

Dining

Czech Food and Drink

Czech food has a bad rap. Words like 'bland', 'fattening', and 'heavy' are typical descriptors and, according to most guidebooks, vegetarians who set foot in the country will promptly starve. In reality, however, Czech food is the perfect comfort fare; velvety sauces, rich meat dishes, spongy dumplings, and scrumptious baked goods – this is food that feeds the soul, if not exactly the palate.

The Czech Republic is a nation on the move, so it stands to reason that the traditional is being replaced by the trendy and that goes for food, too. Czech cooking and eating habits are inching towards the healthy end of the spectrum, which means that vegetarians shouldn't get their broccoli in a bunch. Simply put, a taste here and there isn't going to kill you; and both foodies and the adventurous-of-taste-but-will eat well in their adopted homeland. Above all, before you tuck into a meal in Prague, whether its classic roast pork with sauerkraut and dumplings or a burger and fries, never forget to say **Dobrrou chut** or 'Hope it tastes good!' Chances are it will. Here is your gastronomic guide to good eating, Czech style.

You'll likely take your first sip of beer long before you gobble up your first goulash (**guláš**). Tossing back a few beers (**pivo**) on an empty stomach? Now is the perfect time to flag your waiter and in your best Czech order up a tasty pub snack. Soft cheese marinated in herbs and oil, dusted with paprika, and garnished with pickled onion (**Nakládáný hermelín**) is a fine choice. It comes with sliced bread (**chleba**), a dense, chewy brown bread that is great for soaking up soups as well. You can also order chleba that's been deep-fried and rubbed with fresh garlic (**topinky**). **Utopenec**, loosely translated as the 'bloated man', is a stubby little sausage completely submerged in vinegar, garnished with pickled onion and pepper, and served with bread.

When you sit down for a Czech meal, soup (**polévka**) is the first order of business. As it's just a warm-up for the main course, soup is usually on the brothy side with yummy bits floating around inside. Choose from potato soup (**bramborová polévka**), garlic soup (**česneková polévka**), covered with a gooey mantle of melted cheese, beef soup with liver dumplings (**hovězí polévka s játrovými knedlíčky**), sauerkraut soup (**zelná polévka**), and dill soup, made from sour milk (**koprová polévka**).

Entrées are usually accompanied by a sweet and zesty cabbage salad (**zelí**), along with shredded carrot, cucumber, and a handful of cold corn, all lightly dressed with vinegar. If you require a heartier side dish, you're in luck; our Czech friends have a way with the potato. Boiled potatoes (**vařené brambory**), roasted potatoes (**opékané brambory**) sometimes spiked with garlic and bacon, mashed potatoes (**bramborová kaše**), potato croquettes (**krokety**), and even French fries (**hranolky**) are standard menu offerings. But the most popular incarnation is the potato pancake (**bramborák**) which can be ordered as a side dish or a main course, stuffed with chicken and/or cheese. It's delightful.

Czech food borrows from a number of culinary traditions. Schnitzel from Vienna. Goulash from Hungary. Sauerkraut from Germany. The Czech version of guláš, served up with a side of bread dumplings (**knedlíky**), is a big hit. Dumplings are a staple here. Made of either wheat or potato flour that is boiled as a roll of dough, then cut into slices, they make a terrific vehicle for thick gravies. **Rízek** is a breaded, fried cutlet of chicken or pork served with potatoes and a squirt of lemon. For the calorie conscious,

špíz is like a shish-kebab; grilled meat and vegetables on a skewer. Stuffed peppers (**piněné papriky**) made with a blend of ground meat and rice, baked in a sweet tomato sauce are also a lighter alternative, though not much lighter! Waist watchers should probably avoid the national dish, **svíčková**, beef in a scrumptious cream sauce, topped with cranberry jam and an additional dollop of cream. If you're lucky enough to get invited to somebody's home for the real deal, do not hesitate! The dish can take hours to prepare but the resulting meal is mouthwatering.

Beef and pork aren't the only choices for carnivores. Chicken dishes (usually stuffed with strong cheese, bacon or ham or topped with a cheesy sauce) are common, as is lamb, rabbit, roasted duck, and turkey. Rustic rabbit, deer, and wild boar round out the menu, as do freshwater fish like trout. Carp (**kapr**) is the national Christmas dish, but now and again appears on menus throughout the year. Meat is of good quality but the diner is often charged with removing any gristle, since the entire cut is usually served. For the brave of heart – and stomach – steak tartare (**tatarský biftek**) can be a glorious delicacy. Minced meat shaped into a dome with a raw egg perched in the middle, doused with Worcestershire and Tabasco sauce, and eaten with deep fried bread (**topinky**). A rare treat indeed.

If meat makes you shudder, the fried cheese (**smažený sýr**) platter will quickly cast its spell. To get your juices flowing, picture a wedge or two of deep-fried Edam cheese dipped in mayonnaise. If you're the hold-the-mayo type, grainy mustard, tartar sauce, horseradish, and very sweet ketchup are satisfactory substitutions. Salads can replace a meaty entrée: **šopský** is a salad of tomatoes, feta cheese, and green peppers. Add black olives and herbs and it becomes a Greek salad (**řecký**); tomato salad (**rajčatový**) is usually tomatoes and fresh mozzarella tarted up with basil and balsamic. Some spots will load your bowl with lettuce and skip on the good stuff, so beware. Pasta dishes pop up on menus everywhere, but at home some Czech people like to flavor their spaghetti with plain old ketchup.

That exhausts the savory, but let's not forget the sweet. Many Czech people won't turn their back on a sweet meal. A popular children's dish is noodles, with loads of sugar, ground poppy seeds, and melted butter. Fruit-filled potato dumplings topped with vanilla cream or dusted with confectioner's sugar are beloved, as are tiny biscuits called **buchtíčky se sódou**, drizzled with a custard sauce. And that takes us right up to the grand finale, dessert. Decadent crêpes (**palačinky**) filled with jam (**džem**), strawberries (**jahody**), or chocolate (**čokoláda**) and crowned with a swirl of whipped cream; sweetly spiced honey layer cake with cream filling (**medovník**); flaky apple strudel (**jablečný závin/štrůdl**) – your sweet tooth will be blissfully content.

Wash it all down with a beer, or if you aren't in the mood for a tippie, mineral water (**minerálka**) – order it with bubbles, perlivá, or without, neperlivá – fruit juice (**džus**), or a soda (you'll have to specify its name because soda in Czech means 'soda water'). Tea (**čaj**) is drunk with sugar (**cukr**) and lemon (**citrón**) and coffee (**káva**) with or without milk (**mléko**) or cream (**smetana**). **Becherovka**, an herbal spirit, is said to aid digestion. Take a shot before or after your meal – or both!



