**

### **CASCAIS**

#### **Paradox**

---

*Restaurant*

Av. Costa Pinto, 91-1º E

Cascais

Phone: 214843004

Cuisine: vegetarian

## **A Semente**

---

*Restaurant*

Rua Poço Novo, 65 D, 2750  
Cascais

## **ESTORIL**

### **Contact**

---

Clara Vieira Galanos,  
Rua do Paraíso, 178  
Livramento  
2765-380 Estoril  
Mobile: 96 575 64 82  
e-mail: clara.galanos@gmail.com

## **SETÚBAL**

### **Celeiro do campo**

---

*Restaurant*

Avenida Luísa Todi, 123  
2900-461 Setúbal  
Phone: 265 233 482  
e-mail: celeirodocampo@gmail.com  
Open on: Monday-Friday 12:00AM-3:00PM

### **Banchà**

---

*Restaurant*

Largo Francisco Soveral, 3 (Antigo largo da Ribeira velha)  
2900-380 Setúbal  
Phone: 265 231 488

## **O bago de arroz**

---

*Restaurant*

Rua Dr. António Joaquim Granjo, 22  
2900-232 Setúbal  
Phone: 265 231 488

## **Arco Iris**

---

*Restaurant*

Estrada Nacional 119, 396  
2890-321 Sao Francisco (Setúbal)  
Phone: 212 326 021

## **Sabores naturais - Restaurante macro-vegetariano**

---

*Restaurant, Self-service, Take-away*

Rua D. Maria II, 6  
2840-510 Seixal  
Phone: 21 221 14 06 Mobile: 969522636 (reservations)  
e-mail: susana@segredodaplanta.com  
Open on: Monday-Saturday 12:00AM-3:30PM

## **SINTRA**

### **Zen Family**

---

rua 1º Dezembro, 16º  
2710 – 296 Sintra (a são Pedro de Sintra)  
Phone: 219 244 384  
[www.zenfamily.org](http://www.zenfamily.org)

# NORTE

## BARCELOS

### **O Arado**

---

*Restaurant*

Rua Barjona de Freitas, 54  
4750-265 Barcelos  
Mobile: 93 872 14 45  
e-mail: TE@macroarado.com  
www.macroarado.com  
Open on: 12:00AM-3:00PM; dinner (on reservation only)

*Cooking classes*

## BRAGA

### **WHERE TO STAY: Braga - Residencial S. Marco**

---

Rua de S. Marco,80  
4710-306 Braga  
Phone: 253 277 177 / 253 277 187 Fax: 253 277 177

*Downtown*

### **Semente - Centro macrobiótico de Braga**

---

*Macrobiotic Centre, Restaurant, Health Food Shop*

Rua José António Cruz, 64 s. Victor  
4715-314 Braga  
Phone: 253 261 163 Mobile: 96 62 88 910  
e-mail: semente-cmb@sapo.pt  
www.semente-cmb.com  
Open on: Monday-Friday, 12:00AM-10:00PM; Saturday:  
12:00AM-10:00PM

*Cooking classes.*

### **Anjo Verde Lda**

---

*Restaurant*

Largo da Praça Velho, 21  
4700-439 Braga  
Phone: 245 264 010  
e-mail: geral@anjoverde.com  
www.anjoverde.com  
Cuisine: vegetarian

### **Sabor Natural**

---

*Restaurant*

Praça do Bocage, 29  
4710-360 Braga  
Phone: 25 325 42 59  
e-mail: restaurante@sabornatural.com.pt  
www.sabornatural.com.pt  
Open on: Tuesday-Sunday, 12:00AM-3:00PM; 7:30-  
10:00PM (Self-service)

### **Vida Saúde**

---

*Restaurant*

Rua Barão da Trovisqueira, 345  
4760-126 V. N. de Famalicão  
Phone/Fax:252 316 154 Mobile: 913 372 784  
e-mail: info@vidasaude.pt  
www.vidasaude.pt  
Open on: Monday-Thursday, 10:00AM–10:00PM; Friday-  
Saturday 10:00AM–10:00PM

