

Follow
the 
Camino



**Vegan Restaurants
on the Camino
Frances**

www.Followthecamino.com

Welcome to the Follow The Camino vegan restaurants guide!

Have you been dreaming about going on the Camino de Santiago ? Are you hesitating because you aren't sure if it is possible to maintain your vegan diet on this journey? We've got you covered! With this guide, you will find delicious and healthy vegan meals in almost every town on the Camino Frances. Avoid the stress, just take a seat, have a rest and enjoy the plant-based food!

To help you with your order we also included a basic Spanish guide with useful phrases, so you can easily communicate your dietary preferences in the Spanish countryside. And in the small villages that don't have a vegan cafe or restaurant, we collaborate with your hotels so that a nice vegan meal awaits you on your arrival. Feel safe and cared for in every aspect of your walking holiday: At Follow The Camino, our experts can plan your dream Camino de Santiago tours, whatever your needs!

Saint Jean Pied de Port

La Gourmande

Address - Le bourg, 64220 Ispoure, France

Contact - +33-981992721

E-Mail - alagourmande@e-monsite.com

Facebook - [Facebook.com/sebastienpriscilla.lagourmande](https://www.facebook.com/sebastienpriscilla.lagourmande)

Opening hours - Friday to Monday 11am - 9 pm, closed from Tuesday to Thursday

Offer - La Gourmande is a casual small restaurant in Saint Jean Pied de Port, the town where many pilgrims start their journey on the Camino. Here you can enjoy burgers, sandwiches and various snacks. The restaurant is vegan friendly as it serves meat-free and vegan options.



Roncesvalles

Casa Sabina

Address - Carretera de Francia, 31650 Roncesvalles, Spain

Contact - +34-948760012

E-Mail - casasabina@roncesvalles.es

Web - Casabina.roncesvalles.es

Menu - Casasabina.roncesvalles.es/buen-menu

Opening hours - N/A

Offer - Casa Sabina is a simple Hotel and Restaurant in the little town of Roncesvalles, your destination on your first day of walking on the Camino Frances. Next to a pilgrim's menu and some dishes with meat, it also serves vegan paella and tomato pasta.



Burgete-Auritz

(Between Roncesvalles and Zubiri)

Restaurante Baratze Jatetxa

Address - Ctra. Pamplona - Valcarlos, Km. 42
Aurizberri, 31694 Valcarlos, Navarra, Spain

Contact - (Spain) 948 760 200

E-Mail - restaurante@restaurantebaratze.com

Web - Restaurantebaratze.com

Menu - Restaurantebaratze.com/index.php/precios

Opening hours - N/A (We advise you to call in advance)

Offer - In the small village of Burgete-Auritz between Roncesvalles and Zubiri you can take a break at Restaurante Baratze. They focus on local produce and natural, healthy meals. While



Pamplona

Baratza Kafea

Address - Travesía Bernardino Tirapu 5 (Rotxapea), 31014 Pamplona-Iruña, Spain

Contact - +34 948046625

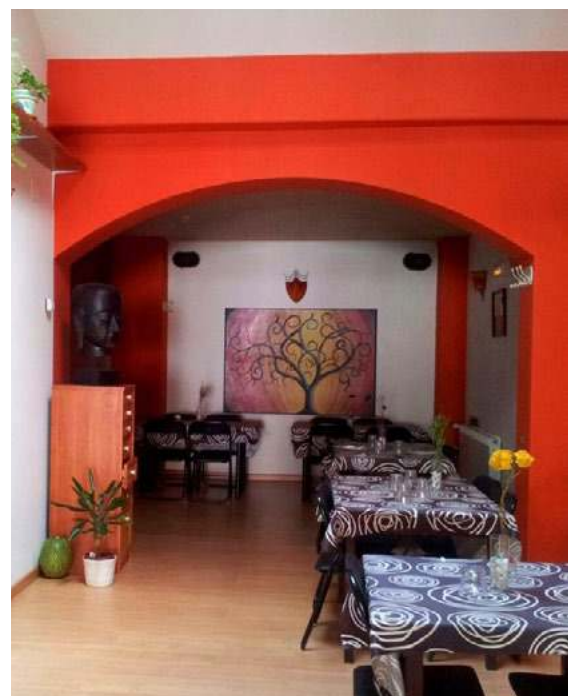
E-Mail - macrotina@hotmail.com

Web - Baratzamakrobotikoa.com

Menu - [Baratza Web Carta](#)