EVERYBODY LOVES SAUSAGE

At least most people around these parts do. For sheer quantity of vendors, the best place to grab a still-sizzling sausage on the cheap is Wenceslas Square. Order a sausage (párek) and you'll get it on a plate with a dollop of mustard and a slice of chleba. Dip the sausage in the mustard and take a bite, take a bite of bread, and repeat. You can also try klobása, a larger, smoked sausage, or párek v rohlíku (a long, skinny hot dog tucked into a rohlík). Street vendors also do swift business in gyros, potato pancakes, and fried-cheese sandwiches – best smothered in mustard, ketchup, and mayonnaise. Drunken revelers often make a pit stop at these stands to fortify for the night-tram ride home, or even to boost their buzz: food sellers stock a full-bar, including beer, wine, and spirits.

Dining Do's and Don'ts

For the tourist or uninitiated expat, it's easy enough to wander into any Old Town restaurant, settle in, and order a meal in English. But you'll pay the price for this convenience in more ways than one. So many centrally-located eateries inflate prices, include tips in the total, or sneakily add *couvarts* (cover charges) to the bill. Combine this with rude waiters and substandard service in places that don't expect to receive repeat visits and it should come as no surprise that the country's lackluster customer service is the top complaint among its foreigner community and visitors alike. Suffice it to say, this isn't the norm – there are plenty of excellent restaurants here that will serve you with a smile. But you'll have to do your part, too – and that means adapting to the new customs and manners that are part of the dining-out experience in Prague. But don't let that deter you from digging into the city's limitless bounty of eats. It's possible to feast on anything from quality Thai to enormous American-style burgers and brunch. Vegetarian joints are on the rise as well, and there's never any shortage of sushi, Italian, Chinese take-out, and the like. For an experience that leaves you feeling as warm-and-fuzzy as you are full, here are a few dining-out do's and don'ts:

Take a seat. Don't expect a bubbly hostess to come bouncing up to you with menus. You won't normally be shown to a table; it's up to you to find a seat. Restaurants may have tables for four or six and it's acceptable to slide onto the end of an occupied table if no others are free. But first ask if the seats are available: *Je tu volno?* Non-smoking sections are becoming more and more common, but if you are a non-smoker, you'll still occasionally struggle here. When weather permits, opt for garden seating. In some places you'll notice that one table is perpetually reserved. That's for the die-hard regulars (usually a group of older men) who consider the place their second home. Whatever you do, don't sit at these tables!

Order up. After you've found a seat, the waiter will take your order for drink, then food. If he isn't as chipper as you're accustomed to, there's a simple explanation: because formality and detachment are viewed as the hallmark of professionalism and propriety in the Czech Republic. In other words, this is out of respect for you. True, everyone has heard horror stories of temperamental waiters slamming plates of meat and dumplings down onto the table and storming off, but this can't happen anywhere? As you're ordering, take into consideration that when everyone at the table orders the same meat (all beef or all pork, say) you'll get served faster than if you order a range of different meats. It's also advantageous to order from the daily menu (*denní menu*) at lunchtime. These meals sometimes come with soup and bread and are delivered to your table in a flash. Daily specials are cheap, too: lunch is rarely more than 100 CZK. Czech restaurants frequently offer English menus. Sometimes the waiter will present you one without even being asked (this is probably to avoid hearing his native tongue mangled). To request an English menu, simply say: *Máte anglické menu?*

Ask for extras. While you wait, silverware and napkins will be brought to you standing in a cup or lying on a plate. If you require anything beyond the essential utensils, you'll have to ask for it. A basket of bread may appear on the table, but you'll be charged if you eat a single morsel. Even if you don't, it may appear on the bill; always double-check your tab, just as you would anywhere else. You'll have to ask for ice in your drink, butter for bread, or condiments like ketchup, mustard, and mayo, and you might have to pay for them. Some restaurants even charge for salad dressing. And forget about free refills or water – you'll get your water or soft drink in little glass bottles; and since these refreshments are often pricier than beer, you'll want to make them last.

Linger longer. Don't feel overlooked if you aren't given the bill right away. This is all a part of the culture. Here it's acceptable to spend hours chatting and drinking at the table, long after the dishes have been cleared. If you're in a rush you can ask for the check. '*Zaplátíme*' means 'we will pay now,' and '*učet prosím*' means 'check, please.' When it the time comes to settle up, the waiter may ask if you want to pay together (*dohromady*). Obviously, it's much easier to settle one bill, but they'll divvy it up if you insist. In this case you'll need to indicate '*zvlášť, prosím*' (separately).

Tips on tipping. Here the standard 10-15% is appreciated, but not mandatory. If the bill comes to 230 CZK, give the waiter 250 CZK and tell him to keep the change: *To je dobrý*. If you feel more comfortable, let him give you the change and immediately hand over the tip. Do give the money to the waiter directly, however. It's considered impolite to leave money on the table.

AT THE DELICATESSEN (LAHŮDKY)

If the smell of mayonnaise mingled with the scent of cold cuts and fish floats your boat, you'll be spending a lot of time at the delicatessen, or lahůdky. Here you can stock up on a variety of salads – though not the green kind; Czech salads are usually a mayonnaise-heavy mix of meat (ham or salami), veggies, cheese, and pickles. Potato salad is also popular if only as a base for chlebičky, a favorite Czech snack. A Chlebiček is an open-faced sandwich that's delicately crafted with a layer of potato salad, followed by a slice of cold cut meat, a slice of cheese, a layer of hard-boiled egg and pickle, that's finished off with a swirl of cream and sometimes a dribble of Tabasco sauce. But chlebičky toppings are deliciously diverse. Beginners will appreciate simple combinations of tomato and cheese, while the serious connoisseur may go for the seafood variety. The lahůdky is also the place to sample smoked fish and meat in aspic and cold potato pancakes. Some shops also have a sweet shop (cukrárna); choose from an assortment of lovely pastries and cakes.

Fine Dining

Once considered a culinary wasteland, haute cuisine in Prague has improved by leaps and bounds. Among the many changes of the past 15 years, the introduction of world-class cuisine and formerly unavailable ingredients – like fresh seafood – have played an essential role in the rise of the culinary arts. Today the city's fine-dining scene is thriving, and red-hot chefs from all over the globe are coming to a kitchen near you. In 2008, **The Allegro Restaurant** at the **Four Seasons Hotel** was even awarded a Michelin star. The trend is towards fusion cuisine with posh eateries across the city dishing up everything from sushi to Scandinavian delicacies to traditional Czech food with a scrumptious spin. These extravagant restaurants feed the rich, the famous, and gourmands who fancy an evening of fine food and drink in the company of the well-heeled.

Notable Newcomers

Gordon Ramsey's first address in Central Europe, **Maze** combines the chef's signature five-star approach with favorite local flavors; **Chef Sofia Smith** combines contemporary British cuisine with pan-Asian recipes at her successful Old Town venture; **Osteria da Clara** recreates a neighborhood eatery in Milan in the city's Vinohrady district.

Star-studded dining rooms

Matt Damon, Johnny Depp, Bill Clinton, and a long list of other stars have sampled the sumptuous gourmet cuisine at **Kampa Park**, as well as its sister restaurants **Hergetova Cihelna**, **Cowboys**, and **La Provence**.

