

# Welcome to Northwest VEG

We sponsor a variety of social activities, including monthly potlucks with chef demos or guest speakers, restaurant dine-outs and happy hours, holiday celebrations; and educational programs on vegan cooking, nutrition, health, environmental and animal welfare issues via our VEG 101, Master VEG, and other programs. Please sign up for our free e-newsletter at [nwveg.org](http://nwveg.org), and check out our Viva La Vegan Meet-up too!

## Join Northwest VEG

Northwest VEG outreach provides information to the greater community about the benefits of a healthy, sustainable, and compassionate lifestyle. Help us bring awareness of the powerful impact of our food choices, as well as supporting our social and educational programs, by becoming a member. Please check your choice of membership level, and write in your choice of magazine, if adding that option:

Ⓢ \$25: Individual      Ⓢ \$50: Steward  
Ⓢ \$35: Family      Ⓢ \$100: Sustainer

For an additional \$15, receive a discount subscription to one of 3 magazine options: **Vegan Health and Fitness**, **VegNews**, or a digital version of **Driftwood!**

Ⓢ\$15 for \_\_\_\_\_ Magazine

\$\_\_\_\_\_ Total

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email 1: \_\_\_\_\_

Email 2: \_\_\_\_\_

NW VEG is a tax-deductible 501(c)(3) non-profit.

Join online at [nwveg.org/join](http://nwveg.org/join), or mail a check made out to NW VEG to our Treasurer and send to:

Linda Sant'Angelo c/o Northwest VEG  
24305 NE Elkhorn Rd.  
Brush Prairie, WA 98606

## RESTAURANTS

Unless noted, all locations are in Portland and phone numbers are 503 area code. See [nwveg.org](http://nwveg.org) for additional listings.

**10%** = Northwest VEG members receive a 10% discount

**\*\*** = please support NW VEG generous Business Members

### VEGAN (no meat, fish, eggs, dairy or other animal ingredients)

#### Absolutely Juicy 10% *gf*

75 SE 103rd Ave., 360.513.6154, closed Sun.  
Amazing fresh juices and cleanses with delivery options

#### Back to Eden Bakery *gf*

2217 NE Alberta St., 477.5022  
SE 28<sup>th</sup> Place and Division (*food cart*)  
Cake, pie, pastries, soft serve, coffee, soups, wraps, cookbooks

#### Bigwig Donut (Pop-up) *gf*

Check next locations on Facebook or at 477.4676

#### Black Water Brewing

835 NE Broadway St., 281.043  
Vegan brewpub with extensive pub food menu

#### Bliss House (Pop-up) *gf* international menu

Schedule & locations at [facebook.com/blissshouse](http://facebook.com/blissshouse)

#### Blossoming Lotus (raw foods friendly) *gf*

1713 NE 15<sup>th</sup> Ave., 228.0048

Organic world fusion cuisine and drinks

#### Bye and Bye *gf*

1011 NE Alberta St., 281.0537  
Bar with big menu including sandwiches and plates

#### Canteen *gf*

2816 SE Stark St., 922.1858  
11 S. State St., Lake Oswego, 479.7167  
Juices and smoothies plus organic bowls and salads

#### Devin's Dive PDX (*food cart and beer garden*) *gf*

1112 SE Tacoma St., [devinsdivepdx.com](http://devinsdivepdx.com)  
BBQ tempeh & other sandwiches, soups & salads

#### Earth Burgers (*food cart*) *gf*

2880 SE Division, 737.8007, closed Mon.-Wed.  
World-themed vegan burgers & sauces

#### Essential Juices and Smoothies (*food cart*) *gf*

1122 SE Tacoma, 776.8817  
Whole meal smoothies, juices, and hot drinks

#### Fatsquatch PDX (*food cart opening in Jan. 2017?*)

3423 SE Belmont, [facebook.com/Fatsquatch-PDX](http://facebook.com/Fatsquatch-PDX)  
Soul, southern & stoner fusion

#### Farm Spirit

1414 SE Morrison, [farmspiritpdx.com](http://farmspiritpdx.com), Wed.-Sat.  
Nine to twelve course tasting menu, by reservation only

#### Greenleaf Juicing Company *gf*

4 locations: see [greenleafjuice.com](http://greenleafjuice.com)  
Organic juices, smoothies, soup blends, and granola parfaits

