

Seattle Area VEGETARIAN RESTAURANT Guide



VEGAN STORES & RESTAURANTS

Araya's Vegetarian Place

Vegan Thai cuisine
Buffet until 3:30pm daily
1121 NE 45th Street, Seattle (UD)
(206) 524-4332 (closed Sundays)

Bamboo Garden

Chinese, excellent faux meat dishes
364 Roy Street, Seattle (QA South)
(206) 282-6616
www.bamboogarden.net

"The question is not, Can they reason? Nor, Can they talk? But, Can they suffer?"
~ Jeremy Bentham

The Café (run by Hillside Quickie)

Gourmet deli & vegan sandwiches
324 15th Avenue E, Seattle (CH)
(206) 325-6429

Chaco Canyon Organic Café

Organic vegan & raw cuisine
4757 12th Ave NE, Seattle (UD)
(206) 5-CANYON
www.chacocanyoncafe.com

Dalene's

Raw, organic - dining, catering, classes.
340 Parkplace Center, Kirkland, WA
425-739-7386 • www.dalenes.com

Flowers Bar & Restaurant

Vegan lunch buffet 11-4pm
Otherwise not vegetarian
4247 University Way NE, Seattle (UD)
(206) 633-1903

Flying Apron Bakery

Delicious vegan & wheat-free desserts
3510 Fremont Ave North (Fremont)
(206) 442-1115 • www.flyingapron.net

Hillside Quickie

Organic Jamaican sandwich shop;
seitan, tempeh, tofu, etc.
4106 Brooklyn Ave NE, Seattle (UD)
(206) 632-3037
www.hillsidequickie.com

Mighty-O Café

Vegan donuts, coffee & more
2110 N 55th Street, Seattle (WF)
(206) 547-0335 • www.mightyo.com

"Take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented."

~ Elie Wiesel

Pizza Pi

Vegan pizza, calzones, & salads
Opens at 5pm Tues-Fri; closed Monday
5500 University Way NE, Seattle (UD)
(206) 343-1415 (closed Mondays)
www.pizza-pi.net

Sidecar for Pigs Peace

Unique vegan groceries, vegan cat & dog food, vegan shoes, accessories & more!
5270-B University Way NE, Seattle (UD)
(206) 523-9060 (closed Mondays)
www.sidecarforpigspeace.com

Squid & Ink

Eclectic food, wine & beer
1128 S. Albro Place, Seattle (Georgetown)
(206) 763-2696
www.myspace.com/squid_and_ink

Teapot Vegetarian House

Asian, faux meat dishes
345 - 15th Avenue E, Seattle (CH)
(206) 325-1010
&
15230 NE 24th St, Redmond, WA
(425) 373-1888
www.teapotvegetarianhouse.com

Thrive

Raw foods and smoothies
1026 NE 65th St, #A-102
(206) 525-0300
www.generationthrive.com

Quickie Too

Organic Jamaican sandwich shop;
seitan, tempeh, tofu, etc.
1324 MLK Way, Tacoma, WA
(253) 572-4549

Vegan Garden

Vietnamese cuisine, fake meats
1228 S Jackson St, Seattle (ID)
(206) 726-8669

The Wayward Cafe

Home style cookin', yummy desserts
Tues-Sun 9am-6pm (closed Mondays)
901 NE 55th Street, Seattle (UD)
(206) 524-0204

VEGETARIAN RESTAURANTS

Bastyr Univ. Cafeteria (Open to the public)

Soups, entrees, desserts, & more
14500 Juanita Dr NE, Kenmore, WA
(425) 823-1300

Café Flora

Int'l gourmet cuisine
2901 E Madison, Seattle (CH / Madison)
(206) 325-9100
www.cafeflora.com

Café Happy

Asian, faux meats
102 Kirkland Avenue, Kirkland, WA
(425) 822-9696

Carmelita

Savory vegetarian fare
7314 Greenwood Ave N, Seattle (GW)
(206) 706-7703
www.carmelita.net

Cyber-Dogs

Veggie dogs, espresso, internet access
909 Pike Street, Seattle (DT)
(206) 405-DOGS
www.cyber-dogs.com

Emmy's VegeHouse

Vietnamese
100 Winslow Way, Bainbridge Island, WA
(206) 855-2996

Georgetown Liquor Company

Full bar, all veg & vegan menu, 21+
5501-B Airport Way South, Seattle
206-763-6764
www.georgetownliquorco.com

Greenline Organic Health

Organic groceries, herbs, & juice bar
12653 NE 85th Street, Kirkland, WA
(425) 828-9799
WWW.greenlineorganic.com

In the Bowl

Asian, fake meats, soups, & more
1554 E Olive Way, Seattle (CH)
206-568-2343

Jhanjay

Veggie Thai, mostly vegan
1718 N. 45th Street, Seattle (WF)
(206) 632-1484 • www.jhanjay.com

Lucky Café

Asian, faux meats
12069 124th Ave NE, Kirkland, WA
(425) 820-8108

Lucky Palate

Home meal delivery only, 90% vegan
(206) 352-2583
www.luckypalate.com

The Monkey Tree

Soup, sandwiches, pizza, salad
17817 Vashon Hwy, Vashon, WA
(206) 463-4635

My Sweet Lord's Café

Hare Krishna - free food, donation only
5521 University Way NE, Seattle (UD)
Open Tues - Sat, 6:30pm - 9:30pm only

Mysore Masala

Cuisine of India, 90% vegan
16650 Redmond Way, Redmond, WA
(425) 558-7858

Pabla

Vegetarian Indian
364 Renton Center Way SW
Renton, WA
(425) 228-4625
&
1420 NW Gilman Blvd #N3
Issaquah, WA
(425) 392-4725
www.pablacuisine.com

Patty Pan Grill

Mexican & more, good prices
5402 20th Ave NW, Seattle (Ballard)
(206) 782-1558

Preet's Casual Indian Dining

Healthy, authentic Northern Indian
8440 160th Avenue NE, Redmond, WA
(425) 867-9400
www.preets.com

Punjab Sweets

Authentic Indian meals
23617-C 104th Ave SE, Kent, WA
(253) 859-3236
www.punjabsweetsonline.com

Shire Café

Sandwiches, pizza, smoothies, coffee
117 E Division St, Arlington, WA
(360) 403-9020

Silence-Heart-Nest

Breakfast, lunch & dinner, some vegan
3508 Fremont Place N, Seattle (Fremont)
(206) 633-5169
www.silenceheartnest.com

**Request Your Free
Vegan Starter Pack at:
www.VeganStarterPack.com**

Sunlight Café

"Meat & potatoes" veggie restaurant
6403 Roosevelt NE, Seattle (UD)
(206) 522-9060

Udupi Palace

Vegetarian Indian cuisine
15600 NE 8th St Suite 9, Bellevue, WA
(425) 649-0355

Vegetarian Bistro

Asian, faux meat, & more
668 S King Street, Seattle (ID)
(206) 624-8899

Wayward Coffeehouse

Vegan pastries, fair trade coffee
8570 Greenwood Ave N, Seattle (GW)
www.waywardcoffee.com

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PO Box 45843, Seattle, WA 98145
www.afa-online.org - (206) 227-5752
www.myspace.com/actionforanimals

(UD) = University District
(CH) = Capitol Hill
(DT) = Downtown Seattle
(QA) = Queen Anne
(ID) = Int'l District (South of Downtown)
(GW) = Greenwood
(WF) = Wallingford