



Vegan Restaurant Guide

VEGSEATTLE.COM

VEGAN

Araya's Vegetarian Place

Thai cuisine, lunch buffet, GFO
arayasplace.com

- 5240 University Way NE
- 2808 E Madison
- 10246 Main St, Bellevue

Café Wylde

Juice, tacos, salads, espresso
2918 Hoyt Ave Everett
cafewylde.com

ChuMinh Tofu & Veggie Deli

Vietnamese - 206-323-1182
1043 S Jackson St

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
frankieandjos.com

Harvest Beat

Gourmet 5 course, GFO
1711 N 45th
harvestbeat.com

HeartBeet

Organic Superfoods, raw, GFO
1026 NE 65th St
heartbeethealthy.com

Highline Bar (21+ bar)

Sandwiches & pub grub. GFO
210 Broadway E
highlineseatle.com

Hillside Quickies Café

Organic sandwich shop, GFO
1324 MLK Way, Tacoma
plumbistro.com

Kati Vegan Thai

Also has weekday lunch buffet
1190 Thomas St
kativeganthai.com

Loving Hut

Vietnamese
1228 S. Jackson St.- lovinghut.us

Next Level Burger

Amazing burgers
1026 NE 64th St (in Whole Foods)
nextlevelburger.com

No Bones Beach Club

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

Pizza Pi

Pizza, calzones & more. GFO
5500 University Way NE
pizzapivegan.com

Plum

Each location has a unique menu
and style, GFO - plumbistro.com

- Plum Bistro - 1429 12th Ave E
- Plum Pantry - 305 Harrison St
- Sugarplum - 324 15th Ave E
- Plum Burgers (food truck)

Pure

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

Teapot Vegetarian House

Asian
15230 NE 24th St, Redmond
teapotvegetarianhouse.com

Veggie Grill

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

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
waywardvegancafe.com

VEGETARIAN (vegan options)

*food is 100% vegan, cow's milk
offered for beverages

Ada's Technical Books & Cafe

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

Bamboo Garden

Chinese
364 Roy St - bambogarden.net

Blossom Asian Bistro

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
102 Kirkland Ave, Kirkland

Chaco Canyon Café*

Vegan. Organic, raw options. 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, vegan, 100% gluten-free

- 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

- 2242 NW Market St
- 1718 N 45th St
jhanjay.com

JujuBeet

Mostly vegan, GFO
Seattle & Bellevue locations
jujubeet.com

Mighty-O Donuts*

vegan donuts & coffee

- 2110 N 55th St
- 1400 12th Avenue
- 1555 Market St
- 1812 Boren Ave
mighty-o.com

Pabla Indian Cuisine

Vegetarian Indian cuisine
Renton & Issaquah locations
pablacuisine.com

Punjab Sweets

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

Redwing

Breakfast, sandwiches GFO
9272 57th Ave S
redwingcafe.com

Seattle Lotus Vegetarian

Vietnamese - seattlelotus.us
10439 16th Ave SW

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

(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

15045 Bel-Red Rd, Bellevue
sukhothaibellevue.com

GFO = Gluten Free options

More veg friendly
Restaurants at
VegSeattle.com

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), 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 SLICES - 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 - many high quality dark chocolate are vegan. See the Food Empower Project's Chocolate list (foodispower.org)

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.

This guide was updated in February 2018 by NARN. If you find the guide helpful, visit narn.org to donate