#### Harvest at the Bindery *gf*

3101 NE Sandy, 894.9172, closed Mon.  
Seasonal PNW from root to tip; dinner & weekend brunches

#### Homegrown Smoker (*food cart*) *gf*

Mississippi & Skidmore, 277.3823, closed Tues.  
MacNoCheese, meatloaf, slaw, & all things BBQ

#### Homegrown Smokehouse & Deli *gf*

1628 SW Jefferson, 330.0324, closed Mon.-Tues.  
Like food cart, but more!

#### Juniper (*food cart*) *gf*

3121 SW Moody Ave., [www.juniperpdx.com](http://www.juniperpdx.com)  
eclectic bowls, sandwiches, salads, & more!

#### Killingsworth Dynasty *gf*

832 N. Killingsworth, 234.5683  
Bar, comfort food with Venezuelan soul, arts scene

#### La Vida Veggie (raw foods friendly!) *gf*

4925 SW Angel St., Suite 110, Beaverton, 939.8176  
Organic Latin-inspired vegan cuisine; Sunday brunch, catering

#### Living Well Bistro (raw foods friendly!) *gf*

10000 SE Main St., Adventist East Pavilion  
261.4422, closed Sat.; breakfast, pizzas, bowls, wraps

#### \*\*Loving Hut 10%

1239 SW Jefferson St., 248.6715  
Various Asian dishes: curries, soups, salads, desserts

#### Native Bowl (*food cart*) *gf*

Mississippi & Skidmore, 330.7616  
Fusion style rice bowls

#### Native Foods

7237 SW Bridgeport Rd., 968.9999, 11am-10pm daily  
California chain serving up bowls, nachos, and more

#### Next Level Burger *gf*

4121 SE Hawthorne Blvd., 719.758  
11 S. State St, Lake Oswego, 272.8768

Burgers, hot dogs, fries, salads, shakes, & beer

#### No Bones Beach Club PDX *gf*

3928 N Mississippi Ave., (opening Jan 2017?)  
Expansive menu, cocktails, and weekend DJ brunches

#### Obon (Pop-up) Japanese, check for latest at [obonpdx.com](http://obonpdx.com)

#### Of Roots and Blooms (Pop-up); check Facebook

2117 NE Oregon St., Sundays at Culmination Brewing.

#### Papa G's Vegan Organic Deli (raw food friendly!) *gf*

2314 SE Division St., 235.0244  
Soup, salad bar, biscuits and gravy; catering available

#### Petunia's Pies and Pastries 10% *gf*

610 SW 12th Ave., 841.5961  
Gluten-free & vegan pastries, ice cream, coffee, cocktails

#### Pixie Retreat (Raw foods friendly) *gf*

2432 NW 11<sup>th</sup>, mostly grab-and-go, Wed.-Sun.  
1670 SE 3rd Ave., takeout only, 971.302.7128

Mostly raw; no soy, gluten, refined sugar or agave

#### Portobello Vegan Trattoria *gf*

1125 SE Division St., 754.5993, closed Mon.  
Creative Italian dishes, pasta and pizza, full bar, desserts

#### Pure Simple Juice (raw foods friendly) *gf*

1620 SE 3rd Ave., [puresimplejuice.com](http://puresimplejuice.com), Mon.-Fri.  
Juice bar, snacks, soups, salads, tonics

#### Rabbits Cafe *gf*

111 SW 5th Ave. (in Big Pink), 206.4512, Mon.-Fri.  
7am-3pm for fabulous breakfasts & lunch

#### Rainbow Seasons Vegan Food Cart 10%

At corner of N. Ivanhoe / Chicago  
Breakfast & lunch Wed. - Sun., 9am - 4pm (see on Facebook)

#### Sip *gf*

~ SE 21<sup>st</sup> & SE Tibbets (*food cart*) at People's Co-op  
~ 2210 NE Alberta St. (*restaurant*)

Organic juices, wheatgrass shots, green smoothies, shakes

#### Southern Fried Vegan (*food cart*) *gf*

4735 SE Belmont (see on Facebook)  
Vegan Soul Food, pub food, & beverages

#### Sushi Love (*food cart*) *gf*

1112 SE Tacoma, ([facebook.com/sushilovepdx](http://facebook.com/sushilovepdx))  
Fully vegan and gluten-free menu; Tues.-Sat., 11:30am-7pm

#### \*\*Sweet Lemon Vegan Bistro

4888 NW Bethany Blvd., 617.1419, closed Sun.  
Asian noodle and rice dishes, faux meats, wraps, sandwiches,

#### Sweetpea Baking Company *gf*

1205 SE Stark St., 477.5916  
Full bakery & espresso, sandwiches, soups, bagels

#### The Sudra *gf*

2333 NE Glisan St., 971.302.6002  
8777 N Lombard St., 971.386.5138  
Indian-inspired menu with a full bar, HH: 4-7pm Mon.-Fri.

