

Portland Area VEGETARIAN RESTAURANT Guide



VEGAN

Blossoming Lotus

Organic sandwiches, soup, sushi, etc.
925 NW Davis Street
(Inside Yoga in the Pearl)
(503) 228-0048 • blpdx.com

Bye and Bye

Bar w/ sandwiches
1011 NE Alberta Street
(503) 281-0537

Food Fight!

An all vegan grocery store,
also sells vegan cat & dog food
1217 SE Stark Street
(503) 233-3910
foodfightgrocery.com

"The question is not, Can they reason? Nor, Can they talk? But, Can they suffer?"
~ Jeremy Bentham

Nhut Quang

Vietnamese
3438 NE 82nd Avenue
(503) 775-7900

Nutshell

International, raw options
3808 N Williams Avenue
(503) 292-2627 • nutshellpdx.com

Proper Eats

Affordable local & organic meals
8638 N Lombard Avenue
(503) 445-2007
propereats.tripod.com

Red & Black Café

Fair trade coffee, craft brews, wifi
400 SE 12th Avenue
(503) 231-3899
redandblackcafe.com

Sweet Pea Baking Company

Vegan baked goods, breakfast & lunch
1205 SE Stark Street
(503) 477-5916
sweetpeabaking.com

Veganopolis Cafeteria

Vegan cafeteria, some raw options
412 SW 4th Avenue
(503) 226-3400
veganopolis.com

Veggielicious [food cart]

Mock meat & egg sandwiches
3315 SE Hawthorne Blvd.

VEGETARIAN

Backspace

Sandwiches, salads, soup, free wifi
115 NW 5th Avenue
(503) 248 2900 • backspace.biz

Bay Leaf

Thai fusion cuisine
4768 SE Division Street
(503) 232-7058

Blue Moose Café

Veg breakfast, soups, sandwiches
4936 NE Fremont Street
(503) 548-4475

Chaos Café

Breakfast all day, soups, salads, sandwiches
2620 SE Powell Blvd.
(503) 546-8112

Dreamer's Café [food cart]

Faux meat sandwiches, falafel, wraps
SW 5th Ave. between Stark & Oak

Food for Thought Café

Local, organic, fair trade
PSU Smith Memorial Union 026
(Basement)
(503) 725-2970 • upa.pdx.edu/SP

Garden Café

7th Day Adventist Veg Med Center
10123 SE Market Street (Ground floor)
(503) 251-6125

Honkin' Huge Burritos [food cart]

Bean burrito food cart
SW Broadway & Yamhill
honkinhuge.com

India 4 U

Indian grocery & café
2649 SE Belmont Street
(503) 239-8000

India Chaat House [food cart]

Vegetarian Indian food cart
804 SW 12th Avenue
(503) 241-7944

Kalga Kafe

Organic international cuisine
4147 SE Division Street
(503) 236-4770

Milky Way Tea & Pastry

Coffee shop w/ mock meat sandwiches
9895 SE Sunnyside Road
(503) 652-7875

Opposable Thumb Gallery & Café

Coffee shop with vegan soft serve
3312 SE Belmont Street
(503) 235-0146

People's Food Co-Op

Natural foods store
3029 SE 21st Avenue
(503) 232-9051 • peoples.coop

Someday Lounge

Bar and music venue
125 NW 5th Avenue
(503) 248-1030 • somedaylounge.com

Sweet Lemon Vegetarian Bistro

Wraps, salads, soups, noodle dishes
4888 NW Bethany Blvd.
(503) 617-1419
sweetlemonvegiebistro.com

The Tao of Tea

Organic Indian, Thai, & Intl.
3430 Belmont Street
(503) 736-0198 • taooftea.com

Van Hahn

Vietnamese
8446 SE Division Street
(503) 788-0825

Vege Thai

Vegetarian Thai
3274 SE Hawthorne
(503) 234-2171

Vegetarian House

Mostly vegan Chinese w/ fake meats
Lunch buffet weekdays 11am-2:30pm
22 NW 4th Avenue • (503) 274-0160