Opening hours - Monday to Saturday 10:30am - 8:30pm

Offer - Baratza in Pamplona will spoil you with organic vegan food that is made with dedication and love. Apart from the restaurant, Baratza also houses cooking workshops, yoga classes and a women's circle.



Compañía Café

Address - Calle Compañía 1, 31001 Pamplona, Spain

Contact - Facebook

Facebook - [Facebook.com/companiacafepamplona](https://www.facebook.com/companiacafepamplona)

Opening hours - Monday to Friday from 8am - 1:30pm and 4:30pm - 8pm, weekends 9am - 2pm and 5pm - 8pm

Offer - This Cafe offers not only great coffee, chai and smoothies, but also many vegan options, like pastries, sweets, bagels, sandwiches and toast. While you are eating, you can enjoy a unique historic and cozy atmosphere, as the cafe is located in a well-preserved ancient building in Pamplona. Occasionally, the cafe also hosts exhibitions by local artists.



Restaurante Sarasate

Address - Restaurante Sarasate, San Nicolás 19-21 1º, 31001 Pamplona, Spain

Contact - +34 948225727

Web - restaurantesarasate.com/

Offer - Restaurante Sarasate offers vegetarian and vegan dishes in a small and cozy setting. Indulge in a vegan menu, complete with a starter, main course and dessert. Restaurante Sarasate owes its name to famous composer Pablo Sarasate, who lived in this building.



Afortunato

Address - Calle Cataluña 4 Trasera, 31006 Pamplona, Spain

Contact - +34-948045838

E-Mail - info@afortunato.com

Web - afortunato.com

Opening hours - Monday to Friday 9am - 1:30pm and 4:30pm - 7pm

Offer - This elegant cafe chain offers the finest freshly roasted coffee. Vegans have the opportunity to choose from a selection of different plant-based milks. The cafe in Calle Cataluña also tempts you with its own bakery offering delicious vegan and gluten-free options.



Estella

Namas-Tè

Address - Calle Rua Kalea 16, 31200 Estella, Navarra, Spain

Contact - +34 600 35 88 10

Web - Namaste-cafeteria.negocio.site

Opening hours - Tuesday to Sunday 10am - 2pm and 6pm - 9pm

Offer - This bright, small cafe in an alley in Estella offers breakfast, coffee, colorful smoothies and salads. There are many vegan options available. Lean back and enjoy the airy interior with a touch of oriental style while recharging with some healthy food.



Logroño

Sol Veggie

Address - Calle Menéndez Pelayo, 11, 26002 Logroño, La Rioja, Spain

Contact - +34 941 23 06 92

Facebook - [Facebook.com/solveggie.rest](https://www.facebook.com/solveggie.rest)

E-Mail - elsolveggie@gmail.com

Menu - [Sol Veggie Menu](#)

Opening hours - varying daily, closed on Wednesdays

Offer - After a day of hiking, indulge in vegetarian and vegan burgers at Sol Veggie! And if you don't fancy a burger, this restaurant also serves salads, bocadillos, pinchos and treats you with coffee and fantastic cakes.



El Arao

Address - Calle Padre Marín, 20. La Rioja, 26004 Logroño, Spain

Contact - +34-941046885

Opening hours - Tuesday to Saturday: 1pm - 11pm, Sunday: 1pm - 4pm, closed on Mondays

Facebook - [Facebook.com/El-Arao-Vegetariano](https://www.facebook.com/El-Arao-Vegetariano)

Offer - Try the fantastic Spanish cuisine without worrying about meat. El Arao serves completely vegetarian Tapas and Spanish fusion dishes to the background of rhythmic Spanish music. Many vegan options are available.



