



# VEGAN DINING AND SHOPPING IN THE SAN DIEGO AREA

revised 08/07/17

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

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

## Restaurants (see [HappyCow.com](http://HappyCow.com) for world-wide listings)

### MEAT-FREE RESTAURANTS!

#### **Café Gratitude**

1980 Kettner Blvd., SD (Little Italy)  
619-736-5077; [cafegratitude.com](http://cafegratitude.com)

#### **Café Jay** 858-558-8598

9450 Scranton Rd., San Diego

#### **California Homemades** \*

138 W. Grand Ave., Escondido  
760-975-3923 [californiahomemades.com](http://californiahomemades.com)

#### **Cinnaholic** \* [cinnaholic.com](http://cinnaholic.com) (cinn. rolls)

4652 Mission Blvd, Pacific Beach  
Westfield Mission Valley Mall

Westfield North County Mall (Escondido)

#### **Choice Superfood Bar & Juicery** \*

430 Carlsbad Village Dr., Carlsbad  
17135 Camino Del Sur, SD  
437 S. Coast Hwy., Solana Beach  
[choicejuicery.com](http://choicejuicery.com)

#### **Donna Jean** \*

2949 5<sup>th</sup> Ave., (at Quince), San Diego  
619-299-5500; [donnajeansd.com](http://donnajeansd.com)

#### **Donut Panic**

6171 Mission Gorge Rd.; 619-280-1894

#### **EVE Encinitas** \* 760-230-2560

575 Coast Hwy. 101, Encinitas

#### **Everbowl** 858-668-7442

13538 Poway Rd., Poway [everbowl.com](http://everbowl.com)

#### **Evolution Fast Food** \*

2965 5<sup>th</sup> Ave. (at Quince), San Diego  
619-550-1818; [evolutionfastfood.com](http://evolutionfastfood.com)

#### **Grains Café** 619-269-5999

2201 Adams Ave., SD (University Heights)

#### **Green Door Café** 858-291-8886

7644 Girard Ave., La Jolla

#### **Greens Please** 858-842-1001

12202 Poway Rd., Poway [greensplease.com](http://greensplease.com)

#### **Jyoti Bihanga**

3351 Adams Ave., SD (Normal Heights)  
619-282-4116; [jyotibihanga.com](http://jyotibihanga.com)

#### **Kindred** \* 619-546-9653

1503 30<sup>th</sup> St., SD (So. Park) [barkindred.com](http://barkindred.com)

#### **Loving Hut** \* 619-683-9490 [lovinghut.us](http://lovinghut.us)

1905 El Cajon Blvd., SD (University Hts.)  
9928 Mira Mesa Blvd., SD (Mira Mesa)  
858-578-8885

#### **Native Foods** \* [nativefoods.com](http://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

#### **Plumeria** *vegan & vegetarian Thai*

4661 Park Blvd., SD (University Heights)  
619-269-9989; [myplumeria.com](http://myplumeria.com)

#### **Peace Pies** \* 760-479-0996

133 Daphne St., Leucadia  
4230 Voltaire St., SD (Ocean Beach)  
619-223-2880; *raw vegan; peacepies.com*

#### **Plant Power Fast Food** \*

2204 Sunset Cliffs Blvd., SD (Ocean Beach)  
619-450-6845; [plantpowerfastfood.com](http://plantpowerfastfood.com)  
411 Santa Fe. Dr., Encinitas; 760-452-2352

#### **The Purple Mint** *Vietnamese & Chinese*

6171 Mission Gorge Rd., San Diego  
619-280-3388; [thepurplemint.com](http://thepurplemint.com)

#### **Roots** \* (Muir College, UCSD)

#### **Sipz Fuzion Café** [sipz.com](http://sipz.com)

3914 30<sup>th</sup> St., San Diego (North Park)  
619-795-2889  
5501 Clairemont Mesa Blvd. 858-279-3747

#### **Sitaram Indian**

126 W. "I" St., Encinitas 760-632-6399

#### **Starry Lane Bakery** \*

3925 4<sup>th</sup> Ave., SD (Hillcrest)  
619-328-0500; [starrylanebakery.com](http://starrylanebakery.com)

#### **Trilogy Sanctuary** \*

7650 Girard Ave., La Jolla  
858-633-3893; [trilogysanctuary.com](http://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](http://veggiegrill.com)

