



Best Healthy Restaurants

Why not try some of best health eating in 2017?

1. **Honey and Co.:** Fresh-flavoured Middle Eastern-inspired dishes.
25a Warren Street, London W1T 5LZ
<http://honeyandco.co.uk/>
2. **Snaps & Rye:** Danish restaurant serving healthy smørrebrød (open sandwiches), cured salmon, herring, soups and pickles.
93 Golborne Road, London, W10 5NL
<http://snapsandrye.com/>
3. **Grain Store:** Putting vegetables first.
Granary Square, 1-3 Stable Street, King's Cross, London N1C 4AB
<http://www.grainstore.com/>
4. **Savage Salads:** Street food stall dishing out gutsy, brightly flavoured but heroically healthy salads.
Flat Iron Square in Southwark every Monday-Saturday,
Berwick Street Market in Soho Monday-Friday
Strutton Ground in Victoria Monday-Thursday.
<http://www.savagesalads.co.uk/>

5. **Queenswood:** Well-balanced, low on saturated fats and generally wholesome dishes making use of seasonal vegetables.
15 Battersea Square, London, SW11 3RA
<http://queenswoodldn.com/>
6. **Vantra Vitao:** An entirely vegan and largely raw food restaurant. Its fresh cold-pressed juices, sprouted salads and fermented foods are perfect detox fare for anyone taking healthy eating seriously.
79a Tottenham Court Road, London, W1T 4TB
<http://vantra.co.uk/>
7. **Wild Food Café:** A plant-based eatery and wellbeing oasis.
1st Floor, 14 Neal's Yard, Covent Garden, WC2H 9DP
<http://www.wildfoodcafe.com/>
8. **Ahi Poké:** Hawaiian-style raw fish bowls.
3 Percy Street, London, W1T 1DF
<http://www.ahipoke.co.uk/>
9. **Bonnington Café:** Vegetarian and vegan restaurant. Dishes influenced by Japan, Italy, France, America and Portugal, all with a vegetarian or vegan bent.
11 Vauxhall Grove, London, SW8 1TD
<http://bonningtoncafe.co.uk.s3-website-eu-west-1.amazonaws.com/>
10. **Chicama:** British seafood, inspired by the coasts of Peru. Focus on seasonal ingredients with fresh, bold flavours.
383 King's Road, London, SW10 0LP
<http://chicamalondon.com/>