



SEOUL METROPOLITAN
GOVERNMENT



Seoul
Dining

Soul food of **Seoul**

**A GUIDE FOR
VEGETARIANS**

Contents

How to use this Book	03
A Fresh Tastes of Seoul	04
Characteristics of Hansik	06
Recommended Korean Foods for Vegetarians	08
Recommended Restaurants for Vegetarians	10
Temple Food Restaurants	11
Vegetarian Restaurants	13
Restaurants with a Vegetarian Menu	14
Halal Restaurants	18
Ordering Tips for Vegetarians	22
Useful Phrases at Restaurants	23

Seoul Dining

Soul Food of Seoul: A GUIDE FOR VEGETARIANS

Publishing Date Feb., 2013 | **Published by** Seoul Metropolitan Government, Tourism Business Division | **Planning & Production** Design SOOMOKWON

*For further information on Seoul Tourism, visit our website (www.visitseoul.net) or mobile application i Tour Seoul.

- The restaurants and menus recommended in this guide book have been carefully selected by a panel of experts and consultants in the field.
- Copyrights to content and images in this book belong to Seoul Metropolitan Government and pertaining organizations and individuals. This book may not be reproduced in part or in whole without the express permission of the copyright owners.

How to use this Book

For Recommended Vegetarian Dishes →

See pg. 08

Korean cuisine is ideal for vegetarians. *Bibimbap*, one of Korea's most representative dishes, has many vegetarian varieties. Many of its colorful ingredients hail from the fields and mountains across the peninsula. In addition, tofu, the most popular side dish, festive foods such as Korean pancakes and stir-fried glass noodles are also great tasting vegetarian options.

Find Vegetarian Dishes to Suit Your Palate →

See pg. 10

There are many restaurants in Seoul where vegetarians can dine. Listed in this section are several specially-selected restaurants divided into three categories: 1) Temple food restaurants, 2) Vegetarian restaurants, and 3) Restaurants with vegetarian dishes. Distinguishing features, key menu items, hours, directions and telephone numbers are also provided.

How to Order Vegetarian at a Regular Restaurant →

See pg. 22

Most Korean dishes are vegetable-based, making it possible to customize them to your liking. Indicate to the staff when ordering that you would like your dish without meat or other animal by-products. You will also be able to enjoy many of the side dishes even if the main dish is not vegetarian.

A Fresh Tastes of *Seoul*

Today, the world is growing ever-more appreciative of *hansik*, or Korean cuisine. The United States First Lady Michelle Obama has declared her love of kimchi, while the efficacy of Korean dishes has a firm fan base within Hollywood. However, it is in Seoul where you will find *hansik* at its most authentic, and the ideal place to begin your journey through its many forms. If you are vegetarian, will find plenty to appreciate in *hansik*, and Seoul is full of delicious delights for you to enjoy.

Well-balanced and Nutritious

Korean meals are a careful balance of carbohydrates, proteins, fibers, fats, vitamins and minerals. Starting with rice or noodles, a typical Korean meal is enhanced with various meats, fish, vegetables, seaweeds and fruits. Animal fats are kept to a minimum, with the necessary fats and other nutrients supplemented through seeds and nuts, in particular sesame seeds, walnuts, pine, and ginkgo nuts.

All-natural and Low in Fat

Korea's diverse climate allows for a wide array of seasonal ingredients, including field and mountain greens, mushrooms, seafood and meats. They are enjoyed not only for their distinctive flavors, but also as nutritional supplements. Side dishes are typically not fried, while other dishes including soups, stews, and meats are boiled. Meats in particular are cooked by boiling and steaming for long periods to drain off excess fat.

A Wealth of Condiments and Dressings

Korean dishes tend to be highly seasoned and characteristically make use of soy sauce, sugar, green onions, garlic, sesame seeds, sesame oil, black pepper, and chilli powder among other ingredients for flavoring. The predominance of these natural additives helps give Korean cuisine its signature robust, sweet, and spicy tastes.

Devotion and Dedication

Ingredients found in a typical Korean dish are usually chopped, thinly-sliced, shredded, or crushed during the preparation process, and the end result is frequently tender and easy to digest. Kimchi in particular requires dedicated effort during cutting, seasoning, and fermentation of the ingredients.