Santo Domingo De La Calzada

Wanderlust

Address - Calle Mayor 68, 26250 Santo Domingo De La Calzada, La Rioja, Spain

Contact - +34 941 23 06 92

Web - Wanderlust-cimmy-y-vanda.business.site/

E-Mail - elsolveggie@gmail.com

Menu - [Sol Veggie Menu](#)

Opening hours - Tuesday to Sunday: 10am - 10pm, closed on Mondays

Offer - After a day of hiking, indulge in vegetarian and vegan burgers at Sol Veggie! And if you don't fancy a burger, this restaurant also serves salads, bocadillos, pinchos and treats you with coffee and fantastic cakes.



Burgos

Cúrcuma Green Food

Address - Calle de la Puebla, 21, 09004 Burgos, Spain

Contact - +34 647 01 88 96

Web - Curcumagreenfood.com

Menu - Curcumagreenfood.com/#nuestrascreaciones

Email - hola@curcumagreenfood.com

Opening hours - Tuesday to Saturday: 9:30am - 9pm, closed on Sundays and Mondays

Offer - Cúrcuma Green Food in Burgos is a modern, bright restaurant with a great choice of vegetarian and vegan dishes to recharge after a day of hiking. Pilgrims with a sweet tooth will love the delicious cakes and desserts.



Gaia

Address - Calle de Fernán González, 37,
09003 Burgos, Spain

Contact - +34 947 27 97 28

Facebook - [Facebook.com/www.gaiarestauranteviajero.es](https://www.facebook.com/www.gaiarestauranteviajero.es)

Menu - [Link 1 \(HappyCow\)](#)
[Link 2 \(TripAdvisor\)](#)

Opening hours - Tuesday to Saturday 1:30pm -
4pm, Sundays and Mondays closed

Offer - This vegetarian restaurant welcomes
you in a cheerful and colourful ambiente. Many
vegan options are available.



San Francisco 7 Bar

Address - San Francisco 7, 09003 Burgos, Spain

Contact - +34 947 07 33 20

Email - elsanfranarte@gmail.com

Facebook - [Facebook.com/elsanfran7/](https://www.facebook.com/elsanfran7/)

Opening hours - N/A

Offer - The San Francisco 7 is a vibrant
combination of a bar, cafe and location
for music and events, abound with art and
creativity. Enjoy vegetarian and vegan dishes
while meeting interesting people.



La Figa Ta Tia

Address - C/ La llana de adentro nº 5, Burgos

Contact - +34 635 19 45 40

Facebook - [Facebook.com/lafigatatiaburgos](https://www.facebook.com/lafigatatiaburgos)

Opening hours - Monday, Thursday and Friday:
10am - 12am, weekends: 12pm - 12am, closed on
Tuesdays and Wednesdays

Offer - La Figa Ta Tia is a cozy cafe in Burgos.
Make yourself comfortable on one of the cozy
sofas, grab a book from the shelf and relax with
a cup of coffee in your hand.



Hornillos del Camino

The Green Tree

Address - Calle San Pedro, 09230
Hornillos del Camino

Contact - +34 637 65 07 78

Web - [Facebook.com/greentreecamino/](https://www.facebook.com/greentreecamino/)

Opening hours - 6:30am - 11pm

Offer - Relax after a day of hiking in this Irish-run pub and small restaurant in Hornillos del Camino. Vegetarian and vegan options are available and there is a good chance you will enjoy live music. Live Jazz-sessions at breakfast time guarantee a good start into the day.



