



# VEGAN RESTAURANT GUIDE VEGSEATTLE.COM

## VEGAN RESTAURANTS

**Araya's Vegetarian Place**  
*Thai cuisine, lunch buffet. GFo*  
1121 NE 45th St.  
(206) 524-4332  
www.arayasplace.com

**Bamboo Garden**  
*Chinese, faux meats*  
364 Roy St  
(206) 282-6616  
www.bamboogarden.net

**Chaco Canyon Café**  
*Raw & cooked food, juice bar,  
organic coffee & tea. GFo*  
corner of 12th NE & NE 50th  
(206) 522-6966  
www.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  
www.flyingapron.com

**Hillside Quickies Cafe  
(3 locations)**  
*Organic sandwich shop*  
4106 Brooklyn Ave NE  
(206) 632-3037  
AND  
324 15th Ave E  
(206) 325-6429  
AND  
1324 MLK Way, Tacoma  
(253) 572-4549  
myspace.com/hillsidequickie

**Loving Hut / Vegan Garden**  
*Vietnamese, faux meat*  
1228 S. Jackson St.  
(206) 726-8669  
www.lovinghut.us/

**Mighty-O Café**  
*Vegan donuts and more*  
2110 N 55th St  
(206) 547-0335  
www.mightyo.com

**Pizza Pi**  
*Pizza, calzones, sammiches. GFo*  
5500 University Way NE  
(206) 343-1415  
www.pizza-pi.net

**Plum Vegan Bistro**  
*Hearty vegan dishes & cocktails*  
1429 12th Ave E; Ste B  
(206) 838-5333

**Squid & Ink**  
*Comfort Food, Open Late. GFo*  
1128 S. Albro Pl (Georgetown)  
(206) 763-2696  
myspace.com/squid\_and\_ink

**Teapot Vegetarian House**  
*Asian, faux meat dishes*  
345 15th Ave E  
(206) 325-1010  
AND  
15230 NE 24th St, Redmond  
(425) 373-1888  
www.teapotvegetarianhouse.com

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

**Wayward Café**  
*Creative vegan cuisine. GFo*  
*Daily specials, breakfast all day*  
901 NE 55th  
(206) 524-0204  
www.waywardvegancafe.com

## VEGETARIAN RESTAURANTS

**Bastyr U. Cafeteria**  
(open to public)  
*Soups & entrees. GFo*  
14500 Juanita Dr NE (Kenmore)  
(425) 823-1300

**Café Flora**  
*International gourmet cuisine.*  
*GFo*  
2901 E Madison  
(206) 325-9100  
www.cafeflora.com

**Café Happy**  
*Asian, faux meats*  
102 Kirkland Ave (Kirkland)  
(425) 822-9696

**Carmelita**  
*Vegetarian fare in an  
elegant atmosphere*  
7314 Greenwood Ave N  
(206) 706-7703  
www.carmelita.net

**Cyber-Dogs**  
*Veggie dogs, Computer services*  
909 Pike St  
(206) 405-DOGS  
www.cyber-dogs.com

**Georgetown Liquor Company**  
*Full bar, 100% veggie fare*  
5501-B Airport Way S.  
(206) 763-6764  
www.georgetownliquorcompany.co

**Healeo \*\***  
*Vegan softserve & superfoods*  
1520 15th Ave  
206-453-5066  
www.healeo.com

**In the Bowl**  
*Vegetarian Noodle Bistro*  
1554 E. Olive Way  
(206) 568-2343

**Jhanjay Veg Thai Cuisine**  
*Vegetarian Thai*  
1718 N 45th St  
(206) 632-1484

**Juliano's Pizza \*\***  
*Vegan pizza available. Open late*  
1211 Pine St.  
(206) 625-9922  
www.julianos-pizza.com

**The Monkey Tree**  
*Soups, sandwiches*  
17817 Vashon Hwy, Vashon  
(206) 463-4635

**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

**Mysore Masala**  
*South Indian cuisine*  
16650 Redmond Wy,  
(425) 558-7858

**Pabla Indian Cuisine**  
*Vegetarian Indian cuisine*  
364 Renton Center Way SW,  
(Renton)  
(425) 228-4625

**Pabla Veggie Cuisine**  
1420 NW Gilman Blvd #N3  
(Issaquah)  
(425) 392-4725  
www.pablacuisine.com

**Preet's Casual Dining**  
*Healthy, Northern Indian food*  
8440 160th Ave NE (Redmond)  
(425) 867-9400  
www.preets.com

**Punjab Sweets**  
*Authentic Indian meals*  
23617-C 104th Ave SE (Kent)  
253-859-3236

**Silence-Heart-Nest**  
*Breakfast, lunch & brunch*  
3508 Fremont Pl. N.  
(206) 633-5169  
www.silenceheartnest.com

**Sunlight Café**  
*Hearty vegetarian & vegan grub*  
*Weekend brunch. GFo*  
6403 Roosevelt Way NE  
(206) 522-9060

**Sutra**  
*Local, sustainable cuisine. GFo*  
1605 N 45th St  
(206) 547-1348  
Www.sutraseattle.com

**Udupi Palace**  
*Vegetarian Indian cuisine*  
15600 NE 8th St, #9 (Bellevue)  
(425) 649-0355

**What Da Phad**  
*Veggie Thai*  
4537 University Way NE  
(206) 547-6500  
whatdaphad.com

**\*\* these restaurants also  
serve meat.  
They are included since 1/2 of  
their menu is vegan**

**GFo = Gluten Free options**

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Check out  
www.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

**Morningstar Farms** has many varieties of Meal Starters, available in grocery freezer sections. From faux chicken and steak strips to ground round crumbles, they make great replacements for the meat in most of your favorite recipes. (Note: Some Morningstar Farms products contain eggs; make sure to check labels.) Morningstar is owned by Kellogg.

**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.

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

**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.

**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, [www.vegweb.com](http://www.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. 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 cooking grains to buying appliances. Try the chickpea cutlets!

## Grocery 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](http://vegseattle.com) for information about natural food markets, and other veg info. Also check out:

Sidecar for Pigs Peace

A non-profit all-vegan boutique benefiting Pigs Peace Sanctuary, carries an extensive variety of products, from the everyday to the hard-to-find.

5270 B University Way NE

Seattle, WA 98105

(206) 523-9060

[www.sidecarforpigspeace.com](http://www.sidecarforpigspeace.com)

Store Hours: 10am - 8pm; Tues - Sun (closed Mondays)

This Restaurant Guide is a service of Northwest Animal Rights Network. Check out [www.narn.org](http://www.narn.org) for more information about NARN's campaigns in the Seattle area to end animal exploitation and cruelty.