



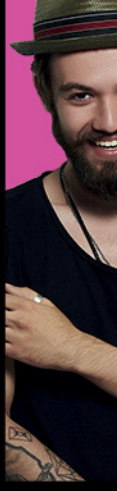
VEGAN *Life* Live

10, 11 February 2018

Alexandra Palace, London N22 7AY

Saturday 10am - 6pm | Sunday 10am - 5pm

1 Day Entrance Ticket on the door: Adult £12 |
Concession £10 (under 16 Free)



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- ✓ Green, spinachy flavour



SPRINKLE...



...onto salads,
roasted veg
& pasta

MIX...



...into juices,
smoothies &
dressings

STIR...



...into soups,
dips, sauces
& stews

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&
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revital



WELCOME

TO VEGAN LIFE LIVE 2018

Alexandra Palace, London • 10 | 11 February 2018

Welcome back to Vegan Life Live! It's time to celebrate the wonderful world of all things vegan once more.

This is a weekend that you won't forget; inspirational speakers from the vegan community will remind us why what we're doing is so important, for the world, for ourselves, and for the animals. Stop by one of the free talks to hear about everything from activism to planetary health.

And while it's easy to think that being a vegan is all about what you can't have, we'll show you just how much food there is on offer. Try pizza, kebabs, ice creams, pasta, curry, soul food – we'd recommend arriving with an empty stomach to truly take advantage of the truly delicious food available at Vegan Life Live.

For those who want some ideas to take home to their own kitchens, learn from some amazing vegan chefs in our cookery demos. They'll be whipping up quick family dinners to delicious desserts, and everything in between.

We have clothing, footwear, chocolate, cheese, jewellery, cosmetics and much more on offer from over 100 exhibitors, not to mention a fully

stocked bar. And you'll be able to listen to some incredible musicians as they play the Vegan Life Live stage.

Don't forget to head over and see the Vegan Life magazine team – subscribe over the weekend, and you'll receive a goody bag full of treats!

Whether you've been vegan for years, or just a month, or you haven't yet made the leap but are considering it, there's no better place than Vegan Life Live to discover what an incredible journey it is.

ORGANISER

Prime Impact Events & Media
Park House, The Business Centre
Earls Colne Business Park
Earls Colne
Colchester CO6 2NS

Tel: 01787 224040
Email: info@primeimpact.co.uk
Website: www.primeimpact.co.uk
VLL Website: www.veganlifelive.com



VEGAN
LIFE LIVE
DIARY
DATES

MANCHESTER
20th, 21st and 22nd April 2018

LONDON
16th and 17th March 2019

ACTIPH
ALKALINE IONISED WATER

THANK YOU TO
OUR SPONSORS

VEGAN *life*
MAGAZINE



Vegan
Trade
Journal

PlantBased
THE
BROOK

MAP

BY CAR

Car park spaces are free and offered on a first come, first served basis. Please note that car parks fill quickly and as such we recommend using public transport to avoid disappointment.

SAT NAV POSTCODE: N22 7AY

Major roads have signposts 'to Alexandra Palace'
1 mile from the North Circular Road (A406)
5 miles from the M1 (Junction 2)
8 miles from the M25 (Junction 25)

DISABLED PARKING

There are dedicated accessible bays in the Grove car park and the East car park in front of the Ice Rink.

LONDON UNDERGROUND

To plan your journey please visit the TFL website at www.tfl.gov.uk. The nearest underground stations are Wood Green on the Piccadilly line and Finsbury Park on the Victoria line. Free Shuttle bus from Wood Green tube station from 10am every 20 mins throughout the weekend.

BUS

The W3 bus runs from both of these tube stations and will take you to the Alexandra Palace Ice

Rink stop or Palm Court entrance. The W3 runs every 5-8 minutes Monday to Friday, 6-10 minutes on Saturday and 9-12 minutes on Sundays. The W3 from Finsbury Park station, stop B towards Northumberland Park. Journey time approx. 10 mins. In addition to the W3 from Finsbury Park and Wood Green underground stations, if you are travelling from North London the 184 towards Turnpike Lane Station stops at Alexandra Palace Station.

The 184 runs every 7-11 minutes Monday to Friday, 6-10 mins on Saturday and 10-12 mins on Sundays.

FREE SHUTTLE BUS

There will be a free shuttle bus running from Wood Green Tube Station & Alexandra Palace on all open days. The shuttles will start 30 minutes prior to show open and finish 30 minutes after the show closes.

TRAIN

Alexandra Palace has its own British Rail Station (Alexandra Palace Station). A regular train service runs direct from Moorgate (weekdays only) or from King's Cross, changing at Finsbury Park. Free Shuttle bus from Alexandra Palace Station from 10am every 20 mins throughout the weekend. Or alternatively the W3 bus will take you to Alexandra Palace or walking takes (15-20 mins.) directly to the venue.





THE BROOK

VEGAN RESTAURANT & COCKTAIL BAR
171 MARE STREET, HACKNEY E8 3RH

www.the-brook.co.uk

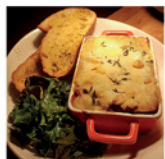
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hair care
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FLOOR PLAN



PLANTBASED KITCHEN

TOILETS

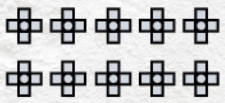
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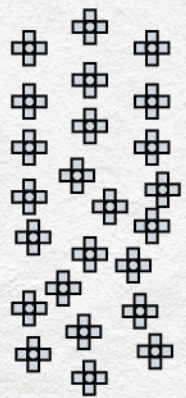
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FOOD COURT

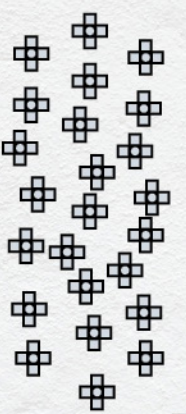


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TOILETS

MAIN ENTRANCE

STAND LISTINGS

Next Page

STAND LISTINGS

BROOK

BAR, THE BROOK BAR AND LIVE STAGE

Enjoy a cocktail while listening to some amazing vegan artists!
the-brook.co.uk

2. VIVA LA VEGAN

Eco-ethical design lead vegan statement wear that literally doesn't cost the earth.
viva-la-vegan.com

3. ANIMAL EQUALITY

International farmed animal advocacy organisation recognised for its effectiveness.
animalequality.org.uk



4. THE VEGETARIAN SOCIETY

The Vegetarian Society Approved vegan trademark makes

finding vegan products so much easier!
vegso.org/approved

5. SOAP CHIC

Artisan bath and body products for the full bath experience.

