

FREE! 1,000+ LISTINGS ONLINE AT VEGDC.COM



VegDC.com

VEGETARIAN GUIDE TO WASHINGTON, DC

VEG-FRIENDLY FARE IN AND AROUND THE NATION'S CAPITAL

UPDATED SPRING 2017



ABOUT US

Compassion Over Killing is a DC-based nonprofit animal protection organization exposing cruelty to farmed animals and promoting vegetarian eating as a way to build a kinder world. **COK.net**.

VegDC.com find, rate, and suggest more listings

TryVeg.com free *Vegetarian Starter Guide*

VegRecipes.org quick and easy meal ideas

DCVegFest.com largest veg celebration in DC, it's free!

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HipCityVeg

THE VEGETARIAN GUIDE

TO WASHINGTON, DC, AND SURROUNDING AREAS



Have you noticed that restaurants everywhere – from fast-food to four-star – are responding to consumer interest by dishing out meat-free meals? This is especially true in the nation's capital and this print Guide is just an appetizer. You'll find our full listing of more than 1,000 veg-friendly dining options online at **VegDC.com**.

Why are growing numbers of people choosing vegetarian food?

For better health. The American Dietetic Association reports that vegetarian eating can help prevent and treat certain ailments, including heart disease, diabetes and obesity.

For the Earth. Raising animals for food is a leading cause of pollution and climate change. The United Nations suggests “a substantial worldwide diet change, away from animal products.”

For the animals. Denied adequate legal protection, birds, pigs, and cows on factory farms are routinely treated in ways that would result in legal prosecution if those same abuses were inflicted upon cats or dogs. By choosing vegetarian foods, we can stand up for animals every time we sit down to eat.

Whatever the reason you're exploring vegetarian eating, we hope you'll find our print and online guides useful and your dining experiences delightful. It's never been easier to enjoy vegetarian cuisine in the nation's capital!

For the animals,

Erica Meier, Executive Director
Compassion Over Killing

P.S. Be sure to visit **VegDC.com** to find and rate more than 1,000 additional listings!

DISTRICT OF COLUMBIA

Amsterdam Falafel Shop 🌱

2425 18th St. NW, DC • 202-234-1969
1830 14th St. NW, DC • 202-232-6200
429 L'Enfant Plaza SW, DC • 202-554-1111
Falafelshop.com

All-vegetarian falafel restaurant offering many vegan toppings. Open late.

Brookland Cafe

3720 12th St. NE, DC • 202-635-6307
TheBrooklandCafe.com

Neighborhood tavern with vegan options.

Busboys and Poets

2021 14th St. NW, DC • 202-387-7638
1025 5th St. NW, DC • 202-789-2227
235 Carroll St. NW, DC • 202-726-0856
625 Monroe St NE, DC • 202-636-7230
BusboysAndPoets.com

Popular cafe and bookstore with clearly-marked vegan options including weekend brunch.

Coppi's Organic Restaurant

3321 Connecticut Ave NW, DC • 202-966-0770
coppisorganic.com

Traditional Italian with three elaborate vegan dishes, and hand crafted cocktails.

Elizabeth's Gone Raw 🌱

1341 L St. NW, DC • 202-347-8349
ElizabethsGoneRaw.com

Raw vegan six-course tasting menu. Fridays only, reservations required.

Equinox Restaurant

818 Connecticut Ave. NW, DC • 202-331-8118
EquinoxRestaurant.com

Gourmet restaurant with vegan tasting menu (request with reservation). Vegan brunch on Sundays.

Evolve 🌱

341 Cedar St. NW, DC • 301-324-6900
EvolveVeganRestaurant.com

Vegan soul food restaurant and bar.

Fare Well 🌱

406 H St N, DC • 202-367-9600
eatfarewell.com

All-vegan diner offering traditional comfort food.

HipCityVeg 🌱

712 7TH ST NW, DC • 202-621-8057
hipcityveg.com

Philly favorite. Vegan fast food hits the spot.

Khepra's Raw Food & Juice Bar 🌱

402 H St NE, DC • 202-803-2063
KheprasRawFoodJuiceBar.com

Raw cuisine, juices, and desserts. A DC staple.

Mellow Mushroom

2436 18th St., NW DC • 202-290-2778
MellowMushroom.com

Offers a vegan menu including vegan cheese for pizza or calzones.



DC VEGFEST

FREE ★ FUN ★ FOOD

DCVegFest.com

Join us Sept. 2, 2017!

NuVegan 🍃

2928 Georgia Ave. NW, DC • 202-232-1700
 nuvegancafe.com
 Vegan soul food, raw food, juices, and Sunday brunch.

Pleasant Pops 🌱

1781 Florida Ave. NW, DC • 202-558-5224
 731 15th St. NW, DC • 202-347-0938
 Mexican-style ice pops and some vegan food. Florida Ave. location offers more extensive menu and a market.

Senbeb Cafe 🍃

6224 3rd St. NW, DC • 202-249-0917
 Vegan soul food, raw food, Sunday brunch.

