

# Vegan and Veggie in Rome

Rome has a growing vegetarian and vegan food scene, with plenty of delicious options beyond traditional pasta and pizza. Here are eight of the best vegetarian and vegan restaurants in the city centre:

- **Ops!** (Piazza Fiume): Vegan Buffet Paradise: A self-service buffet offering a wide variety of plant-based dishes, from salads to hot mains. Pay by weight and enjoy fresh, seasonal, and organic ingredients.
  - **Try:** Their vegan lasagna and creamy hummus.
- **Romeow Cat Bistrot** (Ostiense): Vegan Fine Dining with Cats. A cozy, cat-friendly bistro with an entirely plant-based, gourmet menu. Combines creative cuisine with an elegant atmosphere.
  - **Try:** Their pumpkin ravioli and raw vegan desserts.
- **Il Margutta RistorArte** (Near Piazza del Popolo): Elegant Vegetarian Dining. One of Rome's oldest and best-known vegetarian restaurants, offering an artsy atmosphere and creative dishes. Great for vegetarians, vegans, and flexitarians.
  - **Try:** Their tasting menu for a mix of seasonal specialties.
- **Ginger Saporì e Salute** (Near the Pantheon & Via del Corso): Healthy & Organic. Focuses on organic, fresh, and health-conscious dishes, with many vegetarian and vegan options. Also offers great smoothies, fresh juices, and acai bowls.
  - **Try:** The avocado toast and vegan quinoa bowls.
- **Ecrù** (Near Castel Sant'Angelo): Raw & Gluten-Free Vegan Cuisine. A raw vegan café offering creative and beautifully plated dishes. Great selection of cold-pressed juices and raw desserts.
  - **Try:** Their raw zucchini spaghetti with pesto.
- **Flower Burger** (Multiple Locations) – Vegan Burgers with a Twist. A funky vegan burger joint with colourful buns and creative plant-based patties. Great for a quick, casual meal.
  - **Try:** The Cherry Bomb Burger (pink bun, lentil patty, spicy sauce).
- **Buddy Veggy & Raw** (Monti): Casual Vegan Comfort Food. A cozy vegan café and restaurant offering everything from smoothie bowls to plant-based burgers. Ideal for a casual lunch or light dinner.
  - **Try:** Their vegan carbonara and chocolate mousse.
- **Aromaticus** (Monti & Trastevere): Healthy & Flavorful Plant-Based Dishes. A small urban garden bistro with fresh, locally sourced vegetarian and vegan dishes. Great for a light, nutritious meal in a relaxed setting.
  - **Try:** Their avocado toast and house-made kombucha.