Top-notch French

Perched on the seventh floor of Prague's famed **Dancing House**, **La Perle de Prague** is renowned for its excellent French fare and views of the Prague skyline; **La Provence** is two restaurants in one: an authentic Parisian brasserie occupies the first floor; a Provence-style restaurant inhabits the second. A paradise for Francophiles craving oysters, escargot, foie gras, and more. **Brasserie M** is an open, airy French bistro offering the full line of Gallic classics. **Le Cornichon** serves regional cuisine from **Chef Guillaume Lahournat's** home in southwest France.

Breathtaking Scenery

Restaurant Bellevue offers tried-and-true Czech classics in a contemporary, entirely smoke-free setting with unparalleled views of Prague Castle and the Charles Bridge. The tantalizing menu is reason enough to try **Mlync** (everything from French to Thai), but the terrace view multiplies its magnificence. The stunning castle view from the **Allegro Restaurant** at the **Four Seasons** isn't to be missed, neither is Michelin-starred chef **Andrea Accordi's** fine cuisine.

Seafood Specialties

Under the direction of new chef **Roman Paulus**, **Alcron** continues its mission of serving the city's best seafood. **Restaurant Reykjavik** is a tribute to chef **Thorir Gunnarsson's** Icelandic roots; it boasts an extensive seafood menu with a poached salmon that will make your knees weak.

Stunning Interiors

Something old, something new: **Pálffy Palác** is a Baroque palace illuminated by candlelight. This most atmospheric of restaurants, comprised of three Baroque-style dining halls and an outdoor terrace, specializes in mouthwatering game. **Pravda** is set among the richly decorated houses and luxurious shops of elegant **Pařížská** Street. The striking and innovative minimalist interior lends to its neo-gothic appeal; Indonesian, Norwegian, and Russian dishes give the food international flare.

Great Location

Hidden on a quiet street in Old Town, **Lary Fary** espouses a calming, new-age elegance. Each room of the restaurant represents a different decorative style and the varied, diverse cuisine is smart yet satisfying. The sushi is highly recommended. **Celnice** at Náměstí Republiky is in close proximity to a number of the city's upscale hotels, and it would appear that its chef has kept this fact in mind. You can't go wrong with their Czech comfort food and amiable environment. So popular it has spawned three locations – all a stone's throw from Old Town Square – **Kogo** serves a rustic mix of Balkan and Mediterranean-influenced dishes for a decent price.

Modern Czech

Traditional Czech cuisine goes all-out at this new venue: serving just three tasting menus of some seven courses, **La Degustation** treats Bohemian fare with the same respect otherwise afforded haute cuisine. Prague's first address for high-end local cuisine, **CzechHouse** serves dressed up versions of Czech classics.

Tiny Treasures

Tucked away in trendy Vinohrady, **Mozaika** pleases every time. This subtle, charming eatery has something for everyone, from

gourmet burgers to tasty pastas to unique fusion dishes that'll keep you coming back for more. With a top-notch wine list and friendly, English-speaking staff, **Mozaika** is a true find.

Don't let its kitschy interior – olive prints and tchotkes galore! – deter you: the proprietors at **Oliva** pride themselves on their variety of oils, which you can sample with hearty, fresh-baked bread. Entrées and desserts are consistently delicious. **Monsoon** is a trendy lounge and Thai restaurant located on a quiet lane in Prague 6.

FRUITS OF THE FOREST

Tips for mushroom hunting in the Czech Republic

Mushroom hunting is largely considered the national pastime here in the Czech Republic, with seven out of 10 of its citizens picking mushrooms between the months of July and November. Stick to our tips for getting lucky in the mushroom game.

Rise and shine

If you want to get lucky at the mushroom game, do as the Czechs do and get up with the sun. We suggest starting by six-o'clock to hit the sweet spots first.

Be smart, be safe

While a remarkable number of edible mushrooms can be found in the Czech Republic—there are an estimated 1500 varieties—it can be tough to distinguish between the good and the bad. The Czech Mycological Association's web site (www.myko.cz) is a good portal to the world of wild mushrooms. Though the main page is in Czech, from there you can link to a handful of English sources.

Go for the easily recognized

The hřib (edible boletus), is the most easily recognized edible mushroom, a yellow-stemmed variety with a brown cap. Avoid vivid green and red mushrooms at all costs—they could be deadly toadstools, or muchomůrky (amanita). Before heading out, we strongly suggest a visit to www.MushroomExpert.com.

Pick properly

Cut the stem at the base with a blade or a pen knife. Press a little bit of the stem back into the earth. Kicking over unwanted mushrooms and littering the scene of the crime with stems can harm the forest ecosystem. Wicker baskets help your crop breathe better.

Location, location, location

Prague is surrounded by greenery and ringed with quaint villages, all accessible via public transport. For starters: take Metro Line C to 'Rožtyly' or 'Chodov' and you'll discover Kunratic Forest. Hop tram 14 to stop 'Vozovna Kobylisy' to discover Ďáblčice forest. Or try tram 22 to 'Vypich' and check out Obora Hvězda.

Get cooking

Toss a handful of mushrooms into your scrambled eggs (don't forget butter, salt, and pepper) and you've got a Czech dish called smaženice; deep fry them for houbové řízky; try karbanátky, a mushroom burger; or fill up on my favorite, mushrooms tossed with noodles, cream, and onions. Pleasant, peasant style fare, the essence of Czech cooking.

Cafés

Prague's cafés are legendary for their associations with great thinkers (Einstein), writers (Kafka), and revolutionaries (Havel). And many brilliant minds throughout history have converged on the city's

cafés (kavárna) to conspire uprisings or spark heated intellectual debates, cafés are also a lively place where anyone can watch the day roll by, among an orbit of dessert carts and the heavenly scent of coffee. Stop in for java, tea, cakes, and snacks; some cafés serve alcohol and light meals. Here are some of Prague's best, though the list is by no means exhaustive, and you're certain to discover your own café, an intimate, side-street nook or a splashy Art Nouveau affair, a place to write, reflect, or simply stop and smell the coffee.

Prague Institutions

You can't speak about Prague cafés without mentioning these grand dames of café culture. The famed **Grand Café Slavia** across from the **National Theater**, opened in 1881 and quickly became a meet-point for artists and intellectuals, including former president Václav Havel who was a regular during his dissident years. Grab a table by the riverside windows to enjoy a panoramic view of Prague Castle.

Café Louvre, an elegant, spacious and airy **Art Nouveau café** was frequented by Kafka and Einstein. Prices are moderate and there is a sizeable non-smoking area. The fading glory of the former Art Nouveau **Café Savoy** was recently renovated, revealing a restored plasterwork ceiling, sparkling crystal chandeliers, and even a non-smoking section. A throwback to a more glamorous era with its wainscoted waiters and sumptuous food and drink offerings. Take in an exhibit or concert at the **Municipal House** then wander into its glorious café, **Kavárna Obecní Dům** where there's live piano music every night.