Characteristics of Hansik

Recommended Korean Foods for Vegetarians



©Korea Tourism Organization

Tofu Dishes

Soft tofu is a common side dish ingredient on the Korean table. To make tofu, beans soaked in water are ground, then solidified with salt water. Popular tofu dishes include tofu simmered in soy sauce, tofu and kimchi, soft tofu stew, and more. Koreans call beans “the beef of the fields,” hence they are a great protein food for vegetarians.

Wild Vegetable Bibimbap

Bibimbap is a representative Korean dish that pleases both the eye and mouth. An assortment of aromatic wild vegetables are arranged on top of steamed rice and mixed with Korean chili paste (*gochujang*). Although the original *bibimbap* has beef, there are many variations like the wild vegetable *bibimbap* (*sanchae bibimbap*).



Korean Pancakes

Kimchi pancakes, green onion pancakes and mung bean pancakes - these are a few of the many Korean pancake variations. They're crunchy on the outside and moist on the inside, and you can choose what to put in the pancake. These pancakes taste best when shared with friends, so order a few pancakes with friends, and don't forget to order *makgeolli*.



©Korea Tourism Organization

Jelly

This is a savory jelly, which takes many forms and colors depending upon the ingredients used. Acorn jelly, for example, is brown while mung bean jelly has an opaque whiteness. It is very filling, yet extremely low in calories and hence ideal for those on a diet. It is typically dipped in soy sauce or mixed with crown daisies, cucumber, carrots and other vegetables and seasoned like a salad.



Japchae

In *japchae*, various vegetables are sautéed with glass noodles and seasoned with soy sauce. This is the most common form of *japchae*, but there is also burdock *japchae*, bean sprout *japchae* and leek *japchae*. This is a dish almost always present on festive occasions.



Recommended Restaurants for Vegetarians

Korean cuisine is very tasty, healthy and vegetarian-friendly. Following is a list of recommended dishes and restaurants for vegetarians.

Temple Food Restaurants



1 Chaeyeundam 채근담 MAP C3

The vegetable broth here is made by simmering vegetables, mushrooms, and a zanthoxylum powder in a large pot. The result is a soup that is as rich and hearty as any meat broth. The dishes differ by the season because the restaurant uses seasonal ingredients. Reservations required.

☎ Dam Set Menu ₩45,000 ☎ 11:30–15:00 & 18:00–22:00 (*Chuseok* & *Seollal* holidays) 🗣 English, Japanese, Chinese 📖 English
📍 10-min walk from Exit 3 of Samseong (World Trade Center Seoul) Stn., Line 2 ☎ 02-555-9173

2 Balwoo Gongyang 발우공양 MAP B2

This restaurant specializes in temple food, made up of all-natural ingredients to improve both body and soul. The natural flavors and colors of the ingredients create a work of art on every table. This is a must visit restaurant for vegetarians.

☎ 18 Paramitas Table ₩27,500; 12 Dharmacakras Table ₩39,600; 15 Enlightenments Table ₩58,300 ☎ 11:40–13:20, 13:30–15:00 & 18:00–20:50 (*Chuseok* & *Seollal* holidays) 🗣 English, Japanese 📖 English, Japanese 📍 5-min walk from Exit 6 of Anguk Stn., Line 3 ☎ 02-2031-2081



3 Gamnodang 감로당 MAP B1

Gamnodang specializes in healthy dishes made of cactus and mountain greens. All the dishes are served as a course meal, and are as colorful as they are delicious.

☎ Course Meal ₩26,000–110,000 ☎ 12:00–15:00 & 18:00–21:30 (New Year's Day, Buddha's Birthday, *Chuseok* & *Seollal* holidays) 🗣 English, Chinese, French 📖 English, Japanese, Chinese 📍 5-min walk from Exit 4 of Gyeongbokgung (Government Complex Seoul) Stn., Line 3 ☎ 02-3210-3397

Restaurant Information ☎ Main Menu & Price ☎ Hours (Closing Days) * If no closing days are indicated, restaurant is open year-round. 🗣 Foreign Language Spoken 📖 Foreign Language Menu 📍 Directions 📞 Inquiries

Temple Food Restaurants



4 Jeoksubang 적수방 MAP B2

This is a temple food restaurant operated by the Fo Guang Shan Monastery in Taiwan. It serves both Taiwanese and Korean cuisine, and, as temple food should be made, does not use strong spices and condiments. Even the kimchi does not contain the usual salted seafood. Both Chinese and other healthy teas are provided.

