



Vegan Restaurant Guide

VEGSEATTLE.COM

VEGAN RESTAURANTS

Araya's Vegetarian Place

Thai cuisine, lunch buffet. GFo
 arayasplace.com
 5240 University Way NE
 206-524-4332

2808 E Madison - 206-402-6634
 10246 Main Street, Bellevue

ChuMinh Tofu & Veggie Deli

Vietnamese
 1043 S Jackson St -206-323-1182

Cycle Dogs (food truck)

Best hot dogs ever!
 facebook.com/pages/Cycle-Dogs/915293145166852

Emmy's VegeHouse

Vietnamese
 100 Winslow Way
 Bainbridge Island 206-855-2996

Frankie & Jo's

Gourmet ice cream, GFo
 including their cones
 1010 E Union St - 206-257-1676
 frankieandjos.com

Harvest Beat

Gourmet 5 course, GFo
 1711 N 45th - 206-547-1348
 harvestbeat.com

Heart Beat

Organic Superfoods Cafe, raw
 foods. GFo
 1026 NE 65th St
 heartbeathealthy.com

Highline Bar (21+ bar)

Sandwiches & pub grub. GFo
 210 Broadway E - 206-328-7837
 highlineseattle.com

Hillside Quickies Café

Organic sandwich shop, GFo
 1324 MLK Way, Tacoma
 253-572-4549 - plumbistro.com

Jodee's Desserts

Raw vegan desserts. GFo
 7214 Woodlawn Ave NE
 jodeesdesserts.com

Loving Hut

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

No Bones Beach Club

Coastal inspired menu. GFo
 5410 17th Ave NW
 nobonesbeachclub.com

Pizza Pi

Pizza, calzones & more. GFo
 5500 University Way NE
 206-343-1415 pizzapivegan.com

Plum

Plum Bistro – gourmet. GFo
 1429 12th Ave E

Plum Pantry – deli style, GFo
 305 Harrison St (Seattle Ctr)

Sugarplum – bakery & sweets
 324 15th Ave E

Plum Burgers (food truck)
 plumbistro.com

Pure

Deli & juice bar, gluten free
 9925 SW Bank Rd, Vashon
 facebook.com/purevashon

Teapot Vegetarian House

Asian, faux meat dishes
 15230 NE 24th St, Redmond
 teapotvegetarianhouse.com

Veggie Grill

Burgers, salads, etc. GFo
 veggiegrill.com
 446 Terry Ave N
 2681 NE University Village
 1427 4th Ave

Vegan Haven, a vegan store

info on the other side of this flyer

Viva

Organic, raw options. GFo
 2602 N Proctor St, Tacoma
 viva4life.com

Wayward Café

Hearty vegan dishes. GFo
 801 NE 65th St- 206-524-0204
 waywardvegancafe.com

VEGETARIAN RESTAURANTS

*food is vegan, but offers
 cow's milk for beverages.

701 Coffee*

Espresso, sandwiches & pastries
 701 23rd Ave
 facebook.com/701coffee

Bamboo Garden

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

Blossom Asian Bistro

Asian, faux meat dishes
 305 Burnett Ave S, Renton
 blossomvegetarian.com

Bombay House

Indian, vegan options. GFo
 15100 SE 38th St. # 305A
 Bellevue - bombayhousewa.com

Café Flora

Local gourmet cuisine. GFo
 2901 E Madison - cafeflora.com

Café Happy

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

Chaco Canyon Café*

Organic, Raw options, juice, GFo
 chacocanyoncafe.com
 4757 12th NE - 206-522-6966
 8404 Greenwood Ave N
 206-708-7418

3700 SW Alaska St 206-937-8732

Eggs and Plants

Middle Eastern. Fresh baked pitas
 2229 5th Ave - 206-448-2050
 eggsandplants.com

Flying Apron Bakery*

Organic 100% gluten-free café
 flyingapron.com
 3510 Fremont Ave N
 16541 Redmond Way, Redmond
 206-442 1115

Georgetown Liquor Company

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

Honor Society Coffee*

Coffee, juice, & food
 1531 Melrose Ave - 206.859.7554
 honorsocietycoffee.com

In the Bowl

Vegetarian Noodle Bistro
 1554 E. Olive Way
 inthebowlseattle.com

Jhanjay Veg Thai Cuisine

Vegetarian Thai
 2242 NW Market St
 1718 N 45th St
 jhanjay.com

Mighty-O Café*

Vegan donuts & coffee
 mightyo.com
 2110 N 55th St
 1400 12th Avenue
 1555 Market St

Pabla Indian Cuisine

Vegetarian Indian cuisine
 364 Renton Ctr Way SW; Renton
 1420 NW Gilman Blvd, Issaquah
 pablacuisine.com

Punjab Sweets

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

Remedy Tea Café

Tea shop & café
 345 15th Ave E -
 remedyteas.com

Silence-Heart-Nest

Breakfast, lunch, GFo
 3508 Fremont Pl. N.
 silenceheartnest.com

Sunlight Café

Hearty grub. GFo
 6403 Roosevelt Way NE

Travelers Thali House

2524 Beacon Ave. S.
 travelersthalihouse.com

Udupi Café

Veg & vegan Indian
 14625 NE 24th St, Bellevue
 udupicafebellevue.com

Verjus

Vegan restaurant, juice
 120 Madrone Ln
 206.451.4096
 Bainbridge Island
 verjusbar.com

Wedgwood II Veggie Thai

420 Broadway E
 wedgwoodii.com

VERY VEGAN FRIENDLY RESTAURANTS

Moonlight Café

Vietnamese, VM
 1919 S. Jackson St.
 206-322-3378

Razzi's Pizzeria

Italian Fare. GFo, VM
 8523 Greenwood Ave N
 razzispizza.com

Sizzle Pie

Pizza! - 206-325-PIES
 1009 E Union - sizzlepie.com

Sukho Thai

Mostly vegan Thai food
 15045 Bel-Red Rd, Bellevue
 sukhothaibellevue.com

GFo = Gluten Free options

VM - Separate vegan menu

For more veg friendly
 restaurants, visit

Vegseattle.com

This guide was updated in December 2016 by NARN. If you find the guide helpful, visit narn.org to donate

How to Go Vegan at Home

Giving up meat, dairy, and eggs doesn't mean you have to give up enjoying tasty food. There are delectable vegan versions of just about every animal product on the market that replicate the standard American repertoire—without cholesterol and animal cruelty.

