

# Vegetarians assemble!

While there are people who willingly follow a vegetarian diet, there is also the other group who are unable to fathom how one can survive by eating just vegetables! Whether you are a vegetarian or not, you ought to know some facts about vegetarianism.

Becoming vegetarian can have reasons aplenty, be it health, ethics, environment, or religion. Whatever be the cause, following a vegetarian diet poses some special health benefits. According to the American Dietetic Association, properly planned vegetarian and vegan diets can be healthy, nutritional, and may prevent certain diseases.

In order to celebrate vegetarianism and bring the limelight on vegetarian diets, World Vegetarian Day was inaugurated on October 1, 1977 by the North American Vegetarian Society, which was later endorsed by the International Vegetarian Union in 1978, now celebrated annually worldwide.

Vegetarianism is a way of life, and yet being a vegetarian in Dhaka is not so easy. Among finding appropriate eateries, absence of adequate information about ingredients, and the lack of sufficient alternatives, there are many hurdles a vegetarian has to overcome. For your ease, we have listed down the best vegetarian eateries around Dhaka, including both physical and online establishments.

## OLD TOWN

### Govinda's Restaurant

If you ever set on a hunt for the best vegetarian restaurants in town, you definitely came across Govinda's Restaurant!



Situated in ISKCON Ashram in Shamibagh, the restaurant is strictly vegetarian and boasts a gamut of vegetarian delicacies, which may not make you miss meat at all. Kashmir ponir, soya bean bhuna, cottage cheese biriyani, and payesh are some of their most loved items.

### Gopal's Restaurant

Within the bounds of ISKCON Ashram in Shamibagh is another newly opened restaurant. This one features a more modernistic menu and offers items such as pizza, macaroni, and chow mein, which are cooked following strict vegetarian recipes. Along with these, classics such as chilli paneer, basmati rice, and fried rice are available. Gopal's Restaurant

also serves fresh, seasonal fruit juices to accompany your delicious meals.

## NEW TOWN

### Jatra Biroti

Tucked away in the bustling food hub of Dhaka in Banani is a colourful oasis that is filled with food, music, and art. Jatra Biroti houses both indoor and outdoor dining spaces along with options for home delivery in Gulshan and Banani. Their unique menu offers unusual, yet delicious items such as mushroom tehari and mushroom halim. They also offer a range of fulfilling platters, drinks, and a delectable selection of pithas.

### Bangu Vegan

Located in Uttara, Bangu Vegan is a sister concern of Obhoyaronno – Bangladesh Animal Welfare Foundation and the first vegan food joint in Bangladesh, which functions in a pre-booking basis. However, this does not stop their patrons from enjoying their rich, vegan menu. Some of the highlights from their menu include turmeric rice, achari kumra daal, malai curry, and mustard eggplant – all of which are finger licking good!

## CLOUD KITCHENS

### Reyansh

Reyansh is a vegetarian online food store that has an elaborate Indian menu, ranging from light snacks such as paav bhaji,

pani puri, shingara chaat, and paneer pakora to filling meals including palak paneer, daal makhani, chilli paneer, and paneer pulao. It also offers a range of delectable sweets such as boondi laddoo, mawa gujiya, jaggery kalakand, and jilapi. Currently, they deliver all over Dhaka.

### Shanchayita

Shanchayita is located in the food hub of Dhaka – Banani. While the restaurant has a brick-and-mortar establishment, it runs only on a pre-booking basis for dine-in. However, their array of vegetarian options including items for breakfast, lunch, and snacks along with frozen delicacies are available online. The restaurant offers a variety of fulfilling platters including cashew korma platter, paat shaak platter, and niramish platter along with a selection of delicious sweets.

Apart from these, there are several restaurants around Dhaka that are not fully vegetarian but are inclusive of a rich vegetarian menu. Lucknow Dhaka, Tarka, Santoor, Binni Restaurant, Mint Leaf, and Khazana all feature a delicious vegetarian menu to choose from along with non-vegetarian options.

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