

# Seattle Area VEGETARIAN RESTAURANT Guide



## VEGAN STORES & RESTAURANTS

### Araya's Vegetarian Place

*Vegan Thai cuisine*  
Buffet until 3:30pm daily  
1121 NE 45th Street, Seattle (UD)  
(206) 524-4332

### Bamboo Garden

*Chinese, excellent faux meat dishes*  
364 Roy Street, Seattle (QA South)  
(206) 282-6616  
www.bamboogarden.net

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

### The Café (run by Hillside Quickie)

*Gourmet deli & vegan sandwiches*  
324 15<sup>th</sup> Avenue E, Seattle (CH)  
(206) 325-6429

### Chaco Canyon Café

*Organic raw foods & juices*  
(Corner of) 50<sup>th</sup> & 12th, Seattle (UD)  
(206) 5-CANYON

### Dalene's

*Raw, organic - dining, catering, classes.*  
340 Parkplace Center, Kirkland, WA  
425-739-7386 • www.dalenes.com

### Flowers Bar & Restaurant

*Vegan lunch buffet 11-4pm*  
*Otherwise not vegetarian*  
4247 University Way NE, Seattle (UD)  
(206) 633-1903

### Flying Apron Bakery

3510 Fremont Ave North (Fremont)  
(206) 442-1115  
www.flyingapron.net

### Hillside Quickie

*Organic Jamaican sandwich shop;*  
*seitan, tempeh, tofu, etc.*  
4106 Brooklyn Ave NE, Seattle (UD)  
(206) 632-3037  
www.hillsidequickie.com

### Mighty-O Café

*Vegan donuts, coffee & more*  
2110 N 55th Street, Seattle (WF)  
(206) 547-0335 • www.mightyo.com

### Pizza Pi

*Vegan pizza, calzones, & salads*  
5-10pm Tues-Fri, 11am-10pm Sat & Sun  
5500 University Way NE, Seattle (UD)  
(206) 343-1415 (closed Mondays)  
www.pizza-pi.net

### Sidecar for Pigs Peace

*Unique vegan groceries, vegan cat & dog food, vegan shoes, accessories & more!*  
5270-B University Way NE, Seattle (UD)  
(206) 523-9060 (closed Mondays)  
www.sidecarforpigspeace.com

### Squid & Ink

*Eclectic food, wine & beer*  
1128 S. Albro Place, Seattle (Georgetown)  
(206) 763-2696  
www.myspace.com/squid\_and\_ink

### Teapot Vegetarian House

*Asian, faux meat dishes*  
345 - 15<sup>th</sup> Avenue E, Seattle (CH)  
(206) 325-1010  
&  
15230 NE 24<sup>th</sup> St, Redmond, WA  
(425) 373-1888  
www.teapotvegetarianhouse.com

### Quickie Too

*Organic Jamaican sandwich shop;*  
*seitan, tempeh, tofu, etc.*  
1324 MLK Way, Tacoma, WA  
(253) 572-4549

### Vegan Garden

*Vietnamese cuisine, fake meats*  
1228 S Jackson St, Seattle (ID)  
(206) 726-8669

### The Wayward Cafe

*Home style cookin', yummy desserts*  
*Tues-Sun 9am-6pm (closed Mondays)*  
901 NE 55th Street, Seattle (UD)  
(206) 524-0204

## VEGETARIAN RESTAURANTS

### Bastyr Univ. Cafeteria (Open to the public)

*Soups, entrees, desserts, & more*  
14500 Juanita Dr NE, Kenmore, WA  
(425) 823-1300

### Café Flora

*Int'l gourmet cuisine*  
2901 E Madison, Seattle (CH / Madison)  
(206) 325-9100 • www.cafeflora.com

### Café Happy

*Asian, faux meats*  
102 Kirkland Avenue, Kirkland, WA  
(425) 822-9696

### Carmelita

*Savory vegetarian fare*  
7314 Greenwood Ave N, Seattle (GW)  
(206) 706-7703  
www.carmelita.net