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

7. MAGIC KNIFE

The knife for all your culinary needs.
magic-knife.website

10. FRY'S FAMILY FOODS

From our kitchen to yours. With love from the Fry Family.
fryfamilyfood.com

12. MOOR BEER COMPANY

This Bristolian brewery pioneered unfiltered, vegan beer a decade ago.
moorbeer.co.uk

17. TINY ECO HOMES UK

Manufacture of off grid mobile eco homes.
mobilehouses.co.uk



19. FOOD VOICES

Video interviews, opinions and new products from the Food sector.
foodvoices.co.uk



21. COFFEE & CHEESE

100% VEGAN
Wholesaler Top-notch vegan foods & hot drinks, vegan run and owned.
coffeeandcheese.co.uk

22. EVERYDAY GOURMET GADGETS

Shreds, peels, slices and even makes spaghetti vegetables.
everydaygourmetgadgets.co.uk

24. DARK MATTERS

Awesome artisan dark chocolate brownies!
eatdarkmatters.com



30. 31. ACTIPH WATER

Europe's first Alkaline Ionised Water, helping you discover balance.
actiphwater.com

32. SWEET REVOLUTION

Organic & Vegan Superfood Lattes.
sweetrevolution.co.uk

33. FOREVER-WELL

Nourish your body with the benefits of Aloe Vera!
forever-well.myforever.biz

34. GREEN SISTERS FREE FROM

Delicious Authentic Indian Free From Products: Savoury & Sweet Samosas, Bhajis & more.
greensisters.co.uk

35. NUTRIFIX

Nutrifix is a nutrition app that locates healthy food nearby, tailored to your body's needs.
nutrifix.co



36. MEI'S HOMEMADE

Artisan Oriental Sauces and condiments for everyday home cooking.
meishomemade.co.uk

37. INSPIRAL VISIONARY PRODUCTS

Seriously healthy and incredibly tasty raw, organic, plant-based snacks!
inspiral.co



40. PLANTBASED MAGAZINE

Subscribe to PlantBased Magazine and pick up your free goody bag!
plantbasedmag.com

41. MS. CUPCAKE

We believe everyone deserves great cake!
mscupcake.co.uk



41A. GANESHA SPICE - 786G UK LTD

I'm Not a Gum I'm not a Mint But I work like One.
ganeshaspice.co.uk

42. FRILL

Frill is the perfect alternative to ice cream - made simply from whole fruits, vegetables and natural ingredients.
frill.eu

43. FIT 4 A KING

Natural products and vegan and gluten free food. Activated Charcoal Toothpaste/Face Mask.
fit4aking.com

44. RAINFOREST CREATIONS

Specialist in tropical, raw and organic foods.
rainforestcreations.co.uk



HEMPEN

COOPERATIVE

46. HEMPEN

COOPERATIVE UK co-operative growing and processing hemp in harmony with nature! We will be offering range of our products including CBD oils and serve yammi Hemp Burgers!
Hempen.co.uk

47. RINGANA

Fresh cosmetics and dietary supplements.
sandrastofresh.com

48. THE VEGAN SOCIETY

Making it easier for people to go and stay vegan.
vegansociety.com

49. THE FOODS OF ATHENRY

Deliciously delightful Rocky Roads, Cookies, Flapjacks, Granola. And also Gluten Free.
foodsathenry.ie



54. JOM

Ridiculously delicious organic and vegan sweets.
jomorganic.com



60. VEGAN LIFE MAGAZINE

Subscribe to Vegan Life Magazine and pick up for your free goody bag!
veganlifemag.com

61. PULSIN

Deliciously natural protein boosters, raw brownies and porridge oat bars.
pulsin.co.uk



62. CLIVE'S PIES

Clive's Organic Vegan Pies and Tarts, gluten free too!
clivespies.com

64. THE HUMANE LEAGUE UK

Come and hear about all the work we are doing to help animals and how you can get involved!
thehumaneleague.co.uk



65. GRANOVITA UK LTD

Suppliers of healthy, nutritious, organic, free from, vegetarian and vegan foods.
granovita.co.uk

66. ELSPETH'S KITCHEN

Artisan Raw Desserts - Allowing you to have your cake and eat it!
elspethskitchen.com

67. HUGGETTS WOOD FARM ANIMAL SANCTUARY

Giving sanctuary to cows and their friends for 24 years!
huggettswoodfarm.org

69. VEGANICITY

Premier quality nutritional supplements for vegans - and everyone!
veganicity.com

75. FIFTH DIMENSION TATTOO & PIERCING

London's premier fully vegan tattoo and piercing studio in Shoreditch.
fifthdimensiontattoo.co.uk



76. DIRKOSH CRUNCH

Ethiopian inspired crisps made from Teff Grain. Vegan, Gluten-Free, & Oil-Free.
eatdirkosh.com



77. ASILI CARE

100% Natural Cosmetic Brand for Skin and Hair.
aslicare.com

78. WYLD WOOD ORGANIC CIDER

Organic, Gluten Free and Vegan Medium Dry Sparkling Cider.
westons-cider.co.uk/ciders/#wyld-wood

79. ADAM'S COLD PRESSED CHOCOLATE

Treat yourself better with luxuriously dark vegan chocolate.
adamschocolates.com



80. BORN FREE FOUNDATION
A wildlife charity devoted to compassionate conservation and the welfare of individual animals.

bornfree.org.uk

81. VITAMIX

Discover the range of high performance blenders from Vitamix. vitamix.co.uk



Authentic & Organic Fine Foods

85. CLEARSPRING
Clearspring is a family-owned business and for over 24 years we have been committed to developing and pioneering Organic Japanese Specialities and Authentic Fine Foods. clearspring.co.uk

87. FRESH FROM NATURE

Handmade Natural and Organic Bathroom Cosmetics. freshfromnature.co.uk

88. T PLUS VITAMIN SUPER TEAS

A new generation of Vitamin B12 enriched functional super teas! tplusdrinks.com

89. GOUPIE

Goupie hand-makes a devilishly moreish chocolate confectionery product in Kent to a family recipe. goupie.co.uk

90. VEGAN COSMETICS QUEST

Make up that doesn't cost the earth! vegancosmeticsquest.com



91. SOL LAUG HAVENS
Handmade Vegan soaps from eco-sustainable farm, working with the homeless. sthavens.co.uk

91A. RADIANT LOTUS

Experience the power and inner peace of soulfulness. radiantlotus.co.uk

92. PERKIER QUINOA BARS

PERKIER Quinoa Bars, packed with delicious superfoods! perkier.co.uk

93. THE GREEN WOMAN

Fit Pit natural deodorant - 100% Organic, Vegan, EarthKind. thegreenwoman.co.uk



95. THE TURMERIC CO
Turmeric shots delivered to your door every day. theturmeric.co



96. REVOLUTION FOODS
Selling Raw Sport. The U.K's No.1 Vegan Protein. revolution-foods.com



97. THE NATURAL HEALTH PRACTICE
Manufacturer of premium vitamins and supplements to support health and well-being. naturalhealthpractice.com



