

# Vegetarian Restaurants in Christchurch

All fully vegetarian and/or vegan. Compiled June 2010.

## Coffee and Kai

Hip and funky café with many veggie options and lots of locally sourced and/or organic ingredients.

Address: 565A Barbados St (St Albans end), Christchurch.

Opening hours: Tuesday to Saturday from 7.30am, Sunday from 10am to 3pm.

Phone: (03) 3860 565

## Dream Garden

This charming Chinese teahouse specialises in teas and other drinks (57 different varieties) but also serves vegetarian meals and snacks. Despite the names (for example Codfish Sizzling Plate), all dishes are vegetarian, some using possibly alarmingly realistic faux flesh.

Address: 62 Kendall Avenue, Burnside, Christchurch.

Opening hours: 12noon to 9pm(Mon to Thurs) and 12noon to 11pm (Fri & Sat).

Phone: (03) 358 8485

## Fo Guang Tea House

A relaxed atmosphere with a fantastic view of water through the front window. The tea house offers two set menu options for lunch, which change daily. Vegan options.

Address: 2 Harakeke Street, Riccarton, Christchurch.

Opening hours: Tuesday - Sunday 10:30am - 4pm.

Phone: (03) 341 6276.

## Krishna's Café (Govinda's Vegetarian Restaurant)

A Hare Krishna budget vegetarian restaurant offering a warm and friendly atmosphere.

Address: 602 Colombo Street, Christchurch.

Opening hours: Monday - Saturday 7:30am – 8pm.

Phone: (03) 366 7035

## Soul Food

We focus on providing thoughtful vegetarian and vegan options. Not just a café, we also stock a range of deli items. Two locations.

Address: Shop 4, Cotters Lane, 158 High St, Christchurch

Opening hours: Monday – Friday 7:30am - 4pm, Saturday 9am - 4pm

Telephone: (03) 377 2108.

Address: 22 New Regent Street.

Opening hours: Monday - Saturday 8.30am-4pm

## The Lotus Heart

Sri Chinmoy students run these restaurants dedicated to conscious living, healthy eating and strive to create a global cuisine naturally with pure vegetarian food. Vegan options. Two locations.

Web site: <http://www.thelotusheart.co.nz>

Address: Level 1, 15-31 Cathedral Square, Christchurch

Opening hours: Monday and Tuesday 8am - 4pm, Wednesday 8am – 3pm; Thursday and Friday 8am - 10pm, Saturday 10am - 10pm, Sunday 10am - 3pm. Telephone: (03) 377 2727

Address: 595 Colombo Street, Christchurch.

Opening hours: Monday – Friday 8am – 4 pm.

Phone: (03) 379 0324.

**Space of Love**

A delightful seaside café serving tasty Ayurvedic vegetarian food with a relaxed ambience. Set menu but changes daily. No set prices – diners pay what they feel the meal and experience is worth / what they can afford.

Web: <http://www.facebook.com/home.php#!/pages/Space-of-Love/115988841754517?v=wall>

Address: 78 Brighton Mall, New Brighton, Christchurch.

Opening hours: Mon-Sat, Lunch 12-3pm, Dinner 6pm-10pm

Phone: (03) 3880124.

**Welcome Chinese Vegetarian Café**

This eatery is great value for money. The atmosphere is cosy and friendly and great for a quiet night out. Mostly vegan.

Web site: <http://www.welcomecafe.co.nz>

Address: 2 Wharenui Road, Riccarton, Christchurch.

Opening hours: Monday - Saturday 11:30am - 2:30pm and 5pm – 9pm.

Telephone: (03) 348 2630.

Errors, omissions and additions to: [john@goddess.gen.nz](mailto:john@goddess.gen.nz)

<http://www.vegan.org.nz/VegeRest.pdf>