Contact

Sandra Costa Bras  
Rua do Cabido,13  
4700-417 Braga

Mobile: 91 9371537  
e-mail: sandracostabras@gmail.com

## **GUIMARÃES**

### **WHERE TO STAY: Residencial das Trinas**

---

*Residence*

Rua das Trinas 29  
Guimarães  
Phone 253 517 358  
www.residencialtrinas.com

*Downtown. Low price*

### **Cor de Tangerina**

---

Largo Martins Sarmiento, 89  
4800 – 432 Guimarães  
Phone: 253 542 009  
www.cordetangerina.org

## **PORTO**

### **WHERE TO STAY: Pensione Duas Nações**

---

Plaza Gomes Fernandes, 59  
Porto  
Phone: 222 081 616  
www.duasnacoes.com.pt

*Downtown*

### **Suribachi**

---

*Restaurant, Health food shop*

Rua do Bonfim, 134 e 140  
4300 Porto  
Phone: 22 510 67 00/22 Fax: 22 510 12 54  
e-mail: suribashi@mail.telepac.pt

Open on: Monday-Saturday: 12:00AM-3:30PM; 7:30 – 10:00PM

Cuisine: macrobiotic; vegetarian

Transports: Metro, station Campo 24 agosto, lines A-B-D-E.

*Cooking classes. Downtown.*

### **Nakité**

---

*Restaurant*

Rua Breiner, 396

4050-560 Porto

Phone: 226 002 536

Open on: Monday-Saturday 12:00AM-3:30PM; 7:30–11:30PM

Near praça Gomes Fernandes.

### **Daterra - Restaurante vegetariano**

---

*Restaurant*

Rua Dr. Afonso Cordeiro, n.º 71

4450-005 Matosinhos

Mobile: 96 033 00 02

e-mail: reservas@daterra.pt

www.daterra.pt

Open on: Monday-Saturday, 12:00AM-3:00PM; 7:30–11:00PM

### **Espaço Divinos**

---

*Restaurant*

Rua da Beneditina, 213 B

4150-135 Porto

Phone: 226 154 338 Mobile: 917 816 906

e-mail: mail@espacodivinos.com  
www.espacodivinos.com  
Open on: Monday-Friday 12:30AM –3:00PM; Thursday-  
Saturday, 7:30 –10:30PM

### **O Verde (1)**

---

#### *Restaurant*

Rua Francisco Alexandre Ferreira, nº 207  
4400-469 Vila Nova de Gaia  
Phone: 223 720 681  
Open on: Sunday - Thursday 12:30AM – 3:00PM; 7:30–  
10:00PM; Friday 12:30AM – 3:00PM

### **O Verde (2)**

---

#### *Restaurant*

Rua D. Manuel II - 81, Ed. Cristal Park, Loja 26  
4050-345 Porto  
Phone: 226 063 886  
e-mail: overde\_restveg@hotmail.com  
Open on: Sunday - Friday, 12:00AM-3:00PM

### **Vegi (1)**

---

#### *Restaurant*

Av. D. Manuel II - 2076 C.C. Central Plaza, Lj 109  
4470-334 Maia  
Phone: 229 482 393  
Open on: Monday - Saturday 10:00AM – 3:30PM

### **Vegi (2)**

---

#### *Restaurant*

Rua Doutor Augusto Martins, 21-23, Ed. Versailles  
4470 Maia  
Open on: Monday - Saturday 10:00AM – 3:30PM

Contact

Nuno Felix Teixeira Mobile: 914972247 e Daniela Ricardo  
Mobile: 917821748  
Rua Companhia dos Caolinos, 128 3ºdo  
4460-205 Senhora da Hora

[www.idealnatura.pt](http://www.idealnatura.pt)  
[idealnatura.blogspot.com](http://idealnatura.blogspot.com)

*Cooking classes, nutritional counseling*

Contact

Teresa Lamas Serra  
Rua Do Aleixo, nº256, Apart.402  
4150-042 Porto  
Mobile: 938458700  
e-mail: [teresalamasserra@hotmail.com](mailto:teresalamasserra@hotmail.com)

