

Welcome to Northwest VEG

We offer an array of social activities and educational opportunities all year, including monthly potluck dinners with chef demos and guest speakers; restaurant dine-outs; a veganic gardening group; and classes on vegan cooking, nutrition, and health, environmental, and animal rights issues in our Veg 101 series and Master Vegetarian Program. To receive our free e-newsletter about upcoming events, sign up on-line or contact info@nwveg.org or 503.746.8344.

Join Northwest VEG

Northwest VEG educates the public about the benefits of a healthy, sustainable, and compassionate lifestyle. Help us bring awareness about the powerful impact of our food choices by becoming one of our supporters. Join now at the \$35 level or higher and get a free subscription to VegNews Magazine! Please check your choice of membership level:

- \$20: Individual \$50: Steward
 \$35: Family \$100: Sustainer
 I prefer not to receive VegNews free (\$35 level +)
\$_____ Additional Donation

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Make check payable to Northwest VEG,
a tax- deductible 501(c)(3) charitable organization.
Please mail to our treasurer:
Linda Sant'Angelo / Northwest VEG
24305 NE Elkhorn Rd.

Brush Prairie, WA 98606

◆ Or join on-line at www.nwveg.org/join.php

RESTAURANTS

Unless noted, all locations are Portland and phone numbers take the 503 area code. See www.nwveg.org for hours & more veg-friendly options. It's best to verify hours before going to a new place, if possible. Most food carts accept cash only. **10%** = Northwest VEG members receive a 10% discount.

VEGAN (no meat, fish, eggs, dairy, animal ingredients)

Back to Eden Bakery

2217 NE Alberta St., 477.5022

Cake, pie, pastries, soft serve, coffee, kitchenware, cookbooks.

Blossoming Lotus (raw foods friendly!)

(*NW VEG business partner*)

1713 NE 15th Ave., 228.0048

Creative organic offerings include soups, wraps, stir-fry, lasagna, quesadilla, soft serve, gourmet desserts.

Bye and Bye

1011 NE Alberta St.

Bar with sandwiches and plates, including tofu cutlets, Southern-style greens, spaghetti, meatballs.

Dovetail Bakery

3039 NE Alberta St., 288.8839

Sticky buns, cookies, bread, cupcakes, muffins, coffee.

Green Wok

11137 SW Capitol Hwy., 246.1683

Chinese favorites with mock meats and vegetables. Weekday lunch buffet 11-2:30, and \$2 off entrees during lunch

Homegrown Smoker (food cart)

SW 4th Ave. & College St. (near PSU)

MacNoCheese, meatloaf, slaw, tofu scramble, & all things BBQ.

Kitchen Dances (food cart)

SE Belmont between 42nd & 43rd

Breakfast burrito, pesto wrap, nachos, raw ravioli, baked goods.

Loving Hut

1239 SW Jefferson St., 248.6715

Various Asian dishes: curries, soups, salads, desserts.

Native Bowl (food cart)

Mississippi & Skidmore

Eclectic rice bowls, sandwiches, chocolate treats.

Papa G's Vegan Organic Deli (raw foods friendly!)

(*NW VEG business partner*)

2314 SE Division St., 235.0244

Soup, salad bar, hot food bar, biscuits and gravy. Catering available.

Portobello Vegan Trattoria

1125 SE Division, 754.5993; *closed Sun-Mon*

Creative Italian dishes, kombucha bar, tiramisu.

Red & Black Café

400 SE 12th Ave., 231.3899

Creative uses of tempeh & tofu, bagel sammies, coffee.

Sip (food cart)

SE 21st & SE Tibbets

(*in front of People's Food Co-op*)

Organic juices, wheatgrass shots, green smoothies, shakes.

Sonny Bowl (food cart)

SW 3rd (Washington & Stark) 459.8681; *closed Sat-Sun*

Bowls featuring black beans, veggies, brown rice, Soy Curls, etc.

Sweetpea Baking Company

1205 SE Stark St., 477.5916

Cupcakes, cookies, cakes, espresso, sandwiches, soups, bagels, Sunday breakfast buffet. Catering available.

Sweet Lemon Vegan Bistro

4888 NW Bethany Blvd., 617.1419; *closed Sun*

Wraps, sandwiches, Asian noodle and rice dishes, faux meats.

The Ruby Dragon (food cart)

Mississippi & Skidmore

Part Thai, part comfort food, part raw foodie.

The Sweet Hereafter

3326 SE Belmont St.,

Full bar and vegan menu: "meatball" sandwich, salads, etc.

Vegetarian House

22 NW 4th Ave., 274.0160

Tofu & mock meat versions of Chinese dishes; M-F lunch buffet.

VEGETARIAN (no meat or fish)

Bay Leaf Restaurant

4768 SE Division St., 232.7058; *closed Tues*

Asian vegetarian cuisine, creative Chinese-style dishes.

Bombay Chaat House (food cart)

SW 12th & Yamhill, 380.3087; *closed Sun*

Large variety of inexpensive Indian food, large portions.

