

## Restaurants with Vegan Options:

### Nationwide

Burger King  
Carl's Jr.  
Cheesecake Factory  
Chipotle  
Dairy Queen  
Noodles and Co.  
P.F. Chang's  
Red Robin  
Sarpino's  
Taco Bell  
TGI Friday's  
Toppers  
wahlburgers  
White Castle  
Yardhouse

### Twin Cities (\* denotes all-vegan menu)

Agra Culture  
The Buzz Coffee & Cafe  
Coconut Whisk Cafe \*  
Crave  
Everest on Grand  
Francis Burger Joint \*  
Galactic Pizza  
Glam Doll Donuts  
Gorkha Palace  
Hamburguesas El Gordo  
Hark! Café \*  
Herbie Butcher's Fried Chicken \*  
Herbivorous Butcher \*  
the hardtimes cafe  
The Howe  
J. Selby's \*

Midori's Floating World  
Modern Times  
Namaste Cafe  
Parkway Pizza  
Peoples Organic  
Pizza Luce  
Reverie \*  
Soul Bowl  
Spitz  
Stray Dog  
Tilted Tiki  
Tongue in Cheek  
Trio \*  
Vegan East \*  
World Street Kitchen

### 100 % Vegan Brands

Beyond Meat  
daiya  
earth balance  
Field Roast  
Follow Your Heart  
Gardein  
The Herbivorous Butcher  
Impossible Foods  
Miyoko's  
So Delicious  
Tofurky  
Upton's Naturals  
Violife

### Brands With Vegan Options

Amy's  
Annie's  
Boca  
Go Veggie  
Just, Inc.  
Lightlife  
Morning Star Farms  
Primal Kitchen  
Sweet Earth  
Tattooed Chef  
Yves Veggie Cuisine

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# The Beginner's Guide to Plant-Based Shopping



This guide is to help you as you begin your journey into plant-based eating.

Whether you are choosing to go vegan for the animals or a plant-based diet for your health or the environment, getting started can be confusing.

This guide is to help you discover a whole new world of food and flavors that won't disappoint. Ok....some may....but don't let that stop you. There will be plenty more that will ROCK! This guide is not intended to include EVERY vegan food option that is available; we just want to get you started with the basics. Be ready to take some time to explore the grocery stores to find all of the amazing plant-based choices.

Many things that you already eat may be plant-based. Other things that you wouldn't imagine have animal products in it, do. Bread, for example, often has milk in it. The most important thing to do is to read ingredients on **everything**. When a label says "this may contain" or "made in a facility that uses", it is not made with that ingredient; it is an allergen disclaimer.

**Throughout the brochure, the brands will be listed with the following code for stores in which they can be found.**

T=Target WF=Whole Foods C=Cub CO=Co-Ops W= Walmart  
FT=Fresh Thyme TJ=Trader Joe's H=HyVee A=All Grocery Stores

## Ingredients to Avoid

- Beeswax
- Casein or Caseinate is a dairy product
- Confectioner's Glaze on candy. Also listed as Resinous Glaze, Shellac, Natural Glaze, or Pure Food Glaze. This is made from bug secretions.
- Gelatin
- Honey
- L. Cysteine (often found in bread products)
- Whey (often found in bread and sweets)

## Accidentally Vegan:



- Bac O's and McCormick's Bac'n Pieces
- Bisquick
- Campbell's Mushroom Gravy
- Doritos Spicy Sweet Chili-Flavored Tortilla Chips
- Frito's
- Girl Scout Cookies (6 types)
- Hershey's Chocolate Syrup
- Jello Pudding (in the box)
- Oreos
- Pillsbury Crescent Rolls, Pizza Dough and Pie Crust
- Pop Tarts without frosting
- Pringles original
- Potato chips (without cheese or sour cream flavoring)
- Ritz Crackers
- Twizzlers

## Pet Food and Treats



Ami Cat and Dog Foods

Benevo Cat and Dog Foods

Buddy Biscuits Peanut Butter Treats

Halo Wet and Dry Dog Foods

Natural Balance Vegan Formula Wet and Dry Food: Pet Supplies Plus, Petco

V-Dog Wet and Dry Food and Treats

## Ice Cream



**Ben and Jerry's Dairy Free:** T, CO, WF

**Halo Top Vegan:** W, T, WF, C, CO

**Oatly:** T, WF, H, CO

**Rice Dream:** WF, T, CO

**So Delicious:** WF, T, CO,

## Random Food Items:



**Amy's Canned Chili and Vegan Soups (No-Chicken Noodle, Vegetable, etc.):** A

**Pacific Wild Mushroom Gravy:** WF, CO

**Tofurky Holiday Gravy:** WF, CO, FT

**Imagine No-Chicken Broth:** WF, CO

**Edward & Son's Not Beef and Not Chik'n Bouillon:** WF, C

**Upton's Naturals Pad Thai and Thai Spaghetti:** WF, CO

**Vegenaise Tartar Sauce:** WF

**Annie's Organic Cinnamon Rolls (refrigerated):** A

**Worcestershire Sauce (most brands contain anchovies):** Annie's Naturals,

## Meat Replacements



**Impossible Meat:** burgers, sausage, brats, chicken, and more!: T, WF, W, CO

**Beyond Meat:** crumbles, chicken strips, burgers, brats, breakfast sausages and more! T, WF, CO



**Boca Vegan Meats:** W, T, WF, CO

**Field Roast:** hot dogs, chorizo, hamburgers, sausage, etc. T, WF, CO, W, FT,



**Gardein:** fish fillets, meatloaf, chicken strips, chicken fingers, hamburger crumbles, turkey cutlets, chicken sliders, pork bites, etc. They are in the frozen food section: A

**Herbivorous Butcher:** steaks, bacon, hot dogs, sausage, everything you would find at a traditional butcher shop can be found at their NE Mpls store or online.



