

## 4 Vegetarian and vegan-friendly eateries in Madrid

In the land where *jamón* and *queso manchego* prosper, it may at first seem difficult to survive as a vegan or vegetarian in Madrid. But fear not! Although it is true that Spanish food is typically meat and dairy-based, the city's restaurant scene has changed a lot over recent years. Today, Madrid's world-class vegetarian and vegan-friendly eateries will have individuals with all diets falling in love with Spanish food.

**Here are a few Madrid restaurants that all offer delicious vegetarian and vegan-friendly dishes with a Spanish twist!**

[Vega](#)







Located on Calle de la Luna, this restaurant prides itself in creating all organic, vegan, homemade dishes for guests to enjoy. Restaurant-goers will love the smoked aubergine tapas or the beetroot and strawberries Gazpacho for appetizers, both



vegan-friendly Spanish favorites. Visitors can enjoy [Vega](#)'s delicious salads, black rice with "squid", "chili con carne", or "Burrata" tapas. What is so special about Vega is their vegan twist on foods and dishes that are commonly enjoyed in Spain by the locals.

- **Image from** [Facebook](#)
- **Address:** Calle Luna 9
- **Metro:** Santo Domingo, Noviciado, Callao

## [B13](#)



Enjoy typical Spanish tapas at [B13](#), on Calle de la Ballesta, with their mouthwatering *patatas bravas* (a local favorite), their "calamari", as well as their variety of vegetarian hamburgers. Whether you're in the mood for a Spanish tapas-style meal or want to feast on a delicious hamburger or

sandwich, B13 has what you're craving for your next vegetarian meal.

- Image from [Facebook](#)
- Address: Calle de la Ballesta 13
- Metro: Callao, Gran Vía

## [Freedom Cakes](#)



[Freedom Cakes](#), also on Calle de la Luna, is known as the first vegan pastry shop in Madrid. It is truly a wonderful spot to enjoy a quality cup of coffee with any vegan milk that you prefer. Whether it be an iced soy latte during hot summer months or an almond milk cappuccino to warm you up on chilly autumn mornings, you'll love their delicious coffee options. Better yet, pair your coffee with one of their renowned vegan pastries, ranging from freshly baked cakes, cupcakes, muffins,



and cookies, all 100% vegetable-based!

- [Facebook](#)
- **Address:** Calle Luna 14
- **Metro:** Noviciado, Callao

## [Sanissimo](#)



Last, but certainly not least, Sanissimo is a wonderful restaurant with a few locations in Madrid, that is pleased to offer an array of vegan and vegetarian dishes. Start your day off on the right foot with one of their juices and smoothies, or perhaps one of their popular bagels. Between their

refreshing fruit bowls, sweet bagel options, and rich pastries, you'll always enjoy starting your day at Sanissimo.

- **Image from** [Facebook](#)
- **Address:** Calle San Vicente Ferrer 28 / Calle Campomanes, 5
- **Metro:** Tribunal, Noviciado / Opera, Santo Domingo

Whether your diet be vegan, vegetarian, meat-based, or fish-based, you'll never have to fear missing out on the spectacular Spanish cuisine that the city of Madrid boasts. Enjoy mouthwatering vegan and vegetarian dishes, but with the same Spanish influence as what the locals are enjoying.

**By Haley Grant**

You may also like: [Veggie Nirvana at VivaBurger in La Latina](#)