Itero De La Vega

Albergue/Restaurante La Mochila

Address - Santa ana 3, 34468 Itero de la Vega

Contact - (+34) 979 151 781 /
(+34) 609 513 454

Email - lamochilaitero@gmail.com

Opening hours - Daily, All day

Web - [Facebook.com/lamochilaitero](https://www.facebook.com/lamochilaitero)

Offer - This simple but friendly cozy Albergue with a small restaurant offers Falafel and a vegan hamburger.



El Burgo Ranero

La Costa del Adobe

Address - Calle Real, 24343 El Burgo Ranero, Spain

Contact - +34 649 28 75 80

Web - lacostadeladobe.com/

E-Mail - booking@lacostadeladobe.com

Opening hours - N/A

Offer - This small hotel in a village on the camino offers a good collection of vegetarian and vegan dishes in its own restaurant.



León

CaminArte

Address - Calle Santiago 9, La Faba, Castilla y León, Spain

Contact - +34 654 91 12 23

Menu - caminarte.org/cocina/

Web - caminarte.org

E-Mail - caminarte.asociacion@gmail.com

Opening hours - N/A

Offer - This cozy and rustic Albergue treats vegetarians with a delicious meat-free pilgrim's menu and has also vegan options available.



Ecolmado

Address - Sacramento 8, 24003 León, Spain

Contact - +34 987 07 37 38

Facebook - [Facebook Ecolmado](#)

Opening hours - Monday to Friday 9:15am - 5pm, Saturday 10am - 2pm, Sundays closed

Offer - In the heart of Leon, the cafe Ecolmado welcomes you with coffee, healthy breakfast, brunch and lunch and much more! Attached to the cafe, it also features a small shop where you can stock up with organic snacks for the next hike.



La Factoria Vegana

Address - C/ Fernando III el Santo, 5, 24007 León

Contact - +34 634 68 99 88

Facebook - [Facebook La Factoria Vegana](#)

Opening hours - Wednesday to Sunday 1pm - 4:30pm and 8:30pm - 11:30pm, Mondays and Tuesdays closed

Offer - Treat yourself with completely plant-based burgers, brunches, irresistible cakes and snacks! This modern, vegan bar awaits you in the bustling city of Leon.



La Union

Address - Calle Floréz de Lemos, 3, 24004 León

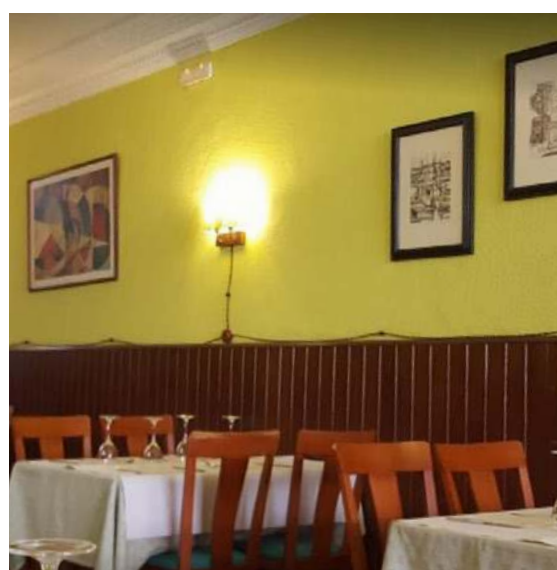
Contact - +34 987 26 17 10

Email - carlosutilmanga@gmail.com

Facebook - [Facebook.com/vegetarianolaunion](#)

Opening hours - Tuesday, Wednesday and Sunday 1:30pm - 4:30pm, Thursday to Saturday 1:30pm - 4:30pm and 9:30pm - 11:30pm, Mondays closed

Offer - La Union may seem like a traditional restaurant at first sight but in its cozy and elegant dining room it serves completely vegetarian food and has many vegan options.