### Cyber-Dogs

*Veggie dogs, espresso, internet access*  
909 Pike Street, Seattle (DT)  
(206) 405-DOGS  
www.cyber-dogs.com

### Emmy's VegeHouse

*Vietnamese*  
100 Winslow Way, Bainbridge Island, WA  
(206) 855-2996

### Georgetown Liquor Company

*Full bar, all veg & vegan menu, 21+*  
5501-B Airport Way South, Seattle  
206-763-6764  
www.georgetownliquorco.com

### Greenline Organic Health

*Organic groceries, herbs, & juice bar*  
12653 NE 85th Street, Kirkland, WA  
(425) 828-9799  
www.greenlineorganic.com

### In the Bowl

*Asian, fake meats, soups, & more*  
1554 E Olive Way, Seattle (CH)  
206-568-2343

### Jhanjay

*Veggie Thai, mostly vegan*  
1718 N. 45th Street, Seattle (WF)  
(206) 632-1484  
www.jhanjay.com

### Lakeshore Veggie House

*Chinese vegetarian cuisine*  
15 Lake St, #103, Kirkland, WA  
(425) 889-2850

### Lucky Café

*Asian, faux meats*  
12069 124th Ave NE, Kirkland, WA  
(425) 820-8108

### Lucky Palate

*Home meal delivery only, 90% vegan*  
(206) 352-2583  
www.luckypalate.com

### The Monkey Tree

*Soup, sandwiches, pizza, salad*  
17817 Vashon Hwy, Vashon, WA  
(206) 463-4635

### My Sweet Lord's Café

*Hare Krishna - free food, donation only*  
5521 University Way NE, Seattle (UD)  
Open Tues - Sat, 6:30pm - 9:30pm only

### Mysore Masala

*Cuisine of India, 90% vegan*  
16650 Redmond Way, Redmond, WA  
(425) 558-7858

### Pabla

*Vegetarian Indian*  
364 Renton Center Way SW  
Renton, WA  
(425) 228-4625  
&  
1420 NW Gilman Blvd #N3  
Issaquah, WA  
(425) 392-4725  
www.pablacuisine.com

### Patty Pan Grill

*Mexican & more, good prices*  
5402 20th Ave NW, Seattle (Ballard)  
(206) 782-1558

### Preet's Casual Indian Dining

*Healthy, authentic Northern Indian*  
8440 160th Avenue NE, Redmond, WA  
(425) 867-9400  
www.preets.com

### Punjab Sweets

*Authentic Indian meals*  
23617-C 104th Ave SE, Kent, WA  
(253) 859-3236  
www.punjabsweetsonline.com

### Shire Café

*Sandwiches, pizza, smoothies, coffee*  
117 E Division St, Arlington, WA  
(360) 403-9020

### Silence-Heart-Nest

*Breakfast, lunch & dinner, some vegan*  
3508 Fremont Place N, Seattle (Fremont)  
(206) 633-5169  
www.silenceheartnest.com

**Request Your Free  
Vegan Starter Pack at:  
www.VeganStarterPack.com**

### Sunlight Café

*"Meat & potatoes" veggie restaurant*  
6403 Roosevelt NE, Seattle (UD)  
(206) 522-9060

### Udupi Palace

*Vegetarian Indian cuisine*  
15600 NE 8<sup>th</sup> St Suite 9, Bellevue, WA  
(425) 649-0355

### Vegetarian Bistro

*Asian, faux meat, & more*  
668 S King Street, Seattle (ID)  
(206) 624-8899

### Wayward Coffeehouse

*Vegan pastries, fair trade coffee*  
8570 Greenwood Ave N, Seattle (GW)  
www.waywardcoffee.com

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**"Take sides. Neutrality helps the oppressor,  
never the victim. Silence encourages the  
tormentor, never the tormented."**

~ Elie Wiesel



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

(UD) = University District  
(CH) = Capitol Hill  
(DT) = Downtown Seattle  
(QA) = Queen Anne  
(ID) = Int'l District (South of Downtown)  
(GW) = Greenwood  
(WF) = Wallingford