#### The Sweet Hereafter *gf*

3326 SE Belmont St.; [hereafterpdx.com](http://hereafterpdx.com)  
Full bar and vegan menu: Buffalo sandwich, salads, bowls

#### Taco Sandwiches (*food cart*)

2623 SE Belmont, 757.2106  
Vegan fillings can be ordered as either a taco or a sandwich

#### Veggie Grill *gf*

~ 3435 SW Cedar Hills Blvd., Beaverton, 350.2369  
~ 508 SW Taylor St., Portland, 841.6647

Comfort food: burgers, fries, salads, soups, desserts and more

#### Vtopia Cheese Shop & Deli

1628 SW Jefferson, 686.3689, (see hours on Facebook)  
vegan cheeses; soup, sandwich and salad menu

#### Yuan Su

11140 SE Powell Blvd, 477.5775, 11am – 9pm  
Chinese and American Food, closed Sundays

## VEGETARIAN (no meat or fish)

### \*\*AND Café 10% gf

5420 E. Burnside St., 233-4550, closed Tues.  
Breakfast & lunch with many gluten-free options

### Best Friend (food cart) raw food friendly! gf

1121 SE Division St., 254.6448

Juices, smoothies, hot drinks and snacks

### Bombay Chaat House (food cart)

SW 12<sup>th</sup> & Yamhill, 380.3087, closed Sun.

### Bula Kava House gf

3115 SE Division St., 477.7823, open 7 days

Kava and juice bar, smoothies, acai bowls, snacks, and kombucha

### Carioca Bowls gf

827 NE Alberta St., 971.339.2969, open 7 days

Brazilian style acai bowls, smoothies and other drinks

### Chatpata Chaat Café & India Direct Grocery

16205 NW Bethany Ct., 690.0499

Snack bar with tables adjoins an Indian grocery store

### Chickpeadx 5% gf

2707 NE Sandy Blvd., 741.9390

Falafels made of local chickpeas, fresh herbs, and spices

### D.C. Vegetarian (food cart)

SW 3rd & Stark, 317.4448, closed Sat.-Sun.

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

### Epif Restaurant & Pisco Lounge

404 NE 28th Ave., 971.254.8680, open Wed.-Sun., 4pm-12am

South American inspired food

### Falafel House PDX (food cart)

7316 N Lombard, 714.6287

### Fat Kitty Falafel (food cart)

2016 SE Division St., 995.2724, call for hours

### Harlow (raw foods friendly!) gf

3632 SE Hawthorne Blvd., 971.255.0138

Large, all-organic menu: scrambles, smoothies, bowls

### King Harvest

1502 Morrison Street, 239.6515

Full coffee bar with its own line of hummus

### Kure Juice Bar (raw foods friendly!) gf

Multiple locations in PDX; check kurejuicebar.com

### Nectar Café gf

1925 NE 42nd Ave, Suite E, 971.302.6359

### Prasad & Prasad East (raw foods friendly!) gf

925 NW Davis St., 224.3993

21 NE 12th Ave (2nd floor of Portland Rock Gym)

### \*\*Proper Eats Market & Café (raw foods friendly) gf

8638 N. Lombard Ave., 445.2007

Full plate dinners, sandwiches. Grocery connected to café.

### Shelly's Garden Burritos (food cart)

Pioneer Square: Broadway & Yamhill, closed Sat.-Sun.

