



# **V BAY AREA VEGETARIANS ULTIMATE GUIDE**

World famous for the Golden Gate Bridge, San Francisco is also popular for its 31 vegan and vegetarian restaurants. With 140 vegetarian and vegan restaurants in the broader SF Bay Area (435 if you include the vegetarian friendly), you can eat veg-style with compassion and diversity from African to Chinese to Japanese to Thai... one of the best reasons why so many leave their healthy hearts in San Francisco.

To help you find vegetarian foods and services, check out The Ultimate Guide to Vegetarian Living in the San Francisco Bay Area (UG). UG is an online tool that allows you to search by City, Neighborhood or General Area for vegetarian foods or services. This printed list was created by UG and contains 138 entries. In its complete form, there are over 651 entries for restaurants featuring vegetarian foods or businesses tailored towards vegetarians, with over 2017 customer reviews.

UG is a service provided by Bay Area Vegetarians. Bay Area Vegetarians is a San Francisco Bay Area wide group for vegetarian and animal rights folks to connect and find support with like-minded people. Our activities & events encourage and educate the community on the benefits of a plant-based diet, and our 3 mailing lists support/connect the community. We are a 100% volunteer, plant-powered organization with over 1500 members throughout the Bay Area and the world.

Bay Area Vegetarians hosts about 10-15 events a month, including:

- Monthly restaurant dinners in SF, East Bay, Peninsula, South Bay, & North Bay
- Delicious Vegan Food Parties
- Hikes and camping trips
- Advocacy events including letter writing parties and Street TV
- And other special events throughout the year

Membership is free, and donations from supporters are gratefully accepted. To use UG or learn more about our organization and upcoming events, please visit our website at [www.BayAreaVeg.org](http://www.BayAreaVeg.org)

Note: Information in this Guide was compiled from members of our community and the public. Please share any updates or additions by contacting us via our website.

# The Ultimate Guide to Vegetarian Living in the San Francisco Bay Area

## San Francisco

Al-Masari Egyptian Cuisine (Vegan Friendly/Middle Eastern), 4031 Balboa St, (415) 876-2300 ([www.almasrifca.com](http://www.almasarifca.com))

Ali Baba's Cave (Vegetarian Friendly/Middle Eastern), 799 Valencia Street, (415) 863-3054

Amici's East Coast Pizzeria (Vegan Friendly/Pizza), 216 King Street, (415) 546-6666 ([www.amicis.com/location\\_details.asp?id=7&d=San%20Francisco](http://www.amicis.com/location_details.asp?id=7&d=San%20Francisco))

Amici's East Coast Pizzeria (Vegan Friendly/Pizza), 2200 Lombard Street, (415) 885-4500 ([www.amicis.com/location\\_details.asp?id=6&d=San%20Francisco](http://www.amicis.com/location_details.asp?id=6&d=San%20Francisco))

Ananda Fuara (Vegetarian/Californian), 1298 Market St, (415) 621-1994 ([www.anandafuara.com](http://www.anandafuara.com))

Arabi (Vegan Friendly/Middle Eastern), 101 Spear St # 222, (415) 243-8575

Atlas Cafe (Vegan Friendly/Californian), 3049 20th St., (415) 648-1047 ([www.atlascafe.net](http://www.atlascafe.net))

Axum Cafe (Vegetarian Friendly/Ethiopian), 698 Haight St, (415) 252-7912 ([www.axumcafe.com](http://www.axumcafe.com))

Azteca (Vegetarian Friendly/Mexican), 235 Church St, (415) 255-7330

Bamboo Restaurant (Vegetarian Friendly/Chinese), 1441 Polk Street, (415) 775-3679

Bangkok 16 (Vegan Friendly/Thai), 3214 16th St, (415) 431-5838

Bangkok 900 (Vegan Friendly/Thai), 900 Stanyan Street, (415) 665-5333

Beach Burrito (Vegan Friendly/Californian), 3914 Judah St, (415) 731-2004

Big Lantern Dim Sum (Vegetarian Friendly/Dim Sum), 3170 16th Street, (415) 863-8100 ([www.biglantern.com](http://www.biglantern.com))