☎ Bibimbap ₩6,000; Sandwiches ₩4,000 ☎ 11:00–22:00 (Sundays & national holidays) ☎ Chinese ☎ Chinese ☎ 3-min walk from Exit 2 of Dongguk Univ. Stn., Line 3 ☎ 02-2276-0993

5 Aseungji 아승지 MAP A3

Here, you can try aromatic *hijiki* rice and rice with seasoned cirsium (thistle). The lunch-only menu is half set and half buffet, and reservations are required.

☎ Korean Full Course Meal ₩18,000 ☎ 12:00–15:00 (Weekends, Chuseok & Seollal holidays) ☎ English, Japanese ☎ 2–3 min walk from the Singil 4-dong Community Center ☎ 02-836-8442



Temple Food Temple food is good for the mind and the body. It avoids meats and strongly scented ingredients such as garlic, wild rocambole, green onions, and the like. Most ingredients are gathered from the slopes of mountains instead of the supermarket and seasonal vegetables are naturally flavored.



Vegetarian Restaurants



6 Hangwachae 한과채 MAP B2

This is a traditional Korean vegetarian cuisine restaurant where organic vegetables and homemade Korean condiments such as Korean chili paste (*gochujang*), soybean paste (*doenjang*) and soy sauce (*ganjang*) are the principal ingredients. Hangwachae does not use any artificial seasonings, and their kimchi does not contain salted seafood.

☎ Buffet ₩12,000 ☎ 11:30–14:30 & 17:00–20:30 (Sundays, Chuseok & Seollal holidays) ☎ English ☎ 10-min walk from Exit 6 of Anguk Stn., Line 3 ☎ 02-720-2802

7 SM Vegetarian Buffet SM 채식부페 MAP C3

This popular vegetarian restaurant has 10 branches in Seoul alone. The organic vegetables are seasoned with mild spices and condiments. Cooking techniques typically applied to meat are used on beans and various other healthy ingredients.

☎ Buffet ₩13,000 ☎ 11:30–14:30 & 18:00–21:00 (Chuseok & Seollal days) ☎ English, Japanese, Chinese ☎ 10-min walk from Eonnam High School ☎ 02-576-9637



8 Vegiholic 베지홀릭 MAP A2

This is a vegetarian bakery that uses absolutely no eggs, butter or milk, and sells 100% vegan breads. The 1st and 2nd floors provide ample seating. You can also order muffins, cakes, cookies and other vegan pastries from their website.

☎ Vegan Tortilla ₩4,000; Vegan Pastries ₩3,000; 7 grain baguette ₩3,000 ☎ 10:00–22:00 ☎ English ☎ English ☎ 10-min walk from Exit 3 of Hongik Univ. Stn., Line 2 or AREX ☎ 070-4114-0458



9 Cook & Book 쿡앤북 MAP A2

This is a macrobiotic café in the Hongik University area that sells cakes and cookies made using vegetable oil and other macrobiotic ingredients in place of butter and eggs. Healthy drinks like soy lattes are also available.

☎ Whole Foods Brownie ₩5,000; Real Soymilk Chocolate ₩6,000 ☎ 12:00–23:00 (Mondays) ☎ English ☎ 10-min walk from Exit 8 of Hongik Univ. Stn., Line 2 or AREX ☎ 02-325-1028



Restaurants with a Vegetarian Menu



10 Ganga 강가 MAP B2

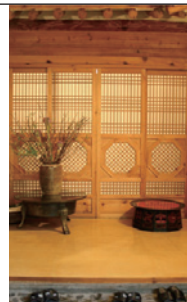
Experience the best of India at this authentic curry restaurant. Although Ganga has various branches throughout Seoul, the main Apgujeong-dong restaurant is the highest-rated.

- 🍛 Curry ₩10,000–20,000; Samosa (vegetable) ₩6,000
- 🕒 11:30–15:00 & 17:30–22:00 🗺️ English, Indian 🇬🇧 English
- 📍 1–2 min walk from Exit 3 of Apgujeong Stn., Line 3 📞 02-3444-3610

11 Sandang 산당 MAP C2

The table setting at Sandang is a work of art, most probably because the chef is a painter. Here you can try unique Korean dishes cooked with no artificial additives. The chef only uses Korean ingredients to produce a tasty fusion dish.

