

# NEWS

## Heather Mills Opens V Bites

Huge congratulations all round to Heather and her wonderful team for opening this most amazing restaurant in Hove – and Off the Hoof's SuperKazza and Slick Timbo were on hand to sample the opening day and soak up the atmosphere at the UK's latest and quite possibly greatest animal free eating house. The food was brilliant and there is something for everyone on the menu at excellent prices too. Heather is hands on in the kitchen and many of the recipes are her own – very 21st century but very down to earth too, family fare for the new age.

Heather is passionate about the vegan lifestyle and hopes to open V Bites across the UK and beyond – with possible franchises in the offing. Par for course she attracts her unfair share of critics and there are the usual suspects queuing up to find fault – even amongst a few within the vegan circles who shockingly hang around like vultures waiting to pounce and feast upon the tiniest morsel of a mistake – but we salute you Heather for yet another brave and positive step in providing cruelty free, ethical and veggie friendly choices in a world drowning in a sea of Macky D's and 'Tucky Fried. All we are saying is Give Peas a Chance.....

### V Bites Menu includes:

Sandwiches and Salads, Burgers, Chips, Breakfasts, Cakes, Coffees, Mr Whippy style Ice Creams, Soft drinks, Beer and Wine.

### Lite Bites and Main Meals including:

Refried Bean Tacos with Salad, Olives, Salsa, Guacamole and Brown Rice £5.95  
Bangers and Mash with Onion Gravy £6.95  
Chicken Style Nut Korma with Basmati Rice £6.95  
Lemon Grass Chicken Style with Coconut Rice £7.95

Open 7 days a week 09:30 - 23:30  
VBites, Hove Lagoon, Kingsway, BN3 4LX  
Tel: 01273 933757  
www.vbites.com



## Heather buys Redwoods!!

Not content with a new vegan restaurant and a menu full of Redwoods products, Heather likes the Redwoods range so much she's bought the company! Sorted! Expect to see more of the same plus some innovative new vegan products that Redwoods is so famous for. Now armed with her own vegan factory, just watch this girl go!! All power to you Heather as you help spearhead the move to take the vegan lifestyle mainstream.

Big thanks to all at Redwood including Keith the boss for all their hard work and support for the vegan lifestyle in the UK and beyond, we wish you all the best – although apparently none of the Redwood staff will actually be leaving, just continuing to run the company under their new owners to their current superlative standards.  
[www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk)



From the left:

SuperKazza, Heather Mills, and an unidentified ligger just there for a few free beers and some fame