

## VEGETARIAN & VEGAN RESTAURANTS (\*INDICATES VEGAN)

**Anthem Vegan\***  
619-268-4367

**Beaming\***  
*smoothies, juices, desserts*  
2683 Via de la Valle  
858-481-1222

7863 Girard Ave. #201  
858-263-1702

**Café Gratitude**  
1980 Kettner Blvd.  
619-736-5077

**Café Jay**  
9450 Scranton Rd.  
(858-558-8598)

**Choice\***  
*Superfood Bar & Juicery*  
430 Carlsbad Village Dr.  
760-994-0013

437 S. Coast Hwy  
858-704-4346

**EVE Encinitas\***  
575 Coast Hwy. 101  
760-230-2560

**Evolution Fast Food\***  
2965 5th Ave.  
619-550-1818

**Jyoti Bihanga**  
3351 Adams Ave.  
619-282-4116

**Kindred\***  
1503 30th St.  
(619) 546-9653

**Loving Hut\***  
1905 El Cajon Blvd.  
619-683-9490

9928 Mira Mesa Blvd.  
858-578-8885

**Moncai Vegan\***  
3531 Adams Ave.  
619-228-9881

**Native Foods\***  
127 North El Camino Real  
760- 634-7607

3369 Rosecrans St.  
619-225-1155  
5604 Balboa Ave.  
858-278-2855

**Peace Pies\***  
*raw vegan*  
133 Daphne St.  
760-479-0996

4230 Voltaire St.  
619-223-2880

**Plant Power Fast Food\***  
2204 Sunset Cliffs Blvd.  
619-450-6845

**Plumeria**  
4661 Park Blvd.  
619-269-9989

**Roots\***  
UCSD, Muir College  
9500 Gilman Drive 0120  
858-822-5230

**Sipz Fuzion Café**  
3914 30th St.  
619-795-2889

5501 Clairemont Mesa  
858-279-3747

**Southern Fried Vegan\***

**Soy Leaf\***  
14860 Olde Hwy 80  
619-938-3331

**The Purple Mint**  
*Vietnamese & Chinese*  
6171 Mission Gorge Rd.  
619-280-3388

**Trilogy Sanctuary\***  
7650 Girard Ave.  
858-633-3893

**Veganic Thai Café\***  
619-230-554

**Veggie Grill\***  
4353 La Jolla Village Dr.  
858-458-0031  
965 Palomar Airport Rd.  
760-438-0034

## RESTAURANTS WITH VEGAN OPTIONS

**Alforon**  
*Lebanese*  
5965 El Cajon Blvd.  
619-269-9904

**Amarin Thai**  
3843 Richmond St.  
619-296-6056

**Barrio Star**  
*Mexican soul food*  
2706 5th Ave.  
619-501-7827

**Blind Lady Ale House**  
3416 Adams Ave.  
619-255-2491

**Bombay Coast Indian**  
4705 Clairemont Dr.  
858-270-0309

**Café India**  
3760 Sports Arena Blvd.  
619-224-7500

**Chennai Tiffins**  
9484 Black Mountain Rd.  
858-566-7300

**Churchill's Pub and Grille**  
887 W. San Marcos Blvd.  
760-471-8773

**Civico 1845**  
*Italian*  
1845 India St.  
619-431-5990



# THE VEGAN LAB

[ PLANT-POWERED FOOD ALCHEMY ]

## [Del Mar Rendezvous](#)

1555 Camino Del Mar  
858-755-2669

## [Divine Pastabilities](#)

3545 Midway Dr.  
619-523-5441

## [Eclipse Chocolate](#)

2145 Fern St.  
619.578.2984

## [Hamilton's Tavern](#)

1521 30th St.  
619-238-5460

## [Harar](#)

*Ethiopian*  
2432 El Cajon Blvd.  
619-295-3735

## [Healthy Creations](#)

*gluten-free*  
376 N. El Camino Real  
760-479-0500

## [Hill Street Café](#)

524 S. Coast Hwy. 101  
760-966-0985

## [Kafe Sobaka](#)

*Russian*  
2469 Broadway  
619-297-4007

## [Kim's Vietnamese](#)

745 S. Coast Hwy. 101  
760-942-4816

## [Khyber Pass](#)

523 University Ave.  
619-294-7579

## [Lotus Café & Juice Bar](#)

765 S. Coast Hwy 101  
760-479-1977

## [Luna Grill](#)

*Near East & Mediterranean*  
(several locations)

