



a weekend getaway to... **LIVERPOOL**

Scouseveg founder Niki James takes us on a tour of some of the best vegan choices around Liverpool and Merseyside for 2019



Niki James co-founded Scouseveg in 2001 with her sister Jane, to help bring together vegans and support those wishing to make the change. Scouseveg is now run by Niki and her husband Pete. Find out more: scouseveg.co.uk

OUT & ABOUT

Liverpool is an excellent city to visit (not just for the food), with its top-rated tourist attractions, friendliness and of course the unique scouse sense of humour! There's a host of independent bars, cafés and restaurants and even an all-vegan pub (The Caledonia). If you decide to hop across the water to Birkenhead, you'll find Liverpool's first vegan (and also aiming to be zero waste and plastic free) hairdresser.

PHOENIX PLANT BASED EATERY

41 Corporation Street,
St Helens, Merseyside.

A trip out of the city centre will take you to St Helens, which is home to an amazing all-vegan restaurant. This also features a unique vintage shop upstairs. The food is rather exquisite, with an ever-changing menu and various themed nights, including a popular pie and pint night where they turn traditional pies into vegan wonders to delight the palate. After your meal, served by their very friendly staff, you can take a browse upstairs to purchase some unique and quirky gifts.

Phoenix Plant Based Eatery Images: @chrisconwayphoto



THE EGG CAFÉ

2nd Floor, 16-18 Newington.

The Egg has been open for over 20 years and is famous for its doorstep garlic bread and tasty soups. It's pretty unique as it sits on the top floor of an old Victorian warehouse, with a relaxed and bohemian style and great views of the city. The Egg is very reasonably priced and has a great range of vegan dishes - the best dish being its superb homemade spicy burger in a rich tomato salsa and salad. You can even enjoy an evening meal and take your own wine for a small corkage charge.

