

There's only one dedicated vegan provider in the south at the time of writing which is not a restaurant but a food stall within a fab food market in Los Cristianos (where your friends/dining companion(s) can choose whatever they like from the many other options)

Vegan stall in la pepe

– suggestion starter or side: humus w/ carrots if in stock (otherwise us GF can bring our own rice cakes ☺)

– suggestion main: tofu w/vegetables (or w/rice)

Unless it's changed there are many tempting vegan options but unfortunately not many GF. So please, please keep this place in business if you have no gluten issue! I was very sad to see the only veggie restaurant (el vego) close last year Λ

Restaurant88 (La Caleta)

I really enjoy fresh tasting oriental food – I have never liked Chinese food generally because of the amount of oil used.

– suggestion starter or side: cucumber sushi / oriental veg

– suggestion main: sweet chili tofu dish w/ rice (or my favourite: I ask to swap the chicken for tofu w/ green oriental veg & cashew nuts)

NB this is the extent of the v+gf options – but tasty enough to enjoy again!

Thai – a strong favourite! & usually naturally gluten free w/ lots of vegan choices

Thai botanico (safari centre)

– no v+gf starters on menu but I'm happy to go straight to mains

– suggestion main: double check which dishes are GF with the staff but I've enjoyed many of the stir fry dishes & curries with no problem: I usually have pepper & lemongrass tofu stir fry as it's a lighter, less naughty dish – but I truly love the creamy spicy coconut red curries mmmm

One of the few places a v+gf desert is on offer – albeit a glass of lychees w/pineapple ☺

Phuket (torviscas) has had a few takeaway orders from me over the years – if I have given in to this temptation I usually try to "lengthen" the dish (tofu red curry) with extra fresh pepper etc & soya milk so a few days' worth of fat isn't consumed in one sitting! (the dishes are not cooked in a lot of oil: it is just that I love the coconut curries – which are high in (good) fat) when I make my own Thai curries I use low fat coco milk &/ lengthen with soya milk + prep. my veggies & tofu in only a touch of oil)

Thai stall (wonder food market)

Amazing red (&green) curry – vegetable curry isn't displayed – just ask "rojo/verde con solo verduras, por favor"

Habibi (san telmo)

Moroccan dishes are also a firm favourite for vegan & veggie choices – however GF not so much

I ask for carrots / vegetables to enjoy the lovely dips instead of the bread – if you are severely allergic to anything coming into contact with gluten such as the oil used to dunk the falafels then they aren't for you but I'm personally fine with a couple when shared amongst friends. Do obviously check though – sometimes restaurants can change the recipes – if normal flour is used then they are not GF – only if almond flour e.g. is used. One of the veggie salads has couscous in it thus not GF – most come with bread but of course you can request without or give to your dining companion(s). This is a popular restaurant so the staff are quite busy so I've definitely learned to remember this information rather than ask when next spending the evening there!! ...but these are guidelines – when you have an allergy or intolerance you'll know only too well the initial embarrassment of asking is certainly preferable to the reaction of consuming products your body rejects!

– suggestion main: vegetable babib..something ☺ veggies, chickpeas, rice w/ mango curry – delish!

Mishi sushi (Puerto colon)

Sushi is generally worry free for celiac's being just rice, seaweed & vegetables (if you don't like/eat fish) although the soy sauce contains wheat – they are so many soy sauces (in supermarkets) that don't contain wheat but every Japanese restaurant I've been too has the gluten version — however I have had absolutely no ill effects from the little bit I dip my sushi in – considering the severe reaction I have had from other products containing gluten it's a wonder: but I'm not complaining! We are all different so evidently this may not be the same for any celiac/gluten intolerant readers.

Sushi is tasty & satisfying and although feeling light & fulfilling its still a treat in my mind as the rice contains sugar & salt – not enough consumed by me personally to limit the intake to less than a few times a month mind!! 😊

– suggestion starter or side: miso soup (great for hydration ...allowing that glass or two 😊) / edamame beans (love these & good source of protein!)

– suggestion main: vegetable maki (large sushi rolls w/ salad in middle – weird & wonderful!)

There is a type of GF noodle on the menu however I prefer much++++ more veg & protein (tofu) than non-fortifying carbs w/ only a little oil – however, most normal humans ♀ love this sort of thing so enjoy if it's yours! Excellent service here.

Sushi Tokyo (behind safari centre)

Vegetable sushi wasn't on the menu on my last visit but they happily provided some lovely avocado maki.

Sobo (del duque)

Great restaurant tucked away in the gorgeous el mirador coastal area of del duque.

– suggestion starter or side: miso soup / cucumber maki / avocado maki

– suggestion main: vegetariano maki (mango, cucumber & avo)

**NB many of the suggested delicious dishes at some of these beautiful restaurants are reasonably priced however your dining companion(s) meat / full meal options will undoubtedly be much higher (maybe mains for <€10 will be enough to convince some diehard herbivores one day hehe!)**

Sushi stall (la pepe food market) & (wonder food market)

Hardly any pre-made vegetable sushi on display but they will usually happily provide some tasty avocado or cucumber maki.

Sama sama (san telmo)

Next to no v+gf options but a fab restaurant, service & ambiance – I ask for the 'bali bali ensalada sin queso'

Watermelon (san telmo)

Next to no v+gf options but a fantastic restaurant, cocktails & ambiance – I ask for grilled vegetable 'kebabs'. (Frozen watermelon mojito is gorgeous!)

La Terrazza del Mare (Las Americas)

– suggestion starter or side: sautéed vegetables / canarian potatoes

– suggestion main: Next to no vegan+gf options but the goats cheese salad is a delicious vegetarian option – just remember to ask without the ham! There is a vegan green salad – but it's personally not appealing and holds no protein (but you could ask for nuts) Fab cocktails & ambiance.

Monkey Beach (Las Americas)

Next to no v+gf options but ask for the tropical salad without the prawn and it's a delicious fruit & veg salad by the sea.

Rosso del mar (la caleta)

– suggestion starter or side: grilled vegetables (a treat to taste the veggies without being drowned in oil!)

– suggestion main: no vegan gf option so I choose to enjoy the goats cheese salad (ask w/out bread)

One of the few places that offer a v+gf desert – the fruit salad is gorgeous!

Chill out (below san telmo)

– suggestion main: no vegan gf option so I choose to enjoy the goats cheese salad

Jamon jamon (san juan)

Next to no v+gf options but worth a mention as it's such a charming restaurant and the (double order) of side portion sautéed vegetables are perfectly al dente (I detest soggy tasteless veg!)