VEGAN REPLACEMENTS

BEEF & CHICKEN

BEEF & BURGERS - Upton's Naturals (uptonsnaturals.com), Boca (bocaburger.com), Amy's (amys.com)

CHICKEN - Gardein (gardein.com), Beyond Meat (beyondmeat.com)

CHICKEN BURGERS / NUGGETS - Gardein (gardein.com), Boca (bocaburger.com)

BACON - LightLife (Smart Bacon & Fakin' bacon, lightlife.com), Upton's Naturals (uptonsnaturals.com)

BBQ / RIBS - Morningstar Farms (morningstarfarms.com), Gardein (gardein.com)

HOT DOGS, SAUSAGE & DELI MEAT - Yves Veggie Cuisine (yvesveggie.com), Field Roast (fieldroast.com), Tofurky (tofurky.com)

TURKEY

HOLIDAY ROASTS - Tofurky (tofurky.com), Field Roast (fieldroast.com), Gardein (gardein.com)

ABOVE & BEYOND - Tofurky also makes turkey pizza, hot pockets, and quiche

SEAFOOD

BATTERED FISH FILETS - Gardein (gardein.com), Sophie's Kitchen (sophieskitchen.net)

ABOVE & BEYOND - Sophie's Kitchen also makes crab cakes, shrimp, scallops, calamari, tuna, & smoked salmon

EGGS

FULL REPLACEMENT – Follow Your Heart's VeganEgg can fully replace an egg in baking, scrambles, you name it!

BAKING - Ener-G brand Egg Replacer (ener-g.com) can be used in baked goods as a binder. It will not leaven.

EGG DISHES - Tofu is the most common replacement for eggs in dishes like scrambled eggs ("tofu scramble") and quiche.

EGG FLAVOR for egg dishes. Use Nutritional Yeast (redstaryeast.com), The Vegg (thevegg.com), or black salt (Kala Namak)

MAYONAISE - Follow Your Heart's Vegenaize (followyourheart.com), Just Mayo (hamptoncreek.com)

MILK Use alternatives as you would use cow's milk: in recipes, with cereal, in coffee, smoothies, etc.

MILK & CREAMER - Wildwood (wildwoodfoods.com), Silk (silk.com), So Delicious (sodeliciousdairyfree.com)

YOGURT - Silk (silk.com), Kite Hill (kite-hill.com)

WHIPPED CREAM - Soyatoo, you can also look online for easy recipes for coconut based whipped cream

ICE CREAM - Coconut Bliss (coconutbliss.com), So Delicious (sodeliciousdairyfree.com), Full Tilt (fulltilticecream.com)

CHEESE

TRADITIONAL STYLE (cheddar, mozzarella, etc.) - Daiya (daiyafoods.com), Follow Your Heart (followyourheart.com)

CREAM CHEESE - Go Veggie (goveggiefoods.com), Daiya (daiyafoods.com)

PARMESAN - Parma! (eatparma.com), Go Veggie (goveggiefoods.com)

ARTISANAL - Punk Rawk (punkrawklabs.net), Miyoko's Kitchen (miyokoskitchen.com), Kite Hill (kite-hill.com), & many more!

OTHER REPLACEMENTS

HONEY - Suzanne's Just like Honey (suzannes-specialties.com), Bee Free Honee (beefreehonee.com). Agave can also be used.

MARSHMALLOWS - Dandies (chicagoveganfoods.com), Sweet & Sara's (sweetandsara.com)

CHOCOLATE - most high quality dark chocolate is vegan. There are companies that make a vegan milk variety of chocolate.

FROZEN ENTREES - Amy's Kitchen (amys.com) has an extensive line of frozen food that is affordable and available everywhere.

BEANS, SEITAN, TOFU, & MORE – these can also be used in recipes. Read more about this at vegseattle.com/substitutes.php

COOKING

ONLINE - vegweb.com, vegetariantimes.com/recipe, and allrecipes.com have vegan recipes with helpful reviews.

COOKBOOKS - There is a huge assortment of vegan cookbooks available; *Veganomicon* is the best and most comprehensive.

SHOPPING

Vegan food can be found at all major grocery stores (Safeway, Fred Meyer, QFC, etc.). Seattle is also home to several natural food stores with large selections of cruelty-free products (PCC, Whole Foods, and Central Co-op).

Vegan Haven

veganhaven.org

A vegan, non-profit boutique benefiting Pigs Peace Sanctuary. Snacks, cheese, chocolate, baking supplies, cookbooks, cat & dog food, supplements, cosmetics, & more! **Shop frequently – delicious new products are constantly being added!**

5270 B University Way NE, Seattle 206-523-9060

Drizzle & Shine

drizzleandshine.com

A vegan eco boutique in Seattle. You'll find a carefully curated selection of women's and men's clothing, shoes, and accessories. Specializing in items that are kind to the earth and animals and that are made by people who are treated fairly.

102 15th Avenue East, Seattle, WA 98112 206-329-9274

This Restaurant Guide is a service of Northwest Animal Rights Network

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

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