



VEGAN DINING AND SHOPPING IN THE SAN DIEGO AREA

Revised 01.13.20

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

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

MEAT-FREE RESTAURANTS!

Beaming

2683 Via de la Valle, Del Mar
7710 El Camino Real, La Costa (inside Equinox)

7863 Girard Ave, Ste. 201, La Jolla

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 *
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

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)
527 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)

Spoiled Vegans (in Red Hat Coffee)
440 16th St. San Diego (East Village)

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)

Cesarina 4161 Voltaire St., SD

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)

Classic Rock Sandwich Shop
3042 N Park Way, San Diego

Craft and Taco Lounge 442-999-5858
511 West Valley Parkway, Escondido

Cueva Bar *Tapas bar with vegan options*
2123 Adams Ave., San Diego

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

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 (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)

12202 Poway Road, Poway
Hi Street Kitchen & Tap

7767 Balboa Ave, San Diego

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 Greens 619-795-4770
2820 Historic Decatur Road #26 Pt. Loma
124 Lomas Santa Fe #104, Solana Beach

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*

Mendocino Farms *several locations*

Muzita Abyssinian Bistro 619-546-7900
4651 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

Na-Pizza *several locations*

Neckter Juice Bar *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)

Vegan Food Delivery

PurpleCarrot.com *

vegan meal kits delivery

Rim Talay Thai Cuisine 760-435-2007

508 Mission Ave., Oceanside

Sammy's Woodfired Pizza

sammypizza.com

Second Nature 858-247-5636

5026 Cass St., SD (Pacific Beach)

Sushi Deli 2 135 Broadway, Downtown

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

Tribute Pizza

3077 North Park Way San Diego

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*

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

1633 S. Centre City Parkway, Escondido

92 Horton Plaza, SD

12853 El Cam. Real, SD

10511 4S Commons Dr., Rancho Bernardo

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)

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)

grazingpigacres.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