



Vegan Restaurant Guide

VEGSEATTLE.COM

VEGAN RESTAURANTS

Araya's Vegetarian Place

Thai cuisine, lunch buffet. GFo
1121 NE 45th St.
206-524-4332
arayasplace.com

Bamboo Garden

Chinese, faux meats
364 Roy St
206-282-6616
bamboogarden.net

Bouteloua Bakery

vegan bakery
2019 NW Market St; Ste A
206- 297-1542

Café Bloom

Juice, salads & more. Raw options. GFo
1320 Cornwall Ave, Bellingham
360-733-2381 - cafebloom.com

Chaco Canyon Café

Organic. Raw & cooked food, juice bar, beer & wine. GFo
4757 12th NE - 206-522-6966
~~AND~~
3700 SW Alaska St
206-937-8732
chacocanyoncafe.com

Emmy's VegeHouse

Vietnamese
100 Winslow Way
Bainbridge Island 206-855-2996

Flying Apron Bakery

Organic gluten-free café. GFo
3510 Fremont Ave North
206-442 1115
~~AND~~
16541 Redmond Way, Ste E,
Redmond
flyingapron.com

Highline

Comfort food & bar. 21+
210 Broadway E
206-328-7837
highlineseatlle.com

Hillside Quickies Café

Organic sandwich shop
4106 Brooklyn Ave NE
206-632-3037
~~ AND ~~
1324 MLK Way, Tacoma
253-572-4549
hillsidequickie.com

Jodee's Desserts

Raw vegan desserts. GFo
7214 Woodlawn Ave NE
206-525-2900
jodeesdesserts.com

Loving Hut

Vietnamese, faux meat
1228 S. Jackson St.
206-726-8669
lovinghut.us

Mighty-O Café

Vegan donuts & more
2110 N 55th St
206-547-0335
mightyo.com

Pizza Pi

Pizza, calzones, & more. GFo
5500 University Way NE
206-343-1415
pizza-pi.net

Plum Vegan Bistro

Hearty dishes & cocktails
1429 12th Ave E; Ste B
206-838-5333
plumbistroseattle.com

Pure

Deli & juice bar
9925 SW Bank Rd, Vashon
206-463-1442

Sage Café

Organic sandwich shop
324 15th Ave E,
206-325-6429
hillsidequickie.com

Teapot Vegetarian House

Asian, faux meat dishes
345 15th Ave E,
206-325-1010
~~AND~~
15230 NE 24th St, Redmond
425- 373-1888
teapotvegetarianhouse.com

Thrive

Organic, Raw foods. GFo
11026 NE 65th St; #A-102
206-525-0300
generationthrive.com

Wayward Café

Hardy vegan dishes. GFo
5323 University Way NE
206-524-0204
waywardvegancafe.com

VEGETARIAN RESTAURANTS

Caffé Dei

Soups & sandwiches. GFo
2607 Sixth Ave., Tacoma
253-572-2550

Café Flora

Local gourmet cuisine. GFo
2901 E Madison
206-325-9100
cafeflora.com

Café Happy

Asian, faux meats
102 Kirkland Ave, Kirkland
425- 822-9696

Carmelita

Gourmet vegetarian fare
7314 Greenwood Ave N
206-706-7703
carmelita.net

Cyber-Dogs

Veggie dogs, Internet Café
909 Pike St
206-405-DOGS
cyber-dogs.com

Georgetown Liquor Company

Full bar, 100% veggie fare
5501-B Airport Way S.
206-763-6764
georgetownliquorcompany.com

Healeo **

Vegan softserve & superfoods
1520 15th Ave
206-453-5066
healeo.com

In the Bowl

Vegetarian Noodle Bistro
1554 E. Olive Way
206-568-2343
inthebowlbistro.com

Jhanjay Veg Thai Cuisine

Vegetarian Thai
1718 N 45th St
206-632-1484
~~ AND ~~
5313 B Ballard Ave NW
206-588-1469
jhanjay.com

Moonlight Café **

Veggie Vietnamese
*Ask for the vegetarian menu
1919 S. Jackson St.
206-322-3378

My Sweet Lord's Cafe

Hare Krishna – donation only
5521 University Way NE
206-992-7598

Pabla Indian Cuisine

Vegetarian Indian cuisine
364 Renton Center Wy SW
Renton ~ 425- 228-4625
~~ AND~~
1420 NW Gilman Blvd #N3
Issaquah ~ 425- 392-4725
pablacuisine.com

Punjab Sweets

Authentic Indian meals
23617-C 104th Ave SE, Kent
253- 859-3236
punjabsweetsonline.com

Remedy Tea Café

Tea shop & cafe
345 15th Ave E
206-323-4TEA
remedyteas.com

Shire Café & Bar

Sandwiches, burritos & more. Large groups welcome
117 E Division St, Arlington
360-403-9020
shirecafe.com

Silence-Heart-Nest

Breakfast, lunch & brunch
3508 Fremont Pl. N.
206-633-5169
silenceheartnest.com

St Dames

Creative NW veg cuisine
4525 MLK Way S
206-725-8879 - stdames.com

Sunlight Café

Hearty vegetarian & vegan grub. Weekend brunch. GFo
6403 Roosevelt Way NE
206-522-9060

Sutra

Local creative cuisine. GFo
1605 N 45th St
206-547-1348
sutrasedattle.com

Wedgwood II Veggie Thai

420 Broadway E
206-724-0655
wedgwoodii.com

*** These restaurants also serve meat. They're included since 1/2 of their menu is vegan*

GFo = Gluten Free options

Go to vegseattle.com for even more veg friendly restaurants

What to Eat?