Bombay Indian (Vegetarian Friendly/Indian), 2217 Market St, (415) 861-6655 ([www.bombayindian.com](http://www.bombayindian.com))

Boogaloos (Vegetarian Friendly/Californian), 3296 22nd Street, (415) 824-4088

Borobudur Restaurant (Vegetarian Friendly/Indonesian), 700 Post St, (415) 775-1512

Boxed Foods Company (Vegetarian Friendly/Deli/Sandwich), 245 Kearny St., (415) 981-9376 ([www.boxedfoodscompany.com](http://www.boxedfoodscompany.com))

Bur Eat Os (Vegetarian Friendly/Mexican), 545 Sansome St, (415) 362-1384

Burma Super Star (Vegetarian Friendly/Burmese), 309 Clement St., (415) 387-2147 ([www.burmasuperstar.com](http://www.burmasuperstar.com))

Cafe Ethiopia (Vegetarian Friendly/Ethiopian), 878 Valencia St, (415) 285-2728

Cafe Venue (Vegan Friendly/Californian), 70 Leidesdorff Street, (415) 576-1144 ([www.cafevenue.com](http://www.cafevenue.com))

Cafe Venue (Vegan Friendly/Californian), 218 Montgomery St., (415) 989-1144 ([www.cafevenue.com](http://www.cafevenue.com))

Canto do Brasil (Vegan Friendly/Brazilian), 41 Franklin Street, (415) 626 - 8727

Casa Mexicana (Vegetarian Friendly/Mexican), 3917 24th St, (415) 648-0477

Cha-Ya (Vegan/Japanese/Sushi), 762 Valencia St, (415) 252-7825

Chaat Cafe (Vegan Friendly/Indian), 320 3rd Street, (415) 979-9946 ([www.chaatcafes.com](http://www.chaatcafes.com))

Chai-Yo (Vegan Friendly/Thai), 1331 Polk Street, (415) 771-2562

Chow (Vegetarian Friendly/Eclectic/Fusion), 215 Church St., (415) 552-2469

Club Waziema (Vegan Friendly/Ethiopian), 543 Divisadero St, (415) 346-6641 ([www.clubwaziema.com](http://www.clubwaziema.com))

Core Elations (Vegan/Raw), One Ferry Building, (831) 262-1928

Core Kitchen (Vegan/Cafe), 1028 Market St, (415) 935-0469 ([/eatcorekitchen.com](http://eatcorekitchen.com))

Crepevine (Vegetarian Friendly/Californian), 624 Irving St, (415) 681-5858

Crepevine (Vegetarian Friendly/Californian), 216 Church St, (415) 431-4646

Daily Health (Vegetarian/Deli/Sandwich), 1235 9th Ave., (415) 681-7675

Dinosaurs (Vegan Friendly/Vietnamese), 16th Street at Prosper, ([www.yelp.com/biz/dinosaurs-san-francisco](http://www.yelp.com/biz/dinosaurs-san-francisco))

Dolores Park Cafe (Vegan Friendly/Californian), 501 Dolores St., (415) 621-2936 ([www.doloresparkcafe.org](http://www.doloresparkcafe.org))

Donna's Tamales (Vegetarian/Mexican), Ferry Building, (415) 456-2191 ([www.donnastamales.com](http://www.donnastamales.com))

Dosa (Vegan Friendly/Indian), 995 Valencia Street, (415) 642-3672 ([www.dosasf.com](http://www.dosasf.com))

Dusit Thai Restaurant (Vegan Friendly/Thai), 3221 Mission Street, (415) 826-4639

El Metate (Vegan Friendly/Mexican), 2406 Bryant St., (415) 641-7209

Enjoy Vegetarian (Vegetarian/Chinese), 754 Kirkham Street, (415) 682-0826 ([enjoyveggie.com](http://enjoyveggie.com))

Enjoy Vegetarian (Vegetarian/Chinese), 839 Kearny St, (415) 956-7868 ([enjoyveggie.com](http://enjoyveggie.com))

