



# Tuck in to tasty Brighton & Hove

Local restaurateur and celebrity resident, **Heather Mills**, welcomes you to the Brighton & Hove Food and Drink Festival 'Spring Harvest' – a brand new foodie event for 2010

**W**elcome to the Brighton & Hove Food and Drink festival 2010. I am delighted to have been asked to write this introduction, as not only am I local to Brighton & Hove, I am passionate about food and this year will celebrate the first anniversary of VBites – my vegan café bar at Hove Lagoon.

These last few years we have seen a renaissance of food on the south coast, with the arrival of many top quality celebrity restaurateurs, higher quality local produce and stronger competition, the strongest have prevailed.

This means that this year's food and drink festival standards should be the highest they have been for sometime. And I for one am hugely eager and honoured to be part of such an exciting celebration of food.

I have been a vegan for many years, due to both the health benefits that vegan food can give to the body, and the effect that meat production has on our animals and planet. I am keen to give everyone the opportunity to try vegan food and encourage people to attempt a non-animal product at least once a week. This is why I opened my vegan café bar, VBites. Set in an idyllic location next to the beach, with a choice of freshly prepared dishes, I believe we have a menu to suit even the most committed meat eaters!

I hope you will join me in celebrating all the produce our wonderful city has to offer us, alongside some delicious menus and talented chefs showcasing what they do best!

Bon appetit,  
Heather x