



WELCOME TO THE VEGETARIAN GUIDE TO AUSTIN



Vegetarian eating is on the rise nationwide—and Austin is helping lead the way. Home to a variety of eclectic restaurants, cafés, bars, and food trucks, Austin is catering to the increasing demand for healthier and more humane foods.

Choosing meat-free foods protects our health, the planet, and animals—so whatever your reason for exploring vegetarian eating, we hope you'll find this *Vegetarian Guide to Austin* useful and your dining experiences memorable. It's never been easier or more delicious to savor vegetarian cuisine in the state's capital!

Be sure to visit **VegAustin.com**—named "Best of Austin 2011"—for our extended list of veg-friendly eateries, monthly features, events, news, and more.

ABOUT US



Working to end animal abuse since 1995, COK exposes cruelty to animals in agriculture and promotes vegetarian eating as a way to build a kinder world for us all. Visit us online at **COK.net**.



Red Rabbit Cooperative Bakery

512-537-8546 • RedRabbitBakery.com
This **all-vegan** bakery specializes in a wide variety of donuts for special order, free delivery, and purchase at a number of local farmers markets.

SugarMama's Bakeshop

1905 S. 1st St., Austin • 512-448-3727
SugarMamasBakeshop.com
Offers a variety of vegan options that rotate daily. Vegan cupcake flavors include dreamsicle, cookies n' cream, peppermint patty, and more.

GROCERS

Farm to Market

1718 S. Congress Ave., Austin
512-462-7220 • FM1718.com
Local vegetarian-friendly grocery store offering a few prepared vegan items.

Gandhi Bazar

2121 W. Parmer Ln., Austin
512-837-9701 • GandhiBazar.com
All-vegetarian grocery store offering Indian, British, Middle Eastern, and East Asian products. *Two other locations in Austin.*

Natural Grocers

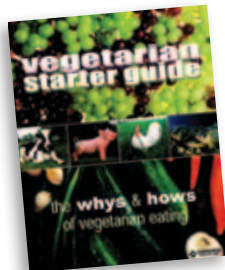
3901 Guadalupe St., Austin
512-323-5100 • NaturalGrocers.com
Vegan-friendly natural and organic market chain. *Three locations in Austin.*

Wheatsville Co-op

3101 Guadalupe St., Austin
512-478-2667 • Wheatsville.coop
Co-op offering delicious vegan deli options, including popcorn tofu and mac n' cheese. Also offers vegan baked goods.

Discover these online vegetarian resources:

- ATXVeganDrinks.com
- AustinVeganDrinks.com
- VegDC.com
- VegBaltimore.com
- VegRecipes.org
- TryVeg.com
- COK.net



Visit **TryVeg.com** to request your **free Vegetarian Starter Guide**.



P.O. Box 9773 • Washington, DC 20016 • cok.net
info@cok.net • T: 301-891-2458 • F: 301-891-6815



FREE!

VEGETARIAN GUIDE TO AUSTIN

Plus more online at **VegAustin.com**



CENTRAL AUSTIN

Biscuits + Groovy

E. 51st St. and Duval St., Austin
512-804-8285 • IWantBiscuits.com
Vegan-friendly food stand in Hyde Park. Nearly every item on the menu can be made vegan with soy-chorizo, -bacon, -cheese; tofu scramble; and more.

Daily Juice

4500 Duval St., Austin
512-380-9046 • DailyJuice.org
With a Hyde Park location and two more opening soon, they offer mostly organic raw-snacks, juices, smoothies, and desserts. Inside is **Sweet Ritual**, a vintage-themed vegan ice cream parlor.

Kerbey Lane Café

3704 Kerbey Ln., Austin
512-451-1436 • KerbeyLaneCafe.com
Ask for the vegan menu or look for the specialty vegan pancakes on the 24-hr menu. *Five locations throughout Austin.*

Maoz Vegetarian

4601 N. Lamar Blvd., Austin
512-323-2259 • MaozUSA.com
All-vegetarian international fast-food falafel chain offering stuffed pitas, salads, belgian fries, and vegan rice pudding.

Mother's Café & Garden

4215 Duval St., Austin • 512-451-3994
MothersCafeAustin.com
All-vegetarian restaurant serving south-western fare in a cozy atmosphere. Check out their weekend brunch.

The Parlor

4301 B. Guadalupe St., Austin
512-323-0440 • TheParlorAustin.com
A music venue/pizzeria with lots of vegan combos. You can find Vegan French Bread Pizza and local microbrews on tap.

Zen

3423 Guadalupe St.
512-300-2633 • EatZen.com
Fast-food Japanese restaurant offering a selection of tofu and/or veggies with “build your own bowl” option. Also serves vegetarian sushi and entrées. *Three other locations.*

DOWNTOWN

Beets Café

1161 W. 5th St. #165, Austin
512-477-2338 • BeetsCafe.com
Upscale **all-vegan**, raw, and living-foods café that prepares a selection of creative, gluten-free fare.

