

Vegetarian Restaurant Guide

VegSeattle.com

VEGAN RESTAURANTS

Araya's Vegetarian Place

*Vegan Thai cuisine
Buffet until 3:00 pm*
4732 University Way NE
(206) 524-4332

Bamboo Garden

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

Café Ambrosia

Elegant, organic, nutritious
2501 Fairview Ave E
(206) 325-7111
www.cafeambrosia.com

Globe Café and Bakery

*Affordable home cookin'
Closed Mondays*
1531 14th Ave
(206) 324-8815

Good Morning Healing Earth

*Whole grains, mostly organic,
breakfast all day*
901 NE 55th St
(206) 523-8025

Hillside Quickies

Organic sandwich shop
4106 Brooklyn Ave NE
(206) 632-3037

Mighty-O Café

Vegan donuts and more
2110 N 55th St
(206) 547-0335
www.mighty-o.com

Pizza Pi

*Vegan Pizza and Calzones
Closed Mondays*
5500 University Way NE
(206) 343-1415
www.pizzapi.net

Teapot Vegetarian House

Asian, faux meat dishes
125 15th Ave E
(206) 325-1010

Quickie Too

Healthy, organic sandwiches
Open Mon, Wed, and Fri
1324 MLK Way, Tacoma
(253) 572-4549



VegSeattle.com

An online resource for anyone open to exploring the pleasures of meatless cuisine in the Emerald City and beyond.

- Restaurants
- Food and Retail
- Vegetarian Products
- Local Organizations

Visit the VegSeattle website for a comprehensive list of veg and veg-friendly products and services in the Seattle area. You'll also find the latest restaurant reviews and a source for new vegetarian items carried by local grocers.

VegSeattle.com

VEGETARIAN RESTAURANTS

Café Flora

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

Café Happy

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

Carmelita

Savory vegetarian fare
7314 Greenwood Ave N
(206) 706-7703
www.carmelita.net

Chaco Canyon Café

Raw food, Juice, Organic coffee and tea
47th and Brooklyn

Coffee Messiah

Vegan Breakfast
7am - Noon
1554 E Olive Way
(206) 861-8233

Cyber-Dogs

Veggie dogs, espresso, Internet access
909 Pike St
(206) 405-DOGS
www.cyber-dogs.com

Green Cat Café

Vegetarian coffeehouse
1514 E Olive Way
(206) 726-8756
www.greencatcafe.com

Flowers Bar and Restaurant

Mostly vegan lunch buffet
11 am - 3 pm
4247 University Way NE
(206) 633-1903

Flying Apron Bakery

Organic, 98.6% vegan
4759 Brooklyn Ave
(206) 526-2903
www.flyingapron.com

Lucky Palate

Home meal delivery
90% vegan
(206) 352-2583
www.luckypalate.com

My Sweet Lord's Café

Organic soup, salads
5521 University Way NE

Pabla Indian Cuisine

Vegetarian Indian
364 Renton Center Way SW, Renton
(425) 228-4625
www.pablacuisine.com

Pure Manifestations

Indian café and art gallery
Open weekdays only
1135 34th Ave
(206) 322-4822

Silence-Heart-Nest

Indian, some vegan
5247 University Way NE
(206) 524-4008

Sunlight Café

A "meat & potatoes" vegetarian restaurant
6403 Roosevelt NE
(206) 522-9060

Udupi Palace

Vegetarian Indian cuisine
Crossroads Mall,
15600 NE 8th St, Bellevue
(425) 649-0355

Vege Restaurant

Vietnamese, faux meats
18713 State Hwy 305 NE
Poulsbo
(360) 697-2538

Vegete

Sandwiches, soups, desserts
Mostly vegan
131 15th Ave E
(206) 325-1733



What to Eat?

Vegetarian and vegan products are now as varied and delectable as their meat and dairy counterparts. Becoming vegetarian and vegan has never been easier in the Pacific Northwest. Many meat and dairy substitutes are made with the following ingredients: [Courtesy of Healthwell / Patti Bess]

TOFU

Tofu is soybean curd made from soy milk; it easily absorbs the flavors of other ingredients. A firm or extra-firm tofu is used in stir-fries, for marinating, and for baking. The soft or "silken" variety is creamier and is used for dips, puddings, and dressings.