Smoke-free

The smoky European café has historically been romanticized, but these days with so many people calling it quits, Prague's cafés are catching on and providing non-smoking sections or going entirely smoke-free. **Bio Cafés** (multiple locations) reflect the changing face of Prague. Aside from being non-smoking, everything they sell is organic, from the daily soup to the cans of cola. Other smokeless cafés of note in Old Town are **Bohemia Bagel** (multiple locations), **Café Vesmírna**, **Au Gourmand**, and **Bakeshop Praha**. Across the river visit Prague's first smoke-free café, **Kafíčko**, as well as the city's first **Starbucks**.

MUCH ADO ABOUT BURČÁK

Burčák is the highly drinkable, incredibly potent grape juice that separates from the crop as it's pressed. Burčák season officially kicks off on August 15th and is sold through November 30th. Its creation coincides with the grape harvest, giving it a short shelf-life. Real burčák takes on a milk-white or pale-yellow hue; red varieties of burčák are available but rare.

Half-fermented wine can be called burčák only if it hails from Moravian or Czech grapes. Watch out for impostors: 40 percent of burčák sold in the city is cut with water.

Street vendors have also been known to push apple cider mixed with cheap wine.

Buy a liter from your local vinárna (don't forget to BYO container) for around 60 CZK; keep the bottle cap loose as you make your way home. Some wine shops will provide a piece of cloth in lieu of a cork. Because the liquid is still in the process of fermenting it tends to get ultra-fizzy. Connoisseurs suggest drinking it warm; avoid adding ice. Quality will worsen the longer you hang onto your supply. Drink up fast!

You can also sample burčák at one of the city's many vinobraní, or wine festivals. Further afoot, the Moravian cities of Moravian cities Znojmo, Mikulov, and Valčice offer street dances, open air-markets, and all manner of other Dyonisan hijinks. Watch the events listings at www.expatcs.cz.

PRAGUE'S TEAHOUSES

Teahouses (čajovna) have become an integral part of Prague's social landscape. They tend to feature pillows, low tables, exotic ornamentation, and some of the best teas in the world. Teahouses are usually smoke-free, though some offer customers the chance to smoke a hookah laced with flavored tobacco. Some also stock a full bar, but for the most part these places are associated with clarity of body and mind. One of the more well-known teahouses, with a few locations across the country, is **Dobrá Čajovna** on Wenceslas Square. But a number of these darkened dens can be found all over the city; and they are perfect for sharing a relaxing pot of tea in a soothing environment.

Literary Leanings

Run by publishers and attached to a bookstore, every spare surface inside **Literární Kavárna** is crowded with local literary journals, hard-to-find magazines, and small-press books. Regular readings and spontaneous live piano music – patrons occasionally tickle the ivories – make for a steady business, as does the lengthy and affordable menu. Coveted garden seating is hard to come by in the summer at this Prague favorite. **Café and Bookstore Fra** is a hidden gem in Vinohrady. Known for its literary-minded clientele, legendary **Café Montmar** is a welcoming watering hole.

Best Coffee

Expats who complain loudly about Prague's coffee just aren't searching hard enough for that elusive perfect cup. At **Ebel Coffee House**, nestled in charming Ungelt, just off of Old Town Square, you can sip pure Arabicas and custom coffee blends. **Káva Káva Káva** (multiple locations) imports coffee beans and loose teas from all over the world and serves up towering slices of carrot cake and peanut butter cookies to boot.

Edgy and Eclectic

Sagging yet comfy furniture, walls bedecked with quirky art, and a full range of coffees and teas draw a trendy crowd to **Medúza**, as does the adjacent art gallery displaying the work of contemporary Czech artists. **Café Café** is so nice they named it twice. Funky, fashionable, fun – all are F-words that describe both the decor and the crowd here. A colorful café buzzing with the Red Bull swilling jet-set; too distracting to work on your novel or discuss philosophy but the perfect place to people watch. **Dobrá Trafika** is a strange little place on a busy Vinohrady thoroughfare. Inside you'll find a first floor that houses a tiny bar and print shop; in order to reach the second-floor café you'll have to scale a staircase that's actually more of a ladder, with beer or coffee in hand. You'll be rewarded upstairs with a jumble of mismatched furniture and framed artwork, as well as regular acoustic concerts and readings. **Grand Cafe Orient** inside the **Museum of Czech Cubism** pleases both the eye and palate.

Kid-Friendly Restaurants

Kids plus restaurant needn't equal disaster. An increasing number of eateries in Prague have realized that keeping the young ones happy will keep the older ones spending. That's good news for parents who wish to dine en famille but can't bear another grease-soaked McDonald's session. Here is a round-up of restaurants, all with non-smoking sections, that get kudos from kids and parents alike.

Dining al Fresco

The courtyard at **Plešný Restaurant** on Nádražní 114 houses a climbing frame, slide, and swing – along with good beer and great traditional cuisine. Older kids will appreciate the bowling alley downstairs. A walk around the city's **Vyšehrad** district reveals several restaurants with outdoor seating that welcome young children.

Stromovka has an unusual snack area that's a bit hard to track down but well worth the search. It's located on the south side of the park next to a dilapidated building and hidden behind a red fence that looks like it's covering a construction zone. The stand sells sandwiches, sodas, beer, and snack foods – the selling point for little ones, though, is the enormous sandbox nearby.

For Pizza Lovers

Kids and pizza go hand-in-hand. Luckily Prague's pizzeria population is second to none. **Rugantino** at Dušní 4 and Klimentská 40 has a children's menu, children's chairs, and Pinocchio murals on the walls. Here you can even organize a make-your-own pizza party. **Ambiente Pizza Nuova** on Revoluční 1 not only has a kids' menu, but also a children's corner that's open seven days a week from 11:30. Their other branch on Mánesova 59 supplies coloring pages and games – along with great tex-mex.

Fine Dining

The CzechHouse Grill & Rotisserie at the **Hilton Prague** welcomes young patrons with a special kids' menu, high chairs, colorable placemats with crayons and pencils, and more. The entire restaurant is non-smoking. **Střelecký Ostrov Restaurant and Terrace** gets big points not just for its glorious views of the city but for the pleasant, English-speaking wait staff who will, at a moment's notice, produce a mini-wicker table and chairs instead of high-chairs, and large boxes of toys.

Family Brunch

The Cornithia Panorama Hotel hosts a Sunday family brunch – kids under 12 eat free; the **Prague Marriott Hotel's** brunch and the **Radisson SAS Alcron Hotel's** Sunday brunch buffet also cater to kids. Hot-spot **Hergetova Cihelna** screens DVDs for kids while parents tuck into a gourmet brunch. **Zlatá Praha's** Family Jazz Brunch is a swingin' way to spend a Sunday afternoon.

Seasonal Fun

If it's a festive time of year (Easter, Halloween, etc), pop into one of the **Bohemia Bagel** locations and enjoy a coffee while junior enjoys a themed arts-and-crafts workshop. **Muddum** on Kostelní 24 by **Letná Park** also doubles as a café/art studio for tiny artistic souls.

Vegetarian Cuisine

Whoever said that meat-free eating in Prague was limited to fried cheese is sorely mistaken. True, the Czech Republic has a long-standing love affair with all things meaty, but vegetarian restaurants are sprouting up everywhere, affirming a slow but steady nod to healthy living. And since healthy lifestyles and vegetarian diets are considered synonymous, a number of vegetarian restaurants are smoke-free (or at least come decked out with large non-smoking sections), allowing patrons to nosh on tofu dishes without getting a noseful of secondhand smoke.