Posada El tesin

Address - Calle Real, 24722 Rabanal del Camino, León, Spain

Contact - +34 635 527 522

Menu - Posadaeltesin.com/rabanal-hostel

Email - posadaeltesin@hotmail.com

Web - Posadaeltesin.com

Opening hours - Daily, All day

Offer - This small hotel does not only have inviting cozy rooms but also serves a variety of delicious vegetarian and vegan dishes in its attached small restaurant.



Ponferrada

La Marmita Verde del Mundo Vegetal

Address - Mercado de Abastos, Piso 1º Local 95, Calle los Hornos, s/nº, 24402 Ponferrada, León, Spain

Contact - +34 650 03 55 58

Web - delmundovegetal.wordpress.com/

Facebook - [Facebook.com/delmundovegetal/](https://www.facebook.com/delmundovegetal/)

E-Mail - delmundovegetal@gmail.com

Opening hours - N/A

Offer - Focused on plant-based food, this restaurant in Ponferrada provides you with well-deserved vegan treats after a day of hiking.



Trabadelo

El Puente Peregrino

Address - Camino Santiago 153,
24523 Trabadelo, Spain

Contact - +34 987 56 65 00

Facebook - [Facebook.com/elpuenteperegrino/](https://www.facebook.com/elpuenteperegrino/)

E-Mail - elpuenteperegrino@yahoo.com

Opening hours - daily 8am - 11am and 2pm - 10pm

Offer - This tiny hotel on one side of a bridge on the Camino invites you to take a break from walking and enjoy vegetarian and vegan dishes for breakfast, lunch or dinner in the atmosphere of a rural, friendly pub.



Lugo

Aira do Camino

Address - Fillobal, 1, 27630, Lugo, Spain

Contact - +34 607 42 91 38

Facebook - [Facebook.com/airadocamino/](https://www.facebook.com/airadocamino/)

E-Mail - airadocaminocrg@gmail.com

Opening hours - Daily 7am - 9:30pm

Offer - This cafe and bar on the Camino is adjusted to hungry pilgrims' needs and spoils you with delicious vegetarian and vegan food. A great way to recharge!



Sarria

EcoEspazo Vitriol

Address - Rua Diego Pazos, 18, 27600 Sarria, Spain

Contact - +34 604 00 41 12

Web - <http://ecoespazovitriol.com/>

Menu - http://ecoespazovitriol.com/eco_bar

E-Mail - ecoespazovitriol@gmail.com

Opening hours - Monday to Friday 9:45am - 2:15pm and 4:30pm - 8:30pm, Saturday 10:30am - 2pm, Sundays closed

Offer - When you love organic food and lifestyle, you should visit the small shop of EcoEspazo Vitriol in Sarria. Browse through the display of books, handmade products and natural snacks. After shopping, treat yourself in the attached cafe serving vegetarian and vegan food. If you are in Sarria for a while, you could also take part in yoga lessons, therapy sessions and consultations.



Casa Manuel

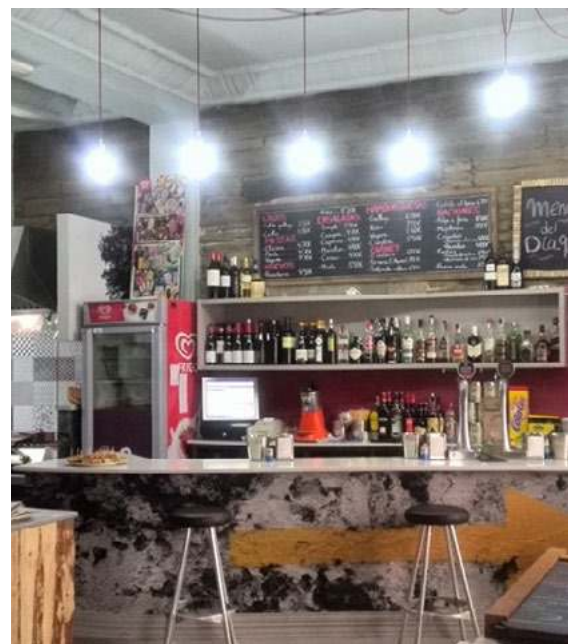
Address - Rua Maior 18, 27600 Sarria Spain

Contact - +34 982 04 11 99

Facebook - [Facebook.com/pages/Casa-Manuel/](https://www.facebook.com/pages/Casa-Manuel/)

Opening hours - N/A

Offer - Would you like to try the taste of Venezuela? Then you should visit Casa Manuel in Sarria. And if you want to keep it familiar, order their delicious vegan burger.