Giving up meat, dairy, and eggs doesn't mean you have to give up eating fantastic food. Whether you're eating out or cooking at home, there are now delectable vegan versions of just about every animal product on the market. From meaty sausages to creamy non-dairy ice cream, vegan diets deliciously replicate the standard American repertoire—without the cholesterol and animal cruelty.

***** Eating In *****

Field Roast, a local Seattle company, makes vegan sausages, deli slices, and a signature Celebration Roast, perfect for holiday spreads and special occasions. Available in many Safeway and QFC supermarkets, **Tofurky** has a similar line of products, including a juicy Italian sausage. Trader Joe's sells them at a great price.

Gardein has many varieties of faux chicken and beef available in grocery refrigerated and freezer sections. From faux breaded chicken strips and bbq pulled shreds to stuffed faux chicken; they make great replacements for the meat in most of your favorite recipes.

Amy's Kitchen has an extensive line of frozen entrees, pizzas, and veggie burgers. Available everywhere, their wide variety of products are tasty and is moderately priced.

Daiya Cheese a vegan cheese substitute that is soy and gluten free. It melts and tastes delicious plain, on nachos, pizza, or whatever you would use dairy cheese for. Made by Daiya Foods.

Wildwood soy milk is rich and creamy. It comes in plain, unsweetened and vanilla varieties. Perfect as a dairy substitute on your cereal and in soups, smoothies, and other recipes that call for milk. Wildwood also makes coffee creamer and yogurt, as well as tofu and tempeh. Milk alternatives made from rice, nuts, oats, and hemp are also widely available.

Follow Your Heart's Veganaise is the best egg-free mayo product on the market. They also have a line of soy cheese that taste good and melt well on pizza, nachos, and grilled cheese sandwiches. **Follow Your Heart** and **Tofutti** both make thick, rich cream cheese and sour cream as well.

Earth Balance buttery spreads (margarine) taste great and are free from trans fats and hydrogenated oils. They also have sticks for baking and soy free version. **Ener-G Egg Replacer** is a great substitute for eggs in baked goods. In place of eggs in omelets, try scrambled or poached tofu.

Coconut Bliss makes several flavors of rich, creamy frozen desserts, including the decadent Chocolate Hazelnut Fudge and sweet and tart Strawberry Lemon Love. They are every bit as luxurious as dairy ice cream, but cholesterol free and much lower in fat. **So Delicious's** soy-based ice cream, with flavors like Peanut Butter ZigZag, is luscious as well.

Dandies Vegan Marshmallows by Chicago Soy Dairy are air puffed and taste great. **Sweet & Sara's** makes plain and flavored marshmallows as well as a smores treat that is out of this world.

Agave nectar, produced by many companies and available in natural food stores and some larger supermarkets, tastes almost identical to honey.

If you like to cook, **vegweb.com** is an amazing resource for vegan recipes. Find instructions to make everything from simple appetizers to complex desserts and everything in between, along with helpful reviews and ratings. There are dozens of vegan cookbooks available in mainstream bookstores, including specialty books on vegan ice cream, vegan Italian food, and vegan slow cookery. One of the best nuts-and-bolts vegan cookbook is **Veganomicon** by Isa Chandra Moskowitz and Terry Hope Romero. It is comprehensive and replete with advice about how to do everything in a vegan kitchen, from grilling veggies to buying appliances.

***** Shopping *****

These days Vegan and vegetarian foods can be found at all major grocery stores. Seattle is also home to several natural food stores with large selections of cruelty-free products. Check out **vegseattle.com** for information about natural food markets, and other veg info. Also check out:

Sidecar for Pigs Peace

A non-profit vegan boutique benefiting Pigs Peace Sanctuary. A wide variety of products, from the everyday to the hard-to-find items on your grocery list. Vegan cat & dog food, T-shirts, cosmetics, wine & more!
5270 B University Way NE, Seattle
206-523-9060 sidecarforpigspeace.com

The Chocolate ShoeBox

Wide selection of men's and women's shoes. Fancy to casual. Gourmet chocolates to make shopping even more delicious.
7410 Greenwood Ave North, Seattle
206-659-0062 thechocolateshoebox.com

This Restaurant Guide is a service of Northwest Animal Rights Network.

www.narn.org has more information about NARN's campaigns in the Seattle area to end animal exploitation & cruelty.