

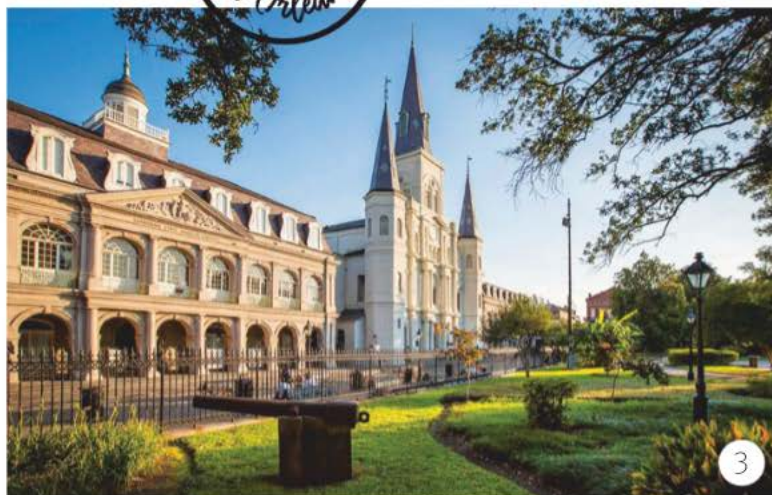


# Big Easy Bites

Plant-based living is catching on big-time in New Orleans. Come for the Creole, Southern, and international vegan food scene, and stay for the culture and local hospitality. Let the good times roll!

by THERESA BOEHL





## DAY 1

### 1/Breakfast Breads On Oak

The best way to fuel your whirlwind trip to New Orleans is with a healthy dose of carbs. Hop over to Breads On Oak straight from the airport and indulge in this newly vegan bakery's baguettes, muffins, and croissants, all made from organic, plant-based ingredients. Don't miss the Cajun brioche stuffed with vegan shrimp, a savory delight with its own fervent fan base.

### 2/Lunch Seed

Once lunchtime rolls around, catch a ride on the historic St. Charles streetcar to Seed, one of New Orleans' most celebrated vegan spots. Try Southern fried tofu nuggets with a chickpea flour batter, gumbo in a vegan roux base, or artichoke cakes drizzled with buffalo sauce. Sink your teeth into two varieties of po' boy sandwiches with pan-fried eggplant or fried tofu. Finish with piping-hot, sugarcoated beignets, a NOLA classic.

### 3/History Recap Cabildo

Avoid the afternoon lull and make your way to the ever-energetic French Quarter, home to the Cabildo museum. Once the seat of the Spanish colonial government and later used as City Hall, this museum will get you caught up on New Orleans' history. Admire the range of impressive artifacts spread over three floors, such as Napoleon's death mask, one of four that exists in the world.

### 4/Afternoon Snack Good Karma Cafe

Venture up Canal Street to the funky Good Karma Cafe, offering everything from chocolate chip-studded cookie cakes to sandwiches like the housemade Fire Burger. Pro tip: savor the earthy flavors of the Malaysian curry bowl drenched in a lemongrass and ginger coconut sauce. Just need an afternoon pick-me-up? Try the King Cake almond milk latte, or drop in for an afternoon yoga class at Swan River Yoga in the same building.

More than 300 years have passed since New Orleans' founding, yet the city's long-held traditions—musical, architectural, and culinary—are as robust as ever. Come what may, it seems nothing can dampen the Crescent City's exuberance. Make your way to this one-of-a-kind town for a weekend of sights, sounds, and of course, mustn't-miss eats.





## 5/Late Dinner Midnight Noodle

The Catahoula Hotel is the perfect spot to hang your hat—not just for its trendy digs, but because there just happens to be an all-vegan Taiwanese restaurant attached to the boutique property. End your night on the best possible note with spicy vegan pork-stuffed buns, thick udon noodles bathed in an oyster mushroom broth, or smoky tofu-filled bao. Before you end the night, be sure to join revelers in the hotel's sleek rooftop bar.

## DAY 2

## 6/Brunch Sweet Soulfood

Just two miles from The Catahoula Hotel, Sweet Soulfood lures vegans to its colorful station in the historic Tremé neighborhood with stick-to-your-ribs Southern favorites. Pile generous helpings of barbecue cauliflower, jambalaya, mac and cheese, and okra gumbo onto your plate, but leave some room for coconut milk ice cream in flavors like Rocky Nola and Banana Foster.



## 7/Leisurely Stroll Audubon Park

Walk off some calories at nearby Audubon Park, a lush 350 acres filled with scenic lagoons, ancient live oaks, and meandering walking paths. Spot avian life such as snowy egrets, ibises, and double-crested cormorants, especially near Bird Island. Photos are a must in front of the sinuous Tree of Life, a twisted live oak dripping with Spanish moss, believed to be up to 500 years old.

## 8/Afternoon Snack Tanjariné Kitchen

In the mood to munch after your nature adventure? It's the weekend, so make a beeline for the Deja Vieux Food Truck Park and scope out Tanjariné Kitchen. Sample ultra-flavorful dishes inspired by African cuisine, including steamed beans pudding, mini rice cakes with mushroom stew, and cultured vegetables. Those with bigger appetites might opt for the vegetable-studded Mandela Burger, served with a side of curried potatoes.

## 9/Dinner Max Well

After a stroll along the fashionable commercial district on Magazine Street, pop into Max Well, whose 100-percent organic menu hits the spot with juices, soups,



salads, and bowls. Try a super-healthy version of the local red-beans-and-rice staple with the Nola Bowl, spiced up with Cajun coleslaw and a jalapeño-millet muffin. Or clean up your act with a fresh salad drizzled with dressings like sweet flax miso or almond basil. **WN**

**Theresa Boehl** (@theresaboehl) is a freelance writer, digital nomad, and author of *Vegan in Santo Domingo: A guide to meat-free, dairy-free dining in the Caribbean's largest city.*