Veggie Express [food cart]

Thai & Chinese food cart
SW Alder and 9th Street
(503) 957-8910

The Whole Bowl [food cart]

Beans and rice bowls
SW Alder and 9th Street

VEG. FRIENDLY

Bella Faccia Pizzeria

Offers a vegan pizza
2934 NE Alberta Street
(503) 282-0600 • bellafacciapizzeria.com

Chen's Dynasty

*Must request vegetarian menu
4840 NW Bethany Blvd.
(503) 439-8898

Cup & Saucer Café [2 locations]

Many vegan options
3566 SE Hawthorne Blvd, (503) 236-6001
3000 NE Killingsworth St, (503) 287-4427

Iron Horse Restaurant

Southwest & Mexican, vegan options
6034 SE Milwaukie Avenue
(503) 232-1826 • portlandironhorse.com

Laughing Planet Café [4 locations]

Vegan soups
3320 SE Belmont Street, (503) 235-6472
922 NW 21st Avenue, (503) 445-1319
3765 North Mississippi St, (503) 467-4146
4110 SE Woodstock Blvd., (503) 788-2921
laughingplanetcafe.com

Old Wives' Tales

Veggie breakfast menu, vegan options
1300 East Burnside • (503) 238-0470

Paradox Café

Mostly veggie, vegan-friendly
3439 SE Belmont Street
(503) 232-7508
paradoxorganiccafe.com

Vita Café

Ethnic meals, vegan comfort food
3024 NE Alberta Street
(503) 335-8233

Voodoo Doughnuts

Offers vegan doughnuts
22 SW 3rd Avenue
(503) 241-4704 • voodoo doughnut.com

* All locations in Portland unless otherwise noted

* Revised April 2008 *



PO Box 45843, Seattle, WA 98145
www.afa-online.org - (206) 227-5752
Online Store: www.AFAstore.com

EGGS

95% of eggs come from hens imprisoned in “battery cages.” Usually between 4 and 11 birds live cramped in a wire cage the size of a folded newspaper – even though each bird has a wingspan of 32 inches. These cages are tiered, so feces and urine fall onto the animals below. Chickens’ feet often grow around the slanted wire floors of their cages because the birds are packed so tightly together they cannot even move.

Almost all egg-laying hens, even “free-range” birds, have their beaks cut off to prevent cannibalism and injury from stress-induced fighting. The birds are also “force molted” – their food and water are removed for up to 2 weeks to shock their bodies into another egg-laying cycle.

Hens are killed when they can no longer produce eggs profitably. Baby chicks are hatched to replace them. When the babies are males, and thus unable to lay eggs, they are killed at only a few days of age. Approximately 280 million male baby chicks are killed every year by egg industry hatcheries.

Unless your eggs come from companion chickens that freely run around your yard, you are supporting intense animal cruelty every time you buy or eat an egg – about 26 hours of caged cruelty per egg, to be exact. Consuming eggs, even “free-range” eggs, supports de-beaking, forced molting, killing of baby male chicks, cruel transport, and eventual slaughter of the laying hens.

DAIRY

Most cows used for dairy live the majority of their lives in concrete stalls and attached to automated milking machines that pump them for milk three times a day.

Cows are repeatedly impregnated to make them produce the maximum amount of milk. Once a year, they are either “serviced” by a bull or artificially inseminated on what the dairy industry commonly refers to as a “rape rack.” Their calves, if male, are usually sent to live in a veal crate. Female calves are either raised to replace their moms or are sent to be raised for veal. Without the supply of calves from the dairy industry, the veal industry would not thrive.

After 4 - 6 pregnancies and 4 - 6 years of milk production, dairy cows are sent to slaughter. Healthy cows live 20 - 25 years. 10% of cows are so sick after 4 - 6 years of commercial milk production that they cannot even walk. These “downers” are literally dragged or pushed into slaughterhouses by forklifts.

