



VEGAN DINING AND SHOPPING IN THE SAN DIEGO AREA

revised 1/10/18

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!

Café Gratitude

1980 Kettner Blvd., SD (Little Italy)
619-736-5077; cafegratitude.com

Café Jay 858-558-8598

9450 Scranton Rd., San Diego

California Homemades *

138 W. Grand Ave., Escondido
760-975-3923 californiahomemades.com

Cinnaholic * cinnaholic.com (cinn. rolls)

4652 Mission Blvd, Pacific Beach

Choice Superfood Bar & Juicery *

430 Carlsbad Village Dr., Carlsbad
17135 Camino Del Sur, SD

437 S. Coast Hwy., Solana Beach
choicejuicery.com

Donna Jean *

2949 5th Ave., (at Quince), San Diego
619-299-5500; 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

Evolution Fast Food *

2965 5th Ave. (at Quince), San Diego
619-550-1818; 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

Holy Matcha holymatchasd.com

3118 University Ave., SD (North Park)

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 * 619-683-9490 lovinghut.us

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

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

O.B. Garden Café 619-255-1193

4741 Voltaire St. SD (Ocean Beach)

Plumeria *vegan & vegetarian Thai*

4661 Park Blvd., SD (University Heights)
619-269-9989; 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
411 Santa Fe. Dr., Encinitas; 760-452-2352

The Purple Mint *Vietnamese & Chinese*

6171 Mission Gorge Rd., San Diego
619-280-3388; thepurplemint.com

Roots * (Muir College, UCSD)

Salt & Straw 619-542-9394 *ice cream*
1670 India St., SD (Little Italy)

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

5501 Clairemont Mesa Blvd. 858-279-3747

Starry Lane Bakery *

3925 4th Ave., SD (Hillcrest)
619-328-0500; starrylanebakery.com

Trilogy Sanctuary * 858-633-3893

7650 Girard Ave., La Jolla

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 *popsicles* 619-795-1080

3330 Adams Ave., SD (Normal Heights)

Yummy Cupcakes yummycupcakes.com

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

OFFER 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 cafeindiasandiego.com

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

Chipotle (several locations) chipotle.com

Churchill's Pub 760-471-8773

887 W. San Marcos Blvd.; churchillspub.us

Civico 1845 *Italian (separate vegan menu)*

1845 India St., SD (Little Italy)
619-431-5990; civico1845.com

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

Flower Child iamflowerchild.com

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

Hamilton's Tavern 619-238-5460

1521 30th St., SD (South Park)

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

Hugo's Cocina *Mexican*

1830 Sunset Cliffs Blvd., SD (Ocean Beach)
619-892-7882; hugoscocina.com

Kim's Vietnamese 760-942-4816

745 S. Coast Hwy. 101, Encinitas

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 muzita.com

4651 Park Blvd., SD (University Heights)

Noodles & Company noodles.com

Encinitas, San Marcos, Sports Arena, UTC

Paradise Yogurt paradiseyogurt.com

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

Pho Santee 619-562-5151

8790 Cuyamaca St., Santee

Pokez Mexican Restaurant pokezsd.com

947 "E" St., SD (downtown)

Ranchos Cocina *Mexican*

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

Sammy's Wdfird. Pizza sammyspizza.com

Soltan Banoo *Persian*; saltonbanoo.com

4645 Park Blvd., SD (University Heights)

Tao Vietnamese Japanese Cuisine

3332 Adams Ave., SD (Normal Heights)
619-281-6888; tao.menuotoeat.com

Zia Gourmet Pizza 619-284-4320

3311 Adams Ave., SD (Normal Heights)
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)

LCSanDiego.org

Vegan Catering & Meal Delivery

Confetti Plant Based Catering * 619-210-2350; confetticateters.com; large and small event catering, wedding cakes, donuts

LilyMeals.com *
plant-powered kids' meals

PurpleCarrot.com *
meal kits delivery

TheVeganLab.com *
small event 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

KathleenKastner.com

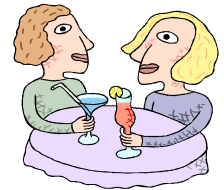
UCSD Natural Healing & Cooking Program

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, North County Vegans + many other vegan groups*)
- 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)
- veganoutreach.org

Last Chance for Animals, San Diego Chapter

LCA San Diego formed in 1993 as 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. We bring our info booth to street fairs and other events around San Diego County, where we pass out free vegan cookies and plant milk and 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 vegan foods that are good for us, the animals, and the planet!

Please see 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.

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

To Watch: Blackfish, The Cove, Cowspiracy, Earthlings, Forks Over Knives, Plant Pure Nation, Speciesism: The Movie, Vegucated, What the Health

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