



# 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  
• 1411 NW 70th St  
frankieandjos.com

#### Harvest Beat

Gourmet 5 course, GFO  
1711 N 45<sup>th</sup>  
harvestbeat.com

#### HeartBeet

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

#### Highline Bar (21+ bar)

Sandwiches & pub grub. GFO  
210 Broadway E  
highlineseattle.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 64<sup>th</sup> 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 65<sup>th</sup> 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

#### Broadfork Café\*

Soup, sandwiches, juice. GFO  
4757 12th NE  
facebook.com/BroadforkCafe/

#### 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  
• 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

#### 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](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 SLICES** - 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 ([beefreehonee.com](http://beefreehonee.com)). Agave can also be used.

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

**CHOCOLATE** - many high quality dark chocolate are vegan. See the Food Empower Project's Chocolate list ([foodispower.org](http://foodispower.org)).

**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)

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## 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.

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## 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 March 2018 by NARN. If you find the guide helpful, visit [narn.org](http://narn.org) to donate*