## **CENTRO**

### **AVEIRO**

#### **KI - Restaurante macrobiótico**

---

*Restaurant, Take-away, Catering, sala da tè*

Rua Capitão Sousa Pizarro, 15  
13810-076 Aveiro  
Phone: 234 094 089 Mobile: 91 555 22 05/96 022 54 77  
e-mail: [info@kimacrobio.com](mailto:info@kimacrobio.com)  
[www.kimacrobio.com](http://www.kimacrobio.com)  
Open on: Monday – Friday 9:00AM – 6:00PM; Saturday-  
Sunday, on reservation  
Closed on: 1st-15th August  
Cuisine: macrobiotic

By train: stop CP Aveiro (North line); metro: line 5 green  
and 7 blue. Near bus station (ask for).

Language spoken: English, Spanish.

Contact

Sara Pestana & Clara Gomes  
*Conferenze, Cooking classes*  
Mobile: 91 555 22 055  
e-mail: sarapestana@gmail.com

---

**Centenário**

*Restaurant*

Largo do Mercado, 9/10  
3800-223 Aveiro  
Phone: 234 422 798  
e-mail: rest.centenario@mail.telepac.pt  
Open on: Monday-Sunday 12:00AM-3:00PM; 7:30-11:30PM

---

**Dona Alface - Restaurante vegetariano, Lda**

*Restaurant, Take-away*

Rua Eng Von Haff 36C (close to Hotel as Américas)  
3800-176 Aveiro  
Phone: 234 085 035 Fax: 234 085 263 Mobile: 91 405 55 51  
e-mail: info@donaalface.com  
www.donaalface.com  
Open on: Monday-Wednesday 12:00AM-2:30PM; Thursday-Saturday 12:00AM-2:30PM; 7:00-10:00PM (buffet)

---

**Grão de soja**

*Restaurant*

Rua 23, N° 760  
4500-278 Espinho  
Phone: 220 992 253  
e-mail: graodesoja@gmail.com  
Open on: Monday-Saturday: 12:00AM-3:00PM

Contact

Laura Diniz

*Cooking teacher, Catering*

Aveiro

Mobile: 96 408 67 38 – home phone 226 761 519

e-mail: mokumbi@megamail.pt

## **COIMBRA**

### **Molho de brócolos**

---

*Restaurant, Self-service*

Avenida Sá da Bandeira, 33/35

Galerias Avenida, 2º piso, loja 230

3004-544 Coimbra

Mobile: 966 645 913 / 931 711 641

Cuisine: vegetarian

*Restaurant's name means "Broccoli sauce". Organic ingredients.*

### **Menu verde**

---

*Restaurant, Self-service*

Rua de Olivença 9, Galerias Topázio - 2.º andar - loja 35

Coimbra

Phone: 239 840 207

e-mail: menuverde@net.novis.pt

Open on: Sunday-Friday 12:00AM-3:00PM

Contact

Marco Paulo Fonseca

cuoco

Avenida da Lousa BI 1º3º

3030 Coimbra

e-mail: markobencis@hotmail.com

Cláudia Henriques

Cooking classes macrobiotica  
Phone :919 420 502  
e-mail: claudia.henriques@gmail.com  
www.nutrillius.com

## **ALGARVE**

### **FARO**

#### **O Ribatejano**

---

*Restaurant*

Rua de S. Luís, 32 A  
Faro  
Phone: 28 981 21 10  
e-mail: info@ribatejano.net  
www.ribatejano.net

### **SILVES**

#### **Alfarroba - Cozinha mediterrânea e vegetariana - Restaurante**

---

*Restaurant*

Rua Cândido dos Reis, 107B  
8300 - 126 Silves  
Phone: 282 449 247 Mobile: 917 818 412  
e-mail: correio@alfarroba.net  
www.alfarroba.net  
Open on: Monday-Friday 12:00AM-3:00PM; Saturday:  
7:00-10:30PM

*Cooking classes (Saturday morning).*

## **LOULÉ**

### **Açafrão - restaurante vegetariano**

---

*Restaurant*

Avenida 25 de Abril, Edifício Solar das Palmeiras, Bloco C4  
Loja E  
8100-506 Loulé Algarve  
Phone: 28 941 77 00  
e-mail: restaurante@acafrao.com  
www.acafrao.com