# The Ultimate Guide to Vegetarian Living in the San Francisco Bay Area

Fattoush (Vegetarian Friendly/Mediterranean), 1361 Church St, (415) 641-0678 ([fattoush.com](http://fattoush.com))  
Firefly Restaurant (Vegan Friendly/Californian), 4288 24th St, (415) 821-7652 ([www.fireflyrestaurant.com](http://www.fireflyrestaurant.com))  
Gelateria Naia (Vegetarian/Bakery/Dessert), 451 Castro St, (415) 864-6670  
Gelateria Naia (Vegan Friendly/Cafe), 520 Columbus Ave, (415) 677-9280 ([www.gelaterianaia.com](http://www.gelaterianaia.com))  
Golden Era (Vegan/Vietnamese), 395 Golden Gate Av, (415) 487-8687 ([www.goldeneravegan.com](http://www.goldeneravegan.com))  
Gracias Madre (Vegan/Mexican), 2211 Mission Street, (415) 683-1346 ([www.gracias-madre.com](http://www.gracias-madre.com))  
Greens Restaurant (Vegetarian/Californian), Fort Mason Bldg A, (415) 771-6222 ([greensrestaurant.com](http://greensrestaurant.com))  
Hanabi Sushi (Vegan Friendly/Japanese/Sushi), 509 Haight Street, (415) 621-1500  
Harvest and Rowe (Vegan Friendly/Deli/Sandwich), 55 2nd Street, (415) 541-7771 ([www.harvestandrowe.com](http://www.harvestandrowe.com))  
Harvest Urban Market (Vegan Friendly/Deli/Sandwich), 191 8th Street, (415) 621-1000 ([www.harvesturban.com](http://www.harvesturban.com))  
Holy Gelato (Vegetarian/Bakery/Dessert), 1392 9th Ave, (415) 681-3061 ([www.holygelato.com](http://www.holygelato.com))  
Hotel Utah Saloon (Vegan Friendly/Californian), 500 4th Street, (415) 546-6300 ([www.thehotelutahsaloon.com](http://www.thehotelutahsaloon.com))  
Ike's (Vegan Friendly/Deli/Sandwich), 3506 16th St., (415) 726-5292  
IndoChine (Vegan/Asian Fusion), 508 Valencia St, (415) 701-0700 ([indochinevegan.com](http://indochinevegan.com))  
Jasmine Tea House (Vegan Friendly/Chinese), 3253 Mission St, (415) 826-6288 ([www.jasmineteahouse.com](http://www.jasmineteahouse.com))  
Jay's Cheesesteak (Vegan Friendly/Deli/Sandwich), 3285 21st Street, (415) 285-5200  
Jay's Cheesesteak (Vegetarian Friendly/Deli/Sandwich), 553 Divisadero St, (415) 771-5104  
Judahlicious (Vegetarian/Cafe), 3906 Judah St., (415) 665-8423 ([www.judahlicious.com](http://www.judahlicious.com))  
Kathmandu Cafe (Vegetarian Friendly/Nepalese), 1279 Fulton Street, (415) 567-5100 ([kathmanducafe.wp.net](http://kathmanducafe.wp.net))  
La Copa Loca (Vegan Friendly/Bakery/Dessert), 3150 22nd St, (415) 401-7424 ([www.lacopalocagelato.com](http://www.lacopalocagelato.com))  
La Mediterranee (Vegetarian Friendly/Mediterranean), 288 Noe St, (415) 431-7210  
La Tortilla (Vegetarian Friendly/Mexican), 495 Castro St, (415) 861-3990  
leCupboard cafe (Vegan), 1298 Church St, (415) 580-7367  
Lhasa Moon (Vegetarian Friendly/Tibetan), 2420 Lombard St, (415) 674-9898 ([www.lhasamoon.com](http://www.lhasamoon.com))  
Lightening Foods (Vegetarian Friendly/Californian), 98 Mission St, (415) 777-8222  
Little Chihuahua (Vegan Friendly/Mexican), 292 Divisadero St, ([thelittlechihuahua.com](http://thelittlechihuahua.com))  
Little Nepal (Vegan Friendly/Nepalese), 925 Cortland Ave, (415) 643-3381  
Lotus SF (Vegan Friendly/Indian), 2434 Mission St, (415) 872-9130 ([lotussanfrancisco.com](http://lotussanfrancisco.com))  
Love N Haight (Vegetarian/Deli/Sandwich), 553 Haight Street, (415) 252-8190  
Loving Hut (Vegan/Vietnamese), 845 Market Street, (415) 975-3888 ([lovinghut.us/sf\\_westfield](http://lovinghut.us/sf_westfield))  
Loving Hut (Vegan/Vietnamese), 524 Irving St, (415) 731-1957 ([www.lovinghut.us](http://www.lovinghut.us))  
Lucky Creation (Vegetarian/Chinese), 854 Washington St, (415) 989-0818  
Maharani Restaurant (Vegetarian Friendly/Indian), 1122 Post, (415) 775-1988 ([www.maharanirestaurant.com](http://www.maharanirestaurant.com))  
Mandarin Villa (Vegan Friendly/Chinese), Franklin and Oak, (415) 863-2981  
Mango Medley (Vegan Friendly/Asian Fusion), 3911 Judah St., (415) 681-3228  
Marnee Thai (Vegetarian Friendly/Thai), 1243 9th Avenue, (415) 731-9999  
Masala Indian Restaurant (Vegetarian Friendly/Indian), 1220 Ninth Ave, (415) 566-6976  
Mijita (Vegetarian Friendly/Mexican), One Ferry Building, (415) 399-0814  
([www.ferrybuildingmarketplace.com/html/cafes\\_\\_\\_restaurants.html#mijita](http://www.ferrybuildingmarketplace.com/html/cafes___restaurants.html#mijita))  
Minako Organic Japanese Cuisine (Vegan Friendly/Japanese/Sushi), 2154 Mission St, (415) 864-1888  
Mixt Greens (Vegan Friendly/Salad Bar), 120 Sansome Street, (415) 433-6498 ([www.mixtgreens.com](http://www.mixtgreens.com))  
Moki's Sushi and Pacific Grill (Vegan Friendly/Californian), 615 Cortland Ave, (415) 970-9336 ([www.mokisushi.com](http://www.mokisushi.com))  
Moya Ethiopian Restaurant & Coffeehouse (Vegan Friendly/Ethiopian), 1044 Folsom St., (415) 431-5544  
([www.eatmoya.com](http://www.eatmoya.com))  
Naan 'n Curry (Vegetarian Friendly/Indian), 533 Jackson St, (415) 693-0499  
Neecha Thai (Vegan Friendly/Thai), 2100 Sutter St, (415) 922-9419  
New Ganges (Vegetarian/Indian), 775 Frederick St, (415) 681-4355