Chatpata Chaat Café & India Direct Grocery

16205 NW Bethany Ct., 690.0499

Snack bar with tables adjoins an Indian grocery store.

Curry Leaf

15325 NW Central Dr., 645.6113; *closed Mon*

Vegetarian Indian buffet lunch 2nd & 4th Sundays.

D.C. Vegetarian (food cart)

SW 3rd just south of Stark, 317.4448; *closed Sat-Sun*

"Steak & Cheese" sandwich, Italian sub, BLT, chili, etc.

The Feel Good World (raw foods friendly!)

5816 SW Hood Ave., 452.1132; *closed Sun*

Live Food Cafe & Juice Bar

Food for Thought (*student union basement*)

PSU Smith Center 026; *closed Tues, Fri-Sun*

Seasonal, organic, sustainable, fair trade products.

Typically closed when PSU is not in session.

India Chaat House (food cart)

804 SW 12th Ave., 241.7944; *closed Sun*

Various options, generous portions. Small covered seating area.

Milky Way Tea & Pastry

9895 SE Sunnyside Rd., Clackamas, OR, 652.7875

Variety of mock-meat bagel sandwiches, bubble tea.

Natural Selection

3033 NE Alberta St., 288.5883; *closed Sun-Tues*

Four course vegan and vegetarian meals

Prasad (raw foods friendly!)

925 NW Davis St., 224.3993

Mostly gluten-free cuisine: soups, salads, bowls, sandwiches.

Proper Eats Market & Café (raw foods friendly!)

(*NW VEG business partner*)

8638 N. Lombard Ave., 445.2007

Tempeh Reuben, full plate dinners. Grocery connected to café.

Shelly's Garden Burritos (food cart)

Pioneer Square, Broadway & Yamhill; *closed Sat-Sun*

Very large tasty burritos — discounts for vegan ones!

Someday Lounge

125 NW 5th Ave., 248.1030

Sandwiches, salads, soups, pizza; vegan cheese.

Sushi Tree (food cart)

Mississippi & Skidmore

Creative rolls with smoked tofu, spinach, asparagus, avocado etc.

Tao of Tea

3430 SE Belmont St., 736.0119

Organic, Indian, Thai, fine teas.

Van Hanh

8446 SE Division St., 788.0825; *closed Tues*

Reasonably priced Vietnamese cuisine, faux meat options.

Vege Thai – 10%

3274 SE Hawthorne Blvd., 234.2171

Pad Thai, curries. Tofu or soy versions of chicken, beef, fish.

Whiffies Fried Pies (food cart)

SE 12th & Hawthorne, 946.6544; *closed Mon*

Fried hand pies with fruit varieties and a chocolate option.

Whole Bowl (food carts *except Hawthorne*)

4411 SE Hawthorne; SW 9th & Alder; 1100 NW Glisan

Medley of brown rice, beans, avocado, salsa, black olives, etc.

Wolf & Bear's (food cart)

SE 20th & Morrison, 719.3390; *closed Mon*

Creative Middle Eastern menu, sabich, falafel, salad.

VEG-FRIENDLY

Al Amir

223 SW Stark St., 274.0010
Traditional Middle Eastern cuisine, hummus, baba ghannooj

Andina Restaurant

1314 NW Glisan St., 228.9535
Gourmet Peruvian dining with vegetarian menu.

Backspace Café

115 NW 5th Ave., 248.2900
Sandwiches, salads, soups, pizza, vegan cheese.

Bamboo Hut

800 NE Tenney Rd., Suite 104, Vancouver, WA,
360.574.1351; *closed Sun*
Vegetarian & vegan dishes, including lemongrass soy chicken.

Bambuza Vietnamese Bistro

• 3682 SW Bond Ave., 206.6330; *closed Sun*
• 7628 SW Nyberg St., Tualatin, 692.9800; *closed Sun*
Salad rolls, spring roll platter, wokked green beans tofu.

Bete-Lukas Ethiopian Restaurant

2504 SE 50th Ave., Ste. D, 477.8778; *closed Mon*
Tasty vegan options offered in elegant, relaxed ambiance

Black Sheep Bakery

• 523 NE 19th Ave., 517.5762; *closed Sun*
Vegan biscuits and gravy, breakfast and lunch menus, espresso
• 823 SE Main St., Ste. 101*, 235.1419; *closed Sat-Sun*
Various vegan baked treats, coffee, granola, sandwiches
(*primarily take-out location)

Bob's Red Mill Whole Grain Store and Visitors Center (NW VEG business partner)

5000 SE International Way, Milwaukie, 607.6455
Tofu scramble, vegan French toast / flapjacks. Vegetarian menu.
Closed Sun

Café Yumm

• 14601 SW Millikan Way, Beaverton, 627.9866
• 1806 SW 6th Ave., (PSU Rec Center), 226.9866
• 301 SW Morrison, 222.9866
Yumm bowls with organic beans, rice, veggies, tempeh, tofu.