SEITAN

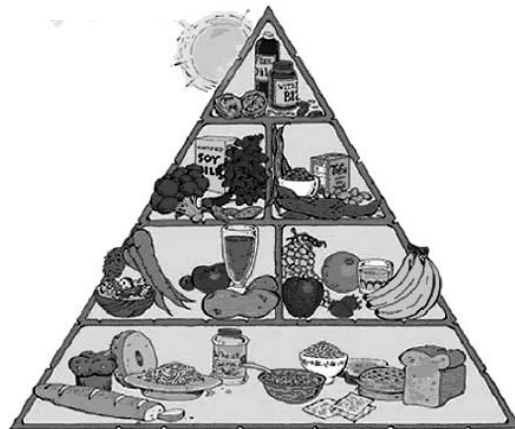
Seitan has been used in Asia for hundreds of years. It is made from a flour-and-water dough, which is rinsed to remove the starch components. What is left behind is a high-protein gluten called "wheat meat."

TEMPEH

Tempeh is made by fermenting soybeans and grains and forming them into a cake. This Indonesian food has a yeasty, nutty flavor and is a good source of protein. Some chefs prefer the texture of tempeh over tofu for use as a chicken substitute.

TEXTURED VEGETABLE PROTEIN (TVP)

Textured Vegetable Protein is made from soy bean flour, which can be flavored and formed into just about any texture or size needed. It is used for bacon bits, meat granules, or large pieces such as sausage and chicken.



New Food Pyramid

MEAT SUBSTITUTES

In the past few years, vegetable-based meat substitutes have sprung up everywhere. For every type of meat, there is a vegetarian or vegan alternative.

Beef

Garden burgers; "meatballs;" ground "beef;" loaves; cutlets; strips and slices for stir-fries, soups, salads, sandwiches; veggie jerky; canned chili; "ribs."

Adopting a vegetarian diet can help reduce the risk of heart disease, stroke, high blood pressure, obesity, and many types of cancers.

Chicken

Patties; nuggets; cutlets; canned soups; strips and slices for stir-fries, soups, salads, sandwiches.

Turkey

Loaves, veggie jerky, strips and slices for stir-fries, soups, salads, sandwiches.

Fish

Canned "Tuno."

Pork

Veggie dogs; "sausages;" "bacon" (strips or bits); sandwich slices.

DAIRY SUBSTITUTES

[Courtesy of HSUS and PETA]

Alternatives to dairy products, including substitutes for milk and all sorts of cheeses, are much more mainstream.

Milk

Chocolate, vanilla, or plain soy milk; nut milk (made from almonds); rice milk (sweeter than soy milk); oat and mixed-grain milk (use in baked goods, curries, and lighter cream soups and sauces – silken tofu is a good substitute for heavier cream soups); soy coffee "creamer," "yogurt," and "sour cream."

Ice Cream

Soy "ice creams;" frozen sorbets; ices; sandwiches and bars.

Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet. -- Albert Einstein

Buttermilk

Mix 1 cup of plain, non-dairy milk (soy, nut, rice, oat, or mixed grain) and 2 tsp. lemon juice or vinegar.

OR, mix 1/4 cup silken tofu, 3/4 cup water, 1 Tbsp. lemon juice or vinegar and a pinch of salt (blended together).

Cheese

Soy, rice or almond "cheese;" soy "parmesan;" soy "cream cheese;" boxed macaroni and "cheese;" soy-filled ravioli; (soft tofu and a dash of lemon juice can be substituted instead of cottage or ricotta cheese in dips, sauces, smoothies, and pies); smoked tofu instead of provolone and mozzarella; oil-cured black olives instead of parmesan or Romano cheese; nutritional yeast.

Butter

Soy margarine; olive oil; canola; sauté with wine or vegetable broth; use lemon as a dressing.

EGG SUBSTITUTES

[Courtesy of HSUS and PETA]

A popular egg substitute is Ener-G egg replacer, which is made from potato starch, tapioca flour, leavening agents and a gum derived from cottonseed. It's can replace eggs in baking, but it can be used for non-baked foods and quiches.

**Check out our Web site:
[www.vegseattle.com/
substitutes.shtml](http://www.vegseattle.com/substitutes.shtml) for other
great substitution ideas!**