98. AQUA CARPATICA
Nature's most perfect natural mineral water, epitome of purity. aquadcarpatica.co.uk



99. KOKO DAIRY FREE
Delicious Vegan Dairy Alternatives made from coconut! kokodairyfree.com

100. RAW & WILD ACTIVATED PILI NUTS
One of the most nutritionally packed and appetising nuts! raw-wild.co.uk

101. CLARE'S VEGAN CUISINE

Private chef for your special occasions. claresvegancuisine.co.uk



101A. NINI ORGANICS
100% Natural, Organic, Vegan & cruelty free beauty ritual range. niniorganics.com



102. PLANTCURIOUS
The UK's first exclusively plant based organic recipe box. plantcurious.co.uk

103. PURE MAPLE

100% Pure Canadian Maple Syrup. All our products are Vegan. puremaple.co.uk

104. LOVING EARTH CHOCOLATE

Loving Earth is a mission driven company who makes organic, plant based, bean-to-bar chocolate. lovingearth.co

105. A KIND LIVING

Vegan, Ethical, Apparel with donations to Dean Farm Animal Sanctuary. akindliving.com

107. THE NUTTY GROUP

Join The Nutty Revolution. thenuttygroup.co.uk



130. KIJANI LIVING
Natural & Organic Health, Beauty & Wellbeing. kijaniliving.com

132. THE PRIMAL PANTRY

The Primal Pantry offers a range of five energy bars made from 100% natural grain-free ingredients. primalpantry.com

134. ADONIS

A smart brand offering 100% natural, vegan, low sugar snack bars. adonis-foods.com

135. VOGOCO

Healthy vegan chocolate energy balls, 95% superfoods, containing around 16 superfoods. vogococo.co.uk

136. YOUNG LIVING ESSENTIAL OILS

World Leader in pure, therapeutic-grade essential oil and aromatherapy products. youngliving.com/en_UK



137. WEAR YOUR VOICE
Uniquely designed clothing where animal rights and art meet. wearyourvoice.co.uk



138. CONSCIOUS CHOCOLATES
Vegan, raw, organic, sugar-free chocolates. Handmade in Sussex. consciouschocolate.com

139. DELICIOUSLY ELLA

Deliciously Ella is all about celebrating what you can do with delicious, plant based ingredients. deliciouslyella.com



140. G&G VITAMINS
Vegan supplement capsules made by us in the UK. gandgvitamins.com

141. TROPIC SKINCARE

Vegan, raw, organic, sugar-free chocolates. Handmade in Sussex. tropicsskincare.com

150. HYPNOTIC SOLUTIONS

Vegan hypnotherapist (weight, phobias, anxiety etc). Also Hypnotherapy Diploma Courses. HypnoticSolutions.co.uk

153. TOFU TURE

Transforming Tofu. tofuture.com

154. FRUUR.COSMETICS

Sustainable vegan lip and body products made with upscale fruit. fruurskin.com



155. OPTIBAC PROBIOTICS
Visit Stand 155 to check out OptiBac Probiotics' vegan-friendly products! optibacprobiotics.co.uk

156. THE VEDA SOUL COMPANY

Decadent Organic Vegan treats - Gluten Free, No Refined Sugar. thevedasoulcompany.com

158. HETTY + SAM

Stylish range of fashion & lifestyle products, including backpacks, wallets & cushions. Support an artist with every! hettyandsam.com

159. MARGOLD HEALTH FOODS

Vegan Foods and Cooking Aids: Tofu, Engvita, Nutritional Yeast, Bouillon. margoldhealthfoods.co.uk

159A. NATVIA

Sweet Natural Living. natvia.com



159B. BOTONIQUE "CHAMPAGNE OF HEALTH DRINKS"
Botanically-based sophisticated sparkler that's super good for you. Botonique.com

160A. ARCTIC POWER BERRIES

Boost your meals with nutrients and great taste with fully natural berry powders. arcticpowerberries.com

161. VEGGIEPETS.COM

Ethical Vegan Treats, Accessories and Pet Foods For Cats & Dogs. veggiepets.com

162. THE RAW CHOCOLATE COMPANY
Raw Chocolate Bars, Snacks and Superfoods. Vegan, Organic, Fairtrade, Kosher.
therawchocolatecompany.com



165. BRAIN FUD
The Smarter Energy Drink with Guarana & 7 functional vitamins.
brainfud.co.uk



166. SOLARIS TEA
Organic Whole-Leaf Speciality Teas and unique Herbal Infusions. #purefromleafocup #chakra tea.
solaristea.com

169. DANA'S BEAUTY BOX COMPANY
"Using nature to heal the skin" without harming the planet. Endorsed by PETA.
danaibeautybox.company

171. WOODLAND TRUST
Our vision is a UK rich in woods and trees, enjoyed and valued by everyone.
woodlandtrust.org.uk

172. VEGAN BEAUTY COSMETICS
Handmade nail polish, mani/pedi bombs & bath bombs.
veganbeautycosmetics.etsy.com

173. WILL'S VEGAN SHOES
Carbon neutral, ethical, vegan shoes & accessories.
wills-vegan-shoes.com

174. MR ORGANIC
Yummy Naked Goodness - Made with love for the planet!
mr-organic.com

176. CREATIVE NATURE
Delicious and healthy free-from snack bars, baking mixes and superfoods!
creativenaturesuperfoods.co.uk

177. THE COLLEGE OF NATUROPATHIC MEDICINE
CNM (College of Naturopathic Medicine) trains students for successful careers in natural therapies.
naturopathy-uk.com

178. ANIMALS ASIA
Promoting Animal Welfare in Asia, Ending Bear Bile Farming.
animalsasia.org

179. BEEBS

180. GARBANZO SNACKS
Baked Chickpea Bites with Vitamin D.
garbanzosnacks.co.uk

181. TRUE NOPAL CACTUS WATER
100% natural hydration from the heart of the Sonoran Desert.
truenopal.co.uk

183. VEGA
Whatever your nutrition, health, or fitness goals, there's a Vega product made for you.
myvega.co.uk/uk

184. FABRIKK
Luxury British Accessories with the latest tech materials.
fabrikk.co.uk

186. EAT SMILE LIVE - DOTERRA
Essential Oils.
eatmilelive.com

187. TAPPED ORGANIC BIRCH WATER
Rejuvenation, made by trees. 4 delicious flavours to try!
tappedtrees.com



188. TIDEFORD ORGANICS
Organic, Vegan and Gluten-Free Soups, Sauces, Pesto + Miso Pastes.
tidefordorganics.com

FITDELIS

189. FIT DELIS
A clean, cruelty free, natural plant-powered supplement range.
fitdelis.com



190. CHEF BERNIE'S SAUCES LTD
Suppliers of artisan, vegan, gluten free condiment and cooking sauces.
chefbernie.co.uk

194. SMOOZE FRUIT ICE
Ambient, freeze-at-home, all natural, coconut milk based fruit ice.
smooze.co.uk



195. CATS PROTECTION
Cats Protection Sponsorship, a wonderful way to show you care.
cats.org.uk

198. PRAVERA LTD
3-for-2 on our selection of ethical & effective organic products.
pravera.co.uk

199. MI VIDA VEGAN
Rock 'N' Roll Activist wear. We use our body as a billboard because we are not afraid to stand up for what we believe in.
mividavegan.co.uk