Ethnic Flare

Vegetka is a tiny, Asian-influenced all-veg restaurant near the Dejvice post office. Their food is prepared without preservatives, glutamate, or artificial additives. And prices are very nice. The Hare Krishna-run **Govinda** was the first all-vegetarian restaurant in post-Revolution Prague. Since 1993, they've been raking in the lunch crowds at their Prague 1 restaurant with their low-cost and delicious Indian fare. Their changing daily menu features a set lunch of sabji (stewed vegetables), rice, soup, raita (yoghurt sauce), and chutney. Free jugs of water are the centerpiece of every table in the homey and simple dining room. **Beas** is a warmly-lit, minimalist north Indian restaurant just off of Old Town Square proffering hearty and healthy vegetarian food at rock-bottom prices.

Fast and Cheap

An organic eatery with a wide menu of mostly vegetarian eats (though they do serve fish and a couple of pork dishes), **Albio restaurant** is a spin-off of the small organic grocery chain that bears the same name. The dining areas include a library of books about organic living, a community bulletin board, and a children's play area. Their

delectable soups, think creamy carrot soup with tahini, come with Albio's own organic bread. Several vegan options are also available.

Country Life is ideal for those who like to try a little bit of everything – the restaurant is self-service and food is priced according to weight. Feast on veggie burgers, freshly-squeezed juices, and homemade fat-free ice cream.

Hot Spots

One of the most recent additions to Prague's burgeoning vegetarian scene, **Lehká Hlava** (Clear Head) has already gained its fair share of local devotees, who adore its funky space-age design and yummy salads, pastas, and soy dishes. Favorites include the eggplant tartare, tempesh sauté with bulgur risotto, and green tofu salad. Take your pick of the three small rooms – each with a different décor – or sit pretty in the tiny courtyard's bamboo grove. Reservations are recommended. Although this Hradčany hideaway isn't strictly vegetarian, **Malý Buddha** deserves veg cred for its flavorful, Asian-influenced non-meat dishes. Much-loved menu items include the colorful vegetable soup with glass noodles and the excellent vegetarian steamed spring rolls. **Radost FX** has been a fixture on the club scene since the early 1990s, and its adjoining vegetarian restaurant is no less popular. The décor is funky and the menu is decidedly international, ranging from fettuccine Alfredo to taco salad to Thai noodle soup. Brunch served on weekends. Open late.

SMOKE-FREE PRAGUE

While many countries around the world are cracking down on lighting up in public places, the Czech Republic hasn't caught on – yet. Many restaurants have set up non-smoking sections, but some diners consider this an act in futility as these spaces are usually within breathing distance of the smokers' area. For an extensive list of completely smoke-free establishments in Prague and throughout the Czech Republic, www.odvykanikoureni.cz is a breath of fresh air. And please notice that within the Dining section of the *Expats Survival Guide 2008-2009* we've tried to make it easier for non-smokers in a smoker's world by mentioning eateries that are entirely smoke-free or offer a no-smoking section. You'll note that vegetarian restaurants, ethnic restaurants, and numerous cafes accommodate non-smokers, though smoke-free seating isn't the norm at bars and pubs throughout the city. A couple of our favorites: **Hospůdka u Klíčů** on Náměstí Míru 4, is truly an anomaly – an entirely smoke-free Czech hospoda; **Ferdinanda** is one of the coolest pubs in Prague for a few reasons – quirky interior design, lightning-quick, friendly service, and a spacious and airy no-smoking upper level.

Food Delivery

Not in the mood to fire up the stove? Too tired to slice and dice? Here in Prague many restaurants will deliver dinner to your doorstep or pack up to go orders for takeout. (And who said conveniences in the Czech Republic were a rarity?) A few services deliver from popular Prague restaurants; simply decide what you're in the mood for – vegetarian delights from **Radost FX**? A sandwich from **Bohemia Bagel**? A slice or two from **Pizzeria Rugantino**? – and their drivers will do the rest. Price minimums are usually required and delivery can take up to an hour or more. Eurobest will bring you food from some of Prague's hottest eateries but you'll pay for it – there's a 25% delivery fee; **Food Taxi** has the Chinese, Mexican, and Italian market cornered and charge per-kilometer; **Net Číšník** (Net Waiter) offers delivery from over 50 different restaurants in the Czech Republic; availability and delivery fee depend on your location.

Pizza

Pizza is the consummate delivery food; **Chicago's Famous Pizza** accepts orders by phone and operators speak English, the website is in Czech; **Pizza Go Home** is a non-stop delivery service that caters to party people – they'll also bring you beer and cigarettes. Free delivery between 8:00 and 24:00. **Pizza West** is a Nusle restaurant that delivers its pizza, pasta, sandwiches, and desserts across Prague.

Sandwiches

Popular Czech bakery **Paneria** delivers savory paninis, cakes, and pastries. American fast-food sandwich chain **Subway** will send over hot and cold sandwiches with your choice of toppings.

Ethnic

If you're craving an inordinate amount of spicy Indian food (or perhaps hosting a party) **Haveli** authentic Indian cuisine offers free delivery for orders over 1000 CZK. **Himalaya** is an Indian fast food restaurant with home delivery service. Order by telephone or text messaging only. Mexican restaurant **Amigos'** menu is hot, hot, and hot: jalapeños rellenos, enchiladas, chimichangas, and tortilla desserts.

Groceries

The Family Frost isn't your mother's ice cream truck. It's actually Prague's only mobile freezer, stocking frozen meats, fish, vegetables, and pizzas – cock an ear on any weekend morning or afternoon and you're likely to hear its familiar melody, beckoning shoppers outside.

Z-Market is a fully-stocked online grocery store, with everything from bread rolls (*rohličky*) to wines to toiletries made available to its customers. Delivery is free within 30 km of the center of Prague; for same-day service, place order before 2 pm on their English-language website. Congratulations, you are the laziest person alive.

Late-Night Eats

Once that Friday night beer binge has sufficiently corroded your first dinner, where to go for the second? The street meat vendors at **Václavské Náměstí** and **Národní Třída** aren't your only option – besides, who wants to wake up with fingers that reek of sausage and shirts splotted with condiments? A number of Prague's sit-down restaurants cater to night owls. **TIP:** Some restaurants advertise early closing times but are willing to stay open as long as they have enough customers. The eateries listed here are officially open late.

Pub Grub

One of the few Old Town pubs open past midnight, **Kozíčka** entertains its fair share of both beer-swilling locals and absinthe-seeking tourists. Though the kitchen is officially open until 01:30, they've been known to bend the rules for especially hungry patrons. Sherlock's Pub is a sleuth-themed, Brit-style pub that serves food until 03:00. Zlatý strom's 24-hour kitchen sends out pizza, pasta, and salads. Just steps from Metro Line A (Jiřího z Poděbrad), U Sadu serves up classic pub (pivnice) eats until 4 am, as does the pleasant New Town pub U Havrana. The Akropolis Restaurant, part of the Palác Akropolis complex, nourishes hungry musicians and their sauced-up fans well into the night.

