



VEGETARIAN DINING AND SHOPPING IN THE SAN DIEGO AREA

revised 05/05/10

A guide to finding delicious meals and foods to delight you!

* Indicates a LCA favorite, as they are 100% vegan!

Restaurants

RESTAURANTS WITH NO MEAT

Evolution Fast Food *

2949 5th Ave. (at Quince), San Diego
619-550-1818; evolutionfastfood.com
vegan fast-food & cafeteria-style

Café Jay

9450 Scranton Rd., San Diego
858-558-8598; cafejaysd.com

The Greenery Raw Food Café *

133 Daphne St, Leucadia
760-479-0996; greeneryrawcafe.com

Jyoti Bihanga

3351 Adams Ave, SD (Normal Heights)
619-282-4116; jyotibihanga.com

Kava Lounge

2812 Kettner Blvd, San Diego
619-543-0933; kavalounge.com
vegan & organic beer, wine, elixirs

Loving Hut *

1905 El Cajon Blvd. SD (University Hts.)
619-683-9490; lovinghutcuisine.com

Madras Café (858-695-6229)

9484 Black Mountain Rd, San Diego

Peace Pies *

4230 Voltaire St, SD (Ocean Beach)
619-618-6960; peacepies.com
raw, vegan, gluten-free pies & lunch

Sipz Fuzion Café

5501 Clairemont Mesa Blvd, San Diego
858-279-3747; sipz.com

Spread

2879 University Ave, SD (North Park)
619-543-0406; spreadtherestaurant.com

Stephanie's Bakery *

4879 Voltaire St, SD (Ocean Beach)
619-221-0285; stephaniesbakery.com
vegan bakery café: strudel, pizza

Surati Farsan (Indian sweets & snacks)

9494 Black Mountain Rd, San Diego
858-549-7280; suratifarsan.com

Veg-N-Out

3442 30th St, SD (North Park)
619-546-8411; vegnout.com

Viva Pops (gourmet vegan popsicles)

3330 Adams Ave, SD (Normal Heights)
619-795-1080; ilovevivapops.com

VEGAN CATERING

Brad Wolff, Eatopia Catering *

775-822-6581; eatopiacatering.com

Rose & Teagen's Organic Kitchen *

619-283-3022
vegan catering & meal delivery

Vegin' Out *

veginout.com; *vegan meal delivery*

RESTAURANTS WITH

VEGAN OPTIONS

Blind Lady Ale House

3416 Adams Ave, SD (Normal Heights)
619-255-2491 (*vegan pizza & beer*)

Café India (619-224-7500)

3760 Sports Arena Blvd, San Diego

Hamilton's Tavern/Cafe

1517 30th St., SD (South Park)
619-238-5637

Harar Ethiopian (619-295-3735)

2432 El Cajon Blvd., SD (North Park)

Hill Street Café (760-966-0985)

524 S. Coast Hwy, Oceanside

Kim's Vietnamese and Chinese

745 S. Coast Hwy. 101, Encinitas
760-942-4816 (in the Lumberyard)

Lotus Café and Juice Bar

765 S. Coast Hwy 101, Encinitas
760-479-1977 (in the Lumberyard)

Mandarin Dynasty

1458 University Ave, SD (Hillcrest)
619-298-8899

Muzita Abyssinian Bistro

4651 Park Blvd, SD (University Heights)
619-546-7900

Olive Oil Organic Café

600 Palm Ave. #109, Imperial Beach
619-429-1779

Pizza Fusion

3827 5th Ave, San Diego; 619-278-0057

Pokez Mexican Restaurant

947 "E" St, SD (downtown); 619-702-7160

Ranchos Mexican & Vegetarian

1830 Sunset Cliffs Blvd, SD (Ocean Beach)
619-226-7619

3910 30th St, SD (North Park)

619-574-1288

Roxy Restaurant

517 S. Coast Highway 101, Encinitas
760-436-5001

Soltan Banoo (619-298-2801)

4645 Park Blvd, SD (University Heights)

Swami's Juice Bar

1163 First St, Encinitas; 760-944-0612

Tao (619-281-6888)

3332 Adams Ave., SD (Normal Heights)

Zia Gourmet Pizza

3311 Adams Ave, SD (Normal Heights)
619-284-4320

zpizza (www.zpizza.com)

several locations: Berkeley vegan pizza

Grocery Stores (all carry cruelty-free personal care and household products)

Henry's Marketplace

henrysmarkets.com
several locations county-wide

Jimbo's Naturally

1923 Calle Barcelona, Carlsbad
760-334-7755; jimbos.com

1633 S. Centre City Parkway, Escondido
760-489-7755

12853 El Camino Real, SD (Del Mar)

858-793-7755

10511 4S Commons Dr, Rancho Bernardo

858-432-7755

Ocean Beach People's

Organic Food Coop

4765 Voltaire St, San Diego (Ocean Beach)
619-224-1387; <http://obpeoplesfood.coop/>

all vegetarian market, great vegan deli

Trader Joe's

traderjoes.com

many locations county-wide

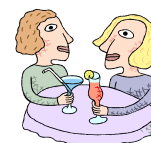
Whole Foods

8825 Villa La Jolla Dr, La Jolla
858-642-6700; wholefoodsmarket.com

711 University Ave.

San Diego (Hillcrest)

619-294-2800



Cruelty-Free Shopping

All Vegan *

4669 Park Blvd, San Diego (University Hts.)
619-299-4669; allveganshopping.com

shoes, chocolates, and other necessities

Ecotopia

543 S. Coast Hwy 101, Encinitas
760-753-7420

eco-friendly clothing and accessories

Mythology *

2365 30th St., San Diego (South Park)
619-523-1132

eco-friendly clothing

This list is provided by Last Chance for Animals, San Diego

P.O. Box 356, Cardiff, CA 92007, 619-583-9LCA, LCA@allveganshopping.com, www.allveganshopping.com