

Stef Bottinelli

Mon Dieu! Vegan French Fine Dining Is Here as The Galvin Brothers' Michelin Starred La Chapelle Introduces 7 Course Tasting Vegan and Vegetarian Menus



It's extremely unlikely that vegans would associate plant-based food with French cuisine.

Whilst French food boasts some fantastic vegetable-based dishes, these tend to be drenched in dairy or accompanied by a *lardon* or two.

But things are changing friends, and definitely for the best.

Michelin starred La Chapelle restaurant, owned by the Galvin brothers, the formidable duo behind London's Galvin at the Athenaeum, Galvin at Windows, Galvin HOP, and a few more outside the capital, has just launched two seven course tasting menus - Menus Gourmands - for vegans and vegetarians.

The stunning La Chapelle, housed in a grand former chapel in Spitalfields, has had restaurant critics and patrons alike raving about its impressive food and fabulous atmosphere. Well, after all La Chapelle was recently named as one of the Top 10 French Restaurants in London by Bookatable diners, and was also included in the Top 50 Restaurants in London (and of course, *that* Michelin Star).

Alas, like most French fine dining eateries, Jeff and Chris's restaurant probably isn't at the top of any vegan gourmand's list of places to visit. Until now.

The tasting menus promises to be a veritable plant-based experience, with dishes such as heritage beetroot and raspberry, radish and gingerbread and hazelnuts and tagine of spring vegetables, couscous, confit lemon and harissa sauce.

“In the past we’ve seen a few dishes on menus that cater for vegetarians or vegans, but nothing quite like an entire tasting menu designed specifically around these requirements,” says Chef Patron Jeff Galvin.

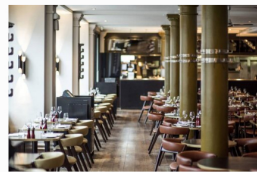
“At La Chapelle we are determined to make the dining experience spectacular for all customers, and with a growing number of guests requesting both vegetarian and vegan options we decided to create something special that is both aesthetically appealing as well as delicious.”

The Galvin brothers have not stopped there either, and are currently upping their eco credentials with wine on tap and mineral water out of a tank instead of bottles to reduce glass bottle usage ((you don't know how much I love this idea) and by ditching plastic straws in favour of biodegradable ones. Ingredients are locally sourced wherever possible too, to limit the carbon footprint.

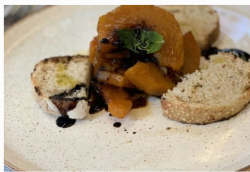
Both tasting menus are available for £55 per person, but trust *les deux frères* and go for the £120 per person option, with each dish paired with hand-selected Sommelier wines.

See you there!

For information and bookings visit [La Chapelle](#).



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