### Tao of Tea

3430 SE Belmont St., 736.0119

Charming restaurant, with their bulk tea shop next door

### The Conquistador Lounge

2045 SE Belmont, 232.3227

Restaurant/bar with tacos, tamales, empanadas, nachos, corn cakes

### The Mighty Bowl (food carts) gf

Vancouver, WA., call for locations, 360.602-BOWL

### Van Hanh

8446 SE Division St., 788.0825; closed Tues.

Reasonably priced Vietnamese cuisine, faux meat options

### Whole Bowl gf, call 757.BOWL

6 locations + bike delivery, thewholebowl.com

### Wolf & Bear's (food carts)

Multiple locations; visit eatwolfandbear.com

Middle Eastern: sabich, falafel, salad, etc., all sauces are vegan

## VEG-FRIENDLY

### Al Amir

223 SW Stark St., 274.0010

### Bamboo Hut

800 NE Tenney Rd., #104, Vancouver, 360.574.1351

### Café Yumm gf: Multiple locations; cafeyum.com

### Casie's Cafe gf Breakfast & lunch; closed Mondays

835 N Main Ave, Gresham. 492-6655

### Chutneys (Indian food) gf, 360.254.7254

3000 SE 164th Ave., Suite #100, Vancouver

### Dar Salam gf

320 SW Alder & 2921 NE Alberta, darsalamportland.com

### Departure Restaurant + Lounge gf

525 SW Morrison St., 802.5370

### Dizzy Castle Indoor Playground gf

11606 NE 66th St., Vancouver; 360. 885.PLAY

Children's indoor playground with full vegan and gluten-free menus

### East Side Delicatessen

Multiple locations; see pdxdeli.com

### Freshii (fast food chain); 360.718.2246

2420 Columbia House Blvd Ste. 100, Vancouver

Customize wraps, bowls, and salads

### Heathen Feral Public House

1109 Washington St., Vancouver; 360.836.5255

Vegan items marked; flexible on substitutions

### Juniors Café gf

1742 SE 12th Ave., 467.4971

### Laughing Planet Café gf

Multiple locations; laughingplanetcafe.com

### Mississippi Pizza Pub & Atlantis Lounge gf

3552 Mississippi Ave., 288.3231

### Nicholas (Middle Eastern food) gf

23 N Main Ave. Gresham, 661.9846

### Paradox Café gf

3439 SE Belmont St., 232.7508

### Sengatera Ethiopian Restaurant

3833 NE MLK Blvd., 288.3787

### Sizzle Pie gf

624 E. Burnside St. & 926 W. Burnside St.

### Taqueria Los Gorditos

Multiple locations; losgorditospdx.com

### Thai House

250 E. Main St., Hillsboro, 747.7880

### Vancouver Pizza 10%

2219 Main St., Vancouver, 360.750.1176

### Ukiyoe Restaurant (sushi & vegan options)

6516 N Denver Ave, 283.8770

### Vita Café 10%

3023 NE Alberta St., 335.8233

### Vivi's Vietnamese Noodle House

1035 NE 25<sup>th</sup> Ave., Hillsboro, 648.2300

## \*\*SHOPPING & SERVICES

### \*\*Armstrong Realty (20% donation to NW VEG)

elaoneirish.com, 360.798.6058, in OR. & WA.

### \*\*Dill Ward Group, Realty (5% non-profit donation)

Dillpdx.com, 278.9697

### \*\*Food Fight! Vegan Grocery

1217 SE Stark St., foodfightgrocery.com. 233.3910

11155 NE Halsey (opening Fall 2016)

Packaged, bulk & frozen foods, organic fresh produce, e-orders

### \*\*Herbivore 10% – on most, excluding sale items

1211 SE Stark St., 281.TOFU, herbivoreclothing.com

Bags, belts, wallets, books, T-shirts, hoodies, art, cookbooks

### \*\*Hidden Oasis CSA Family-owned veganic CSA

360.256.6896, www.localharvest.org/csa/M4895

### \*\*Missionary Chocolates

2712 NE Glisan Street, 503.206.8439,

### \*\*Portland Family Acupuncture

pdxfamilyacupuncture.com

Promoting health for the whole family

### \*\*Portland Couples Counseling Center

282.8496; portlandcouples.com

### \*\*Radiant Body Thermography

radiantbodythermography.com; 775.1812

Medical Diagnostic Imaging Center in NW Portland

### \*\*The Cherokee Rose Inn, B & B

2924 SE Alder St., 477.9443, 10% off lodging for NW VEG

Vegan breakfast, large rooms, quiet area, free wifi, street parking

See more local veg-friendly restaurants at [nwveg.org/restaurants](http://nwveg.org/restaurants);  
please email corrections to this list to [info@nwveg.org](mailto:info@nwveg.org).

# Dec. 2016

## Portland Metro Area

# Veg Restaurant & Resource Guide



## A Northwest VEG project

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



# nwveg

## NWVEG.ORG

[info@nwveg.org](mailto:info@nwveg.org) \* 503.746.8344