Hoboken Pie

718 Red River, Austin
512-477-4256 • HobokenPie.com
Specialty pizzeria that offers Daiya cheese, tofu ricotta, and unique toppings like anjou pears and mission figs.

Hot Dog King

Red River St. and E. 8th St., Austin
512-626-1877 • HotDogKingOfAustin.com
Grab a savory Tofurky Italian sausage or a bratwurst and top it off with the usual fixings.

Hut's

807 W. 6th St., Austin
512-472-069 • HutsFrankAndAngies.com
All burgers can be made with vegan patties. Check out the 2-for-1 veggie burger special on Mondays.

EAST AUSTIN

Arlo's Truck

1500 E. 6th St., Austin
512-628-0608 • ArlosTruck.com
All-vegan food truck serves fresh, local ingredients in the form of comfort-food favorites, like the Bac'n Cheeze Burger. Look for them across from The Brixton.

Cheer Up Charlie's

1104 E. 6th St., Austin • 512-431-2133
This friendly bar and party space offers beer, wine, sake, local kombucha on tap, coconut drinks, and vegan chocolates.

Cherrywood Coffeehouse

1400 E. 38th ½ St., Austin • 512-538-1991
CherrywoodCoffeehouse.com
Neighborhood café offering vegan breakfast tacos (specify no egg), salads and sandwiches. Beer and wine available.

Eastside Café

2113 Manor Rd., Austin
512-476-5858 • EastSideCafeAustin.com
Cafe-in-house with its own kitchen garden and a separate vegan menu that highlights their garden-grown veggies.

Karibu

1209 E. 7th St., Austin • 512-320-5454
EthiopianRestaurantAustin.com
Ethiopian restaurant with three different veg platters; each has six traditional stews in flavorful sauces.

Me So Hungry

1104 E. 6th St., Austin
512-796-0804 • MeSoHungry.com
Asian fusion food truck (behind Cheer Up Charlie's) serving affordable noodle bowls, sandwiches, rolls, and salads.

Mr. Natural

1901 E. Cesar Chavez St., Austin
512-477-5228 • MrNatural-Austin.com
All-vegetarian Mexican restaurant, bakery, and health-food store offering breakfast, lunch, and dinner—as well as a popular hot bar. Most dishes are or can be made vegan. *New location on S. Lamar Blvd.*

The Vegan Yacht

1001 E. 6th St., Austin
512-619-7989 • TheVeganYacht.com
All-vegan food cart serving mostly organic favorites such as the TLT, garden chalupe, and “The Slamwich.”

NORTH AUSTIN

Bombay Express

13000 N. I-35, Austin
512-491-5055 • BombayExpressAustin.com
All-vegetarian Indian restaurant that also offers a large selection of snacks and street food. Vegan items clearly marked.

Curry in Hurry

2121 W. Parmer Ln. #114, Austin
512-821-0000 • CurryinHurryAustin.com
All-vegetarian Indian restaurant with a rotating menu, vegan options marked. Every curry is made fresh daily.

Fire Bowl Café

9828 Great Hills Trail #100, Austin
512-795-8998 • FireBowlCafe.com
Asian restaurant with a ‘Stir Fry Your Way’ section, allowing for many vegan choices. The menu also denotes which meals can be vegetarian if ordered with tofu.

Madras Pavilion

9025 Research Blvd. #100, Austin
512-719-5575 • MadrasPavilion.us
An **all-vegetarian** indian restaurant chain expanding throughout Texas, offering a fabulous lunch buffet and dinner menu.

Promise Pizza

10225 Research Blvd. #110, Austin
512-345-7492 • PromisePizza.com
This mostly organic pizzeria offers Daiya cheese and lots of veggie toppings. *Second location in Round Rock.*

Titaya's Thai Cuisine

5501 N. Lamar Blvd. #C101, Austin
512-458-1792 • TitayasThaiCuisine.com
Thai restaurant offering a variety of vegetarian and vegan options.

The Steeping Room

11410 Century Oaks Terrace, Ste. 112, Austin
512-97-STEOP • TheSteepingRoom.com
Contemporary tea shop with a large selection of vegan food. Come in for the Vegan Chai French Toast.

Swad

9595 N. Lamar Blvd. #156, Austin
512-997-7923 • VegeSwad.com
Popular **all-vegetarian** Indian restaurant. Try the delicious Thali Special or a South Indian Dosa.

SOUTH AUSTIN

Bananarchy

700 S. Lamar St., Austin • Bananarchy.net
This **all-vegetarian** seasonal food cart specializes in dipped bananas. Vegan options include chocolate or peanut butter sauces with a variety of toppings, including nuts, Oreos, coconut, cinnamon, and coffee.