A Travesía Dos Soños

Address - Lugar Iglesia 5, 27615 Sarria, Spain

Contact - +34 622 12 39 00

Facebook - [Facebook.com/atravesia/](https://www.facebook.com/atravesia/)

Opening hours - Monday and Tuesday 11:30am - 1am, Wednesday closed, Thursday 11:30am - 1:30am, Friday and Saturday 11:30am - 2:30am, Sunday 11:30am - 1am

Offer - Relax and refresh with a nice vegan sandwich and a drink at A Travesía Dos Soños. With rock music and a simple style, this bar has a cool vibe.



Vilacha

Los Andantes

Address - Lugar Vilacha 18, 27611 Vilacha, Spain

Contact - +34 681 61 17 61

Web - [TripAdvisor page](https://www.tripadvisor.com/LocationPageDirect.aspx)

E-Mail - elpuenteperegrino@yahoo.com

Opening hours - daily 9am - 6pm

Offer - This rustic and vegetarian friendly provides a good opportunity to have a vegan lunch on your walk from Sarria to Portomarin.



Portomarin

Abe & Pau Bar

Address - Rúa de Compostela, 20, 27170 Portomarin, Lugo, Spain

Contact - +34 982 54 52 50

Web - abepaubar.es

Opening hours - Wednesday to Monday: 7:30am - 11pm, closed on Tuesdays

Offer - This restaurant offers a wide variety of dishes, including many vegetarian and vegan options.



Palas de Rei

Arenas Palas

Address - By. Compostela 16, 27200 Palas de Rei, Lugo, Spain

Contact - +34 982 380 326

Web - <http://ecoespazovitriol.com/>

Menu - http://ecoespazovitriol.com/eco_bar

E-Mail - info@arenapalas.com

Opening hours - daily 7am - 11pm

Offer - This pension in the small town of Palas de Rei serves, amongst others, vegetarian and vegan dishes in its attached restaurant. In addition to the nice food you can enjoy a gorgeous view from the big windows on the Spanish countryside.



Melide

Casa Alongos

Address - Rua Camiño Vello de Santiago, S/N, 15800 Melide, C, Spain.

Contact - +34 982 380 326

Web - Casaalongos.com/

E-Mail - info@casaalongos.com

Opening hours - Monday to Friday and Sunday 9am - 4pm and 7pm - 9:30pm, Saturday 10am - 4pm and 7pm - 11pm

Offer - Fancy a vegan hamburger? Then you should pay a visit to the small restaurant of Casa Alongos and relax in the friendly, colourful ambiente.



Duas Ruas

Address - Rua Principal n 5, 15800 Melide Spain

Contact - +34 620 80 27 79

Facebook - [Facebook.com/duasruas/](https://www.facebook.com/duasruas/)

Opening hours - Monday to Friday: 11am - 12am, weekends 11am - 3:30am

Offer - This small bar spoils you with fine Spanish wines and exotic drinks. And if the drinks make you hungry, Duas Ruas also serves delicious food, including many vegan options.



Arzua

Il Fornaccio

Address - Calle de la Cima do Lugar, 15810, Arzua Spain

Contact - +34 981 51 85 05

Facebook - [facebook.com/ilfornaccio.arzua/](https://www.facebook.com/ilfornaccio.arzua/)

E-Mail - ilfornaccio.arzua@gmail.com

Opening hours - N/A

Offer - Everyone loves pizza! Vegan pilgrims don't have to do without on the Camino as Il Fornaccio offers pizza, handmade ice cream and more...



