

VEGETARIAN AND VEGAN EATING

DURING THE FIFA WORLD CUP

BRAZIL 2014

BY PRISCILLA BROADWATER



As many of us know, the excitement of soccer will return this June 2014. The FIFA World Cup, which occurs every four years, will take place in Brazil this time. Millions of soccer fans from all over the world will be watching soccer matches, cheering for their team, and living and enjoying the passion of the sport.

Other soccer enthusiasts have decided to travel to Brazil and take their experience to a whole new level. Let the game begin!!!

According to the CIA and the World Factbook, Brazil is slightly smaller than the United States with an area of 8,514,877 sq Km, and a population of 201,009,622. This wonderful and majestic country has something to offer to everyone who visits.

Given that many people will be packing their suitcases and heading to Brazil this summer, I thought it would be a great idea to list some useful information, phrases, and some restaurants where you can find vegan and vegetarian options.

I spoke with my Brazilian friends and from what they told me, Brazilians are big meat eaters, which could make things a bit difficult for vegetarians and vegans. But don't feel discouraged; this doesn't mean you won't be able to find options. My advice is, "always be prepared." You

may want to bring with you: nuts, granola bars, and all your favorite vegan snacks, especially if you plan to bring your little ones along.

Here are a couple more facts I would like you to be aware of: Some restaurants in Brazil are hard to find because they don't look exactly like a restaurant, but more like a house. Yes, I know that is a bit strange, but that is just part of the culture. Some other restaurants may not have a proper sign, or may simply be slightly to the left or right of what your GPS tells you. Thus, be prepared and ask someone if you need help. Brazilians are very friendly and would be glad to help you. Secondly, use your own judgment and be careful. Every country has safe areas, and areas you want to avoid. Thus, do some homework before you go. Perhaps you can borrow or buy a book that will provide important information you need to know. If you get the chance to speak to a native Brazilian, do so. This could be very helpful to you. Or, find reliable websites where you can obtain ample information. When going to a restaurant, make sure you have cash with you since not all restaurants accept credit cards. Check the hours before you make the trip to a restaurant. Some open from 11:30 a.m. to 3:30 p.m., and others will open from 10:00 a.m. to 6:00 p.m.

As I already mentioned, Brazil is a vast country. Depending on where you are in Brazil will make vegan options more accessible than in other locations.

Useful Phrases

-Hello = oi

-How are you? = Como vai você?

-Brazilians typically greet you by saying "Tudo bem?" which literally means "is everything good?"

And the answer to that is, "Tudo bom" or "Tudo bem." Which means "I am doing good, or everything is good."

-My name is... = Meu nome é...

-Pleased to meet you = Muito prazer

-Thank you = men say "Obrigado" and women say "Obrigada"

-See you later = Até mais

-I don't speak Portuguese = Eu não falo Português

-I am American = Eu sou Americano

-Where is the bathroom? = Onde é o banheiro? / Onde fica o banheiro?

-I'm hungry = Estou com fome

-I am a vegetarian = Eu sou vegetariano (for male), and Eu sou vegetariana (for female)

-I don't eat meat, fish, or fowl = Eu não como carne, peixe ou frango

-I am vegan = Eu sou vegano (for male) and Eu soy vegana (for female)

-I don't eat anything prepared with animal products = Eu não como nada preparado com produtos animais

-I don't eat dairy products, eggs, or honey = Eu não como laticínios, ovos ou mel

Vegetarian and Vegan Restaurants in Brazil

Rio de Janeiro

Dona Vegana

This restaurant offers vegan food.

Address: Av. Marechal Floriano, nº 13, Rio de Janeiro, Brazil

Telephone: 2223-0303

E-mail: donavegana@gmail.com

Website: www.donavegana.com

Refeitorio Organico

This restaurant offers vegan food.

Address: Rua Dezenove de Fevereiro, 120, Botafogo, Zona Sul, Rio de Janeiro, Brazil

Telephone: 2537-0750

Website: www.refeitorioorganico.com.br

Vegetariano Social Clube

This restaurant offers vegetarian and vegan food.

Address: Rua Conde de Bernadotte, 26/ Loja L- Leblon, Rio de Janeiro, Brazil

Telephone: 21-2294-5200

Website: www.vegetarianosocialclube.com.br

São Paulo

Banana Verde

This restaurant offers vegetarian and vegan food.

Address: Rua Harmonia, 278, Vila Madalena, São Paulo, Brazil

Telephone: 11-3814-4828

Website: www.bananaverde.com.br

Apfel

This restaurant offers vegetarian food, as well as vegan friendly food.

Address: Rua Bela Cintra, 1343, São Paulo, Brazil

Telephone: 11-3062-3727

Website: www.apfel.com.br

[Goa](#)

This is a vegetarian restaurant that offers vegan food as well.

