

North America's premier vegetarian lifestyle magazine

VegNews

VEGETARIAN NEWS POLITICS FOOD TRAVEL BUZZ

The Veggie Awards
2005

Actorvist
Woody Harrelson

Our Celeb of the Year talks about sustainable living, raw foods and *How To Go Further*

The votes are in!
Inside: 75+ of the

best
vegetarian
people places products
travel food
restaurants

\$3.95 US
\$5.95 CAN
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Finest food
you can't find
in the U.S.

Cheezly

❖❖❖ redwoodfoods.co.uk

When it comes to vegan cheese, our comrades across the pond have the market cornered. One slender slice of Redwood's **Cheezly** and you'll never again long for its animal-derived, artery-clogging counterpart. Savory flavors include garlic and herb, aged cheddar, and our smoky-licious favorite, Cheezly with Bacon-Style Pieces, flavored with Redwood's award-winning veggie bacon. The good news is that this faux fromage melts like the real deal—no weird plastic film on top. The bad news is that you have to fly to the U.K. to get it.



Juiciest refreshment Fresh north of the border

Toronto

❖❖❖ juiceforlife.com

Look deep inside Toronto's chic metropolitan cityscape and you'll see there's more to this provincial capital than progressive politics and the upscale veg restaurant Fressen. Chinooks in the know find liquid relief at **Fresh**, a boutique chain of sleek, modern juice bars. Fresh's extensive menu boasts an alluring array of smoothies, shakes and elixirs free from dairy, processed sweeteners and preservatives. Try the Apple Pie—a hot and heady brew of apple, banana, ginger, lemon and cinnamon—to take the chill off a cold day, or the Liver Flush—pink grapefruit, beet, ginger, lemon, cayenne and milk thistle—to help you heal the day after the night before. A vegan takeaway menu is also available.



Bessie's Favorite ice cream truck

Dare To Be Decadent T

❖❖❖ turtlemountain.com

Call it an ice cream truck, a "rolling dairy-free café," or simply heaven on wheels, but whatever you do, don't miss this 52-foot-long, sweet-treat dispensing RV when it makes your hometown its port of call. The **Dare To Be Decadent Tour '05** hit the highways in April 2005 to spread the joy of soy by dispensing 600 free scoops of dairy-free deliciousness a day. Yummy flavors like Peanut Butter Zig Zag, Praline Pecan and Cherry Nirvana are already winning converts from coast to coast. Next stop: Your Town, USA.