200. SLIM GILLY'S
100% Naturally Flavoured Low Calorie Cocktails.
slimgillys.co.uk

201. PUDDOLOGY
Dairy and gluten free desserts.
dairyandglutenfreedesserts.co.uk



202. GOOD TO GO
Revolutionise your lunch! Plant based food on the move.
begoodtogo.co.uk



203. THE LONDON VEGAN BAKERY
100% plant-based handmade delicious vegan cakes and bakes.

204. MADAME SUNSHINE
Gluten/dairy free, vegan, no added sugar chilli sauce and less. Sugar chutney.
madamesunshine.com



207. THE VEGAN OWL
All Things Pastry. Traditional Favourites With A Plant Based Twist.
theveganowl.co.uk

210. JAMES WHITE DRINKS LTD
Makers of brilliant non-alcoholic juices and cordials.
jameswhite.co.uk

211. RAW CULTURE CO
Raw, natural probiotic drink brewed with only organic ingredients.
rawculture.co.uk

213. THESIS
Truly Organic, Raw-focused, Eco-luxe Apothecary.
blossomandroot.co.uk

215. LOVESEITAN
Probably the best seitan in the world #loveseitanutk.
loveseitana.com

217. REAL REMEDIES
Highly Tuned Herbal Blends.
realremedies.co.uk

220. TOGETHER HEALTH
Food, plant & ocean based supplements made without artificial additives.
togetherhealth.co.uk

220A. SOLKIKI CHOCOLATEMAKER
Outstanding bean2bar chocolate that protects vulnerable wildlife and communities.
solkiki.co.uk

220B. SOFFLE'S PITTA CHIPS AND CHIC P'S HUMMUS
A delicious duo of fresh and natural pitta chips and hummus.
chicp.co.uk

221. DIABLO
Stove top toasted snack maker.
mac-demos.co.uk

221A. BALANCED NATURE
Organic Kombucha and Raw Chocolate.
balanced-nature.com

221B. BRAVE
Delicious UK-grown roasted peas packed full of protein.
bravefoods.co.uk

222. JUNGSHIM
Jung Shim teaches people how to thrive in today's world by tapping into their own 'human energy'.
jungshim.org

223. PEP & LEKKER
Delicious fresh organic all natural vegan soup.
pepandlekker.com

224. RIVERFORD ORGANIC FARMERS
Award-winning organic veg boxes fresh from our farm.
riverford.co.uk



Products. silverbamboo.co.uk

225. SILVER BAMBOO
Natural, Cruelty Free, Eco-Friendly and Ethically Sourced

226. ROLLAGRANOLA
A nutty, natural and delicious range of granolas.
rollagranola.com



asian wisdom. yogitea.eu

227. YOGI TEA
Ayurvedic Herbal Tea, Aromatic Organic Herbal Tea using wise ancient



229. VITA COCO
Vita Coco Coconut Water, Oil and Milk. @VitaCocoUK
vitacoco.com/uk



235. VIVA!
Positively vegan and since 1994 has been campaigning to end the suffering of farmed animals.
viva.org.uk

235A. PURELY SUPERFOOD

100% Vegan friendly superfood and protein powders. purelysuperfoods.com

236. THE TOASTED SEED COMPANY

Delicious toasted seeds original, curry, chilli & our high hemp original. thetostedseedcompany.co.uk

238. GREENPEACE

We defend the natural world and promote peace. greenpeace.org.uk

239. PH WISDOM

UK Distributors of Real Salt, Earthpaste, Redmond Clay products. www.phwisdom.com

240. MISS ORGANICS

London-made, organic skincare empowering you to stay natural and be the real you. missorganics.co.uk



241. SUN & SEED
Producers of award-winning nut and seed butters, cold pressed oils and much more. sunandseed.com

242. SLAB ARTISAN FUDGE

Artisan Isle of Wight fudge. slabfudge.co.uk

243. PAGURO UPCYCLE

Upcycled, cruelty free and contemporary bags and jewellery. paguroupcycle.com

244. CHIMNEY FIRE COFFEE

Chimney Fire Coffee aims to promote coffee as an experience, not just a commodity. chimneyfirecoffee.com

246. HAPPY DRAGON ARTS LTD

High quality jade and semi precious stone jewellery and accessories. happydragonarts.com

247. SELF CARE CO.

Handcrafted Soy candles, poured with Love. selfcarecompany.com

248. CLUB ORGANIX (VEGAN MAKEUP)

Inspired by love! Our speciality is Organic, Natural & Vegan Certified Makeup. cluborganix.com

248A. EASY WAY TO GO VEGAN

Easy Way to go vegan book the essential guide to pain free transition to veganism. easywaytogo vegan.com

249. PROSECCO VAN - THE LOVELY BUBBLY CO

Love your bubbles? Check out our mobile Fizz van today! lovelybubblyco.com

249A. CITY JUICE

Delicious Fresh Cold Pressed Sugar Cane Juice. cityjuice.co.uk

250. GREEN TEA ARTISAN

We specialise in green tea from different countries and regions of the world. greenteartisan.com

251. CAKES FROM ME

Bespoke vegan cakes made with love for any occasion! For every vegan cake think... Cakes From Me. cakesfromme.com

252. BEAUTY GATE

Free massage session. begate.co.uk

253. CHIKA'S FOODS

Our snacks are flavoursome, gluten free, non-GMO. chikas.co.uk



254. ORIGINAL BEARD CO
Luxury Beard & Hair Products - Small Batch - Hand Made. originalbeard.co

255. GRUMPY FOOD

Healthy and nutritious KuKu, a type of Middle eastern frittata. grumpyfood.co.uk

256. DELICIOUSLY HONEST

Handmade Raw Chocolate and Vegan Confectionery. deliciouslyhonest.com

258. ORGANIC SEED AND BEAN

Delicious Organic and Fairtrade chocolate in 22 amazing flavours. seedandbean.co.uk

259. BUMBLEBEE CIDER

Makers of scrumptious Somerset cider and protectors of bumblebees. bumblebeecider.co.uk

260. FITBEER LTD

Alcohol Free Craft Beer. fitbeer.co.uk

261. CAFE SOVEGAN

We specialise in our own handmade meatless meat products and celebration and sculpted cakes. facebook.com/cafesovegan

268. HULLBALOOS LEMONADE

Lemonade with no chemicals and loads of fresh fruity flavour. hullbalooos.rocks

F1. WHAT THE PITTA!