Address: Rua Cônego Eugênio Leite, 1152 Pinheiros, São Paulo, Brazil

Telephone: 11-3031-0680

Website: www.goavegetariano.com.br

[Belo Horizonte](#)

[Salada Saudavel](#)

This is a vegetarian restaurant that also offers vegan and raw food.

Address: Av Olegario Maciel 742, Belo Horizonte, Brazil

Telephone: 31-9912-5367

Website: www.saladasaudavel.com.br

[San Ro](#)

This is a vegetarian Chinese restaurant. They offer vegan food as well.

Address: Rua Professor Moraes, 651 - Funcionários, Belo Horizonte, Brazil

Telephone: 31-3264-9236

[Salvador](#)

[Health Valley Brasil](#)

This restaurant offers vegetarian and vegan food, as well as snacks. This restaurant is buffet style, thus you pay certain amount and you eat all you want.

Address: Rua Direita da Piedade, 17 - Dois de Julho, Salvador - BA, 40060-300, Brazil

Telephone: 71-3329-2176

Website: www.healthvalleybrazil.com

[Recife](#)

[O Vegetariano](#)

This is a buffet-style restaurant. They offer vegetarian food and vegan options including vegan desserts.

Address: Rua Conde D'eu, 118, Boa Vista Recife, Brazil

Telephone: 81-3423-3638

[Cantina Vegetariana](#)

Another self-service restaurant in Recife. They offer vegetarian and vegan food, soul food, pizza, and more.

Address: Rua Arcenio Calaça, 102, San Martin, Recife, Brazil

Telephone: 81-3228-2502

Fortaleza

Veg Gourmet Delivery

This is a vegan restaurant that brings food to your door. You need to order one day in advance.

The chef at Veg Gourment Delivery will amaze you with his wonderful vegan dishes.

Telephone: 85-3212-0282

A Fantástica Cozinha da Carol

Reservations are required, and you must bring cash. The owner of this restaurant can show you that vegan food is delicious!!

Address: Rua Júlio César, 1364, Damas, 60425-808 Fortaleza, Brazil

Telephone: 85-9986-7073

Brasília

Girassol

This restaurant offers a variety of vegetarian food. Soups, salads, sandwiches, and more. This is also a buffet style restaurant.

Address: CLS 409 Bl. B Lj. 15/16 Brasília, Brazil

Telephone: 61-3242-1542

E-mail: girassol@restaurantegirassol.net.br

Website: www.restaurantegirassol.net.br

Boa Saúde

This vegetarian restaurant offers salads and hot dishes. They also sell pizza made with Brazilian vegan cheese.

Address: SRTVN 702, bloco P, loja 128, Edifício Brasília Rádio Center, Asa Norte, Brasília, Brazil

Telephone: 61-3328-6958

Porto Alegre

Bonobo

This is a vegan restaurant. At Bonobo they care about our environment. Bikers are welcome at this restaurant. There is parking spaces for bikes.

Address: Rua Castro Alves, 101, Bonfim, Porto Alegre, Brazil

Telephone: 51-3013-1464

E-mail: bonobo@cafebonobo.com.br

Website: www.cafebonobo.com.br

[La Rouge Bistro](#)

Here you can find vegan food. They offer mostly organic food including raw dishes and a variety of organic teas.

Address: Ave Mariland 1587, Porto Alegre, Brazil

Telephone: 51-3019-7638

E-mail: larouge@larougebistro.com.br

Website: www.larougebistro.com.br

[Govinda](#)

This is a casual restaurant that offers vegetarian and vegan food. At night, you can try their tasty vegan pizzas.

Address: Av. José Bonifácio, 605, Bomfim, Porto Alegre, Brazil

Telephone: 51-3332-1704

[Curitiba](#)

[Bouquet Garni](#)

This restaurant offers a vegetarian buffet, as well as vegan food. Prices vary on the weekend.

Address: Alameda Carlos de Carvalho, 271, Centro, Curitiba, Brazil

Telephone: 41-3223-8490

E-mail: contato@restaurantebouquetgarni.com

[Sorella Restaurante Vegetariano](#)

This is a vegetarian restaurant with plenty of options. They offer all kinds of salad, and also delicious fresh bread.

Address: Rua Marechal Hermes, 728, Centro Cívico, Curitiba, Brazil

Telephone: 41-3026-5794

E-mail: sorella@sorellacentrocivico.com.br

Website: www.sorellacentrocivico.com.br

Resources:

The World Factbook:

<https://www.cia.gov/library/publications/the-world-factbook/>

Happy Cow The Healthy Eating Guide:

<http://www.happycow.net/>