## **PORTIMÃO**

### **Unicórnio**

---

*Restaurant*

Rua Direita, 60-62  
8500 Portimão  
Phone: 28 248 40 14  
e-mail: aonatural@sapo.pt  
Open on: Monday-Friday 8,00-17,30

## **MEDA DE MOUROS**

### **Lua Azul**

---

www.luaazul.com  
www.valedasportas.com

*Hospitality in countryside.*

*Vegetarian, vegan and macrobiotic dishes, on request.*

Contact

Mona Schon  
e-mail: monaschon@hotmail.com

# MADEIRA

## FUNCHAL

### **Ao Natural - Restaurante macro-vegetariano**

---

#### *Restaurant*

Rua Nova de S. Pedro, 34  
9000-048 Funchal  
Phone: 291 236 868 Fax: 291 224126  
e-mail: bio.logos@mail.telepac.pt  
Open on: Monday-Friday 10:00AM-4:30PM

### **Bio-Logos**

---

#### *Health food shop*

Rua Nova de S. Pedro, 34  
9000-048 Funchal  
Phone: 291 236868 Fax: 291 224126  
e-mail: bio.logos@mail.telepac.pt  
Open on: Monday-Friday 9:00AM-7:30PM; Saturday  
9:00AM-1:00PM

#### Contact

Rosa Coelho  
rosafernanda@hotmail.com

---



---

# SPAGNA

---

## ANDALUCIA

### GRANADA

#### Raices

---

*Restaurant*

Calle P. Picasso, 30

18008 Granada

Phone: 958 120 103

e-mail [info@restauranteraices.es](mailto:info@restauranteraices.es)

[www.restaurante-raices.es](http://www.restaurante-raices.es)

Open on: Monday - Saturday 1:30-4:00PM; 9:00PM-

11:30PM (Friday and Saturday 12:00PM)

Cuisine: vegetarian

*Cucina vegetariana con possibilità di piatti a base di cereali*

#### Naturi-Albaicìn

---

*Restaurant*

Caldereria Nueva, 10

18010 Granada

Phone: 958 220 627

### MÁLAGA

#### El vegetariano de san Bernardo

---

*Restaurant*

Niño de Guevara, 4

29008 Málaga

Phone: 952 229 587

## **Alcazabilla**

---

*Restaurant*

Pozo del Rey, 5  
29015 Málaga  
Phone: 952 214 858

## **TORREMOLINOS**

### **Espiga**

---

*Restaurant*

Avenida Joan Mirò, 19 L-6  
29620 Torremolinos  
Phone: 952 370 664

## **SEVILLA**

### **Centro ecologico Gaia**

---

*Restaurant; Health food shop*

calle Luis de Vargas, 4-6  
41001 Sevilla  
Phone: 954 211 934

e-mail [info@gaiaecosalud.com](mailto:info@gaiaecosalud.com)

Open on: Monday-Saturday 13,30-16,00; 20,30-23,30;

Sunday 13,30-16,00

Cuisine: vegetarian

*Near Plaza de Armas station. Cooking classes.*

### **La crisàlida. Instituto macrobiotico**

---

*Cooking classes*

Avenida de Oceanía nº70, 2ºA, Ciudad Expo. Circuito2  
(near Metro)

Mairena del Aljarafe  
Sevilla  
Phone: 954188197 / 651369713  
e-mail info.lacrisalida@gmail.com  
aprendiendo-macrobiotica.blogspot.com