- 🍛 Course ₩50,000–220,000 🕒 12:00–22:00 (Mondays, *Chuseok* & *Seollal* holidays) 🗺️ English, Japanese, Chinese 📍 10-min walk from Exit 3 of Apgujeong Rodeo Stn., Bundang Line 📞 02-542-3959



12 Nwijo 뉘조 MAP B2

This restaurant specializes in medicinal foods made with wild vegetables and natural seasonings. Recommended dishes include *geunchaessam*, or vegetables wrapped in potato slices marinated with enzymes, and *bburi beombeok*, ground lotus root, sweet potato and pumpkin wrapped in mulberry leaf.

- 🍛 Vegetarian Korean Set Menu ₩27,500 & ₩38,500 🕒 11:30–16:00 & 17:00–22:00 (New Year's Day, and the day before and day of *Chuseok* & *Seollal*) 🗺️ English, Japanese, Chinese
- 🇬🇧 English, Japanese 📍 5-min walk from Exit 6 of Anguk Stn., Line 3 📞 02-730-9301

13 Jirisan 지리산 MAP B2

This is a traditional Korean cuisine restaurant with vegetarian dishes. The 'Jirisan Set Menu' includes over 30 side dishes such as assorted seasoned vegetables, pureed soybean, tofu with stir-fried kimchi, pickled chili peppers and braised burdock.

- 🍛 Vegetarian Korean Cuisine ₩15,000 & ₩20,000 🕒 12:30–22:00 (*Chuseok* & *Seollal* day) 🗺️ English, Japanese, Chinese 🇬🇧 English, Japanese, Chinese 📍 2–3 min walk from Exit 6 of Anguk Stn., Line 3 📞 02-723-4696



14 Namaste 나마스테 MAP B2

This is an Indian / Nepalese restaurant that is generally cheaper than other similar restaurants. The 'Veggie Lunch' includes a vegetable curry or *palak paneer*.

- 🍛 Veggie Lunch ₩12,000 & ₩18,000; Curry ₩8,000, ₩9,000 & ₩12,000 🕒 11:00–22:30 🇬🇧 English 📍 1–2 min walk from Exit 5 of Dongmyo Stn., Line 1 or 6 📞 02-2232-2286

15 Dal 달 MAP B1

Located inside a gallery, Dal offers fine Indian cuisine prepared by chefs from the homeland. A vegetarian course menu is available. The décor of the restaurant will make you feel as if you were in India.

- 🍛 Lunch Course ₩28,000–32,000; Dinner Course ₩38,000–₩42,000 🕒 12:00–15:00 & 18:00–22:00 (New Year's day, *Chuseok* & *Seollal* day) 🗺️ English, Indian 🇬🇧 English 📍 10-min walk from Exit 1 of Anguk Stn., Line 3 📞 02-736-4677



16 Congdu 콩두 MAP B1

This place serves various Korean dishes made of tofu such as tofu steak and tofu tiramisu. The menu only has course meals and reservations are required. It is located inside the Seoul History Museum.

🍴 Lunch Course ₩30,800–57,200; Dinner Course ₩49,500–110,000
🕒 11:30–14:00 & 17:30–22:00 🗣️ English 🗣️ English 🚶 10-min walk from Exit 7 of Gwanghwamun (Sejong Center for the Performing Arts) Stn. Line 5 ☎️ 02-722-7002



17 Kyotofufu 교토푸 MAP B2

As the name implies, Kyotofufu is a Japanese restaurant dedicated to bean curd. The sweet tofu pudding is especially recommended.

🍴 Vegan Brownie ₩9,000 🕒 Weekdays: 11:30–22:30; Weekends: 11:00–23:00 (Mondays, Chuseok & Seollal holidays) 🗣️ English 🗣️ English 🚶 5-min walk from Exit 3 of Hangangjin Stn. Line 6 ☎️ 02-749-1488

18 Taco Chili Chili 타코칠리칠리 MAP B2

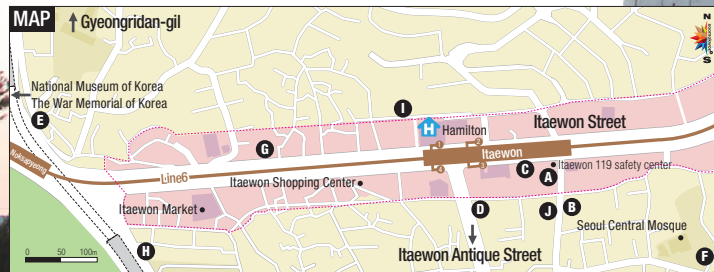
Here, Mexican food has been adapted to satisfy Korean palates and you can choose from 4 levels of spiciness. Vegetarian tacos are also available.

