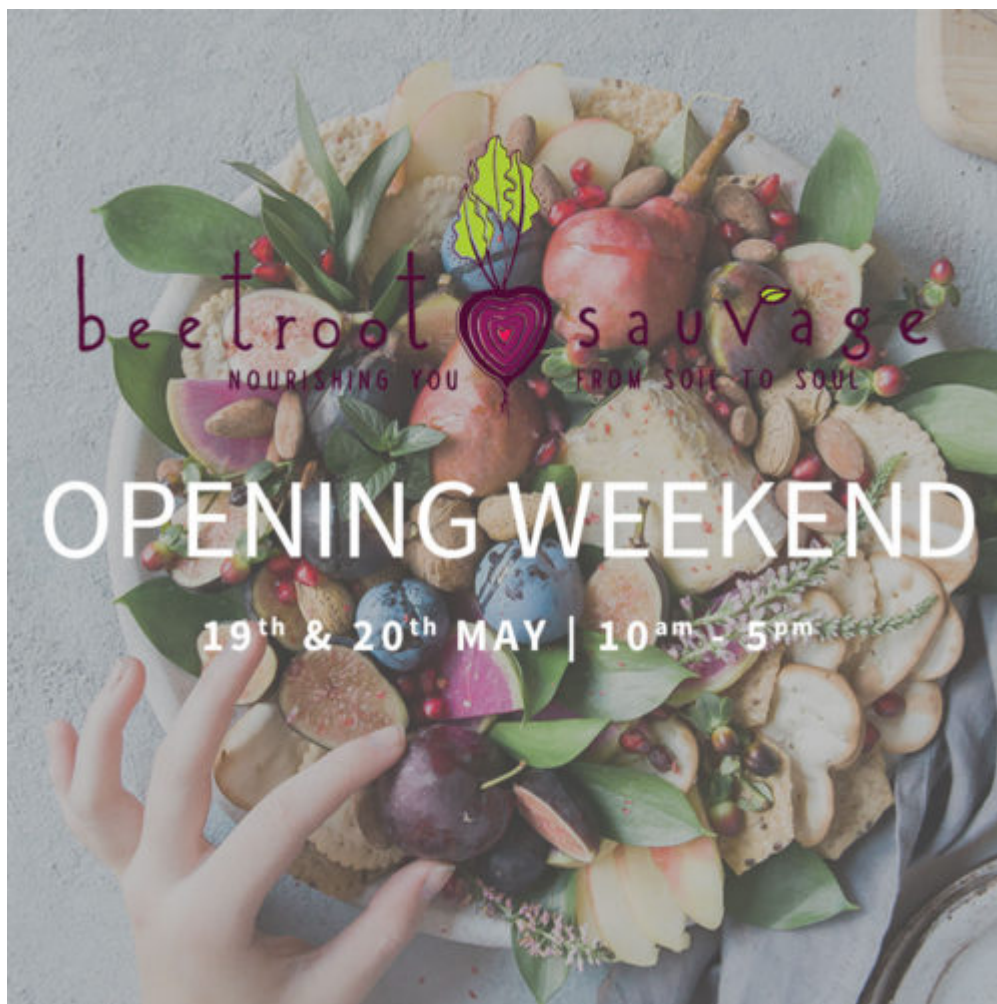


# Beetroot Sauvage opening next weekend

**From Soil to Soul: Beetroot Sauvage a Plant-Based Cafe & Wellness Centre to open at previous Earthy premises in Newington on May 19th.**

Operating from the locally-loved converted warehouse at 33-41 Ratcliffe Terrace, and once home to Earthy Foods, Beetroot Sauvage will open its doors to the public on May 19th as a plant-based cafe and wellness centre. Serving up delicious, healthy food and a variety of movement classes, Beetroot Sauvage is a space to reconnect.



## **A Cafe with an Intention**

Beetroot Sauvage is the realised dream of Edinburgh-born chef Gary McGirr of Vegan Sauvage, a regular street food vendor at Scotland's popular markets, and French plant foodie, reiki practitioner and yogi, Marie-Anne Marten of Beetroot Café, who

until recently ran the Beetroot police box at the Meadows. Over the last few years they have been creating a buzz with innovative dishes and vegan offerings, as well as engaging the local community by spreading the love of plant-based foods through workshops. Gary and Marie-Anne are perpetuating the Franco-Scottish bonds of the Auld Alliance by joining up for their new venture.

### **Opening Weekend**

An events-packed weekend is scheduled for Saturday 19th and Sunday 20th May from 10am until 5pm. Over the two days, the kitchen will dish out exquisite samples from its wholesome menu, from indulgent cakes, vibrant foraged salads, and dairy free cheeses, to mouth watering smoothies, all entirely made from plants. In the transformed space upstairs, pre-bookers will be able to attend free taster classes in Yoga, Meditation, Tai Chi, and enjoy complimentary treatment such as Indian Head Massage and Osteopathy. While sipping freshly squeezed juice, patrons can attend raw food cookery demonstrations and a selection of talks on health and wellbeing. In addition to the events inside, there will be activities for kids, live music, and a fully vegan market to explore in our outdoor city sanctuary garden.

### **Post Opening Weekend**

After the launch, Beetroot Sauvage will be open from Tuesday to Sunday, with a menu of freshly prepared, seasonal and organic delicacies, and a full schedule of classes aimed at optimal mind and body wellness, including yoga by acclaimed Edinburgh Community Yoga teachers, Chi Kung, Yoga Nidra, Tai Chi, and Mindfulness Meditations. Alternative therapies will be provided by experienced massage and bodywork practitioners. The building's bright and welcoming back yard will play host to Edinburgh's first and only 100% vegan market every Sunday. Children can enjoy fun and healthy meals as well as take part in the new social enterprise Corylus, whose aim it is to teach children how to grow their own fruit and vegetables in the city.

"I have found that anyone who develops a wellbeing or self-care routine starts to connect more with themselves, their community, and the planet. In this urban environment, it seems essential that we have a space to gather and share foods

that have come straight from the earth. Beetroot Sauvage's intention is to nourish you from soil to soul." – Marie-Anne, 42.

"I feel there's a dietary binary forming, and people throw around words like vegan and such, I just want to promote incredible food that's plant-based, healthy, and tastes damn good." – Gary, 47.

Facebook page: [www.facebook.com/edinburghbeetrootcafe](https://www.facebook.com/edinburghbeetrootcafe)

Website: [www.beetrootsauvage.co.uk](http://www.beetrootsauvage.co.uk)

Instagram: @beetrootsauvage

Email: [hello@beetrootsauvage.co.uk](mailto:hello@beetrootsauvage.co.uk)