Fast Food

Prague is full of McDonalds and KFCs, and other fast food options, many of which are found in shopping mall food courts. Hit Roma Pizza at IP Pavlova for a late-night slice. Self-proclaimed 'tearoom, sweet shop, Moorish café, and couscous shop' and neighbor to the noisy club Roxy, Dahab will feed your falafel fix until 01:00.

Gourmet Picks

If you happen to be cruising around Prague 8 at all hours of the night, or you happen to be a guest of the Hilton Prague, their Café Bistro is open 24 hours and does a mean club sandwich; a spacious Art Deco café and restaurant in the YMCA building off Revoluční, Metropol serves up drinks and quality food (steak sandwiches, salmon with spicy guacamole), and an all-day breakfast, until the wee hours. After a feverish night of dancing at famed Radost FX, re-energize at the club's late-night café with some tasty vegetarian eats, everything from Italian to Mexican to Middle Eastern food, as well as milkshakes and a cocktail menu. Prague 1's Vysmátý Zajíc serves its extensive menu well into the small hours of the morning, as does Vinohrady-based Louis Armstrong Restaurant; both are classy, cozy venues, perfect for unwinding and recapping your evening.

Party On

Solidní Nejstota behind the National Theatre stays packed until dawn with locals who love the live music, hard drinking, and all-night food. Steaks are their specialty, but Solidní's menu also offers such assorted delicacies as fried cheese, beef carpaccio, and shrimp cocktail. Zlatý Strom Restaurant is definitely on the well-beaten tourist path (Old Town), and the basement contains an infamous soft-core strip disco, but in case of a severe post-pivo snack attack, it's sure to satisfy. Choose from a wide range of both vegetarian and meaty foods, including various pastas, Parma ham and melon, or roast duck with cabbage and dumplings.

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Culinaria Praha	🌐 www.culinaria.cz
Skofěpka 9, Prague 1	☎ +420 221 231 017
Fusion Catering	www.fusion-catering.cz
Nad Habrovkou 3, Prague 6	☎ +420 296 392 346
Golem	🌐 www.golem.cz
Karlovo náměstí 23, Prague 2	☎ +420 221 990 511
Kampa	🌐 www.kampagroup.com
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Tomáš Melich
Restaurant Manager



v zátiší

Restaurant V Zátiší
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Tel.: +420 222 221 155 / 2 025
vzatisi@zatisigroup.cz

Libor Pavlíček
Restaurant Manager



Mlýnec

Restaurant Mlýnec
Novotného lávka 9, Praha 1
Tel.: +420 221 082 208 / 307
mlynec@zatisigroup.cz

Tomáš Větrovec
Restaurant Manager



Žofín Garden
Slovanský ostrov 226, Praha 1
Tel.: +420 774 774 774
rezervace@zofingarden.cz

Radek Chalupa
Restaurant Manager



Pravda Group	www.pravdagroup.cz
Pařížská 23, Praha 1	+420 222 318 605
 Vyšehrad 2000	www.vysehrad2000.cz
Národní 10, Praha 1	+420 224 951 738

Fine Dining



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CzechHouse Grill & Rotisserie

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www.hiltonprague.cz restaurants.prague@hilton.com

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Štěpánská 40, Praha 1	+420 222 820 038
Allegro	www.fourseasons.com
Veselavínova 2, Praha 1	+420 222 820 038
Angel Restaurant	www.angelrestaurant.cz
V Kolkovně 40, Praha 1	+420 773 222 422
Auberge de Provence	www.tuchomerice.cz
U Špejcharu 355, Tuchoměřice	+420 220 951 083
Barock Restaurant & Lounge Bar	www.barockrestaurant.cz
Pařížská 24, Praha 1	+420 222 329 221
Brasserie M	www.brasserie-m.cz
Vladislavova 17, Praha 1	+420 224 054 070
Brasserie Ullman	www.letenskyzamecek.cz
Letenské sady 341, Praha 7	+420 233 378 200
Cowboy Steaks and Cocktails	www.kampagroup.cz
Nerudova 40, Praha 1	+420 296 826 107
CzechHouse Rotisserie & Grill	www.hilton.com
Pobežňní 1, Praha 8	+420 224 841 111
Flambee	www.flambee.cz
Husova 5, Praha 1	+420 224 248 512
Hergetova Cihelna	www.kampagroup.com
Cihelná 2b, Praha 1	+420 296 826 103
HOT Restaurant	www.hotrestaurant.cz
Václavské náměstí 45, Praha 1	+420 222 247 240
Kampa Fish	www.kampafish.cz
U lužického semináře 42, Praha 1	+420 257 531 799
Kampa Park	www.kampapark.cz
Na Kampě 8b, Praha 1	+420 800 152 672
Le Cornichon	www.lecornichon.cz
U Dobřenských 1, Praha 1	+420 222 211 766
La Perle de Prague	www.laperle.cz
Rašínovo nábřeží 80, Praha 2	+420 221 984 160
La Provence	www.kampagroup.com
Štupartská 9, Praha 1	+420 296 826 155
Lary Fary	www.kolkovna-group.cz
Dlouhá 30, Praha 1	+420 222 320 154
Maze	www.hilton.com
V Celnici 7, Praha 1	+420 221 822 300
Mlýnec Restaurant	www.zatisigroup.cz
Novotného lávka 9, Praha 1	+420 221 082 208
Nebozizek Restaurant	www.nebozizek.cz

Petřínské sady 411, Prague 1	+420 257 315 329
Perpetuum	www.cervenatabulka.cz
Na Hutích 9, Prague 6	+420 233 323 429
Pravda Restaurant	www.pravdarestaurant.cz
Pařížská 17, Prague 1	+420 222 326 203
Restaurant Alchymist	www.alchymist.cz
Hellichova 4, Prague 1	+420 257 312 518
Restaurant Bellevue	www.zatisigroup.cz
Smetanovo náb. 18, Prague 1	+420 222 221 443
Restaurant Reykjavik	www.reykjavik.cz
Karlova 20/180, Prague 1	+420 222 221 218
Restaurant U Prince	www.hoteluprince.cz
Staroměstské náměstí 29, Prague 1	+420 224 213 807
Rickshaw Restaurant	towers.corinthia.cz
Kongresová 1, Prague 4	+420 261 191 242
Rybí trh	www.rybitrh.cz
Týnský dvůr 5, Prague 1	+420 224 895 447
Sarah Bernhardt Restaurant	www.hotel-pariz.cz
U Obecního domu 1, Prague 1	+420 222 195 900
Střelecký Ostrov Restaurant and Terrace	www.streleckyostrov.cz
Střelecký Ostrov 336, Prague 1	+420 224 934 026
V Zátíší	www.zatisigroup.cz
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American Restaurants