Simply Banh Mi

1624 Wisconsin Ave NW, DC • 202-333-5726
 simplybanhmi.vpweb.com
 Small, family-owned Vietnamese restaurant with vegan pho, banh mi and bubble teas.

Smoke & Barrel

2471 18th St. NW, DC • 202-319-9353
 SmokeAndBarrelDC.com
 BBQ restaurant and bar with vegan options, including weekend brunch.

Soupergirl 🍃

314 Carroll St. NW, DC • 202-609-7177
 1829 M St. NW, DC • 202-733-4401
 TheSoupergirl.com
 Organic, vegan, kosher soups and salads.

Sticky Fingers Sweets & Eats 🍃

1370 Park Rd. NW, DC • 202-299-9700
 StickyFingersBakery.com
 Award-winning vegan bakery and cafe.

Sticky Rice

1224 H St NE, DC • 202-397-7655
 StickyRiceDC.com
 American/Pan-Asian entrees with veg menu.

Teism

2009 R St. NW, DC • 202-667-3827
 400 8th St. NW, DC • 202-638-6010
 800 Connecticut Ave. NW, DC • 202-835-2233
 Teism.com
 Asian-inspired cuisine with vegan options.

Washington Deli

1990 K St. NW, DC • 202-331-3344
 WashingtonDeli.com
 Menu includes vegan sandwiches, subs, and pizza.

MARYLAND

Busboys and Poets

5331 Baltimore Ave, Hyattsville • 301-779-2787
 BusboysAndPoets.com
 Cafe and bookstore with clearly-marked vegan options including weekend brunch.

Everlasting Life 🍃

9185 Central Ave., Capitol Heights • 301-324-6900 • EverlastingLife.net
 Vegan soul food, raw food, and Sunday brunch.

Glory Doughnuts 🍃

244 E Church St, Frederick • 240-651-3467
 glorydoughnuts.com
 Small cafe dedicated to sustainability offering organic doughnuts, and breakfast served all day.

Great Sage 🍃

5809 Clarksville Sq. Dr., Clarksville
 443-535-9400 • GreatSage.com
 Award-winning restaurant with seasonal, organic menu. Sunday brunch.

Mellow Mushroom

33A Maryland Avenue, Rockville • 301-294-2222
 mellowmushroom.com/store/rockville
 Offers a vegan menu including vegan cheese for pizzas or calzones. Gf crust available.

NuVegan 🍃

8150 Baltimore Ave, College Park • 240-553-7567 • nuvegancafe.com
 Vegan soul food, raw food and, juices.

Sweet & Natural 🍃

4009 34th St., Mt. Rainier • 301-277-9338
 Vegan bakery and cafe, Sunday brunch.

Vegetable Garden 🍃

3830 International Dr., Silver Spring • 301-598-6868
 VegetableGarden.co
 Asian cuisine, organic. Local favorite.

Woodlands 🌱

8046 New Hampshire Ave., Langley Park • 301-434-4202
 WoodlandsRestaurants.com
 All-veg Indian restaurant.

Yuan Fu 🍃

798 Rockville Pike, Rockville • 301-762-5937
 YuanFuVegetarian.com
 Vegan Chinese restaurant.

FOOD TRUCKS

Chatpat Truck 🌱

twitter @ChatPatTruck
 Indian cuisine.

DC Ballers 🌱

202-340-1171 • twitter @DCBallers
 Serving falafel, hummus, salads.

Everlasting Life Food Truck 🍃

301-324-6900 • twitter @ELifeRestaurant
 Vegan soul and raw food.

Healthy Fool

twitter @HealthyFool
 Asian cuisine with veg options.

Saran's Vegetarian Truck 🌱

703-608-3137 • twitter @SaransVegiTruck
 Indian cuisine.

Woodland's Vegan Bistro To Go 🍃

240-593-6668 • twitter @WoodlandsVB
 Vegan soul food.

MOO-VE OVER DAIRY AND BEEF. MEET NELLIE.



After giving birth, dairy cows are separated from their calves and hooked up to machines that take the milk intended for their young. Unwanted calves are often relegated to barren crates so small that they cannot even turn around. After four or five months of misery, they are killed and sold as veal. Nellie was rescued from a life in a veal crate by a kind person who wanted to save her. Now, Nellie is full of life, enjoys spending her time romping around in the grass fields, and gives a big cow lick to anyone who pets her.

Visit TryVeg.com to learn more—and visit Nellie at **Poplar Spring Animal Sanctuary** in Poolesville, MD. (AnimalSanctuary.org).

VIRGINIA

Amsterdam Falafel Shop 🌱

3024 Wilson Blvd., Arlington • 703-243-2110
Falafelshop.com
All-vegetarian falafel restaurant offering many vegan toppings. Open late.

Balaji Cafe 🌱

298 Sunset Park Drive, Herndon • 703-437-1267
balajicafe.com
Vegetarian food from South and North of India. Clearly marked vegan dishes.

Busboys and Poets

4251 S. Campbell Ave., Arlington • 703-379-9756
BusboysAndPoets.com
Popular cafe and bookstore with clearly-marked vegan options including weekend brunch.

