



VEGAN DINING AND SHOPPING IN THE SAN DIEGO AREA

revised 08/11/16

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

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

Restaurants (see HappyCow.com for world-wide listings)

MEAT-FREE RESTAURANTS!

Anthem Vegan * 619-268-4367
anthemvegan.com for locations & days

Café Jay 858-558-8598
9450 Scranton Rd., San Diego

Cinnaholic * coming soon!
Gaslamp, Westfield Mission Valley Mall,
Westfield North County Mall (Escondido),
Pacific Beach
gourmetcinnamonrolls.com

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

437 S. Coast Hwy., Solana Beach
858-704-4346; choicejuicery.com

Donut Panic
6171 Mission Gorge Rd.; 619-280-1894

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

Evolution Fast Food *
2965 5th Ave. (at Quince), San Diego
619-550-1818; evolutionfastfood.com

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

Kindred * 619-546-9653
1503 30th St., SD (So. Park) barkindred.com

Loving Hut * lovinghut.us
1905 El Cajon Blvd., SD (University Hts.)
619-683-9490

9928 Mira Mesa Blvd., SD (Mira Mesa)
858-578-8885

Moncai *
3531 Adams Ave., SD (Normal Heights)
619-228-9881; moncai-vegan.com

Native Foods * nativefoods.com
127 N. El Cam. Real, Enc. 760-634-7607
3369 Rosecrans St., SD 619-225-1155
5604 Balboa Ave., SD 858-278-2855

Peace Pies * 760-479-0996
133 Daphne St., Leucadia
4230 Voltaire St., SD (Ocean Beach)
619-223-2880; rawvegan.com; peacepies.com

Plant Power Fast Food *
2204 Sunset Cliffs Blvd., SD (Ocean Beach)
619-450-6845; plantpowerfastfood.com

Plumeria *vegan & vegetarian Thai*
4661 Park Blvd., SD (University Heights)
619-269-9989; myplumeria.com

The Purple Mint *Vietnamese & Chinese*
6171 Mission Gorge Rd., San Diego
619-280-3388; thepurplemint.com

Roots * (Muir College, UCSD)

Sipz Fuzion Café sipz.com
3914 30th St., San Diego (North Park)
619-795-2889

5501 Clairemont Mesa Blvd. 858-279-3747

Southern Fried Vegan *
see Facebook for locations & days

Soy Leaf * soyleaf.com
14860 Olde Hwy 80, El Cajon
619-938-3331
330 N. Magnolia, El Cajon; 619-401-2667

Starry Lane Bakery *
10769 Woodside Ave., Santee
619-328-0500; starrylanebakery.com

Trilogy Sanctuary *
7650 Girard Ave., La Jolla
858-633-3893; trilogysanctuary.com

Veganic Thai Café * 619-230-5540
1417 University Ave., SD (Hillcrest)

Veggie Grill * 858-458-0031
4353 La Jolla Village Dr. (UTC)
965 Palomar Airport Rd., Carlsbad
760-438-0034; veggiegrill.com

Viva Pops *gourmet vegan popsicles*
3330 Adams Ave., SD (Normal Heights)
619-795-1080; ilovevivapops.com

Yummy Cupcakes
1514 Encinitas Blvd., Encinitas
760-452-8136; yummiycupcakes.com

RESTAURANTS WITH VEGAN OPTIONS

Alforon 619-269-9904 *Lebanese*
5965 El Cajon Blvd., SD; alforon.com

Blind Lady Ale House
3416 Adams Ave., SD (Normal Heights)
619-255-2491; blindladyalehouse.com

Bombay Coast *Indian*
4705 Clairemont Dr., San Diego
858-270-0309; bombaycoast.com

Café India
3760 Sports Arena Blvd., SD (Point Loma)
619-224-7500; cafeindiasandiego.com

Chipotle (several locations) chipotle.com

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

Civico 1845 *Italian*
1845 India St., SD (Little Italy)
619-431-5990; civico1845.com
separate vegan menu

Del Mar Rendezvous
1555 Camino Real, Del Mar
858-755-2669; delmarrendezvous.com

Divine Pastabilities
3545 Midway Dr., SD (Point Loma)
619-523-5441; torpasta.com

Hamilton's Tavern 619-238-5460
1521 30th St., SD (South Park)
hamiltonstavern.com

Harar Ethiopian 619-295-3735
2432 El Cajon Blvd., SD (North Park)

Hill Street Café 760-966-0985
524 S. Coast Hwy. 101, Oceanside; hillst.org

Kim's Vietnamese Restaurant
745 S. Coast Hwy. 101, Encinitas
760-942-4816; kimsvietnamese.com

Local Habit
3827 5th Ave., SD (Hillcrest)
619-795-4770; mylocalhabit.com

Lotus Café and Juice Bar
765 S. Coast Hwy 101, Encinitas
760-479-1977; lotuscafeandjuicebar.com

