

Viva!'s Guide to veggie shopping and eating out in & around Northampton

HEALTH FOODS/ORGANIC

Daily Bread Co-operative
* show sponsor *
The Old Laundry, Bedford
Road, Northampton NN4 7AD
Tel: 01604 621531
www.dailybread.co.uk

Health Quest
8 Wood Street, Northampton
NN1 2ED Tel: 01604 630125

Holland & Barrett
25 Abington Street,
Northampton NN1 2AN
Tel: 01604 634270

Julian Graves Ltd
Billing Garden Centre, The
Causeway, Great Billing,
Northampton NN3 9EX

100% Nature
11 Northampton Road, Brixworth,
Northampton NN6 9DX
Tel: 01604 880151

Holland & Barrett
43 Queens Square, Corby
NN17 1PD Tel: 01536 408914

Goodness Direct (mail order)
South March, Daventry NN11 4PH
Tel: 01327 706611
www.goodness.co.uk

Holland & Barrett
Unit 8, The Newlands, Kettering
NN16 8JL Tel: 01536 411341

*Wellingborough & Kettering
Health Foods*
22 Silver Street, Wellingborough
NN8 1AY Tel: 01933 222499

Health Foods & Home Brews
71a High Street, Rushden
NN10 0QE Tel: 01933 355048

The Health Pot
11 Sponne House Shopping Centre,
Watling Street, Towcester
NN12 6BY Tel: 01327 358700

Nutrition & Herbal
36 Ewenfield Road, Finedon,
Wellingborough NN9 5LR
Tel: 07887 525716

CRUELTY-FREE PRODUCTS

A wide range of cosmetics and toiletries is available via several of the health food stores listed above. Co-op stores also clearly label their beauty and household products as to whether they contain animal products and animal testing status.

Lush
28 Newland Walk, Grosvenor Centre, Northampton
NN1 2EB Tel: 01604 639486 www.lush.co.uk

Lush
Unit 96, Upper Mall, Queensgate Shopping Centre
Peterborough PE1 1NS Tel: 01733 569 161

NEARBY VEGGIE CAFES, RESTAURANTS & TAKE-AWAYS

Pooja (pure veg Indian restaurant, caterers and
sweet mart)
33 Alma Street, Wellingborough NN8 4DH
Tel: 01933 278800

Pravasi Mandal Community Centre
(veggie restaurant/café)
Elsden Road, Wellingborough Tel: 01933 442955

Watercress (pub with veggie food)
7 Market Street, Kettering NN16 0AH

The Greenhouse (vegetarian + vegan restaurant)
c/o Joules Eating House, rear of 53-55 High Street,
Market Harborough LE16 7AF Tel: 01858 463250
www.joulesyard.co.uk /the_greenhouse.htm

Summersault (veggie restaurant)
27 High Street, Rugby CV21 3BW Tel: 01788 543223

Veggie-World.Com (veggie Chinese restaurant and shop)
150-152 Queensway, Bletchley, Milton Keynes MK2 2RS
Tel: 01908 632288

VEGGIE-FRIENDLY EATERIES

The Balti King
73 Earl Street, Northampton
NN1 3AX
Tel: 01604 637747

The Penny Whistle
31-33 Abington Square,
Northampton NN1 4AE

The Rat and Parrot
St Giles Square, Northampton
NN1 1DA

Peaceful Blessing
19a Harborough Road,
Northampton NN2 7AX
Tel: 01604 715297

The Walnut Tree Inn
21 Station Road, Blisworth
NN7 3DS
Tel: 01604 859551

The New Inn (pub)
Rushden Road, Wymington
NN10 9LN Tel 01933 355385

BOX SCHEMES – FRUIT & VEG

Leafcycles
24 St Michaels Avenue, Northampton NN1 4JQ
Tel: 01604 628956 www.leafcycles.co.uk
Leafcycles is a non-profit making community enterprise run by a workers' co-operative. They deliver organic fruit & veg boxes, packed at a local farm, straight to your home or workplace, using bicycles and trailers.

River Nene Organic Vegetables
Sacrewell Lodge Farm, Thornhaugh, Peterborough
PE8 6HJ Visit www.rivernene.co.uk or call
0845 078 6868 to find your local distributor.

COMPLEMENTARY THERAPIES

Assisi Whispers (Reiki)
Contact Sarah on 07790 769166 or visit
www.assisi-whispers.co.uk

The Nightingale Clinic Ltd
* prize donor *
12 The Square, Earls Barton, Northampton NN6 0NA
Tel: 0845 123 2799 www.nightingale-clinic.co.uk
A friendly, family-run clinic in the heart of Earls Barton offering a wide range of treatments for your health and well-being.

VEGGIE-FRIENDLY PLACES TO STAY

Laundimer House
Bears Lane, Weldon NN17 3LH Tel: 01536 206770
www.laundimerhouse.co.uk

Please note that this list is a guide only and is by means exhaustive! Lots of cafes and restaurants will provide vegetarian and vegan options and most coffee houses now serve soya milk so can you still have your latte without the dairy. If you're a supermarket shopper, you can buy lots of veggie goodies and there are now even separate sections for special diets and organic in the main shopping aisles, fruit & veg displays and chiller cabinet and freezer sections.

For help on becoming vegetarian or vegan, contact Viva! (details as below) We can provide all the help and advice you will need to make the transition to a veggie diet as smooth and as enjoyable as possible, and can provide a range of resources to help you along the way, including our popular and easy to use *L Plate Vegetarian* and *L Plate Vegan* shopping guides.

Viva!

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