Bohemia Bagel	www.bohemiabagel.cz
Lázenská 19, Prague 1	+420 257 218 192
Bohemia Bagel	www.bohemiabagel.cz
Masná 2, Prague 1	+420 224 812 560
Bohemia Bagel	www.bohemiabagel.cz
Dukelských Hrdinů 48, Prague 7	+420 220 806 541
Jama Restaurace	www.jamapub.cz
V jámě 7, Prague 1	+420 224 222 383
La Boca	www.laboca.cz
Truhlářská 10, Prague 1	+420 222 312 073
Red Hot & Blues	n/a
Jakubská 12, Prague 1	+420 222 314 639
TGI Fridays	www.tgifridays.cz
Na Příkopě 27, Prague 1	+420 221 967 228

Chinese Restaurants



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Amos Restaurant	www.amosrestaurant.cz
Masná 17, Prague 1	+420 222 323 933
Baráček Rychta	rychta.webz.cz
Tržiště 23, Prague 1	+420 257 532 461
Ferdinanda	www.ferdinanda.cz
Opletalova 24, Prague 1	+420 775 135 557
Folklore Garden	www.folklore-garden.cz
Na Zlíchově, Prague 5	+420 251 552 255
Hospůdka u Klíčů	www.uklicu.com
Náměstí Míru 4, Prague 2	+420 222 512 729

Kolkovna	www.kolkovna-group.cz
V kolkovně 8	+420 224 819 701
Kozička	www.kozička.cz
Kozí 1 Prague 1	+420 224 818 308
Olympia	www.kolkovna-group.cz
Vítězná 7, Prague 1	+420 251 511 080
Potrefená Husa	www.pivovary-staropramen.cz
Vinohradská 104, Prague 2	+420 267 310 360
Restaurace Pravek IV	www.pravek.cz
Na Bělidle 40, Prague 5	+420 257 326 908
Solidní Nejistota	www.solidninejistota.cz
Pštrossova 21, Prague 1	+420 605 000 500
U Havrana	www.restauraceuhavrana.cz
Hálkova 6, Prague 1	+420 222 980 750
U Sadu	www.usadu.cz
Škroupovo nám. 5, Prague 3	+420 222 727 072
Vysmátý Zajíc	www.vysmatyzajic.cz
Michalská 13, Prague 1	+420 224 216 999
Zlatý Strom Restaurant	www.zlatystrom.cz
Karlova 6, Prague 1	+420 222 220 441

French Restaurants



Brasserie M	www.brasserie-m.cz
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Café Savoy	www.ambi.cz
Vítězná 5, Prague 5	+420 257 311 562
Chez Marcel	www.chezmarcel.cz
Haštalská 12, Prague 1	+420 222 315 676
French Restaurant at Obecní Dům	www.obecnidum.cz
Náměstí Republiky 5, Prague 1	+420 222 002 770
Greek Taverna	www.reckataverna.cz
Revoluční 16, Prague 1	+420 222 317 762
Taverna Olympos	www.tavernaolympos.cz
Kubelkova 9, Prague 3	+420 222 722 239

Indian Restaurants



Hallal Fast Food	www.hallalfastfood.com
Růžová 10, Prague 1	+420 222 248 107
Havell Indian Restaurant	www.havell.cz
Dejvická 6, Prague 6	+420 233 344 800
Himalaya Indian Restaurant	www.himalayarestaurant.cz
Soukenická 2, Prague 1	+420 233 353 594
Indian Fast Food Himalaya	www.himalayagroup.cz
Mikovcova 7, Prague 2	+420 224 231 581
Masala Indian Restaurant	www.masala.cz
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Taj Mahal	www.tajmahal.cz
Škrétova 10, Prague 2	+420 222 244 000

International Restaurants



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Mánosova 59, Prague 1	+420 222 727 851
Casa Andina	www.casaandina.cz
Dušní 15, Prague 1	+420 224 815 996
Kolkovna v Celnici	www.kolkovna-group.cz
V Celnici 4, Prague 1	+420 224 212 240
Kogo Ristorante	www.kogo.cz
Na Příkopě 22, Prague 1	+420 221 451 259
Los v Oslu	www.losvoslu.cz
Perunova 17, Prague 3	+420 222 513 295
Louis Armstrong Restaurant	www.louisarmstrong.cz
Italská 30, Prague 2	+420 222 253 670
Mozaika	www.restaurantmozaika.cz
Nitranská 13, Prague 2	+420 224 253 011

Italian Restaurants




Ambiente Pasta Fresca	www.ambi.cz
Celetná 11, Prague 1	+420 224 230 244
Ambiente Pizza Nuova	www.ambi.cz
Revoluční 1, Prague 1	+420 221 803 308

- Amici Miei**  www.amiciemie.cz
 Věžeňská 5, Prague 1  +420 224 81 66 88
- Aromi**  www.aromi.cz
 Mánesova 78, Prague 2  +420 222 713 222
- Corte di Angelo**  www.cortediangelo.cz
 Nádražní 116/61, Prague 5  +420 257 326 167
- Giallo Rossa**  www.giallorossa.cz
 Jakubská 2, Prague 1  +420 604 898 989
- Pizzeria Kmotra**  www.kmotra.cz
 V Jirchářích 12, Prague 1  +420 224 934 100
- Pizza Marzano**  www.pizamarzano.cz
 Palác Blaník, Vavřevské náměstí 56, Prague 1  +420 224 032 300
- Rugantino**  www.rugantino.cz
 Klimentská 40, Prague 1  +420 224 815 192

Japanese Restaurants



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- Nagoya**  www.nagoya.cz
 Stroupežnického 21, Prague 5  +420 251 511 724
- The Sushi Bar**  www.sushi.cz
 Zborovská 49, Prague 5  +420 603 244 882
- YAMI - Japanese & Korean Restaurant**  www.sushi-yami.cz
 Masná 1051/3, Prague 1  +420 222 312 756

Mexican Restaurants



- Amigo's**  www.amigos.cz
 Anny Letenské 16, Prague 2  +420 222 250 594
- Banditos**  www.banditosrestaurant.cz
 Melounova 2, Prague 2  +420 224 941 096
- Buffalo Bill's**  www.buffalobill.cz
 Vodičkova 9, Prague 1  +420 224 948 624
- Cantina**  www.restauracecantina.cz
 Újezd 38, Prague 1  +420 257 317 173
- Don Pedro**  www.donpedro.cz
 Masarykovo nábř. 2, Prague 2  +420 224 923 505
- Hombre del Mundo**  www.hombredelmundo.cz
 Nádražní 21, Prague 5  +420 257 326 902
- La Bodeguita Del Medio**  www.bodeguita.cz
 Kaprova 5, Prague 1  +420 224 813 922
- La Casa Blu**  www.lacasablucz.cz
 Kozí 15, Prague 1  +420 224 818 270

Mediterranean Restaurants



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 Dlouhá 33, Prague 1  +420 224 827 375
- Gitanes**  www.gitanes.cz
 Tržiště 7, Prague 1  +420 257 530 163
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 Truhlářská 20, Prague 1  +420 222 325 414
- Country Life**  www.countrylife.cz
 Melantrichova 15, Prague 1  +420 224 213 366