Vegan Döner Kebabs. whatthepitta.com

F2. MERKAMO ETHIOPIAN 100% VEGAN

Authentic, Healthy 100% Vegan food rich in protein and vitamins. instagram.com/merkamo.ethiopian

F3. MAC N'

Our mission is to make divine dairy-free Mac for the masses. eatmacn.com

F4. MAKATCHA

Indonesian food, come try our chickpea, mushroom and spinach rendang. makatcha.co.uk

F5. ONE PLANET PIZZA

A range of hot and frozen vegan pizzas from the award winning vegan pizza company! oneplanetpizza.com

F7. BLACK MYLK ICE CREAM

Bold colours, seasonal flavours and the most beautifully creamy texture. blackmylk.com

F8. NUTRI-STATION

Affordable nutritious food and raw desserts free from: refined sugars and gluten. nutri-station.co.uk

F9. PIG OUT

100% Vegan Hotdawgz. pigoutuk.com

F10. MALOBI'S

Gourmet vegan fast food. facebook.com/malobisjoint

F11. JAKE'S VEGAN STEAKS

Seitan steaks, handmade from scratch and cooked fresh to order. instagram.com/jakesvegansteaks

F12. THE HOUSE OF ACAI

Healthy, delicious tasting, superfood fuelled Acai bowls. houseofacai.co.uk



F13. THE BROOK - VEGAN RESTAURANT
We serve seasonal, locally sourced, homemade vegan food. the-brook.co.uk

F14. DAMAGE LIMITATION

Vegan food coach whizzing up fresh juices and smoothies for you! damagelimitation.org

F15. SPICEBOX

Plant-powered Indian food - fresh, healthy and innovative spins on classic Indian dishes. gimmespicebox.com

F16. POMODORO BASILICO

If you want to experience comfort food as Italians eat it in their homes, give it a try, you might come back for more! facebook.com/PomoBasilico

F17. BROWNINS BAKERY

Caribbean Vegan Food. facebook.com/Browninsfood

F18. CHAATIT

Mexican street food with a twist especially for VLL. chaatit.co.uk

F19. BAKING BAD

Vegan Cakes, Cupcakes and Treats. Fun and colourful, filled with rainbows and sparkles! bakingbadvegan.com

F20. HOME KITCHEN VEGAN

Authentic home cooked Vegan food platters from around the world including: Indian, Chinese, Mexican and Italian. facebook.com/homekitchenvegan

F21. LAZYBOY KITCHEN

Vegan BBQ and Cashew Mac n Cheeze instagram.com/lazyboykitchen

F22. HERBIVOROUS

Vegan street food specialists. Herbivorous.co.uk

F23. GREEK VEGAN DELI SPECIALITIES

Greek cuisine vegan food recipes handcrafted. greekvegandelispecialities.co.uk



VEGAN *Life*
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thesis

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Yorica!

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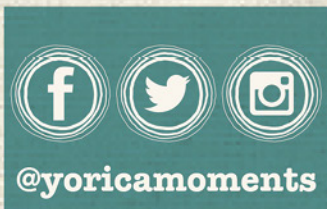
Yorica! is the first ever free-from, sweet-lovin' treat store!



The big idea behind Yorica! is beautifully simple. From salted caramel ice cream, to cookies & cream milkshakes, matcha froyo, and chocolate-filled crepes – all of our recipes and ingredients are **free from dairy, eggs, gluten, and nuts** and are all **allergen-free** * and entirely **vegan**.

For further information about our products visit: www.yorica.com

* Some products contain soya; please ask the staff and they will advise on which items.



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Contact us on: 020 7434 4370



Learn how to whip up a tasty meal in our Vita Coco kitchen. There will be free demonstrations from top plant-based chefs throughout the weekend.

VITA COCO KITCHEN

Saturday 10th February



The Vegan Society

Just Good Food, with Vegan Chef Day and The Vegan Society

Speedy healthy meals in minutes are possible; pro-chef Day Radley reveals her tips and tricks for zooming through your weeknight dinners. An expert at creating go-to vegan recipes Day shows you a family favourite which is super tasty AND highly nutritious!

Cooking with Spices with Grace Regan

Join Grace Regan founder of SpiceBox for a spice masterclass. In this demo, you'll learn the basics of cooking with spices as well as some easy recipes you can whip up at home with minimum ingredients.



SpiceBox

FREE ADMISSION



Goth in the Raw

11:30-12:00

Sinful Delights with Adaora Osimiri-Lewis, Goth in the Raw

Join Adaora, Goth in the Raw, as she demonstrates her delicious Raw Vegan DEATH BY CHOCOLATE BECOMES HER Cheesecake.

Cooking for Busy Families with Tammy Fry and Bexfast

Join Tammy Fry and Bexfast as they demonstrate just how easy it is to cook vegan meals for you and your family every night of the week.



Frys Family Food

12:30-13:00

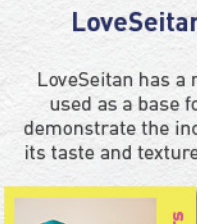


Explore Raw

13:30-14:00

Explore Raw with Plant & Raw Food Chef Stephanie Jeffs!

Spiralize like a Pro and learn how to bring your food to life with your Spiralizer. Listen to her share her story of her plant based journey as she prepares samples of her most popular dish from her book Spiralize! with her chef grade ProSpiralizer.



LoveSeitan

14:30-15:00

LoveSeitan Cookery Demo with Nick, co-founder of LoveSeitan

LoveSeitan has a range of flavoured seitan that can be used as a base for a variety of tasty dishes. Nick will demonstrate the incredible versatility of seitan and how its taste and texture make it an ideal base for any meal.



Green Sisters

15:30-16:00

Delightful Indian Dinners with Geeta Salhan & Reena Salhan

Green Sisters share their favourite Indian dishes with a vegan twist. Using fresh and nutritious ingredients to bring out the authentic warming flavours, which truly entice a diverse audience.

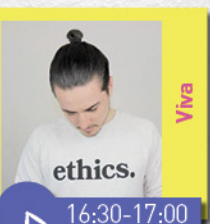


Viva

16:30-17:00

Cooking With Epivegan, AKA Brett Cobley and Viva!