🍴 Enchilada ₩9,000; Taco ₩5,000 🕒 11:00–22:00 (Chuseok & Seollal days) 🗣️ English, Spanish 🗣️ English 🚶 5-min walk from Exit 2 of Nok-sapyeong Stn., Line 6 ☎️ 02-797-7219

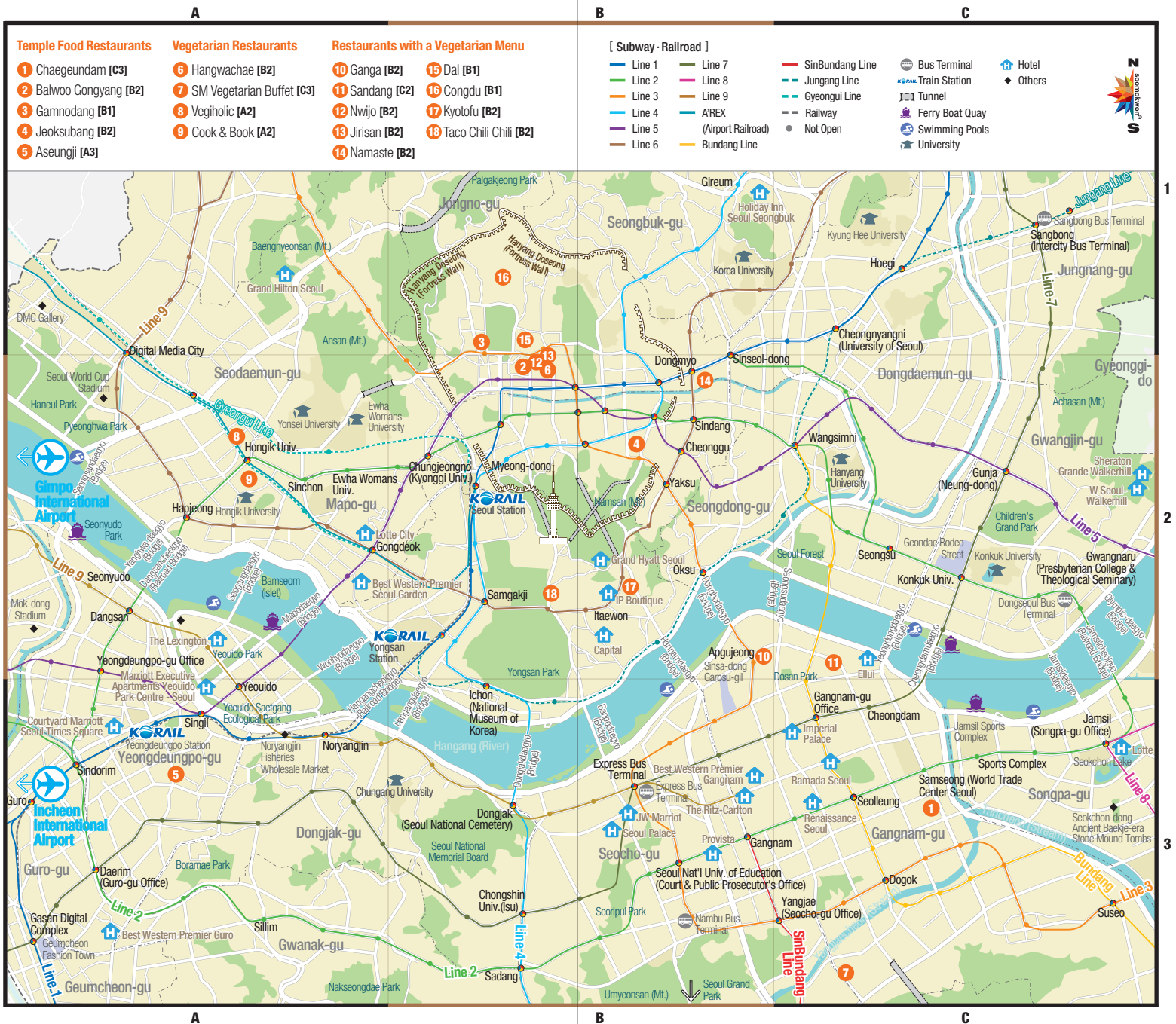


Halal Restaurants

Restaurant	Main Menu	Hours	Directions	Inquiries
A Dubai Restaurant	Shish Taouk, Dubai Kebab	12:00–23:00	1-min walk from Exit 3 of Itaewon Stn., Line 6	02-798-9277
B Foreign Restaurant	Curry buffet	11:30–23:00	2-min walk from Exit 3 of Itaewon Stn., Line 6	02-794-9292
C Kervan Restaurant	Kebab, Lamb Chop	11:30–22:00	1-min walk from Exit 3 of Itaewon Stn., Line 6	02-792-4767
D Marakech Night	Tagine, Royal couscous	10:00–22:00	2-min walk from Exit 4 of Itaewon Stn., Line 6	02-795-9441
E Petra	Falafel, Tabbouleh, Kebab	11:00–22:00	3-min walk from Exit 1 of Noksapyeong Stn., Line 6	02-790-4433
F Salam	Kebab	12:00–22:00	10-min walk from Exit 3 of Itaewon Stn., Line 6	02-793-4323
G Agra	Curry, Tandoori Chicken	11:30–22:00	5-min walk from Exit 1 of Itaewon Stn., Line 6	02-797-7262
H Alsaba	Tandoori Chicken, Lamb chop, Seekh Kebab	Weekdays: 11:30–15:00 & 17:00–22:00; Weekends: 11:30–22:00	8-min walk from Exit 3 of Noksapyeong Stn., Line 6	02-792-1488
I Moghul	Curry, Tandoori Chicken	12:00–22:30	2-min walk from Exit 1 of Itaewon Stn., Line 6	02-796-5501
J Taj Palace	Tandoori Chicken, Butter Chicken, Curry	11:00–22:00	5-min walk from Exit 3 of Itaewon Stn., Line 6	02-790-5786



MAP A GUIDE FOR VEGETARIANS



Ordering Tips

for Vegetarians

- 1 When ordering, ask if there is a vegetarian menu.
- 2 When ordering set menus, check to make sure that meats, seafood, eggs and salted seafood weren't used as minor ingredients.
