

Vegan guide to Seoul National University

SNU Global 비지모 - 2019 - Semester 1

SNU Campus

Vegan buffet



- Building 101
- 11:30-13:30 Monday-Friday
- 6,500₩ for SNU students
- Korean food and salad bar

Convenience stores

- ▶ Dried sweet potato and fruit
- ▶ Fresh fruit
- ▶ Soy and almond milk
- ▶ Original Pringles

SNU gift shop - Building 101



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Cafeterias

- ▶ Jahayeon Cafeteria (Building.H-109) - Mixed vegetable rice dish (곤드레영양밥)
- ▶ Cafeteria No.1 (Building.C-63, Student Center) - Vegetable love (채사랑) menu is sometimes there with vegan curry or bibimbap
- ▶ Doorae-Midam Restaurants (Building.D-75-1) - Spring herbs bibimbap (봄나물 비빔밥)

Cafes

- ▶ Eyagi/이야기 (Building 72) - Soy milk option
- ▶ Student center snack lounge (Building 63) - Maeil soy milk
- ▶ Korean tea house/다향만당 (Building 67) - Herbal tea, pumpkin and red bean rice porridge, rice cakes (ask for no honey) and nut snack bar
- ▶ Other cafes - Fresh fruit smoothies (check if they contain milk) and tea, some powders may be non-vegan

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Restaurants

- ▶ Sabeomdae The Lab (Building 12) - Kimchi cup rice
- ▶ Tenkaipin (Building 137-2) - Vegetable curry (May contain animal oils and flavorings)
- ▶ Lounge 5 (Building 113) - Aglio Olio pasta (May contain animal oils and flavorings)
- ▶ Blue elephant (Building 16-1) - Ddeokbokki (spicy rice cakes) (May contain animal oils and flavorings)
- ▶ Hyu Kimbap (Building 62-1) - Can request for vegan Jjolmyeon, Bibimbap, Rice balls and Kimbap
- ▶ Dormitory Olive green (Building 900) - Can request for vegan Kimbap, Noodles and Bibimbap
- ▶ Dormitory Sandwiches - If you ask for a veggie sandwich with no cheese it is vegan
- ▶ Paris baguette (Building 62-1) - Baguette and Whole grain bread

Nearby - SNU station

- More delicious than I thought (생각보다 맛있는 집) - Red bean stew (팥 칼국수) and Cold bean stew (콩국수) are vegan
- Hyangwon kalguksu (향원 칼국수) - Perilla stew (들깨 칼국수) and the Kimchi is vegan
- Mum's homemade Kalguksu (엄마 손 칼국수) - If you ask for the Cold bean stew (콩국수) without egg it is vegan
- Eomae Kalguksu (어매 칼국수) Seoritae bean stew (서리태 콩국수) is vegan
- Madam Bong Bong (마담봉봉) - Bar snacks, vegan options
- Rahwakoongbu (라화궁부) - Hotpot, vegan options



Nearby - SNU station continued

- Sweet balance - Salad, vegan options
- Dos tacos - Mexican food, vegan options
- Wonderaw - Bakery and Kombucha, vegan and gluten free
- Rahwakoongbu (라화쿵부) - Hotpot, vegan options
- Tous les Jours - Berry berry healthy bread (베리베리 건강 브레드), Whole grain fig bread (통밀 무화과 브레드), Light corn bread (담백한 옥수수 브레드), Walnut baguette (호두 바게트), Chewy rice doughnut (쫄깃한 찹쌀도넛)
- Subway - Order the Veggie sandwich without cheese
- Starbucks - Soy milk option, bagel and focaccia are vegan
- Angel in us coffee - Soy milk option
- Coffee bean - Soy milk option



Nearby - Nakseongdae

- Chainadang (차이나당) - Good for group drinks, Aubergines/Eggplant (Eohyanggaji) without oyster sauce, fried mushrooms (버섯튀김), Stir fried potato (지삼선), Mapa tofu without meat (마파두부), Japchae glass noodles (잡채) and stir fried tofu noodles (포두부 볶음)
- Doomangang SyabeuSyabeu (두만강 샤브샤브) -
- Bonjook Bibimbap and Café (본죽 비빔밥 & 카페) - Vegan bibimbap options



Nearby - Nokdu

- Memiljaengi (메밀쟁이) - Korean health food, vegan options
- Gangreunghyeongjejang kalguksu (강릉형제장 칼국수) - By adding vegetables and removing egg there are vegan options
- Gachi Café (가치 카페) - Soy milk option
- Coffee Dream (커피드림) - Soy milk option
- Ganesha Indian curry restaurant (가네샤 인도 커리 레스토랑) - Vegan options
- Tandoorika Indian curry restaurant (탄두리카 인도 커리 레스토랑) - Vegan options



Seoul's Vegan hotspots

- Hongdae/Hapjeong
 - Café sukkara
 - The Bread Blue
 - Yamiyomil
 - Cook & Book
 - The Raw by twins
- Itaewon
 - Plant café & kitchen
 - Huggers
 - Vegetus
- Gangnam
 - March Rabbit
 - Chickpeace
- Jongno
 - Oseggyehyang
- Sadang
 - Nammi plant lab
- And many more!



Grocery shopping

- Supermarkets
 - Fresh vegetables and especially fruit can be expensive
 - Buy Korean produce in season for the cheapest options
 - Check labels! Finding Vegan bread, pasta sauce, etc can be much more difficult than in other countries
- Vegan Space in Itaewon
 - Seoul's only Vegan supermarket
 - Products from all over the world
- Markets
 - Cheaper than supermarkets
 - May only accept cash
 - There is a market next to the post office in-between SNU and Nakseongdae subway stations
- Coupang
 - Online shopping site
 - Search and order vegan food products and have them delivered

Online information

- Happy Cow website and app - www.happycow.net
- 채식한끼/Green Feed app, English translations are sometimes strange but still very useful
- 비지모 Facebook page - <https://www.facebook.com/veganismsnu/>
- Vegan Korea Facebook group - <https://www.facebook.com/chaesik/>
- Use Instagram to find recommendations!



Learning Korean

- Learning basic vocabulary and grammar can help when ordering food and reading labels!
- Seoul National University
 - ISF - Free Korean evening classes
 - SNU Language Education Institute - Paid Korean classes
 - Korean classes from beginner to advanced, you can register the same as other classes at the university
- Online self-study
 - Talk to me in Korean - www.talktomeinkorean.com
 - Duolingo - www.duolingo.com/course/ko/en/Learn-Korean-Online
 - How to study Korean - www.howtostudykorean.com/