A big part of Viva! is our vegan recipe club, encouraging people go and stay vegan with amazing food. Vegan cook and Youtube Vlogger Epivegan will be joining us on behalf of Viva! to share some fantastic easy vegan recipes. Come and learn some basics of vegan cooking and how to whip up quick, easy and delicious vegan meals at home.



Viva

16:30-17:00

FREE
ADMISSION

VEGAN LIFE KITCHEN

Saturday 10th February

PLANTBASED KITCHEN

Saturday 10th February

FREE
ADMISSION



Food for the soul with Natasha Caton

With 25 years' experience Natasha loves to marriage her knowledge and wisdom with spiritual cooking, creating soul food that will help you balance your chakras that will help you transform your life. Food can directly affect how your chakras work, the meals you prefer to eat can also reflect the health of your chakra system. "eat the rainbow" how many colours are you eating?

12:00-12:30

Bali Garden Stew by Chef Soph Gordon

A seasonal staple, inspired by Balinese flavours and using fresh 'garden' ingredients, paired with wild rice, toasted shallots, cashews and a dollop of creamy coconut yoghurt. The perfect warming winter staple.



13:00-13:30



Feelgood Vegan Fish Cakes with Homemade Mayo with Roxy and Ben from So Vegan

Join Roxy and Ben as they demonstrate a new and exclusive So Vegan recipe for fluffy vegan 'fish' cakes, using everyday ingredients and served with a zesty homemade mayonnaise.

14:00-14:30

Feast of the Mourning with Adaora Osimiri-Lewis, Goth in the Raw

Learn how to make Adaora's, Goth in the Raw, Vegan Black Cardamom + Vanilla Waffles with Macerated Blackberry Jam. A beautiful demonstration not to be missed.



15:00-15:30



Exploring Seitan with Katy Simmons PlantBased Chef

PlantBased resident chef Katy demonstrates the versatility of vital wheat gluten as she creates several very different meat replacements with no nasty, unpronounceable ingredients! With these 3 basic recipes, you will be able to prepare countless enticing dishes at home.

16:00-16:30

PlantCurious with founder Woj Gawor

As a vegan of 3 years, Woj founded PlantCurious the UK's first exclusively organic vegan recipe box to help people to discover new flavours whilst learning about the variety, sustainability and simplicity of a vegan diet. PlantCurious will be making some of their dishes with members of the public to show how simple and delicious their vegan recipes are.



17:00-17:30



PlantBased

the food revolution





THE PALACE SUITE

Saturday 10th February



We have a line-up of top vegan presenters offering talks on a wide range of topics from activism to plant-based fitness. Places are first come first served, please arrive 5 – 10 minutes prior to the start time.



The Fry Story – from Piggeries to Veggies with Wally Fry

Discover how Wally Fry went from an avid meat eater and goat herder to co-founding a plant-based alternative company, Frys Family Foods, with his wife Debbie.

The Beginner's Survival Guide to Veganism with Edward Daniel

In this insightful talk, Edward gives an overview of Veganism, the importance of vitamin B12 and omega 3, why go vegan and how to get creative with food. Why not join him, you can whip up at home with minimum ingredients.



The Activist Within with London Vegan Actions

An interactive session for anyone interested in how we can all be active in making a difference not only for ourselves but all beings. London Vegan Actions coordinate regular vegan outreach events as well as organise creative protests in and around London.

FREE ADMISSION

Creating Plant-Based Culture For Everyone with Damien Clarkson

In this talk Vevolution Co-Founder Damien Clarkson sets out a positive vision for how we can spread plant-based culture across the world.



Effective Advocacy with Tammy Fry

My plant based life and all the "advocacy lessons" I learned along the way!

Restoring Planetary Health: Do our food choices matter? With Dr Helen Harwatt

Learn about the range of environmental impacts of the foods we eat and how simple changes can massively help tackle climate change, restore land to its natural habitat, reduce species loss and increase biodiversity, and reduce the amount of land, water and soil pollution.



Ethics and entrepreneurship: How being vegan lead me to start a business with Amber Fraser

Amber started BRAVE in order to make a positive impact on the wellbeing of people, animals and the environment. In this talk, she discusses how being a vegan lead her to entrepreneurship and the lessons she's learned along the way.



THE PALACE SUITE





ACTIPH WATER LECTURE AREA

Saturday 10th February

FREE
ADMISSION



The Vegan Society

10:30-11:00

Vegan 101 with Elena Orde, Communications and Campaigns Officer for The Vegan Society

Members of The Vegan Society's communications team give their top tips and advice on going vegan, as well as answering your questions. Veganism has never been made more easy!

Ayurvedic Vegan Life with Devraj Singh from Yogi Tea

Devraj Singh from Yogi Tea talks about the Ayurvedic Vegan Life and some of his experiments with Yogi Tea. Chemical alternative world. Looking at herbs for the cure. Be Good, Do Good and Feel Good.



Yogi Tea

11:15-11:45



Dr Marilyn Glenville

12:00-12:45

How to balance your Hormones naturally as a vegan with Dr Marilyn Glenville PhD

Find out how balancing your hormones reduces PMS, endometriosis, fibroids, menopause, PCOS and your risk of breast cancer. Eliminate tiredness, moods, tension and irritability. Is soya safe to eat?

10 reasons why plant foods are great for your health with Dietitian Heather Russell, The Vegan Society

This year, Heather will be exploring how plant foods can benefit our health. Whether you're a seasoned vegan or just curious about plant-based living, this session will help you to understand the nutritional potential of vegan diets.



The Vegan Society

13:00-13:45



Mick Walker

14:00-15:00

Health and Fitness on a Wholefood Plant Based Diet with Mick Walker

The idea of not eating meat is nothing new but so many of us were brought up to believe that the maintenance of health and fitness can only be achieved on a diet based around animal protein. Come and find out why this is not the case.

The SFN Show // Vegan Life Live Special

A line-up of guest speakers hosting a Q&A panel discussing a variety of fitness, nutrition & lifestyle topics, Vegan specific. Come equipped with any questions you'd love to get answered. This is not one to be missed!



SFN - VLL special

15:15-16:00



Hypnotic Solutions

16:15-16:45

Help Going Vegan and Staying Vegan with Brian Jacobs

Particularly aimed at those contemplating going vegan or who are newly vegan. Brian Jacobs from 'Hypnotic Solutions' will provide advice based on his 30 years' experience as a vegan.

STAGE TIMES



12:00

PAUL CAPTAIN WATSON

12:45

JOSH TOM

13:30

DAISY AND THE DARK

14:15

OLSKI

15:00

SCOTT MCFARNON

15:45

EL TEL

16:30

OLIVER HALL



THE BROOK LIVE STAGE
Saturday 10th February

FREE
ADMISSION



Daisy and the Dark



Scott McFarnon



Josh Tom



THE
BROOK



VEG FOOD

a wide selection of delicious veg



WHAT THE PITTA!



