

## Vegan eateries in Rome

### *So What?!*

*Via Ettore Giovenale 56-58, Rome, 00176*

+39-3298265250

Open Mon, Wed-Fri 7:30-11:30pm, Sat-Sun 12:30-11:30pm.

*Cuisine: Vegan, Italian, European*

So What?!? is a vegan restaurant situated in a popular area of Rome, opened in Nov 2013. Menu changes from time-to-time and is written on a chalk board. Sample dishes might be ravioli, orzotto, and curry. Casual atmosphere. Accepts credit cards.

Inexpensive.

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### *Bibliothe*

*Via Celsa 4, Roma, Rome, 00186*

066781427

Open Mon-Sat 12:30-3pm, 7:30-10:30pm.

*Cuisine: Vegan-friendly, Lacto, Indian, Ayurvedic, Italian, Organic*

Bibliothe Roma provides vegetarian Ayurvedic food with a meal-of-the-day which consisting of soup, basmati pulao, chutney, and its signature salad. Uses 99% organic ingredients and most items are vegan suitable. Desserts might contain dairy, so ask. Staff speak English and will accommodate special dietary requests. It is near Piazza del Gesu and the Pantheon. Inexpensive.

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### [Universo Vegano - Campo de' Fiori](#)

*Piazza del Paradiso, 18, Rome, 00136*

+39-348-1004757

Open Mon-Tue 12-3:30pm, Wed-Sun 12-3:30pm, 7-11pm.

*Cuisine: Vegan, Italian, American, Fast food, Take-out*

Opened in Sept 2013. Small, franchise vegan fast food outlet with locations in Italy. Counter service. Offers burgers, sandwiches, salads, and other vegan foods. Inexpensive.

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### [Fa bio](#)

*Via Germanico 43 (at Via Vespiano), Rome, 00192*

06-64525810

*Cuisine: Vegan-friendly, Organic, Juice bar, Salad bar, Non-veg*

Serves meat, veg options available. Serves sandwiches and salads. Vegans try the quinoa salad and the vegan sandwich. Located close to the Vatican. Accepts credit cards. Inexpensive.

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### **Green Pizz**

*Via Bari, 3, Roma, Rome,*

+39-064403620

*Cuisine: Pizza, Italian, Organic, Beer/Wine, Take-out, Non-veg*

Serves meat, veg options available. Small pizzeria using mostly organic ingredients. Has different vegan sauces. Reported no egg in the pizza crust - ask. Also offers meal-sized salads. Has outdoor seating. Accepts credit cards. Inexpensive.

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### **Harusaki**

*Via Cremona, 42, Rome, 00161*

06-44236920

Open Mon-Sun 19.35-23.00, Tue-Sat 12.30-14.30.

*Cuisine: Ovo, Japanese, Non-veg*

Serves meat, veg options available. Sushi and Japanese food menu. Includes a few veg suitable starters, main courses, as well desserts, but they are scattered throughout so you have to look for them or ask your waitstaff. Inexpensive.

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### **Kosher Bistrot Caffe**

*Via di Santa Maria del Pianto 68, Rome,*

066864398

Open Mon-Sun, 11am-10pm

*Cuisine: Vegan-friendly, Italian, Kosher, Beer/Wine, Non-veg*

Serves meat, veg options available. Small cafe offering small plates (aperitivo), coffee, and cakes in a very cozy atmosphere. Food is presented in glass case display. Cakes and coffee are soy milk and plant margarine based. Staff is able to explain about the food ingredients. Has wi-fi. Has outdoor seating. Moderate.

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### **Lo Yeti**

*via Perugia 4 (at via Prenestina and via del Pigneto), Rome, 00176*

06-7025633

*Cuisine: Beer/Wine, Wheelchair Access, Non-veg*

Serves meat, veg options available. Cafe with a library. Has vegan cakes, coffee, fairtrade tea, vegetarian and vegan sandwiches, fresh squeezed juice, and shake. Cash only. Moderate.

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### [Queen Energy](#)

*via di San Basilio 66, Rome, 00187*

06-45439517

Open Mon-Fri 9.30am-9pm, closed Sat-Sun.

*Cuisine: Vegan-friendly, Ovo, Lacto, Organic, Italian, Juice bar, Take-out, Non-veg*

Serves meat, veg options available. A healthy food cafe and juice bar in Rome. Vegan dishes and desserts available. Free wi-fi. Accepts credit cards. Inexpensive.

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### [La Nocciolina](#)

*Via Leonardo Mellano 16/18, Acilia (at Via di Acilia), Rome, 00125*

0652352063

Bakery, happy-hour and appetizer place. Offers vegan as well non-vegan pastries and appetizers, and a vegan buffet on specific days (Fridays, special days) for lunch and dinner. In-house-made almond, pistachio, hazelnut milks. Free wi-fi. Has outdoor seating.

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### [Blue Ice Gelaterie](#)

*Piazza sant Eustachio, 47, Rome, 00186*

06.61774289

Dairy ice cream parlor with locations in Rome. This place offers several flavors of sorbet that are vegan suitable and clearly marked up. Has vegan ice cream. Costs 2-6 euro per tub. Cash only.

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### [Cremeria Romana](#)

*Via del Portico de Ottavia 1b, Rome,*

n/a

Small gelato shop serving many vegan options made with either water or soy milk. No inside seating, but some benches outside. Has outdoor seating.

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Food Stores:

**Albero dal Pane**

*Via S. Maria del Pianto 19/20, Rome,*  
06-6865016  
Open 9am-7:30pm.

Store selling shampoos, soaps, cosmetics, vitamins, dried and fresh foods, including cereals, pasta, seasonal fruits and veg, and also a has a deli counter.

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**Canestro Prodotti Biologici**

*Via Luca della Robbia, 12 (at Via Galvani), Rome,*  
065746287  
Open Mon-Sat 9am-8pm.

Via San Francesco a Ripa, 106, Rome,

Viale Gorizia, 51, Rome

Natural grocery market with locations in Rome.

**Natura Si**

*Via Francesco Albergotti, 12, Rome, 00167*  
+39066636205  
Open Mon 3.30-7.30pm, Tue-Thur 9.30am-1:30pm, 3:30-7:30pm, Fri-Sat  
9:30am-7:30pm, closed Sun.

Via del Foro Italico, 501, Rome, 00197

Via Oderisi da Gubbio, 66, Rome

Via Luigi Gaetano Marini, 18, Rome, 00179

Via Portuense, 540, Rome, 00149

Via Algaia, 8, Rome, 00125

Via Filippo Fiorentini 78-86, Rome

Organic supermarket chain with lots of vegan products.