



VEGAN DINING AND SHOPPING IN THE SAN DIEGO AREA

revised 05/06/19

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 * 619-947-6777

277 3rd Ave., Chula Vista

4026 30th St., SD (North Park, in Toronado)

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 9450 Scranton Rd., SD (S. Villy)

California Homemades * 760-975-3923

138 W. Grand Ave., Escondido

Choice Superfood Bar & Juicery *

several locations

Donna Jean * 619-299-5500

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

Donut Panic 6171 Mssn. Gorge Rd., SD

EVE * 575 Coast Hwy. 101, Encinitas

507 N. Coast Hwy, Oceanside *opening soon*

Everbowl *several locations; 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 12202 Poway Rd., Poway

Hazel & Jade * 619-295-2001

3852 4th Ave., SD; *croissants, 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

The Modern Vegan * *opening soon!*

4332 30th St., SD (North Park)

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)

Sattvik Foods *Indian dining & catering*

8650 Miramar Rd.; 858-568-1306

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 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 1514 Enc Blv Encinitas

OFFER VEGAN OPTIONS

Alforon 619-269-9904 *Lebanese*

5965 El Cajon Blvd., SD

Bagby Beer 601 S. Coast Hwy, 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

Curryosity 3023 Juniper St., SD (S. Park)

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 (Flower 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 *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 30th 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 *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)

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

LCASanDiego.org; info@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)

Tocaya Organica 619-343-2898
755 5th Ave., SD (Gaslamp)

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

Wrench & Rodent *vegan sushi*
1815 S. Coast Hwy, Oceanside

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

Vegan Food Delivery

PurpleCarrot.com *
vegan meal kits delivery

VeginOut.com *
prepared vegan meals 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; *market, vegan deli, & pizza*

**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, plant milk samples, and 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.

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 | Meet Your Meat |
| Dominion | Plant Pure Nation |
| Earthlings | Speciesism: The Movie |
| Eating Animals | Vegan: Everyday Stories |
| Forks Over Knives | Vegucated |
| The Game Changers | 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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