### **Centro dietético del Sur**

---

*Health food shop*

Avda. Miraflores 40  
41008 Sevilla  
Phone: 954 35 48 08

## **ARAGÓN**

### **HUESCA**

#### **Ceres**

---

*Restaurant*

Calle Padre Huesca, 37 bajos  
22002 Huesca  
Phone: 974 242 621

### **ZARAGOZA**

#### **La Zanahoria**

---

*Restaurant*

Tarragona, 4  
50005 Zaragoza  
Phone: 976 358 794

#### **La Olla vegetal**

---

*Restaurant*

Santa Teresa, 9

50006 Zaragoza  
Phone: 976 559 389

## **BALEARES**

### **PALMA DE MALLORCA**

#### **Santacilia**

---

*Restaurant*

Can Santacilia, 7  
07001 Palma de Mallorca  
Phone: 971 717 575  
Open on: 1:00 – 4:00PM; 8:00AM – 7:00PM (cafeteria);  
closed on Sunday  
Cucina: vegetarian

#### **Plaer Natural**

---

*Restaurant*

Plaza de sa Quartera, 3  
Palma de Mallorca  
Phone: 971 227 780  
Open on: Monday – Friday, 10:00AM – 4:00PM

#### **Na Bauçana**

---

*Restaurant*

Santa Bàrbara, 4  
07001 Palma de Mallorca  
Phone: 971 721 886

#### **Bon Lloc**

---

*Restaurant*

Carrer Sant Feliu, 7  
07012 Palma de Mallorca

Phone: 971 718 617

### **Sa Pastenaga**

---

*Restaurant*

Carrer de sant Elies, 6 B  
Palma de Mallorca  
Open on: Monday-Friday, lunch  
Phone: 971 724 194

### **Restaurante Naturalmente**

---

*Restaurant*

Tito Livio, 2 (Can Pastilla)  
Palma de Mallorca  
Phone: 971 261 212  
Cuisine: macrobiotic, vegan

*5 minutes, by car, from the airport. Can Pastilla is 5 km from downtown Palma de Mallorca.*

### **MENORCA**

#### **Nou Mon**

---

*Restaurant*

Pg. Antoni Maura, 1  
07500 Manacor  
Phone: 971 559 616

### **IBIZA**

#### **Sa Dacsa**

---

*Restaurant*

Plaça Lluís Tur, 13  
07800 Sant Antoni de Portmany  
Phone: 971 300 649

## **Villa Mercedes**

---

*Restaurant*

Molls dels Pescadors  
07800 Sant Antoni de Portmany  
Phone: 971 348 543  
www.villamercedesibiza.com

# **CANARIAS**

## **GRAN CANARIA**

### **Hipòcrates**

---

*Restaurant*

Calle Colòn, 4  
35001 Las Palmas de Gran Canaria  
Phone: 928 311 171

## **TENERIFE**

### **Kimpira**

---

*Restaurant*

San Vicente Ferrer, 5  
38002 Santa Cruz de Tenerife  
Phone: 922 242 606

### **Suribashi**

---

*Restaurant*

General Sanjurjo, 14  
38003 Santa Cruz de Tenerife  
Phone: 922 297 196

# CANTABRIA

## SANTANDÈR

### **La Huerta**

---

*Restaurant*

Calle San Fernando, 72 portal 6  
Santander  
Phone: 942 372 878 Mobile: 608 498 345  
www.ecorestaurantelahuerta.com  
Cucina: vegetariana, macrobiotica

Contact

Mar (owner)

# CASTILLA-LA MANCHA

## TOLEDO

### **Madre Tierra**

---

*Restaurant*

Bajada de la Triperia, 2  
45001 Toledo  
Phone: 925 223 571

### **La Casa de Damasco**

---

*Restaurant*

Sierpe, 5  
Toledo  
Phone: 925 227 833

Cuisine: vegetarian, middle-East (falafel, humus).

# CASTILLA Y LEÓN

## BURGOS

### **El Jardín de Etna**

---

*Restaurant*

La Merced, 19B  
09002 Burgos  
Phone: 947 255 481

### **Cardamomo**

---

*Restaurant*

Jesús María Ordoño, 3  
09004 Burgos  
Phone: 947 052 152

### **Masala Natural**

---

*Cafeteria, Health food shop, Cooking classes*

Jesús María Ordoño, 3  
09004 Burgos  
Phone: 947 052 152  
[www.masalanatural.es](http://www.masalanatural.es)