MEAT

Every year in the USA, over 10 billion land animals and billions more aquatic animals are slaughtered. An additional one billion land animals die every year from stress-induced disease or injury before slaughter. The average non-vegan will eat about 40 land animals and about 55 aquatic animals every year.

Fish often experience decompression when caught. Their eyes can pop out of their heads and their stomachs can be pushed out through their mouths. Fish have developed nervous systems, like humans and other land animals, and suffer when they are hooked or netted and forced to die of suffocation when pulled from the water.

Fishing is raping our world’s oceans – killing not only fish, but other life as well. Shrimp trawling has devastated sea turtle populations worldwide.

Industrial fishing results in enormous “by-catch” – non-target animals caught (and usually killed), but tossed overboard and not counted in a ship’s quota. By-catch can range from 50% of the catch in long-line fishing to as high as 90% of the catch in drift netting.

90% of all land animals killed for meat are chickens. Cutting out red meat but increasing chicken and fish consumption will only increase animal suffering.

Chickens killed for meat suffer the same painful de-beaking as egg-laying hens, but they usually are not in battery cages – they must live in filthy, crowded sheds sometimes with as many as 100,000 birds (similar to the conditions “free-range” hens live in). Chickens cannot establish a pecking order among about 120 birds, so the crowding and stress leads to constant fighting, causing injury and often death.

Most pigs are raised in factory farms. They live their lives in crates, often stacked on top of one another. When they are piglets, their tails are cut off to avoid tail-biting due to boredom and stress. They also have their teeth pulled out or ground off to reduce loss from fighting caused by stress. Males are also castrated without anesthesia when they are babies to make them less aggressive.

Mother pigs live the majority of their 5 year lives in “gestation crates.” They give birth and nurse their young on grated steel floors – literally turned into baby-making machines.

Pigs often develop pneumonia from living in their own waste. The ammonia from their urine burns their sensitive noses and causes many piglets to die.

All land animals used for eggs, dairy, and meat are transported to slaughter when they are no longer profitable or when they reach slaughter weight. The animals are often forced to travel for several days without food or water and are usually exposed to the elements. Animals in the middle of the transport truck can die from suffocation while animals on the outside can freeze to death, and sometimes even freeze to the steel sides of the truck, in the winter.

Most animals are slaughtered on an assembly line – with little attention given to each suffering individual. Chickens and turkeys have their legs forced into shackles before their necks are funneled between two whirling blades. If their necks miss the blades, as often happens, they are scalded to death in feather removal tanks. Pigs and sheep are usually shackled and hoisted by one leg. As the kill line moves, they are first stuck in the chest or throat with a knife, then they have their limbs cut off, and finally their skin is ripped from their bodies. They are sometimes still alive when this happens.

SOME ALTERNATIVES

Try Ener-G Egg Replacer in cooking and Fantastic Foods Tofu Scramble instead of scrambled eggs. There are many vegan ice cream, milk, and meat substitutes that are comparable in price and taste great! Try Boca Burgers, Yves and Lightlife Veggie Dogs and Cold Cuts, Soy Delicious and Tofutti “ice cream”, Imagine Foods’ Rice Dream moon pies and vegan pudding, Silk Soy Milk, and even Veganaise! Visit Trader Joe’s, Whole Foods, Puget Consumers Co-Op, Madison Market, Nature’s, or other natural foods stores. Most supermarkets now have natural foods sections or at least carry soy milk, fake meats, etc.

FREE VEGAN STARTER PACK!

Visit www.VeganStarterPack.com to request a free Vegan Starter Pack full of recipes, health and nutrition info, animal agriculture and environmental statistics, and even some free stickers! You can also request a free DVD/CD-ROM containing *Meet Your Meat* – a powerful and compelling documentary – as well as several fact sheets, recipes, and books in Adobe PDF format. It also has several other undercover videos and the audio lecture *Veganism in a Nutshell*.