



# VEGETARIAN DINING AND SHOPPING IN THE SAN DIEGO AREA

revised 01/20/12

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

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

## Restaurants

### RESTAURANTS WITH NO MEAT

#### Café Jay

9450 Scranton Rd., San Diego  
858-558-8598; [cafejaysd.com](http://cafejaysd.com)

#### Evolution Fast Food \*

2949 5<sup>th</sup> Ave. (at Quince), San Diego  
619-550-1818; [evolutionfastfood.com](http://evolutionfastfood.com)

#### Happy Veggie \* (760-738-1100)

330 W. Felicita Ave, Escondido

#### Jyoti Bihanga

3351 Adams Ave, SD (Normal Heights)  
619-282-4116; [jyotibihanga.com](http://jyotibihanga.com)

#### Kava Lounge

2812 Kettner Blvd, San Diego  
619-543-0933; [kavalounge.com](http://kavalounge.com)  
*vegan & organic beer, wine, elixirs*

#### Loving Hut \*

1905 El Cajon Blvd. SD (University Hts.)  
619-683-9490; [lovinghutcuisine.com](http://lovinghutcuisine.com)

9928 Mira Mesa Blvd., SD (Mira Mesa)

858-578-8885

#### Madras Café (858-695-6229)

9484 Black Mountain Rd, San Diego

#### Peace Pies \* (760-479-0996)

133 Daphne St, Leucadia  
*raw vegan; [peacepies.com](http://peacepies.com)*

#### Roots (<http://hdlh.ucsd.edu/roots/>) \*

Muir College, UCSD

#### Sipz Fuzion Café

3914 30<sup>th</sup> St, San Diego (North Park)  
619-795-2889

5501 Clairemont Mesa Blvd, San Diego  
858-279-3747; [sipz.com](http://sipz.com)

#### Spread

2879 University Ave, SD (North Park)  
619-543-0406; [spreadtherestaurant.com](http://spreadtherestaurant.com)

#### Stephanie's Bakery \*

4879 Voltaire St, SD (Ocean Beach)  
619-221-0285; [stephaniesbakery.com](http://stephaniesbakery.com)  
*vegan bakery café: strudel, pizza*

#### Surati Farsan (Indian sweets & snacks)

9494 Black Mountain Rd, San Diego  
858-549-7280; [suratifarsan.com](http://suratifarsan.com)

#### Veg-N-Out

3442 30<sup>th</sup> St, SD (North Park)  
619-546-8411; [vegnout.com](http://vegnout.com)

#### Viva Pops (*gourmet vegan popsicles*)

3330 Adams Ave, SD (Normal Heights)  
619-795-1080; [ilovevivapops.com](http://ilovevivapops.com)

### VEGAN CATERING & DELIVERY

#### Brad Wolff, Eatopia Catering \*

775-822-6581; [eatopiacatering.com](http://eatopiacatering.com)

#### Veggie Vibes \*

[veggievibes.net](http://veggievibes.net); *vegan raw food delivery*

#### Vegin' Out \*

[veginout.com](http://veginout.com); *vegan meal delivery*

### RESTAURANTS WITH VEGAN OPTIONS

#### Blind Lady Ale House

3416 Adams Ave, SD (Normal Heights)  
619-255-2491 (*vegan pizza & beer*)

#### Café India (619-224-7500)

3760 Sports Arena Blvd, San Diego

#### Fairouz Café & Gallery (619-225-0308)

3166 Midway Dr., SD (Midway)

#### Hamilton's Tavern (619-238-5460)

1521 30<sup>th</sup> St., SD (South Park)

#### Harar Ethiopian (619-295-3735)

2432 El Cajon Blvd., SD (North Park)

#### Hill Street Café (760-966-0985)

524 S. Coast Hwy, Oceanside

#### Kim's Vietnamese and Chinese

745 S. Coast Hwy. 101, Encinitas  
760-942-4816 (in the Lumberyard)

#### Lotus Café and Juice Bar

765 S. Coast Hwy 101, Encinitas  
760-479-1977 (in the Lumberyard)

3955 5<sup>th</sup> Ave. (Village Hillcrest)

619-795-2446

#### Muzita Abyssinian Bistro

4651 Park Blvd, SD (University Heights)  
619-546-7900

#### Olive Oil Organic Café (619-429-1779)

600 Palm Ave. #109, Imperial Beach

#### Pokez Mexican Restaurant

947 "E" St, SD (downtown); 619-702-7160

#### Ranchos Mexican & Vegetarian

1830 Sunset Cliffs Blvd, SD (Ocean Beach)  
619-226-7619

3910 30<sup>th</sup> St, SD (North Park)

619-574-1288

#### Roxy Restaurant (760-436-5001)

517 S. Coast Highway 101, Encinitas

#### Soltan Banoo (619-298-2801)

4645 Park Blvd, SD (University Heights)

#### Swami's Juice Bar

1163 First St, Encinitas; 760-944-0612

#### Tao (619-281-6888)

3332 Adams Ave., SD (Normal Heights)

#### Zia Gourmet Pizza (619-284-4320)

3311 Adams Ave, SD (Normal Heights)

#### zpizza ([www.zpizza.com](http://www.zpizza.com))

several locations: Berkeley vegan pizza

## Grocery Stores (all carry cruelty-free personal care and household products)

#### Henry's Marketplace

[henrysmarkets.com](http://henrysmarkets.com) (several locations)

#### Frazier Farms

225 Vista Village Dr (Vista) 760-758-7175

#### Jimbo's Naturally

1923 Calle Barcelona, Carlsbad  
760-334-7755; [jimbos.com](http://jimbos.com)

1633 S. Centre City Parkway, Escondido  
760-489-7755

12853 El Cam. Real, SD (858-793-7755)

10511 4S Commons Dr, Rancho Bernardo

858-432-7755

#### Ocean Beach People's Food Coop

4765 Voltaire St, San Diego (Ocean Beach)  
619-224-1387; <http://obpeoplesfood.coop/>  
*all vegetarian market, vegan deli & bakery*

#### Trader Joe's

[traderjoes.com](http://traderjoes.com)  
*many locations county-wide*

#### Whole Foods

687 S. Coast Highway 101, Encinitas  
760-274-1580; [wholefoodsmarket.com](http://wholefoodsmarket.com)

8825 Villa La Jolla Dr, La Jolla

858-642-6700

711 University Ave.

San Diego (Hillcrest)

619-294-2800



## Cruelty-Free Shopping

#### All Vegan \*

4669 Park Blvd, San Diego (University Hts.)  
619-299-4669; [allveganshopping.com](http://allveganshopping.com)  
*shoes, chocolates, and other necessities*

#### Ecotopia

543 S. Coast Hwy 101, Encinitas  
760-753-7420  
*eco-friendly clothing and accessories*

#### Mythology \*

2365 30<sup>th</sup> St., San Diego (South Park)  
619-523-1132  
*eco-friendly clothing*

*This list is provided by Last Chance for Animals, San Diego*

*P.O. Box 356, Cardiff, CA 92007, [LCA@allveganshopping.com](mailto:LCA@allveganshopping.com), [www.allveganshopping.com](http://www.allveganshopping.com)*