# CATALUNYA

## BARCELONA

### **DOVE STARE: La terrassa**

---

Carrer Junta de Comerç, 11  
08001 Barcelona  
Phone: 933 025 174 fax 933 012 188  
e-mail: [reservations@laterrassa-barcelona.com](mailto:reservations@laterrassa-barcelona.com)  
[www.laterrassa-barcelona.com](http://www.laterrassa-barcelona.com)

## **Macrobiòtic Zen**

---

*Restaurant, Take-away, Health food shop*

Carrer Muntaner, 12

Eixample

08011 Barcelona

Phone: 93 454 6023 Mobile: 608 995 435

Open on: Monday - Friday 1:00 – 4:00PM

Cuisine: macrobiotic, vegetarian, vegan

Transports: from plaça Catalunya, metro L1 (red line) e L2, station Universitat. Take Les corts catalanes, first street on the left.

*Downtown*

## **Vegetalia – Restaurante (1)**

---

*Restaurant*

Carrer Jovellanos 2 (between Pelai y Tallers)

08001 Barcelona

Phone: 933 171 829

Open on: Monday - Sunday 1:00 – 4:30PM; Thursday -

Saturday 8:30 - 11:00PM

Cuisine: vegetarian

Transports: from plaça Catalunya, metro L1 (red line) e L2, station Universitat

## **Vegetalia – Restaurante (2)**

---

*Restaurant*

Carrer Escudellers, 54

08002 Barcelona

Phone: 933 173 331

Open on: Monday- Saturday 12:00AM-12:00PM

Cuisine: vegetarian

Ramblas, metro station Liceu.

### **Biocenter**

---

#### *Restaurant*

Carrer Pintor Fortuny, 25

08001 Barcelona

Phone: 933 014 583

Open on: Monday-Saturday 1:00-5:00PM; Wednesday-Saturday 8:00-12:00PM

Cuisine: vegetarian

Metro station Catalunya.

### **L'hortet**

---

#### *Restaurant*

Carrer Pintor Fortuny, 32

08001 Barcelona

Phone: 933 176 189

Open on: Monday-Sunday 1:00-4:00PM; Thursday- Saturday 8:00PM-11:00PM

Cuisine: vegetarian

Metro station Catalunya.

### **Orgànic**

---

#### *Restaurant*

Carrer de la Junta de Comerç 11

08001 Barcelona

Phone: 933 010 902

Open on: 12:00AM-24,00

e-mail [organicrestaurant@gmail.com](mailto:organicrestaurant@gmail.com)

[www.antonioorganickitchen.com](http://www.antonioorganickitchen.com)

Cuisine: vegetarian

Ramblas. Metro station Liceu.

### **Organic Tapes Santa Rita**

---

Carrer Hospital, 45  
08001 Barcelona  
Phone: 933 022 173

Ramblas. Metro station Liceu.

*Health food shop, Catering.*

Mercado Boqueria, 972  
Phone: 933 428 103

### **Maoz**

---

*Self-service*

Carrer de Ferran, 15  
Open on: 12:00AM-2:00PM

Downtown. Metro station Liceu.

### **Govinda**

---

Plaça Villa de Madrid, 4-5  
08002 Barcelona  
Phone: 933 187 729  
[www.amalteaygovinda.com](http://www.amalteaygovinda.com)

Metro station Catalunya.

### **Amaltea**

---

*Restaurant*

Carrer de la Diputació, 164  
08011 Barcelona

Tel. 934 548 613

[www.restaurantamaltea.com](http://www.restaurantamaltea.com)

Open on: Monday-Thursday, lunch; Friday-Saturday, lunch and dinner.

Cuisine: vegetarian

Metro station Urgell.

## **Miquetes magiques**

---

*Restaurant*

Carrer del Trobador, 20 (near hospital sant Pau)

08041 Barcelona

Phone: 934 363 034

[www.miquetes.net](http://www.miquetes.net)

Open on: Monday-Friday 13,00-16,00

Cuisine: macrobiotic, vegan

Metro L5, station Hospital St Pau. Ask for carrer sant Quinti, first crossing street.