## [Mama's Bakery & Deli](#)

*Lebanese*  
4237 Alabama St.  
619-688-0717

## [Muzita Bistro](#)

*Eritrean and Ethiopian*  
4651 Park Blvd.  
619-546-7900

## [NaPizza](#)

1702 India Street  
619-696-0802

10550 Craftsman Way  
858-312-1036

## [Noodles & Company](#)

(several locations)

## [OB Noodle House](#)

2218 Cable Street  
619-450-6868

## [Pho Santee](#)

8790 Cuyamaca St.  
619-562-5151

## [Pokez](#)

*Mexican*  
947 E St.  
619-702-7160

## [Ranchos Cocina](#)

*Mexican*  
3910 30th St.  
619-574-1288

## [Ranchos Natural Foods](#)

*Mexican*  
1830 Sunset Cliffs Blvd.  
619-226-7619

## [Sammy's Woodfired Pizza](#)

(several locations)

## [Seasons 52\\*](#)

789 W Harbor Dr.  
619-702-0052

4505 La Jolla Village Dr.  
858-450-1252

## [Sol Cal Café](#)

910 J St.  
619-255-2927

## [Soltan Banoo](#)

*Persian*  
4645 Park Blvd.  
619-298-2801

## [Swami's Café](#)

2920 University Ave.  
619-269-3797

1163 S. Highway 101  
760-944-0612

8284 Mira Mesa Blvd.  
619-668-9030

608 Mission Ave.  
760-966-1203

## [Tao](#)

*Vietnamese, Japanese*  
3332 Adams Ave.  
619-281-6888

## [Tiger!Tiger! Tavern](#)

3025 El Cajon Blvd  
(619) 487-0401

## [Underbelly](#)

*Asian*  
750 W. Fir St.  
619-269-4626

3000 Upas St.  
619-487-9909

## [Wet Stone](#)

1927 4th Avenue  
619.255.2856

## [World Beat Café](#)

2100 Park Blvd.  
619-230-1190

## [Zia Gourmet Pizza](#)

3311 Adams Ave.  
619-284-4320

## [Zpizza](#)

(several locations)



## VEGETARIAN & VEGAN BAKERIES (\*INDICATES VEGAN)

### [Cinnaholic\\*](#)

*gourmet cinnamon rolls*

431 Market St. (Gaslamp)

4652 Mission Blvd. (Pacific Beach)

1640 Camino Del Rio N. (Mission Valley Mall)

619-546-9991

619-295-9648

### [Rickaroons\\*](#)

online store

### [Starry Lane Bakery\\*](#)

*vegan, gluten-free bakery*

10769 Woodside Ave.

619-328-0500

### [Donut Panic](#)

6171 Mission Gorge Rd.

619-280-1894

### [Sweet Petite Confections](#)

3582 Mt. Acadia Blvd.

858-688-0210

### [Maya's Cookies\\*](#)

13446 Poway Road #136

858-945-0900

### [Viva Pops](#)

*gourmet popsicles*

3330 Adams Ave.

619-795-1080

### [Nibble Chocolate Café & Store\\*](#)

2754 Calhoun St. (Old Town)

(858) 848-1781

### [Yummy Cupcakes](#)

1514 Encinitas Blvd.

760-452-8136

### [Paradise Yogurt](#)

5664 Mission Center Rd.

## GROCERY STORES

### [Frazier Farms](#)

225 Vista Village Dr. (Vista)

760-758-7175

1820 Oceanside Blvd. (Oceanside)

760-429-2092

### [Ocean Beach People's Organic Food Co-op](#)

*vegetarian groceries, mostly vegan deli, restaurant, & bakery*

4765 Voltaire St. (Ocean Beach)

619-224-1387

### [Jimbo's Naturally!](#)

1923 Calle Barcelona (Carlsbad)

760-334-7755

1633 S. Centre City Pkwy (Escondido)

760-489-7755

### [Sprouts Farmers Market](#)

(several locations)

### [Trader Joe's](#)

(several locations)

92 Horton Plaza (Downtown)

619-308-7755

12853 El Camino Real (Carmel Valley)

858-793-7755

10511 4S Commons Dr. (4S Ranch)

858-432-7755

### [Whole Foods Market](#)

2600 Via De La Valle (Del Mar)

858-436-9800

687 S. Highway 101 (Encinitas)

760-274-1580

711 University Ave. (Hillcrest)

619-294-2800

8825 Villa La Jolla Dr. (La Jolla)

858-642-6700