



# Vegan Restaurant Guide

## VEGSEATTLE.COM

### VEGAN RESTAURANTS

#### **Araya's Vegetarian Place**

*Thai cuisine, lunch buffet, Gfo*  
 arayasplace.com  
 5240 University Way NE  
 2808 E Madison  
 10246 Main Street, Bellevue

#### **ChuMinh Tofu & Veggie Deli**

*Vietnamese*  
 1043 S Jackson St -206-323-1182

#### **Cookie Counter**

*Ice cream shop!*  
 7415 Greenwood Ave N  
 seattlecookiecounter.com

#### **Cycle Dogs (food truck)**

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

#### **Emmy's VegeHouse**

*Vietnamese - 206-855-2996*  
 100 Winslow Way, Bainbridge Is.

#### **Frankie & Jo's**

*Gourmet ice cream, Gfo*  
 1010 E Union St - 206-257-1676  
 frankieandjos.com

#### **Harvest Beat**

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

#### **HeartBeet**

*Organic Superfoods, raw, Gfo*  
 1026 NE 65th St  
 heartbeethealthy.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 15<sup>th</sup> 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 65<sup>th</sup> 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

#### **Ada's Technical Books & Cafe**

*Most items can be made vegan*  
 425 15th Ave E  
 seattletechnicalbooks.com

#### **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 - cafe flora.com

#### **Café Happy**

*Asian, faux meats*  
 102 Kirkland Ave, Kirkland

#### **Chaco Canyon Café\***

*Organic, Raw options, juice, Gfo*  
 4757 12th NE  
 8404 Greenwood Ave N

3700 SW Alaska St  
 chacocanyoncafe.com

#### **Eggs and Plants**

*Middle Eastern. Fresh pitas*  
 2229 5th Ave  
 eggsandplants.com

#### **Flying Apron Bakery\***

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

#### **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 -  
 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  
 sunlightcafevegetarian.com

#### **Travelers Thali House**

2524 Beacon Ave S.  
 travelersthalihouse.com

#### **Udupi Café**

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

#### **Veg-wich (food truck)**

*Bombay style sandwiches, Gfo*  
 www.veg-wich.com

#### **Verjus**

*Vegan restaurant, juice*  
 120 Madrone Ln  
 Bainbridge Is - verjusbar.com

#### **Wedgwood II Veggie Thai**

420 Broadway E  
 wedgwoodii.com

### VEGAN FRIENDLY

### RESTAURANTS (not 100% veg)

#### **Moonlight Café**

*Vietnamese, vegan menu*  
 1919 S. Jackson St.

#### **Razzi's Pizzeria**

*Italian Fare. Gfo, vegan menu*  
 8523 Greenwood Ave N  
 razzispizza.com

#### **Sizzle Pie**

*Pizza!*  
 1009 E Union - sizzlepie.com

#### **Sukho Thai**

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

Gfo = Gluten Free options

### More veg friendly

### Restaurants at

## Vegseattle.com

This guide was updated in June 2017 by NARN. If you find the guide helpful, visit [narn.org](http://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** – Beyond Burger ([beyondmeat.com](http://beyondmeat.com)), Boca ([bocaburger.com](http://bocaburger.com)), Amy's ([amys.com](http://amys.com))

**CHICKEN** - Gardein ([gardein.com](http://gardein.com)), Beyond Meat ([beyondmeat.com](http://beyondmeat.com))

**CHICKEN BURGERS / NUGGETS** - Gardein ([gardein.com](http://gardein.com)), Boca ([bocaburger.com](http://bocaburger.com))

**BACON** - LightLife (Smart Bacon & Fakin' bacon, [lightlife.com](http://lightlife.com)), Upton's Naturals ([uptonsnaturals.com](http://uptonsnaturals.com))

**BBQ / RIBS** - Morningstar Farms ([morningstarfarms.com](http://morningstarfarms.com)), Gardein ([gardein.com](http://gardein.com))

**HOT DOGS, SAUSAGE & DELI MEAT** - Yves Veggie Cuisine ([yvesveggie.com](http://yvesveggie.com)), Field Roast ([fieldroast.com](http://fieldroast.com)), Tofurky ([tofurky.com](http://tofurky.com))

### TURKEY

**HOLIDAY ROASTS** - Tofurky ([tofurky.com](http://tofurky.com)), Field Roast ([fieldroast.com](http://fieldroast.com)), Gardein ([gardein.com](http://gardein.com))

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

### SEAFOOD

**BATTERED FISH FILETS** - Gardein ([gardein.com](http://gardein.com)), Sophie's Kitchen ([sophieskitchen.net](http://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](http://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](http://redstaryeast.com)), The Vegg ([thevegg.com](http://thevegg.com)), or black salt (Kala Namak)

**MAYONAISE** - Follow Your Heart's Vegenaize ([followyourheart.com](http://followyourheart.com)), Just Mayo ([hamptoncreek.com](http://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](http://wildwoodfoods.com)), Silk ([silk.com](http://silk.com)), So Delicious ([sodeliciousdairyfree.com](http://sodeliciousdairyfree.com))

**YOGURT** - Silk ([silk.com](http://silk.com)), Kite Hill ([kite-hill.com](http://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](http://coconutbliss.com)), So Delicious ([sodeliciousdairyfree.com](http://sodeliciousdairyfree.com)), Full Tilt ([fulltilticecream.com](http://fulltilticecream.com))

### CHEESE

**TRADITIONAL STYLE (cheddar, mozzarella, etc.)** - Daiya ([daiyafoods.com](http://daiyafoods.com)), Follow Your Heart ([followyourheart.com](http://followyourheart.com))

**CREAM CHEESE** - Go Veggie ([goveggiefoods.com](http://goveggiefoods.com)), Daiya ([daiyafoods.com](http://daiyafoods.com))

**PARMESAN** - Parma! ([eatparma.com](http://eatparma.com)), Go Veggie ([goveggiefoods.com](http://goveggiefoods.com))

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

### OTHER REPLACEMENTS

**HONEY** - Suzanne's Just like Honey ([suzannes-specialties.com](http://suzannes-specialties.com)), Bee Free Honee ([beefreehoney.com](http://beefreehoney.com)). Agave can also be used.

**MARSHMALLOWS** - Dandies ([chicagoveganfoods.com](http://chicagoveganfoods.com)), Sweet & Sara's ([sweetandsara.com](http://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](http://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](http://vegseattle.com/substitutes.php)

## COOKING

**ONLINE** - [vegweb.com](http://vegweb.com), [vegetariantimes.com/recipe](http://vegetariantimes.com/recipe), and [allrecipes.com](http://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](http://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](http://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](http://narn.org) for more information about NARN's campaigns in the Seattle area to end animal exploitation & cruelty.

*This guide was updated in June 2017 by NARN. If you find the guide helpful, visit [narn.org](http://narn.org) to donate*