#### **Viva Pops** *gourmet vegan popsicles*

3330 Adams Ave., SD (Normal Heights)  
619-795-1080; [ilovevivapops.com](http://ilovevivapops.com)

#### **Yummy Cupcakes** [yummycupcakes.com](http://yummycupcakes.com)

1514 Encinitas Blvd., Enc. 760-452-8136

### HAVE VEGAN OPTIONS

#### **Alforon** 619-269-9904 *Lebanese*

5965 El Cajon Blvd., SD; [alforon.com](http://alforon.com)

#### **Blind Lady Ale House**

3416 Adams Ave., SD (Normal Heights)  
619-255-2491; [blindladyalehouse.com](http://blindladyalehouse.com)

#### **Bombay Coast** *Indian*

4705 Clairemont Dr., San Diego  
858-270-0309; [bombaycoast.com](http://bombaycoast.com)

#### **Café India** [cafeindiasandiego.com](http://cafeindiasandiego.com)

3760 Sports Arena Blvd., SD (Point Loma);

#### **Chipotle** (several locations) [chipotle.com](http://chipotle.com)

#### **Churchill's Pub** 760-471-8773

887 W. San Marcos Blvd.; [churchillspub.us](http://churchillspub.us)

#### **Civico 1845** *Italian (separate vegan menu)*

1845 India St., SD (Little Italy)  
619-431-5990; [civico1845.com](http://civico1845.com)

#### **Del Mar Rendezvous**

1555 Camino Real, Del Mar  
858-755-2669; [delmarrendezvous.com](http://delmarrendezvous.com)

#### **Divine Pastabilities**

3545 Midway Dr., SD (Point Loma)  
619-523-5441; [torpasta.com](http://torpasta.com)

#### **Flower Child** [iamflowerchild.com](http://iamflowerchild.com)

2690 Via De La Valle, Del Mar (Flower Hill)

#### **Hamilton's Tavern** 619-238-5460

1521 30<sup>th</sup> St., SD (South Park)  
[hamiltonstavern.com](http://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](http://hillst.org)

#### **Hugo's Cocina** 619-892-7882

1830 Sunset Cliffs Blvd., SD (Ocean Beach)  
*Mexican; hugoscocina.com*

#### **Kim's Vietnamese Restaurant**

745 S. Coast Hwy. 101, Encinitas  
760-942-4816; [kimsvietnamese.com](http://kimsvietnamese.com)

#### **Local Habit**

3827 5<sup>th</sup> Ave., SD (Hillcrest)  
619-795-4770; [mylocalhabit.com](http://mylocalhabit.com)

#### **Lotus Café and Juice Bar**

765 S. Coast Hwy 101, Encinitas  
760-479-1977; [lotuscafeandjuicebar.com](http://lotuscafeandjuicebar.com)

#### **Luna Grill** *Near East & Mediterranean*

*several locations; lunagrill.com*

#### **Muzita Abyssinian Bistro** [muzita.com](http://muzita.com)

4651 Park Blvd., SD (University Heights)

#### **Noodles & Company** [noodles.com](http://noodles.com)

Encinitas, San Marcos, Sports Arena, UTC

#### **Paradise Yogurt** [paradiseyogurt.com](http://paradiseyogurt.com)

5664 Mission Ctr. Rd., SD; 619-295-9648

#### **Pho Santee** 619-562-5151

8790 Cuyamaca St., Santee

#### **Pokez Mexican Restaurant** [pokezsd.com](http://pokezsd.com)

947 "E" St., SD (downtown)

#### **Ranchos Cocina** *Mexican*

3910 30<sup>th</sup> St., SD (North Park)  
619-574-1288; [ranchoscocinanorthpark.com](http://ranchoscocinanorthpark.com)

#### **Sammy's Wdfird. Pizza** [sammyspizza.com](http://sammyspizza.com)

*Soltan Banoo Persian; saltanbanoo.com*  
4645 Park Blvd., SD (University Heights)

#### **Tao Vietnamese Japanese Cuisine**

3332 Adams Ave., SD (Normal Heights)  
619-281-6888; [tao.menuoat.com](http://tao.menuoat.com)

#### **Zia Gourmet Pizza** 619-284-4320

3311 Adams Ave., SD (Normal Heights)  
[ziagourmetpizza.com](http://ziagourmetpizza.com)

#### **zpizza.com** *vegan pizza*

La Jolla, Scripps Ranch, Linda Vista

*This list is provided by the San Diego chapter of Last Chance for Animals (LCA)*

[LCASanDiego.org](http://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

**Mission Square Market**  
6171 Mission Gorge Rd., SD  
619-521-9788; *vegan deli*

**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; many 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](http://fflsandiego.org)

[KathleenKastner.com](http://KathleenKastner.com)

**UCSD Natural Healing & Cooking  
Program**  
[cim.ucsd.edu](http://cim.ucsd.edu)

[TheVeganLab.com](http://TheVeganLab.com)

**Veg-Appeal**  
[veg-appeal.com](http://veg-appeal.com)



## Online Resources

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

## 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 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! Please see [LCASanDiego.org](http://LCASanDiego.org) for upcoming events and volunteer opportunities or to make a financial contribution.

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](mailto:info@LCASanDiego.org).

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

*This list is provided by the San Diego chapter of Last Chance for Animals (LCA)*  
[LCASanDiego.org](http://LCASanDiego.org)

