

RESTAURANTS LIST - PARMA							
NAME	TYPE	CAPACITY	ADDRESS	CITY	PHONE NUMBER	OPENING HOURS	REMARKS
183 Pizza con cucina	Pizzeria	110	Via Venezia, 179/A, 43122 Parma PR	Parma	328 946 5952	19:00-00:00	reservation required Vegan pizza or ask for "Mozzarella Veggy" for cheese.
Apriti Sesamo	Vegetarian Cuisine	50	Piazza Giancarlo Rastelli, 5/A, Parma	Parma	0521 062431	12:30-14:30 19:30-00:00	closed Sunday evening vegetarian-vegan menu.
Atmosfera-cucina Greca e Parmigiana	Greak and Parmesan	70	Borgo S. Biagio, 6/E, 43121 Parma PR	Parma	0521 287982	12:00-14:45 19:15-22:30	reservation recommended vegetarian dishes available.
Calavera Restaurant - Parma	Mexican Cuisine	100	Via Emilia Est, 7B, 43121 Parma PR	Parma	320 447 1239	12:00-15:00 18:30-23:30	vegetarian options available on the menu and on request.
Fairuz	Lebanese Cuisine	75	Via Luigi Vigotti, 5, 43126 Parma PR	Parma	371 588 1368	12:30-14:30 18:30-23:00	Reservation recommended Catering and take-away available Vegetarian menu.
Hostaria tre ville	Italian Cuisine	130	Via Benedetta, 99/a, 43122 Parma PR	Parma	0521 272524	12:00-14:00 19:00-22:00	Reservation recommended. Closed Sunday evening. Vegetarian menu can be available on request. minimum Reservation 10 persons.
Humus Bio Bakery Bistrot	Vegetarian Cuisine	40	Via Rolando dei Capelluti, 6, 43126 Parma PR	Parma	0521 992303	10:00-16:00 19:00-22:30	recommended reservation Closed on Sundays Additional room for more people available. Healthy cuisine, with a large vegetarian selection.
Maharaja Express Parma	Indian Cuisine	10	Strada Massimo D'Azeglio, 23, 43125 Parma PR	Parma	0521 238829	11:00-00:00	take-away only
Mangia la Foglia Bio	Italian-Vegan Cuisine	15	Strada Nino Bixio 17/a, Parma, Italy	Parma	0521 282249	08:30-15:30	take-away only
Mosob	Ethiopian Cuisine	65	Via Volturno, 55A, 43125 Parma PR, Italia	Parma	0521 577973	10:00-00:00	reservation recommended menu with vegetarian options.
Noodles and sushi	Japanese Cuisine	25	Via Ferdinando Maestri, 6/A, 43121 Parma PR	Parma	0521 956246	12:00-16:00 18:30-23:00	Reservation recommended menu full of vegetarian options.
Ristorante Saperi del Mondo	Italian and Indian	30	Via Emilia Ovest, 17/a, Parma	Parma	0521 291519	12:00-15:00 19:00-23:00	reccomended reservation Take away
Shri Ganesh Parma	Indian Cuisine	40	Strada Massimo D'Azeglio, 79, 43125 Parma PR	Parma	0521 200169	12:00-15:00 19:00-23:00	reccomended reservation.
La piadineria	Italian cuisine	6	Viale Antonio Gramsci, 7, 43126 Parma PR	Parma	0521 989384	11:30-21:45	Possibility to select your own ingredients. There are two vegetarian options available. Other locations available in Parma.
Piadineria Artigianale Carboni	Italian cuisine	8	Via Marco Emilio Lepido, 17, 43123 Parma PR	Parma	0521 684737	11:00-15:00 18:30-02:30	There are vegetarian options available. Closed Sunday.
Manopoke	Hawaiian cuisine	10	V.le Mentana, 95a, 43121 Parma PR	Parma	0521 1715638	12:00-14:30 19:00-21:30	There are vegetarian & vegan options available. Closed Sunday.
Pokeria by NIMA	Hawaiian cuisine	10	Strada Giuseppe Mazzini, 10/A, 43121 Parma PR	Parma	0521 1407030	11:30-22:30	There are vegetarian & vegan options available.
Poke Go-Parma	Hawaiian cuisine	10	Strada Massimo D'Azeglio, 46, 43125 Parma PR	Parma	3469913769	11:00-15:00 18:00-22:00	There are vegetarian & vegan options available.
Macha poke Parma	Hawaiian cuisine	10	Largo Alfredo Bottai, 21, 43123 Parma PR	Parma	0521 365011	11:00-15:00 18:00-20:30	There are vegetarian & vegan options available.
Poke House - La Galleria	Hawaiian cuisine	10	Via Emilia Est, 7B, 43121 Parma PR	Parma	0521 196 0452	11:30-22:30	Possibility to select your own ingredients. Closed Sunday. Other locations available in Parma.