SPICEBOX

Baking Bad

Vegan cupcakes

Black Mylk

Seasonal flavours of vegan ice cream

Brownins Bakery

Caribbean Vegan Food

Chaatit

Mexican street food

Damage Limitation

Fresh juices and smoothies

Greek vegan deli specialities

Greek cuisine

Herbivorous

Vegan street food

Home Kitchen Vegan

Vegan food platters from around the world

Jake's Vegan Steaks

Seitan steaks

Lazyboy Kitchen

Vegan BBQ and Cashew Mac n Cheeze

Mac N'

Dairy free mac

Makatcha

Indonesian cuisine

Chick pea, mushroom and spinach rendang

VEGAN COURT



vegan food is available all weekend



NUTRI-STATION



ONE PLANET PIZZA

Malobi's

Gourmet vegan fast food

Merkamo Ethiopian 100% vegan

Ethiopian food bowls

Nutri-Station

Raw desserts

One Planet Pizza

Hot vegan pizza

Pig Out

100% Vegan Hotdawgz

Pomodoro E Basilico

Italian cuisine

SpiceBox

Plant-powered Indian food

The House of Acai

Acai bowls

The Brook - Vegan Restaurant

Homemade, locally sourced
vegan food

What the Pitta!

Vegan Döner Kebab



MAKATCHA



PIG OUT



The Vegan Society's Garden of Vegan

grow Green



 Hodmedod's
Britain's pulse & grain pioneers

 The Vegan Society
One world. Many lives. Our choice.

Saturday 10th & Sunday 11th
February, 2018

THE WONDER OF BEANS... JOIN US THROUGHOUT THE WEEKEND TO FIND OUT HOW THE HUMBLE BEAN CAN BRING OUR VISION OF ANIMAL-FREE FARMING TO REALITY.

THE VEGAN SOCIETY'S CAMPAIGNS TEAM WILL HAVE PLENTY OF INTERACTIVE AND UNUSUAL WAYS FOR YOU TO EXPERIENCE THE BRILLIANCE OF BEANS - INCLUDING GIVEAWAYS OF BRITISH GROWN BEANS THANKS TO HODMEDODS.

FIND OUT MORE ABOUT THE GROW GREEN PROJECT AND OTHER VEGAN SOCIETY CAMPAIGNS, AND SUPPORT VEGAN SOCIETY CAMPAIGNS IN YOUR LOCAL AREA BY JOINING OUR CAMPAIGNER NETWORK.





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Learn how to whip up a tasty meal in our Vita Coco kitchen. There will be free demonstrations from top plant-based chefs throughout the weekend.

VITA COCO KITCHEN

Sunday 11th February



Chef Bernie'S Sauces

Ital Breakfast with Ackee, Bakes and Cucumber Salad with Chef Bernie and Caroline Des-Rivieres

Chef Bernie and his wife Caroline love to inspire couples and friends to cook together. Bernie from St Lucia and Caroline from the UK will show you how to create a mouthwatering supper to share, with mild island flavours of coconut

and spice and a weird but wonderful banana ketchup dessert. Be prepared to have your taste buds tingled!

LoveSeitan Cookery Demo with Nick, co-founder of LoveSeitan

LoveSeitan has a range of flavoured seitan that can be used as a base for a variety of tasty dishes. Nick will demonstrate the incredible versatility of seitan and how its taste and texture make it an ideal base for any meal.



LoveSeitan

FREE ADMISSION

Feast of Eve with Adaora Osimiri-Lewis, Goth in the Raw

Check out Adaora's, Goth in the Raw, stunning demonstration of Raw Vegan WIDOW Zoodle-cini with Black Trumpet Mushrooms and Brazil Nut "Parm".



Plant Powered Solutions with FITDELIS

Whatever your nutrition, health, or performance goals, FITDELIS has a plant powered solution that's right for you. Come and say hello as we showcase our range of delicious, clean & natural shakes. Proving that convenience can mean healthy and not require ethical compromise.

Cakes & Cookie Dough with RG Vegan and Mark

Easy to make banana & cinnamon cupcakes with a choice of either a hint of orange or lemon. Easily put together in less than 30 minutes with only minimal ingredients and cookware required. Nicely satisfies any sweet cravings. WARNING: Can be highly addictive! + some easy to make cookie dough made by Mark (@markloveslife).



Plantain and Coconut Fritters with Tomi Makanjuola and Vita Coco

A classic Nigerian snack with an irresistible coconut twist.





Heather Salisbury

10:30-11:00

Tasty vegan meals with Heather Salisbury and Libby Peppiat

Join Heather and Libby as they demonstrate a quick, nutritious and most importantly, delicious meal from the Hugletts Wood Cook Book.

Quicktime Banana & Cinnamon Cakes with RG Vegan

Easy to make banana & cinnamon cupcakes with a choice of either a hint of orange or lemon. Easily put together in less than 30 minutes with only minimal ingredients and cookware required. Nicely satisfies any sweet cravings. WARNING: Can be highly addictive!



RG Vegan

11:30-12:00



Frys Family Food

12:30-13:00

Cooking up a storm with the Fry Family with Wally and Tammy Fry

Join Fry's very own Wally and Tammy as they show you just how fun cooking vegan can be! Delicious, nutritious, plant-based meals.

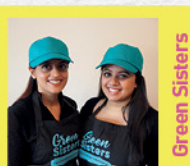
Mint Cacao Buckini Mousse with Georgie Holt, LovingEarth

Mint and Cacao have always been my two go-to flavours for most sweet dishes or recipes. This Mint Cacao Buckini Mousse uses the mouth-watering fruit that is avocado for a creamy indulgent mousse that is extremely versatile and high in GOOD fats. It will satisfy any sweet craving, serve as the perfect afternoon snack or even as a mood boosting breakfast.



LovingEarth

13:30-14:00



Green Sisters

14:30-15:00

Lazy Indian Lunch Boxes with Geeta Salhan & Reena Salhan

The Green Sisters 'go to' lazy vegan lunch boxes. Hearty, simple & satisfying!

3 x 10 minute meals with Tammy Fry and Bexfast

Join Tammy Fry and Bexfast as they demonstrate some super quick tasty vegan meals when time is not on your side!



Frys Family Food

15:30-16:00

FREE
ADMISSION

VEGAN LIFE KITCHEN

Sunday 11th February

PLANTBASED KITCHEN

Sunday 11th February

FREE
ADMISSION



4 tips to make vegan cheese melt perfectly with Pedro Zuniga

Struggling to make vegan cheese melt exactly as you like it? Don't you worry! You can make it happen, at home, in just a couple of minutes. How? By using these easy tips. You can make your fav pizza, your toastie or your delicious lasagna. Amazing taste and texture guaranteed. And, of course, it's 100% cruelty free!