Thai Restaurants



- Azenal**  www.azenal.cz
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- Lemon Leaf**  www.lemon.cz
 Myslíkova 14, Prague 2  +420 224 919 056
- Monsoon**  www.monsoon-restaurant.cz
 V.P. Čkalova, Praha 6  +420 222 959 999
- Noodle.cz**  www.noodle.cz
 Plavecká 4, Prague 2  +420 602 370 984
- Orange Moon**  www.orangemoon.cz
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- Kaprová** Kaprova 9, tel: +420 222 310 098
- Broadway** Passage Broadway, Na Příkopě 31, tel: +420 224 240 796
- Praha 2: Americká** Americká 8, tel: +420 224 256 771
- Praha 5: Anděl** Zlatý Anděl, Nádražní 25, tel: +420 251 512 777
- Praha 6: Šestka** Shopping Centre Šestka, Ruzyně, tel: +420 225 023 520

Vegetarian Restaurants



LEHKÁ HLAVA (CLEAR HEAD) RESTAURANT

Boršov 2, Praha 1 110 00
☎ +420 222 220 665

☑ www.lehkahlava.cz, www.clearhead.cz ☒ info@lekhahlava.cz
A unique Veggie place. Imaginative, non-dualistic Zen-lux atmosphere. Domed star room, aquarium room, lounge & a bamboo courtyard. Daily lunch offers at 90 CZK, humus, tofu, quesadilla, salads, wines, tea & home-squeezed juices, brunches. Clear energy is the vibe, come as you are, leave with a clear head! Open Mon-Fri 11:30-23:30, Sat-Sun 12:00-23:30. Brunches every first Sunday in the month from 10.30 till 15.00.



MAITREA Restaurant (opening in 11/08)

Týnská ulička 6/1064, Praha 1, 110 00
☎ +420 221 711 631
☑ www.maitrea-restaurant.cz ☒ info@maitrea-restaurant.cz



A brand new vegetarian place in the heart of Prague where you can satiate your appetite and ease your spirit. The same concept as the Clear Head Restaurant - its elder sister company - the fusion of the best world vegetarian cuisines. Daily specials, fresh fruit juices and cocktails & good wines, brunches. Open Mon-Fri 11:30-23:30, Sat-Sun 12:00-23:30

- Beas** ☑ www.beas-dhava.cz
Týnská 19, Prague 1 ☎ +420 608 035 727
- Govinda** ☑ www.govinda.cz
Soukenická 27, Prague 1 ☎ +420 603 205 991
- Malý Buddha (Little Buddha)** ☑ www.malybuddha.cz
Úvoz 46, Prague 1 ☎ +420 220 513 894
- Radost FX** ☑ www.radostfx.cz
Bělehradská 120, Prague 2 ☎ +420 224 254 776
- Vegetka** ☑ www.volny.cz/vegetka
Kařkova 16, Prague 6 ☎ +420 773 588 518

Cafés



Lobkowicz Palace Café & Restaurant

Jiřská 3, Prague 1 - Prague Castle
☎ +420 233 356 978

☑ www.lobkowiczevents.cz ☒ lpc@lobkowiczevents.cz

Offers a wide selection, of hot and cold meals, snacks and beverages, Lobkowicz wine and beer. The setting includes an indoor restaurant, balconied terraces with panoramic views of Prague and two Renaissance courtyard spaces. Open daily 10:30- 6 p.m.

- Archa Café** ☑ www.archatheatre.cz
Na Pořiči 26, Prague 1 ☎ +420 221 716 111
- Bakeshop Praha** ☑ www.bakeshop.cz
Kozí 1, Prague 1 ☎ +420 222 316 823



- Café Bistro** ☑ prague.hilton.com
Pobřežní 1, Prague 8 ☎ +420 224 841 111
- Café Café** ☑ www.cafe-cafe.cz
Rytířská 10, Prague 1 ☎ +420 224 210 597
- Café Louvre** ☑ www.cafelouvre.cz
Národní 22, Prague 1 ☎ +420 224 930 949
- Café Vesmíra** ☑ www.vesmira.cz
Ve Smečkách 5, Prague 1 ☎ +420 222 212 363
- Dobrá Čajovna** ☑ www.tea.cz
Václavské Náměstí 14, Prague 1 ☎ +420 224 231 480
- Dobrá Trafika** ☑ www.dobratrafika.cz
Korunní 42, Prague 2 ☎ +420 222 510 261
- Ebel Coffee House** ☑ www.ebelcoffee.cz
Týn 2, Prague 1 ☎ +420 224 895 788
- Globe Bookstore & Cafe** ☑ www.globebookstore.cz
Pštrossova 6, Prague 1 ☎ +420 224 934 203
- Grand Cafe Orient** ☑ www.grandcafeorient.cz
Ovocný trh 19, Prague 1 ☎ +420 224 224 240
- Kava Kava Kava** ☑ www.kava-coffee.cz
Národní třída 37, Prague 1 ☎ +420 257 314 277
- Kava Kava Kava** ☑ www.kava-coffee.cz
Lidická 42, Prague 5 ☎ +420 257 314 277
- Kavárna Obecní Dům** ☑ www.vysehrad2000.cz/obecnidum
Náměstí Republiky 5, Prague 1 ☎ +420 222 002 763
- Literární Kavárna** ☑ www.knihytnyska.cz/kavarna.html
Týnská 6, Prague 1 ☎ +420 224 827 807
- Medúza** ☑ www.meduza.cz
Belgická 17, Prague 2 ☎ +420 222 515 107
- Noels Vinohrady Music Bar** ☑ www.noels.cz
Anny Letenské 18, Prague 2 ☎ +420 777 998 833
- Rybanaruby** ☑ www.rybanaruby.net
Mánesova 87, Prague 2 ☎ +420 731 570 701
- Slavia Café** ☑ www.cafeslaviea.cz
Smetanovo nábřeží 1012/2, Prague 1 ☎ +420 224 218 493
- Subway** ☑ www.subwaysandwiches.cz
Karmelitská 28, Prague 1 ☎ +420 257 532 955
- Starbucks** ☑ www.starbucks.com
Malostranské Náměstí, Prague 1 ☎ ...n/a

Delivery



- Chicago's Famous Pizza** ☑ www.chicago-pizza.cz
Michalská 13, Prague 1 ☎ +420 841 111 140
- Family Frost** ☑ www.familyfrost.cz
Zubateho 11, Prague 5 ☎ +420 257 311 643
- Eurobest** ☑ www.eurobest.cz
Prvního pluku 8a, Prague 8 ☎ +420 241 491 865
- Net Číšník (Net Waiter)** ☑ www.netcisnik.cz
n/a ☎ +420 721 289 734
- Pizza Go Home** ☑ www.pizzagohome.cz
Sokolská 31, Prague 2 ☎ +420 283 870 000
- Pizza West** ☑ www.pizzawest.cz
Bratří Synků 5/1, Prague 4 ☎ +420 261 215 740
- Z-Market** ☑ www.zmarket.cz
Bělehradská 78, Prague 2 ☎ +420 224 256 725