*Cooking classes.*

# **EUZKADI (PAESI BASCHI)**

## **GIPÙZKOA**

**ARRASATE**

**Restaurante Errastikua**

---

*Restaurant*

Barrio Bedoña, 18

20500 Arrasate  
Phone: 943 770 469

*Macrobiotic menu, on reservation*

## **ITZIAR**

### **Restaurante Bikain**

---

*Restaurant*

kalea Mutxiarte, 39  
20829 Itziar  
Phone: 943 199 370 Mobile: 653 740 299

Cuisine: traditional

Contact  
M.a Luisa

*Vegetarian and macrobiotic dishes, on reservation.*

## **DONOSTIA (SAN SEBASTIÀN)**

### **Asociacion macrobiotica – Elkartea**

---

*Restaurant, Health food shop*

kalea Intxaurreondo, 52  
20015 Donostia  
Phone: 943 288 246  
[www.makrobiotika.com](http://www.makrobiotika.com)

### **Restaurante Tedone Jatetxea**

---

*Restaurant*

Calle Corta, 10  
20001 Donostia  
Phone: 943 273 561  
[www.tedone.eu](http://www.tedone.eu)

## **Kaskazuri**

---

### *Restaurant*

Paseo de Salamanca, 14

Donostia

Phone: 943 420 894

[www.kaskazuri.com](http://www.kaskazuri.com)

Cuisine: traditional, vegetarian

*Vegetariana and macrobiotic dishes, on request.*

## **Garraxi Taberna**

---

### *Restaurant*

Ametzagaña, 9

20012 Donostia

Phone: 943 275 269

Open on: Monday - Friday

Cuisine: vegetarian

## **Landare**

---

### *Restaurant*

Trueba kalea, 4

20001 Donostia

Phone: 943 288988

[www.landarevegan.com](http://www.landarevegan.com)

Open on: Tuesday – Saturday, 1:00 – 3:30PM

Cuisine: vegetarian

## **BILBAO**

### **Vegetariano**

---

### *Restaurant*

Alameda Urquijo, 33

48008 Bilbao

Phone: 944 445 598

## **GAZTEIZ (VITORIA)**

### **Tempeh**

---

#### *Restaurant*

Domingo Beltràn, 10  
01012 Vitoria  
Phone: 945 14 32 81  
[www.restaurantempeh.com](http://www.restaurantempeh.com)  
Cuisine: vegetarian

### **Museo del òrgano**

---

#### *Restaurant*

Manuel Iradier, 80  
01005 Vitoria  
Phone: 945 26 40 48  
Open on: 13,00 – 16,00  
Cuisine: vegetarian

# **NAVARRA**

## **PAMPLONA (IRUÑA)**

### **La Tartaruga**

---

#### Contact

Valentina Asensio  
*Cooking classes, Catering, nutritional counseling*  
Phone: 676 661 552  
e-mail [macrotina@hotmail.com](mailto:macrotina@hotmail.com)  
[macrotina.blogspot.com](http://macrotina.blogspot.com)

#### Contact

Dr. Pablo Lombana  
*Naturopath*  
Phone: 639375958  
e-mail [pablodoc@hotmail.com](mailto:pablodoc@hotmail.com)

## **GALICIA**

### **A CORUÑA**

#### **O vexetariano**

---

*Restaurant*

Puerta de Aires, 3  
15001 A Coruña  
Phone: 670 816 180

### **SANTIAGO DE COMPOSTELA**

#### **O triangulo das verduras**

---

*Restaurant*

Praciña das Peñas, 2  
15704 Santiago de Compostela  
Phone: 981 576 212

## **MADRID, COMUNIDAD**

### **MADRID**

#### **Escuela de Vida**

---

*Cooking classes, Catering, Nutritional counseling*

e-mail: [info@escueladevida.es](mailto:info@escueladevida.es)  
[www.escueladevida.es](http://www.escueladevida.es)

Contact

Maria Rosa Casal e Maria Gòmez Casal  
Mobile: 695 309 809

## **La Biotika**

---

*Restaurant, Health food shop*

Calle Amor de Dios, 3

28014 Madrid

Phone: 914 290 780

Open on: Monday – Saturday (lunch and dinner); Sunday (lunch)

