



VEGAN DINING AND SHOPPING IN THE SAN DIEGO AREA

revised 01/13/19

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

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

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

MEAT-FREE RESTAURANTS!

- Anthem Vegan** * 619-268-4367
2611 El Cajon Blvd., SD (North Park)
- 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 (Del Sur)
1425 India St., SD (Little Italy)
437 S. Coast Hwy., Solana Beach
- Donna Jean** * 619-299-5500
2949 5th Ave., (at Quince), San Diego
- Donut Panic** 6171 Mssn. Gorge Rd., SD
- 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
- Hazel & Jade** * 619-295-2001
3852 4th Ave., SD; *plant based pastries*
- Holy Matcha** 3118 University Ave., SD
- Jyoti Bihanga** 619-282-4116
3351 Adams Ave., SD (Normal Heights)
- Kindred** * 619-546-9653
1503 30th St., SD (South Park)
- The Lion's Pack** * *vegan cookie dough*
90 N. Coast Hwy. 101, Encinitas
- Loving Hut** * 619-683-9490
1905 El Cajon Blvd., SD (University Hts.)
9928 Mira Mesa Blvd., SD (Mira Mesa)
858-578-8885
- Modern Times Far West Lounge** *
470 S. Hwy 101, Encinitas; 760-452-4304
- 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
- Natural Delights** * 619-825-9255
3723 Avocado Ave., La Mesa
- O.B. Garden Café** 619-255-1193
4741 Voltaire St. SD (Ocean Beach)
- 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
- Plumeria Thai** 619-269-9989
4661 Park Blvd., SD (University Heights)
470 S. Coast Hwy 101, Encinitas
760-487-1488
- The Purple Mint** * *Vietnamese, Chinese*
6171 Mission Gorge Rd., SD; 619-280-3388
- Roots** * (Muir College, UCSD)
- Scoops La Jolla** 858-246-6321
2179 Avenida De La Playa, La Jolla
- 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 Airtpt Rd, Cbad; 760-438-0034
- Viva Pops** *popsicles* 619-795-1080
3330 Adams Ave., SD (Normal Heights)
- WorldBeat Café**
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
- The Bell Marker** 619-756-7598
602 Broadway, SD (Downtown)
- Blaze Pizza**
5620 Paseo Del Norte, Carlsbad
2015 Birch Rd., Chula Vista
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)
- Gourmet Island Bistro** 858-268-7717
5625 Ruffin Rd., SD (Kearny Mesa)
- Hamilton's Tavern** 619-238-5460
1521 30th St., SD (South Park)
- 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
- Paradise Yogurt** 619-295-9648
5664 Mission Ctr. Rd., SD (Friars Mssn. Ctr.)
- 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)
- Tocaya Organica** 619-343-2898
755 5th Ave., SD (Gaslamp)

continued on reverse

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

LCASanDiego.org

Trattoria Ponte Vecchio 858-259-9063
2334 Carmel Valley Rd., Del Mar

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

Z Pizza *vegan pizza*
several locations county-wide

Vegan Meal Delivery

PurpleCarrot.com *
vegan meal kits delivery

VeggieVibes.com *
organic plant-based food delivery

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 & 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

711 University Ave., SD (Hillcrest)
619-294-2800

8825 Villa La Jolla Dr, La Jolla
858-642-6700

wholefoodsmarket.com

Last Chance for Animals, San Diego Chapter

LCA San Diego volunteers have been informing people about animal rights issues and promoting a cruelty-free vegan lifestyle since 1993. We are an all-volunteer chapter of the non-profit organization Last Chance for Animals. 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!

Thanks very much to **VegFund.org** for the grants that make it possible for us to do much of this work.

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, email info@LCASanDiego.org.

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

To Watch:

Blackfish	The Game Changers
Called to Rescue	The Ghosts in Our Machine
The Cove	Live and Let Live
Cowspiracy	Plant Pure Nation
Dominion	Speciesism: The Movie
Earthlings	Vegan: Everyday Stories
Eating Animals	Vegucated
Forks Over Knives	What the Health

Resources

bitesizevegan.org (veganism simplified)

christianveg.com (Christian Vegetarian Association)

facebook (*San Diego Vegans, San Diego Vegan Activists, San Diego Vegan Community, East County Vegans, North County Vegans, ...*)

farmanimalrefuge.org (farmed animal sanctuary in Campo, San Diego County)

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)

happycow.net (worldwide vegan dining)

lcanimal.org (LCA Los Angeles)

nutritionfacts.org (human clinical nutrition info and 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 (San Diego area potlucks, meetings, events)

vegan.com/answers (answers to common vegan questions)

veg-appeal.com (local cooking classes, health coaching)

veganinsandiego.com (local events)

veganoutreach.org (vegan education, vegan mentor program)



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