Luna Grill *Near East & Mediterranean*
several locations; lunagrill.com

Muzita Abyssinian Bistro
4651 Park Blvd., SD (University Heights)
619-546-7900; muzita.com

Noodles & Company noodles.com
Encinitas, San Marcos, Sports Arena, UTC

Paradise Yogurt
5664 Mission Ctr. Rd., SD; 619-295-9648
vegan soft serve; paradiseyogurt.com

Pho Santee 619-562-5151
8790 Cuyamaca St., Santee

Pokez Mexican Restaurant
947 "E" St., SD (downtown)
619-702-7160; pokezsd.com

Ranchos Cocina *Mexican*
3910 30th St., SD (North Park)
619-574-1288; ranchoscocinanorthpark.com

Ranchos Natural Foods *Mexican*
1830 Sunset Cliffs Blvd., SD (Ocean Beach)
619-226-7619; ranchoscocina.com

Sammy's Woodfired Pizza
sammyspizza.com (several locations)

Soltan Banoo *Persian*
4645 Park Blvd., SD (University Heights)
619-298-2801; soltanbanoo.com

Tao Vietnamese Japanese Cuisine
3332 Adams Ave., SD (Normal Heights)
619-281-6888; tao.menu.to.eat.com

Zia Gourmet Pizza 619-284-4320
3311 Adams Ave., SD (Normal Heights)
ziagourmetpizza.com

zpizza *vegan pizza*
La Jolla, Scripps Ranch, Linda Vista
zpizza.com

*This list is provided by the San Diego chapter of Last Chance for Animals (LCA)
P.O. Box 356, Cardiff, CA 92007; LCASanDiego.org*

Vegan Catering & Meal Delivery

LilyLunchBox.com *
plant-powered kids' meals

TheVeganLab.com *
prepared meals, catering

Veggie Vibes *
rawfoodsandiego.com

VeginOut.com *
vegan meal delivery

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

Frazier Farms
225 Vista Village Dr (Vista) 760-758-7175

Jimbo's Naturally
1923 Calle Barcelona, Carlsbad
760-334-7755; jimbos.com

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

92 Horton Plaza, SD (619-308-7755)
12853 El Cam. Real, SD (858-793-7755)
10511 4S Commons Dr, Rancho Bernardo
858-432-7755

**Ocean Beach People's
Organic Food Market**
4765 Voltaire St, San Diego (Ocean Beach)
619-224-1387; <http://obpeoplesfood.coop/>
all vegetarian groceries, mostly vegan
deli/restaurant & bakery (co-op)

Sprouts Farmers Market
sprouts.com; several locations county-wide

Trader Joe's
traderjoes.com
several locations county-wide

Whole Foods Market
2600 Via De La Valle, Del Mar
858-436-9800
687 S. Coast Highway 101, Encinitas
760-274-1580
711 University Ave., SD (Hillcrest)
619-294-2800
8825 Villa La Jolla Dr, La Jolla
858-642-6700
wholefoodsmarket.com

Classes - Nutrition & Cooking

Food for Life!
fflsandiego.org

**UCSD Natural Healing & Cooking
Program**
cim.ucsd.edu
TheVeganLab.com

Veg-Appeal
veg-appeal.com



Online Resources

- bitesizevegan.com (veganism simplified)
- christianveg.com (Christian Vegetarian Association)
- **facebook** (*San Diego Vegans, San Diego Vegan Community, East County Vegans*)
- farmsanctuary.org (Los Angeles area farmed animal sanctuary)
- gentlebarn.org (Los Angeles area farmed animal sanctuary)
- grazinpigacres.org (animal rescue and sanctuary in Ramona, CA)
- lcanimal.org (LCA Los Angeles)
- meetup.com/plantdiego-plantpure-pod/ (eat, socialize)
- nutritionfacts.org (research-based human clinical nutrition info and free videos from Michael Greger, M.D.)
- onegreenplanet.org (lots of info, recipes)
- pcrm.org (Physicians Committee for Responsible Medicine)
- peta.org (People for the Ethical Treatment of Animals)
- plantdiego.com (potlucks, meetings, activism)
- vegan.com/answers (answers to common vegan questions)

Last Chance for Animals, San Diego Chapter

LCA San Diego is an all-volunteer chapter of the non-profit organization Last Chance for Animals. We inform people about animal rights issues and promote a cruelty-free vegan lifestyle. Since we started our chapter in 1993, our main activity has been to bring our information booth to street fairs and other events around San Diego County, where we distribute educational literature and answer questions about going vegan, buying cruelty-free products not tested on animals, choosing humane entertainment, and how wonderful it is to enjoy delicious, healthy foods that are good for us, the animals, and the planet!

If you're a friendly vegetarian or vegan, we need your help! You don't need to be an expert to volunteer. Please see LCASanDiego.org for upcoming events and volunteer opportunities.

To sign up on our LCA San Diego email list to stay informed about upcoming events and volunteer opportunities, send an email to info@LCASanDiego.org.

We appreciate your support. Thanks for doing what you can to help the animals!

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