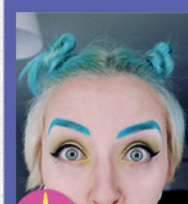


Coffee and Cheese

11:00-11:30

Vegan Comfort Foods with Romy from RomyLondonUK

We all know how important a healthy diet is, but we must not forget to have a healthy relationship with our food too. This includes enjoying our favourite comfort foods from time to time - Romy from RomyLondonUK shows us that being vegan doesn't mean we have to miss out on these.



Romy London UK

12:00-12:30

Vegan Pad Thai with King CookDaily

Chef King will be demonstrating and Veganising Thailand's National dish the infamous "House Pad Thai" which is served at his restaurants. This Master Class will be focusing on the simplicity of preparing this healthy & cruelty-free version with chefs tips and tricks along the way with a hands on approach in his unique style.



King CookDaily

13:00-13:30

Exploring Tofu with Katy Simmons PlantBased Chef

Tofu, in all its various forms, is a staple vegan ingredient which can sometimes seem daunting.

PlantBased resident chef, Katy, explains the differences between them and demonstrates the best uses for the different types of tofu available.



PlantBased

14:00-14:30

Quick and Easy Plant-Based Breakfasts with Bethan Hamilton

Bethan Hamilton, Registered Associate Nutritionist and Educator for Vega®, will show you how to create simple and delicious plant-based breakfasts. Come along and be inspired!



Vega®

15:00-15:30

PlantBased
the food revolution





THE PALACE SUITE

Sunday 11th February

We have a line-up of top vegan presenters offering talks on a wide range of topics from activism to plant-based fitness. Places are first come first served, please arrive 5 – 10 minutes prior to the start time.



Animals Asia with Maren Dallman

Join Maren Dallmann, a long standing volunteer and supporter of Animals Asia, Maren has been representing the charity at events in the London area for over 8 years. Animals Asia, founded in 1998,

has worked tirelessly to end the barbaric bear bile industry and promote compassion and end the long term hardship and suffering of captive animals in Asia and indeed the globe.

With new found strength comes greater responsibility with Izzi, Princess of the Unicorns

Izzi von Kohler, a magical personal trainer, talks about how to stay fit, healthy and happy while battling the misconceptions on how to build muscle on a vegan diet. Showing that being strong is more empowering than ever and much needed in a still male dominated world.



What's Feminism Got to do With it? With Sophie Delarny, Viva!

Do you consider yourself a feminist? Do you follow a vegan lifestyle? Come and find out why these movements correlate more than you may think! Sophie will be talking about the struggle women have had to regain control over their own bodies, and how

sadly female animals (in particular their reproductive systems) are still incredibly exploited in common farming practices. Come and find out why veganism IS a feminist issue.

FREE ADMISSION

How to Create a Vegan World Together with Earthling Ed

Through discussing personal experiences and the real world implications of animal exploitation, the talk will delve into how we can all come together to create a vegan world.



Earthling Ed

13:30-14:15



Goth in the Raw

14:30-15:00

Veganism - Inclusive Not Exclusive...And Elitism Has No Place with Adaora Osimiri-Lewis

It is not uncommon to find elitism everywhere, and the vegan community is no exception vegans: not "raw" enough because you are not high raw, not vegan enough because you are not doing it this way or that way, cannot be vegan because it is considered a "white thing". This type of thinking and attitude clouds progress. While veganism is beautiful, it does hold judgement...and this can

be hurtful and painful to other vegans and those that wish to become vegans. It is what turns some people away from us. We are here to enlighten, inspire and spread awareness – not try to see who is better or who we think can or cannot be a part of this beautiful lifestyle/movement.

Dairy's dark secrets: undercover investigations on British dairy farms with Dr Toni Shepard, Animal Equality

Animal Equality's investigations inside British dairy farms hit the headlines in 2016 and 2017, shocking many Brits and challenging the idyllic image of dairy farming. Come and hear about the hidden and often horrible practices that cows and calves experience before eventually ending up at the slaughterhouse. You'll never look at a glass of the white stuff the same way again!



Animal Equality

15:15-16:15

THE PALACE SUITE





ACTIPH WATER LECTURE AREA

Sunday 11th February

FREE
ADMISSION

Plant Based Workshop with Tammy Fry

Busting Myths, Tips for busy families, Pantry Lists, Plant based on a budget and meal planning.



You Are What You Eat! - 10 Steps to a Healthy Plant-Based Diet with Dominica Alicia Roszko

When it comes to what you bite, chew and swallow, your choices have a direct and long-lasting effect on the most powerful organ in your body: your brain. So which foods cause you to feel so tired after lunch? Or so restless at night? And how to ensure you have a balanced plant-based diet that will keep you happy and energised?



Natural Solutions for digestive problems and IBS with Dr Marilyn Glenville PhD

Find out how to relieve digestive problems naturally, such as bloating, flatulence, indigestion, heartburn, constipation and diarrhoea. Foods to avoid. Discover which supplements can ease discomfort.



Grow Green - solutions for the (vegan) farm of the future with Tom Kuehnel.

Hear from The Vegan Society about the latest developments in their Grow Green campaign. The campaign encourages more plant protein agriculture, and a move away from animal agriculture, working towards the vegan future that the animals and our planet so desperately need. demonstrate the incredible versatility of seitan and how its taste and texture make it an ideal base for any meal.

The Fry Story – from Piggeries to Veggies with Wally Fry

Discover how Wally Fry went from an avid meat eater and goat herder to co-founding a plant-based alternative company, Frys Family Foods, with his wife Debbie.



Ayurvedic Vegan Life with Devraj Singh from Yogi Tea

Devraj Singh from Yogi Tea talks about the Ayurvedic Vegan Life and some of his experiments with Yogi Tea. Chemical alternative world. Looking at herbs for the cure. Be Good, Do Good and Feel Good.

STAGE TIMES



12:00

BRANDY ROW

12:45

HARRY SATCHER

13:30

ANNE SUMNER

14:15

ROLE MODELS

15:00

DUNCAN REID

15:45

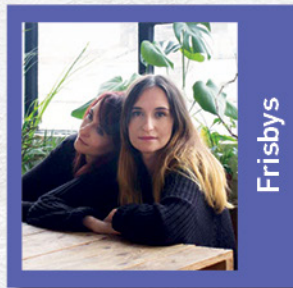
DRAGONFLY SKY

16:30

FRISBYS

THE BROOK LIVE STAGE
Sunday 11th February

FREE
ADMISSION



THE
BROOK



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