



# VEGAN DINING AND SHOPPING IN THE SAN DIEGO AREA

revised 03/11/19

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

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

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

### MEAT-FREE RESTAURANTS!

**Anthem Vegan** \* 619-268-4367  
2611 El Cajon Blvd., SD (North Park)  
277 3<sup>rd</sup> Ave., Chula Vista

**Bigfoot Natural Café** \* 760-230-9282  
3231 Camino de los Coches, Carlsbad

**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** \*  
*several locations*

**Donna Jean** \* 619-299-5500  
2949 5<sup>th</sup> 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 5<sup>th</sup> 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 4<sup>th</sup> 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 30<sup>th</sup> 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

**Nha Hang Chay Hoa Tu Bi Tam**  
4591 El Cajon Blvd., SD; *Vietnamese*

**Now Café** 619-317-3620  
844 W. Mission Bay Dr., SD (Mission Beach)

**Now Sushi** \* *vegan sushi & sake*  
3852 Mission Blvd., SD (Mission Beach)  
858-246-6179

**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 30<sup>th</sup> 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 4<sup>th</sup> 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 Arpt Rd, Carlsbad 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

**Blaze Pizza** *several locations*

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

**Chipotle** *several locations*

**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

**Devine 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 30<sup>th</sup> 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 5<sup>th</sup> Ave., SD (Hillcrest)

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

**Luna Grill** *several locations*  
**Muzita Abyssinian Bistro** 619-546-7900  
4651 Park Blvd., SD (University Heights)

**Na-Pizza** *several locations*

**On the Border Mexican; several locations**

**Paradise Yogurt** 619-295-9648  
5664 Mission Ctr. Rd., SD (Friars Mssn. Ctr.)

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

**The Privateer Coal Fire Pizza**  
1706 S. Coast Hwy, Oceanside; 760-453-2500

**Ranchos Cocina Mexican** 619-574-1288  
3910 30<sup>th</sup> St., SD (North Park)

**Red House Pizza** 619-546-7430  
4615 Park Blvd., SD (University Heights)

**Rim Talay Thai Cuisine** 760-435-2007  
508 Mission Ave., Oceanside

**Sammy's Wdfird. Pizza** *sammyspizza.com*

**Second Nature** 858-247-5636  
5026 Cass St., SD (Pacific Beach)

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

*Continued on reverse*

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

[LCASanDiego.org](http://LCASanDiego.org)

**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)

## Vegan Meal Delivery

**PurpleCarrot.com** \*  
vegan meal kits delivery

**Tocaya Organica** 619-343-2898  
755 5<sup>th</sup> Ave., SD (Gaslamp)

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

**VeggieVibes.com** \*  
organic plant-based food delivery

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

**Z Pizza** *several locations*

**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, and offer free vegan chocolate chip cookies and plant milk samples, along with free vegan starter kits and other literature.

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](mailto:info@LCASanDiego.org).

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

### To Watch:

Blackfish	The Ghosts in Our Machine
Called to Rescue	The Invisible Vegan
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
The Game Changers	

## 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)