**LightLife:** ground sausage, hot dogs, etc. T, WF, CO, C, FT, TJ, H

**Morningstar Farms Vegan:** W, T, WF, CO, C

**Sweet Earth:** T, CO,

**Tofurky:** deli meat, pizza, roasts, sausages, hot dogs, etc. FT, WF, T, CO, TJ, H

**Upton's Naturals** has BACON! And many other meat alternative options. T, WF, CO, FT

**Yves Veggie Cuisine:** salami, etc. W, CO



## Butter Alternatives



**Earth Balance:** A

**Violife Plant Butter:** WF, CO, FT

**I Can't Believe It's Not Butter Vegan:** A



**Blue Bonnet Light:** A

**Country Crock Plant Butter:** A

## Milk and Creamers



There are a gajillion options...soy, almond, cashew, flax, rice, oat, pea protein, hemp, etc. All grocery stores have many from which to choose.

## Yogurt



**Kite Hill:** WF, CO, H

**Daiya:** WF, T, W, CO

**Silk:** T, W, WF, CO



**So Delicious:** W, WF, T, CO

**Oui (dairy-free):** E

## Frozen Snacks



**Field Roast Corn Dogs:** WF, W

**Amy's Vegan Margherita Swirls and Pizza Rolls:** CO

**Wholly Veggie! Mozzarella Sticks:** E

**Sweet Earth Vegan Snacks:** T

## Frozen Meals



**Gardein Skillet Meals:** T, W, WF

**Amy's Dairy-Free Meals:** T, WF, CO

**Sweet Earth Vegan Meals:** T

## Frozen Pizza



**Daiya:** FT, WF, C, CO

**Amy's Vegan Pizzas:** FT, WF

**Tattooed Chef:** T, WF

## Snacks



**Sweet Loren's Cookie Dough:** E

**Earth Balance Cheddar Crackers:**  
WF, FT

**Earth Balance White Cheddar  
Popcorn:** WF, FT

**Hippeas:** T, WF, CO, FT, H

**Louisville Vegan Jerky:** FT

**Trader Joe's Vegan Banana Bread:**  
TJ

## Chocolate and Candies



**Go Max Go (all the childhood classics!):** online

**Justin's Dark Chocolate Peanut Butter Cups:** A

**Enjoy Life Chocolate Chips (for baking):** A

**Unreal Vegan Chocolates:** WF

**Cocomels Caramels:** WF

## Mac and Cheese



**Goodles Vegan Is Believin':** E

**Upton's Naturals:** WF, CO

**Annie's Vegan Mac:** WF, CO

**Trader Joe's:** TJ

## Cheese Slices



**Field Roast Chao Cheese:** WF, CO, W

**Follow Your Heart:** WF, FT, CO, T, W

**Miyoko's:** WF, CO

**Violife:** E

## Cheese Shreds



**Violife:** WF, CO

**So Delicious:** WF, FT, CO, H

**Daiya:** T, WF, FT, CO, W, H

**Follow Your Heart:** WF, CO, H

**Trader Joe's:** TJ

## Cheese Spreads or Dips



**Boursin Dairy-Free Garlic and Herbs:** E

**Kite Hill Dips:** FT

**Babybel Plant-Based:** E

**Miyoko's Kitchen:** Miyoko's website or WF

**Herbivorous Butcher:** online or Mpls store

## Ricotta Cheese



**Kite Hill:** WF, CO

## Parmesan Cheese



**Follow Your Heart:** WF, CO, H, FT

**Go Veggie Vegan:** FT, WF

**Violife:** WF

## Cream Cheese



**Kite Hill (regular, chive and jalapeno):** WF, CO, H

**Tofutti:** WF, CO, C, H

**Miyoko's (plain, scallion and unlox):** T

**Daiya:** WF, CO, H

**Follow Your Heart:** WF, CO

## Sour Cream



**Kite Hill Sour Cream:** T, WF, CO

**Kite Hill Cream Cheese** can also be used as an amazing sour cream replacement! The chive cream cheese is just like Top the Tater! C, WF, CO, H

**Tofutti:** C, CO, WF, H

**Follow Your Heart:** WF, CO, H

## Egg Replacements



**Just Egg** (for scrambles & French toast): FT

**VeganEgg** (for scrambles and baking) : WF, CO

**The Neat Egg:** T

**Ener G Egg Replacer:** WF

**Tofu:** Can be used as a scrambled egg replacement and is found in all grocery stores.

**Other alternatives can be found**

**here:** <http://www.peta.org/living/food/egg-replacements/>



## Mayonnaise Alternatives

**Follow Your Heart Vegenaize:** WF, CO, C, H

**Just Mayo:** WF, CO

**Hellman's Vegan Mayo:** T, C

**Sir Kensingtons Classic Fabanaise Vegan Mayo:** WF, CO



## Dressings



**Daiya:** WF, CO

**Just Products:** WF, CO