

41 VEGAN JUNKIES

Type: Street Food /catering
Country: Manchester, UK



Why it is a good practice?

Vegan Junkies is an innovative way of promoting healthier eating. They have tackled the challenging perception that a Vegan diet mean tastless and monotonous dishes and that it is all about the ethical reasons to avoid animal products. They cook fast-food that just happens to be plant based. Vegan Junkies are all about responding to the appeal of delicious tasting comfort food, that can be loved by anybody and everybody from meat eaters to vegans and everybody in between. Due to it's appeal, their signature dish is their spicy chilli and this is incorporated into their burritos and nachos but they also serve fragrant curries and traditional style english pies with a twist. Following Covid-19 they adapted their business model into more of a catering company that provides chilled ready meals. They part took in the 'Meals for the NHS' charity and this helped sustain the business.



Healthy

The plant based meals are well balanced. They avoid meat replacements, and the dishes are primarily vegetables but include beans and rice or potatoes to ensure the protein and carbohydrate needs are also met. They are targeting all walks of life by providing comfort food but in doing so are promoting the health and well-being of their consumers.



Sustainable

A shift towards a more plant-based diet is vital in order to stay within our planetary boundaries. Vegan Junkies make a plant-based diet more accessible to a wide range of customers promoting a more healthy and planet friendly alternative to meat based meals.



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Recorded [interview](#) can be found here:

About

Vegan Junkies is owned and run by Sophie, a former teacher and Dave a former commercial film maker. Sophie is vegan and had dreamed of owning her own food business and Dave gained interest while making a series of films with a popular TV chef during Veganuary. In January 2019 her dream became a reality when Vegan Junkies was born and they became a member of NCASS. They are based in Manchester but prior to Covid-19 travelled all over the UK to provide deliciously addictive, plant based food, for any event big or small. They offered pop up style street food served from an outdoor gazebo stall, or bespoke 4 course wedding breakfasts and could cater for 30 people or 3000 people at festivals and corporate events. They are not in the business of preaching veganism, they just cook and serve "tasty, satisfying, comfort food" that just happens to be 100% plant based. They are flexible, friendly and dedicated to making sure the food at your event is a perfect success.

Follow Vegan Junkies story