Casa Nene

Address - Rua Cima do Lugar 3, 15810, Arzua, Spain

Contact - +34 981 50 81 07

Facebook - [Facebook.com/Casa-Nene/](https://www.facebook.com/Casa-Nene/)

Opening hours - Tuesday to Tuesday and Sunday: 7am - 12am, Friday and Saturday 7am - 1am, closed on Mondays

Offer - While Casa Nene is generally a typical Spanish restaurant with meat and seafood, it also offers some delicious vegan and vegetarian options. Perfect for a group of friends with different preferences!



Santiago de Compostela

TS A Casa

Address - Rúa de San Pedro 113, 15703 Santiago de Compostela, A Coruña.

Contact - +34 666 148105

Web - <https://www.tsacasa.com/es>

Menu - <https://www.tsacasa.com/es/gastronomia>

E-Mail - info@tsacasa.com

Opening hours - Tuesday and Wednesday 1pm - 00:30am, Thursday to Saturday 1pm - 2am, closed on Mondays and Sundays

Offer - This Gastropub in Santiago de Compostela treats you with healthy and vegan Tapas, Burgers, Pastries, Coffee, Juices and Cocktails in a colourful and welcoming ambiente.



Entre Pedras

Address - Rua do Hospitalino 7, 15704 Santiago de Compostela, Spain

Contact - +34 981 56 40 97 or Facebook

Facebook - [Facebook.com/entre.pedras.veg](https://www.facebook.com/entre.pedras.veg)

Facebook - [TripAdvisor page](https://www.tripadvisor.com/LocationPageDirect.aspx)

Opening hours - Wednesday to Friday 7:30pm - 00:30am, Saturday, Sunday 1pm - 4pm and 7:30pm - 00:30pm, closed on Mondays and Tuesdays

Offer - At Entre Pedras, a restaurant that only serves vegan, plant based food you don't have to worry about ordering the right meal! Look forward to delicious Burgers and Sandwiches and big portions.



WonderPie

Address - Rua da Ensinanza 12,
Santiago de Compostela, Spain

Contact - +34 981 58 36 72

Web - aliceinwonderpie.com/

Email - wonderpie.scq@gmail.com

Menu - aliceinwonderpie.com/carta-2/

Opening hours - Monday to Friday 10am -
2:30pm and 6pm - 9:30pm, Saturdays 10am -
2pm, closed on Sundays

Offer - Now that you made it to Santiago
de Compostela, you deserve a special treat.
WonderPie spoils you with fantastic cakes, pies
and snacks that not only look gorgeous but are
also completely vegan.



The Veggie Carmen

Address - Rúa de Gómez Ulla, 1, local 8, 15702
Santiago de Compostela, Spain

Contact - +34 600 345 913 (Food Market)

Web - mercadolagaliciana.es/vegetariano/

Opening hours - Sunday to Wednesday 12pm -
12am, Thursday to Saturday 12pm - 2am.

Offer - When in Santiago, you should definitely
explore the food market La Galiciana. And if all
the smells and displays made you hungry, you
can take a break at The Veggie Carmen, a small
vegetarian and vegan cafe within the market.



We hope that you have found this guide useful!

Remember that hours and opening days might change, so always check online or by calling ahead to make sure that your preferred plant-based stops are open.

If you have any questions about the Camino de Santiago you are welcome to get in touch with us!

www.followthecamino.com
info@followthecamino.com

Remember to share your journey with us! Tag your photos with #FollowTheCamino on Facebook and Instagram, or email them to us at marketing@followthecamino.com

Buen Camino, plant lovers!

Follow us on social media



[Facebook](#)



[Instagram](#)



[Twitter](#)



[Youtube](#)



[Pinterest](#)

[@followthecamino](#)



Visit [followthecamino.com](https://www.followthecamino.com)

✉ Info@followthecamino.com