

UK Paleo Eating Out Guide

www.paleo-britain.co.uk

In the UK we are not as lucky as the Americans where it seems there are now plenty of paleo-friendly cafes. Unfortunately, we don't know of anywhere that specializes in paleo options that is a nationwide chain.

Therefore eating out while sticking to paleo options is pretty hard since so many places sell only sandwiches, paninis etc. Below we have outlined some of the best options.

It's unlikely that meat will be organic and/or grass-fed, but we all like to eat out at times so we have to compromise.

Please email us if you know other options we should include here!

Good places for Lunch

- **Wagamama** www.wagamama.com Wagamama regularly update their menu and usually have some nice grain-free options like Lobster Super Salad, Warm Chilli Chicken Salad and Grilled Tuna with Stir-Fried Vegetables. Most options will contain soy (check with the waiter) so it depends how strict you are being as to whether this is an OK option for you. They also do a good range of raw juices.
- **Leon** www.leonrestaurant.co.uk The chicken superfood and chicken/chorizo salads are perfect options. Great for lunches as delicious, fresh, wholesome fast food and lots of options are gluten-free. They have an easy coded menu so you can quickly see what is Gluten/Wheat or Dairy-Free. Its also a nice place to sit in and eat in, and they do dinner with table service after 6pm. See menu: <http://leonrestaurants.co.uk/menu/all-day/>
- **chop'd** www.chopd.co.uk chop'd is good because you can choose your own salad and dressing: <http://chopd.co.uk/our-food-menu/>
- **Tossed** http://www.tosseduk.com/downloads/main_menu_v4.pdf lots of salad options and the menu shows nutritional information too.
- **Prêt A Manger** - good for salads, soups and sushi. The food is all freshly prepared on site. For lunch we usually choose the Crayfish & Avocado no bread salad or the Hoisin Duck no bread salad. They also do an egg and spinach protein pot,

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which makes a good snack, and they also sell nuts and fresh fruit.

http://www.pret.com/menu/sushi_salads_soups Pret is all over the country so you should be able to find one near you.

- **Chiquitos** - do a good fajita salad (so no wraps), just a yummy meal of meat, veggies and guacamole. Perfect! <http://www.chiquito.co.uk/menus/lunch-menu>
- **Chilango/Tortilla** - and other Mexican options will also do the same.
- **Pod** - just in London. Not much choice from the main meals, but they do a great protein box. <http://www.podfood.co.uk/menu.php>
- **Tortilla** - Mexican Grill - they do a naked Burrito that you can have as Paleo as you like. And they are really good too!!! Lots of branches in London and also in Leeds, Brighton and Southampton <http://tortilla.co.uk/our-food/>
- **M&S Food** does pretty good salad and sushi options. You just need to check salad dressing ingredients and avoid if necessary. They have plain salad bowls with dressing separate plus they always sell fish separate in their deli part so prawns or salmon can be easily added to the salad.

Meals Out

- **Nandos:** The meat won't be grass-fed and organic but other than that they do have quite a few options. The half/whole chicken is an obvious easy one to go for, but they also have perfect sides of ratatouille, sweet potato mash and nice fresh olives. They do takeaway too but you have to collect. <http://www.nandos.co.uk/restaurantmenu/mains>
- **Burger specialists:** Byron, GBK, Hache etc. all have loads of options for toppings like avocado and bacon. You just have to order without or not eat the bun. They all usually do sweet potato fries now too!
- **Handmade Burger Co** - loads of branches and have lots of gluten-free bunless options. Grass-fed Scottish beef - looks great! Lots of info on their website <http://handmadeburger.co.uk/our-restaurants/>

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Special Occasions - eating out for dinner is easier than lunch as most places do steaks and various other meat options plus salads and a lot of places now have gluten-free options on the menu.

- **Any steak restaurants:** Hawksmoor, Gaucho, Goodmans

By Area

London

1. Feed Me Primal is a paleo stall at Boxpark Croydon selling paleo, primal and gluten-free food. Delicious food is cooked from scratch and contains no grains, flours, preservatives or other hidden nasties. It is naturally gluten free and offers an exciting alternative to standard streetfood choices.
<https://www.feedmeprimal.co.uk/>
2. **BE at Buckley's** is a once a month pop-up dining event serving a paleo and gluten-free menu. 277 Hackney Road, Shoreditch. It is collaboration between TASHA/BE and the restaurant [Mr. Buckley's](#). Their first official night was 15th April. They will be doing events once a month. The menu is paleo so no grains, gluten, pasteurised dairy, sugar or hydrogenated oils. Everything is organic, meats are grass fed & fish are wild caught. To drink they have Paleo inspired cocktails, biodynamic natural wines, cold pressed juices, still and sparkling water, teas & coffee (with almond milk). To book a table call Mr. Buckley's on 0203 664 0033 and select option 2 to speak with a member of staff.
3. Vantra is a raw vegan restaurant on Oxford Street. Their menu is gluten, sugar and dairy-free. 25-27 Oxford Street, London, W1D 2DW <http://www.vantra.co.uk/menu/>

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Sheffield:

1. A good Paleo eatery in Sheffield is Nourish on Pinstone Street. It does sweet potato jackets, a protein box, snack pots of boiled egg, chicken, prawns and serves things like nuts and coconut water instead of coke and crisps. It is really delicious and the first place to do healthy fast food in the city

Tunbridge Wells

1. Low-Gi - very good small cafe offering all sorts of paleo bits & gluten-free options <http://www.eatlogi.com/index.html>

Cardiff Bay:

1. Cafe Pure provide clean paleo food plus a meal delivery service for around £100 per week www.cafepure.co.uk