- 3 Koreans usually use beef, anchovies, or dried shrimp as a soup base. Make sure it is a vegetable based broth.
- 4 Salted seafood is a condiment used in most kimchis. Ask for kimchi with no added salted seafood (*jeotgal*), or ask for white kimchi or *nabak* kimchi.
- 5 Breads and cookies may contain butter and eggs in the dough.
- 6 The common *bibimbap* is topped with beef and an egg. Ask for these to be left out when ordering. In some cases beef broth is used in making rice, so be sure to check.
- 7 Ramen, noodles, dumplings and other dishes that claim to be meat-less may not be vegetarian.
- 8 If you are at a barbecue restaurant, you can ask for a bowl of rice and eat the vegetable side dishes.
- 9 The broth for cold buckwheat noodles (*naengmyeon*) is meat based, as is the sauce for the spicy buckwheat noodles.
- 10 Soybean stew, kimchi stew and soft tofu stew usually contain seafood or other meats.
- 11 Even if it's a vegetable pizza, it may still contain some animal products.



Useful Phrases

at Restaurants

Can I see the menu, please?

메뉴판을 보여주세요. [Menu-pan eul boyeojuseyo.]

Is there a/an (English) menu?

(영어) 메뉴판은 없나요?

[(Yeongeong) menu-pan eun eopnayo?]

Can I have some water, please?

물 좀 주세요. [Mul jom juseyo.]

Can I have a wet towel, please?

물티슈 주세요. [Multishyu juseyo.]

I'll have (Name of food).

(메뉴 이름) 주세요. [(Name of food) juseyo.]

Can you take out the meat, please?

고기는 빼주세요. [Gogineun bbaejuseyo.]

Don't make it spicy, please.

맵지 않게 해주세요. [Maepji anke haejuseyo.]

How much is it?

얼마입니까? [Eolma imnikka?]

Do you take credit cards?

카드 됩니까? [Cadeu dwemnikka?]



www.VisitSeoul.net