



Vegan Restaurant Guide

VEGSEATTLE.COM

VEGAN

Araya's Vegetarian Place
Thai cuisine, lunch buffet, GFo
 • 5240 University Way NE
 • 2808 E Madison
 • 10246 Main St, Bellevue
 arayasplace.com

Café Wylde (Everett)
 Juice, tacos, salads, espresso
 2918 Hoyt Ave
 cafewylde.com

Celest Cafe
Gluten Free Café
 1100 N 115th St
 facebook.com/CelestCafe

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 (Bainbridge)
Vietnamese - 206-855-2996
 100 Winslow Way

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 45th
 harvestbeat.com

HeartBeet
Organic Superfoods, raw, GFo
 1635 Queen Anne Ave N
 heartbeethealthy.com

Highline Bar (21+ bar)
Sandwiches & pub grub. GFo
 210 Broadway E
 highlineseattle.com

Hillside Quickies (Tacoma)
Organic sandwich shop, GFo
 1324 MLK Way, Tacoma
 plumbistro.com

Kati Vegan Thai
Delicious
 1190 Thomas St
 kativeganthai.com

Loving Hut
Vietnamese
 1228 S. Jackson - 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

Papas Hot Potatoes
Potatoes with creative toppings
 500 NW 65th St
 papashotpotatoes.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 (Vashon)
Deli & juice bar, gluten free
 9925 SW Bank Rd
 facebook.com/purevashon

Sage and Cinder (Mukilteo)
Gourmet cuisine, craft cocktails
 613 5th St - facebook.com/Sage-and-Cinder-725368724519121

Teapot Vegetarian (Redmond)
Pan-Asian delicacies
 15230 NE 24th St
 teapotvegetarianhouse.com

Veggie Grill
Burgers, salads, 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 (Tacoma)
Organic, raw options. GFo
 2602 N Proctor St - 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 - bamboogarden.net

Blossom Asian Bistro (Renton)
 305 Burnett Ave S
 blossomvegetarian.com

Broadfork Café*
Soup, sandwiches, juice. GFo
 • 4757 12th NE
 • 111 Queen Anne Ave N
 broadforkcafe.com

Café Flora
Local gourmet cuisine. GFo
 2901 E Madison - cafe flora.com

Café Happy (Kirkland)
Entrees, steamed buns, boba tea
 102 Kirkland Ave

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
 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
 1718 N 45th St - jhanjay.com

JujuBeet
Mostly vegan, GFo
 Seattle & Bellevue locations
 jujubeet.com

Mighty-O Donuts*
vegan donuts - mightyo.com
 • 2110 N 55th St
 • 1400 12th Avenue
 • 1555 Market St
 • 1812 Boren Ave
 1000 2nd Ave

Pabla Indian Cuisine (Eastside)
 Renton & Issaquah locations
 pablacuisine.com

Punjab Sweets (Kent)
Authentic Indian meals
 23617-C 104th Ave SE
 punjabsweetsonline.com

Rajdhani Thali Restaurant
 670 NW Gilman Blvd, Issaquah
 facebook.com/pg/rajdhaniseattle

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
 6404 9th Ave NE,
 sunlightcafevegetarian.com

Travelers Thali House
 2524 Beacon Ave S
 travelersthalihouse.com

Udupi Café (Bellevue)
Veg & vegan Indian
 14625 NE 24th St
 udupicafebellevue.com

Veg-wich food truck (Eastside)
Bombay style sandwiches, GFo
 www.veg-wich.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 Pizzeria
 1009 E Union - sizzlepier.com

Sukho Thai (Bellevue)
 15045 Bel-Red Rd
 sukhothaibellevue.com

GFo = Gluten Free options

**Pdf of guide on
 www.narn.org**

This guide was updated in December 2018 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 – 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), Kite Hill (kite-hill.com), Tofutti (tofutti.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 (beefreehoney.com). Agave can also be used.

MARSHMALLOWS - Dandies (chicagoveganfoods.com), Trader Joes also carries vegan marshmallows

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 December 2018 by NARN. If you find the guide helpful, visit narn.org to donate