Dama Ethiopian

1505 Columbia Pike, Arlington • 703-920-5620
DamaPastry.com
Ethiopian cuisine with veggie meat dishes and vegan dessert.

Galaxy Hut

2711 Wilson Blvd., Arlington • 703-525-8646
GalaxyHut.com
Pub grub, most items on dinner menu can be made vegan.

GreenFare 🍃

408 Elden Street, Herndon • 703-689-0506
greenfare.com
All-vegan organic restaurant and community cafe.

Lotus Vegetarian 🌱

13872 Metrotech Dr., Chantilly • 703-378-6888
LotusVegetarian.com
Mostly Asian-inspired cuisine.

Loving Hut 🍃

2842 Rogers Dr., Falls Church • 703-942-5622
LovingHut.us
Popular Vietnamese-inspired cuisine.

Mellow Mushroom

1030 Elden St, Herndon • 703-707-9300
mellowmushroom.com/store/herndon
Offers a vegan menu including vegan cheese for pizzas or calzones. Gf crust available.

Sunflower Vegetarian 🍃

6304 Leesburg Pike, Falls Church • 703-237-3888
2531 Chain Bridge Rd., Vienna • 703-319-3888
CrystalSunflower.com
Japanese and Thai cuisine. Local favorite.

Thanh Van Restaurant 🍃

6795 Wilson Blvd., Falls Church • 703-639-0901
ThanhVanVeggie.com
All-vegan Vietnamese cuisine.

GIVE THANKS FOR TURKEYS. MEET PERRY.



Turkeys are highly intelligent, social birds. Sadly, on factory farms, they spend their lives inside filthy, overcrowded sheds, never setting a foot outside. Perry escaped this cruel life when he was abandoned in the driveway of Poplar Spring Animal Sanctuary in the middle of the night. Although we don't know who left this young turkey behind on Thanksgiving Day, we do know that he was spared from becoming part of a holiday meal.

Visit TryVeg.com to learn more—and visit Perry at **Poplar Spring Animal Sanctuary** in Poolesville, MD. (AnimalSanctuary.org).



FIND VEG-FRIENDLY OPTIONS EVERYWHERE!

Many restaurants offer vegan meals or can modify dishes to make them vegan upon request. Here are some suggestions and tips on finding delicious vegan options almost anywhere along with a list of vegan-friendly food chains:

ETHNIC CUISINE

Asian Cuisine: Various dishes at Asian restaurants may be vegetarian. Tofu, tempeh, and seitan are commonly used, and you may also find veggie meats. Ask if fish sauce, eggs, and dairy can be omitted.

Ethiopian Food: You'll likely find a vegetarian section on the menu offering hearty dishes made with cabbage, greens, split peas, or lentils. Injera, the staple bread, is traditionally vegan.

Indian/Nepalese Food: Rice, lentils, beans, and various vegetables are common. Ask if there is dairy in the basmati rice or bread.

Mexican Food: You can often enjoy beans, rice, guacamole, salsas, and veggie burritos. Ask if the beans are free of meat/animal fat.

Mediterranean Dishes: Look for hummus, baba ghanoush, falafel, grape leaves (sometimes vegan), tabbouleh, and sandwich wraps.

VEG-FRIENDLY CHAINS

Chipotle • Chipotle.com
Made-to-order burritos and bowls. Tortillas, rice, beans, sofritas (tofu), and guacamole are all vegan.

Chop't • ChoptSalad.com
Vegan-friendly made-to-order salad bar.

Le Pain Quotidien • LePainQuotidien.com
Bistro menu including vegan breakfast items, tofu quiche, soups, and baked goods.

Mellow Mushroom • mellowmushroom.com
National chain specializing in pizza. Vegan cheese and gluten-free crust available.

P.F. Chang's • PFChangs.com
Popular national chain. Asian cuisine with a separate veg menu.

Shophouse • ShophouseKitchen.com
Made-to-order Asian-style bowls. Tofu and other vegan options marked on menu.

Silver Diner • SilverDiner.com
Popular, locally-owned chain with clearly marked vegan options, including soy milk shakes.

Sweetgreen • sweetgreen.com
Vegan-friendly made-to-order salad bar.

Tropical Smoothie Cafe • TropicalSmoothie.com
Substitute any meat in bowls or wraps with Beyond Meat chicken strips.

zpizza • zpizza.com
National chain offering vegan cheese and "beef" crumbles. Vegan gluten-free crust available.

&pizza • andpizza.com
Local chain offers build-your-own pizzas with many vegan toppings including Daiya cheese and veggie beef crumbles.

When in doubt, just ask!

Some burger joints serve veggie burgers and many frozen yogurt shops have non-dairy options. So if you can't find anything vegan on the menu, ask about it – many chefs enjoy creating new meals upon request. You can also call ahead to put a note on your reservation.

TryVeg.com



Looking for more veg-friendly resources?

Visit [TryVeg.com](https://www.tryveg.com) for free recipes, meal ideas, tips, nutrition info, and more!

**Love yourself.
Love the planet.
Love animals.**



COK.net • info@cok.net