Bouldin Creek Coffeehouse

1900 S. First St., Austin
512-416-1601 • BouldinCreek.com
All-vegetarian coffeehouse and café offering a variety of vegan breakfast plates, tacos, and sandwiches. The scrambled tofu is a local favorite.

Casa de Luz

1701 Toomey Rd., Austin
512-476-2535 • CasadeLuz.org
An **all-vegan**, mostly organic eatery specializing in macrobiotic fare. The menu changes daily—check online.

Conscious Cravings

1311 South 1st St., Austin
512-782-0546 • ConsciousCravingsAustin.com
All-vegetarian food cart serving a variety of hot wraps, salads, and smoothies. *Three locations throughout Austin.*

Guero's Taco Bar

1412 S. Congress Ave., Austin
512-447-7688 • GuerosTacoBar.com
Tex-Mex eatery with a separate vegan menu that includes appetizers, soups, salads, and several entrees.

Juiceland

1625 Barton Springs, Austin
512-480-9501 • JuicelandAustin.com
Hip juice bar in South Central Austin specializes in smoothies and juice cleanses. *Second location in Westlake.*

New India

2304 S. Congress Ave., Austin
512-445-9727 • NewIndia.us
Vegan options are clearly marked and include vegan potato cakes, naan, and more.

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Visit VegAustin.com for even more listings!

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Shady Grove

1624 Barton Springs Rd., Austin
512-474-9991 • TheShadyGrove.com
Home-style foods such as Frito pie and chili can be made vegan.

Snack Bar

1224 S. Congress Ave., Austin
512-445-2626 • SnackBarAustin.com
Vegan-friendly diner and lounge serving daily brunch and globally-inspired tapas. Try the Seitan BBQ Bulgogi Hoagie.

zpizza

5701 W. Slaughter Lane, Austin
512-394-9331 • zpizza.com
Serving brick-oven pizza with vegan cheese and veggie meat. Try the “Berkeley Vegan.” Gluten-free crust also available. *Additional locations in Westlake and Round Rock.*

UNIVERSITY OF TEXAS AREA

Aster's Ethiopian

2804 N. I-35, Austin
512-469-5966 • AstersEthiopian.com
Ethiopian restaurant with many vegan options including eggplant, lentils, potatoes, greens, and more.

Conan's Pizza

603 W. 29th St., Austin
512-478-5712 • ConansPizza.com
Chicago-style pizzeria with a variety of toppings. The deep dish crust is vegan; get one with Daiya cheese. *Three locations across Austin.*

Mellow Mushroom

2462 Guadalupe St., Austin
512-472-6356 • MellowMushroom.com
Pizzeria chain dishing out vegan pizzas, calzones, and hoagies made with Daiya cheese and extras like tempeh and BBQ tofu. Check out the microbrews on tap.

Nomad Dosa

3421 1/2 N. IH35, Austin
512-474-1588 • NomadDosa.com
All-vegetarian food cart featuring a wide selection of design-your-own dosas. Dairy-free ingredients are clearly marked. Try the vegan lassi.

The Pita Pit

619 Congress Ave., Austin
512-472-7482 • PitaPitUSA.com
Middle Eastern fast-food chain. Customize any pita with a variety of veggies and sauces. Try the new vegan black bean patty, thanks to COK's restaurant outreach campaign. *Two other locations in Austin*

Sagra

1610 San Antonio St., Austin
512-535-5988 • SagraAustin.net
Veg-friendly contemporary Italian fare with a separate vegan menu. Try the cauliflower risotto.

Thai Kitchen

3009 Guadalupe St., Austin
512-474-2575 • ThaiKitchenofAustin.com
Thai restaurants where most dishes and soups can be made vegan by asking for tofu and vegetables. *Second location in Westlake.*

Tom's Tabooley

2928 Guadalupe St. #102, Austin
512-479-7337 • TomsTabooley.com
Vegan-friendly, Mediterranean-inspired eatery where everything is made from scratch and vegan items are clearly marked. We love the hand-rolled dolmas and the pistachio halva.

Toy Joy Café

2900 Guadalupe, Austin
512-320-0090 • ToyJoy.com
Independent toy store and **all-vegetarian** eatery offering vegan coconut milk soft serve. Get a vegan milkshake, smoothie, or sundae!

Veggie Heaven

1914 Guadalupe St. Ste. A, Austin
VeggieHeavenAustin.com
Asian-inspired, **all-vegetarian** restaurant near campus. Favorites include the “Protein 2000” and bubble tea.

BAKERIES

Happy Vegan Baker

512-740-3562 • HappyVeganBaker.com
All-vegan bakery offering everything from cupcakes to brownies to wedding cakes. Store front at many local farmers markets.

Quack's 43rd Street Bakery

411 E. 43rd St., Austin
512-453-3399 • QuacksBakery.com
This popular coffee shop and bakery offers soy milk as well as vegan cookies, truffles, and more. Ask about the Vegan Chocolate Cake Truffle.

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