Clearing Café

2768 NW Thurman St., 841.6240
Vegan pastries, three bean & rice bowls, juices/smoothies.

Dalo's Kitchen

4134 N. Vancouver Ave. #207 (entrance on Williams Ave.)
808.9604; *closed Sun*; Ethiopian cuisine, tasty and inexpensive.

Dove Vivi

2727 NE Glisan St., 239.4444
Cornmeal crust pizza (not gluten free), vegan options, salads

The Farm Café

10 SE 7th Ave., 736.3276
Vegan herb-crusting tofu & mashed potatoes, vegetarian burger.

Higgins Restaurant & Bar

1239 SW Broadway, 222.9070
Upscale, mostly local, vegan options.

Hungry Tiger Too

207 SE 12th Ave., 238.4321
Bar with vegan BLT, mac&cheeze, wontons: comfort food

Laughing Planet Café

4110 SE Woodstock Blvd., 788.2921
Multiple locations; see laughingplanetcafe.com
Creative burritos, vegan soups, vegan cookies, smoothies.

Nicholas Restaurant

• 318 SE Grand Ave., Portland, 235.5123
• 323 N. Main Ave., Gresham, 666.3333
Lebanese cuisine featuring many items marked "vegan."

Old Wives' Tales

1300 E. Burnside, 238.0470
Mostly vegetarian with vegan options. Play area for kids.

Paradox Palace Café – 10%

3439 SE Belmont St., 232.7508
Nearly vegetarian, vegan comdogs, mostly organic produce.

Saigon Restaurant

3021 NE 72nd Dr., Vancouver (Andresen Rd. & Fourth Plain), 360.944.8338
Generous portions, reasonable prices, faux meat options.

Sengatera Ethiopian Restaurant

3833 NE MLK Blvd., 288.3787
Ethiopian/Eritrean, vegan-friendly.

Taqueria Los Gorditos

SE 12th Ave. & Division St.; *closed Sun*
SE 50th Ave. & Division St. (*food cart*)
Soyrizo taco, tofu burrito, vegan cheeze.

Vita Café – 10% (NW VEG business partner)

3023 NE Alberta St., 335.8233
Vegan comfort food, vegan pancakes, breakfast served till 4pm.

Wild Abandon

2411 SE Belmont St., 232.4458; *closed Tues*
Vegan options include tofu & veggies and tasty breakfasts.

Ya Hala Restaurant

8005 SE Stark St., 256.4484; *closed Sun*
Extensive Lebanese menu with many vegan options.

SHOPPING & OTHER RESOURCES

Alberta Cooperative Grocery

1500 NE Alberta St., 287.4333; 9am-10pm

Food Fight! Vegan Grocery

(*NW VEG business partner*)
1217 SE Stark St., 233.3910
Convenience store with packaged, bulk & frozen foods, organic fresh produce. E-orders: foodfightgrocery.com.

Food Front Cooperative Grocery

2375 NW Thurman St., 222.5658
6344 SW Capitol Hwy., 546.6559

The Healthy Bread Store — Dave's Killer Bread & Nature Bake (NW VEG business partner)

daveskillerbread.com; naturebake.com
5209 SE International Way, Milwaukie, 335.9086
Variety of fresh and reduced breads, cookies, buns, shirts.

HELD Vegan Belts

3033 NE Alberta, 288.8866; *closed Mon*
Belts, purses, bags, cuffs; customizing available.

Herbivore (NW VEG business partner)

1211 SE Stark St., 281.TOFU, herbivoreclothing.com
Bags, belts, wallets, books, T-shirts, hoodies, art, cookbooks.

Mirador Community Store

(*5% off for NW VEG members*)
2106 SE Division St., 231.5175; miradorcommunitystore.com
Juicers, dehydrators, canning equipment, kitchen supplies, gifts.

People's Food Co-op

3029 SE 21st Ave., 674.2642; www.peoples.coop
Vegetarian grocery. Farmers market, Wednesdays, 2-7pm.

Pie Footwear

2916 NE Alberta St., 288.1999, piefootwear.net
Socks, hats, bags & jewelry, vegan shoes; *closed Mon*

David Gabbe's Vegetarian Cooking Classes

www.DavidsVegetarianKitchen.com; 246.0472
Vegetarian cooking classes in the Portland metro area.

Julie Hasson's Every Day Dish

www.everydaydish.tv
Myriad videos with recipes from chef, author & Native Bowl owner.

Wendy Gabbe Day's Veg, Food & Fit

www.vegfoodandfit.com – Fun mix of veg recipes and tips from athlete & author of *Scatter Vegan Sweets*.

Check out more veg-friendly restaurants in
Portland/Vancouver at nwveg.org/restaurants
And vegan, vegetarian and veg-friendly in the U.S. and
abroad at: happycow.net, vegining.com, and vegguide.org.

Fall 2011 Portland, OR Vancouver, WA

Veg Dining & Shopping Guide



A Northwest VEG project

We educate and encourage people to make plant-based choices for a healthy, sustainable and compassionate world.



NWVEG.ORG

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