



VEGAN DINING AND SHOPPING IN THE SAN DIEGO AREA

revised 07/08/18

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!

Anthem Vegan * 619-268-4367

2611 El Cajon Blvd., SD (North Park)

Barefoot Bakery & Mkt * 858-230-6522

3852 Mission Blvd., SD (Mission Beach)

Café Gratitude 619-736-5077

1980 Kettner Blvd., SD (Little Italy)

Café Jay 858-535-6450

9450 Scranton Rd., San Diego

California Homemades * 760-975-3923

138 W. Grand Ave., Escondido

Choice Superfood Bar & Juicery *

430 Carlsbad Village Dr., Carlsbad

17135 Camino Del Sur, SD

437 S. Coast Hwy., Solana Beach

Donna Jean * 619-299-5500

2949 5th Ave., (at Quince), San Diego

Donut Panic 619-280-1894

6171 Mission Gorge Rd., San Diego

EVE Encinitas * 760-230-2560

575 Coast Hwy. 101, Encinitas

Everbowl *several locations: fruit bowls,*

smoothies, salads; everbowl.com

Evolution Fast Food * 619-550-1818

2965 5th Ave. (at Quince), San Diego

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

Holy Matcha holymatchasd.com

3118 University Ave., SD (North Park)

Jyoti Bihanga 619-282-4116

3351 Adams Ave., SD (Normal Heights)

Kindred * 619-546-9653

1503 30th St., SD (South Park)

Loving Hut * 619-683-9490

1905 El Cajon Blvd., SD (University Hts.)

9928 Mira Mesa Blvd., SD (Mira Mesa)

858-578-8885

Native Foods *

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 Thai 619-269-9989

4661 Park Blvd., SD (University Heights)

Peace Pies * *raw vegan*

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

4230 Voltaire St., SD (OB); 619-223-2880

Plant Power Fast Food * 619-450-6845

2204 Sunset Cliffs Blvd., SD (Ocean Beach)

411 Santa Fe. Dr., Encinitas; 760-452-2352

The Purple Mint *Vietnamese & Chinese*

6171 Mission Gorge Rd., SD; 619-280-3388

Roots * (Muir College, UCSD)

Sipz Fuzion Café 619-795-2889

3914 30th St., San Diego (North Park)

5501 Clairemont Mesa Blvd. 858-279-3747

Soulshine * 858-886-7252

3864 Mission Blvd., SD (Mission Beach)

Starry Lane Bakery * 619-328-0500

3925 4th Ave., SD (Hillcrest)

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, Cbad; 760-438-0034

Viva Pops *popsicles* 619-795-1080

3330 Adams Ave., SD (Normal Heights)

WorldBeat Café 619-558-3728

2100 Park Blvd., SD (Balboa Park)

Yummy Cupcakes 760-452-8136

1514 Encinitas Blvd., Encinitas

OFFER VEGAN OPTIONS

Alforon 619-269-9904 *Lebanese*

5965 El Cajon Blvd., SD

Bagby Beer Co. 760-270-9075

601 S. Coast Hwy 101, Oceanside

Blaze Pizza

5620 Paseo Del Norte, Carlsbad

127 N. El Camino Real, Encinitas

5604 Balboa Ave., San Diego

Blind Lady Ale House 619-255-2491

3416 Adams Ave., SD (Normal Heights)

Chipotle (*several locations*) chipotle.com

Churchill's Pub 760-471-8773

887 W. San Marcos Blvd.

Civico 1845 *Italian* 619-431-5990

1845 India St., SD (Little Italy)

Craft and Taco Lounge 442-999-5858

511 West Valley Parkway, Escondido

Del Mar Rendezvous 858-755-2669

1555 Camino Real, Del Mar

Divine Pastabilities 619-523-5441

3545 Midway Dr., SD (Point Loma)

Flower Child 858-314-6818

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

Fresh Brothers *pizza* 858-252-7000

5950 Village Way, SD (Carmel Valley)

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

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

1830 Sunset Cliffs Blvd., SD (Ocean Beach)

Kim's Vietnamese 760-942-4816

745 S. Coast Hwy. 101, Encinitas

Liticker's Mexican & Vegan Cuisine

4955 Voltaire St., SD (OB); 619-224-1052

Local Habit 619-795-4770

3827 5th Ave., SD (Hillcrest)

Lotus Café and Juice Bar 760-479-1977

765 S. Coast Hwy 101, Encinitas

Luna Grill *Near East & Mediterranean*

several locations; lunagrill.com

Muzita Abyssinian Bistro 619-546-7900

4651 Park Blvd., SD (University Heights)

Na-Pizza 615 S. Hwy 101, Encinitas;

UTC, La Jolla; 1702 India St. (Little Italy),

4S Commons Town Center

Noodles & Company noodles.com

Encinitas, San Marcos, Sports Arena, UTC

Paradise Yogurt 619-295-9648

5664 Mission Ctr. Rd., SD (Friars Mssn. Ctr.)

Pho Santee 619-562-5151

8790 Cuyamaca St., Santee

Pokez Mexican Restaurant 619-702-7160

947 "E" St., SD (downtown)

Ranchos Cocina *Mexican* 619-574-1288

3910 30th St., SD (North Park)

Red House Pizza 619-546-7430

4615 Park Blvd., SD (University Heights)

Sammy's Wdfird. Pizza sammypizza.com

Second Nature 858-247-5636

5026 Cass St., SD (Pacific Beach)

Soltan Banoo *Persian* 619-298-2801

4645 Park Blvd., SD (University Heights)

Tao Vietnamese Japanese 619-281-6888

3332 Adams Ave., SD (Normal Heights)

Thai Joint on Adams 619-564-6659

3456 Adams Ave., SD (Normal Heights)

The Bell Marker 619-756-7598

602 Broadway, SD (Downtown)

Trattoria Ponte Vecchio 858-259-9063

2334 Carmel Valley Rd., Del Mar

Zia Gourmet Pizza 619-284-4320

3311 Adams Ave., SD (Normal Heights)

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

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

UCSD Natural Healing & Cooking Program

cim.ucsd.edu

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)
- icanimal.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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