Cuisine: macrobiotic, vegetarian

Metro station Antón Martín

## **Vegaviana**

---

*Restaurant*

Calle Pelayo, 35

Madrid

Phone: 913 080 381

Cuisine: macrobiotic, vegetarian

Metro station Chueca

## **El Granero**

---

*Restaurant*

Calle de San Ildefonso/San Eugenio

Madrid

Phone: 916 580 201

[www.elgranero.com](http://www.elgranero.com)

Cuisine: macrobiotic, vegan

Metro station Antón Martín

## **Viva la vida**

---

*Self-service, Health food shop*

Calle Huertas, 57

28014 Madrid

Phone: 913 697 254  
Open on: Monday - Saturday, 11,00 - 24,00  
Cuisine: vegetarian, vegan

Metro station Antón Martín

*Few minutes by foot from Museo del Prado.*

### **El Vergel**

---

*Restaurant*

Paseo de la Florida 53  
Madrid  
Phone: 915 471 952  
Cuisine: vegetarian

Metro station P. Pío

### **Ecocentro**

---

*Restaurant*

Calle Esquilache, 4  
28003 Madrid  
Phone: 915 351 798

Metro station Ríos Rosas.

### **La Isla del Tesoro**

---

*Restaurant*

Calle Manuela Malasaña 3  
28004 Madrid  
Phone: 915 931 440  
Cuisine: vegetarian

Metro station Bilbao

## **El Granero de Lavapiés**

---

### *Restaurant*

Calle Argumosa, 10  
28012 Madrid  
Phone: 914 677 611  
Open on: Monday - Sunday (lunch)  
Cuisine: vegetarian, macrobiotic

Metro station Lavapiés

## **Artemisa**

---

### *Restaurant*

Calle Ventura de la Vega 4  
Madrid  
Cuisine: vegetarian

Metro station Gran Vía

## **El Vegetariano**

---

### *Restaurant*

Calle Marqués de Santa Ana, 34  
28004 Madrid  
Phone: 915 320 927

Metro station Tribunal

## **Comedor Vegano**

---

### *Restaurant*

Calle de la Magdalena, 29 2° Sinistra  
28012 Madrid

Metro station Antòn Martìn

## **Sopa**

---

*Restaurant*

Calle Nierenberg 23  
28002 Madrid

www.sopa.vg  
Metro Concha Espina ó Alfonso XIII

# **VALENCIANA, COMUNIDAD**

## **VALENCIA**

**VALENCIA**

### **Kimpira**

---

*Restaurant*

Juristas, 12  
46001 Valencia  
Phone: 963 92 34 22  
www.kimpira.es

Open on: Monday - Sunday 1:30 – 4:00PM; Thursday  
- Saturday 8:30 – 12:00PM

Cuisine: macrobiotic, vegan

*From North railway station, take calle San Vicente Màrtir to plaza de la Virgen, then calle Cavalleros, on the left calle Juristas, in front of Palau de la Generalitat.*

Contact

Patricia Restrepo  
*Macrobiotic consultant, Yoga school director, macrobiotic cooking classes*  
Calle san Vicente màrtir 71 pta 5-12

46007 Valencia  
Phone: 963 524 675 Mobile: 650 577 618  
e-mail patriciaarestrepob@hotmail.com  
www.patricia-restrepo.org

### **Ki punto ecotienda**

---

*Health food shop*

Matemàtico Marzal, 6 (Mercado Convento Jerusalén)  
Valencia  
Phone: 618 25 93 66  
www.kipuntoecotienda.com

*Downtown, near plaza San Agustín, (North railway station).*

## **ALICANTE**

**ALICANTE**

**L'indret**

---

*Restaurant*

Calle García Morato, 5  
03004 Alicante  
Phone: 965 216 614

**TORREVIEJA**

**Vegetariano**

---

*Restaurant*

Calle Pedro Lorca, 13  
03180 Torrevieja  
Phone: 966 706 683

**CASTELLON**

**La Amanida. Restaurante vegetariano**

---

*Restaurant*

Calle del Temprado, 19  
12002 Castellon  
Phone: 964 235 775