# The Ultimate Guide to Vegetarian Living in the San Francisco Bay Area

New Tree (Vegan Friendly/Cafe), 1 Ecker Pl, San Francisco, CA 94105, (415) 524-6416 ([www.newtree.com/en\\_us/cafes/san-francisco](http://www.newtree.com/en_us/cafes/san-francisco))

Nirvana (Vegan Friendly/Asian Fusion), 544 Castro St., (415) 861-2226

Nook Cafe (Vegan Friendly/Cafe), 1500 Hyde St, (415) 447-4100 ([www.cafenook.com](http://www.cafenook.com))

Nourish Cafe (Vegan/Cafe), 189 6th Av, ([www.nourishcafesf.com](http://www.nourishcafesf.com))

Outerlands (Vegan Friendly/Cafe), 4001 Judah St., (415) 661-6140 ([outerlandssf.blogspot.com](http://outerlandssf.blogspot.com))

Papalote (Vegan Friendly/Mexican), 3409 24th Street, (415) 970-8815

Peace Cafe (Vegetarian Friendly/Cafe), 1665 Haight Street, (415) 864-1978 ([www.redvic.com](http://www.redvic.com))

Peasant Pies (Vegan Friendly/Bakery/Dessert), 1039 Irving St, (415) 731-1978 ([www.peasantpies.com](http://www.peasantpies.com))

Peasant Pies (Vegan Friendly/Bakery/Dessert), 4108 24th St, (415) 642-1316 ([www.peasantpies.com](http://www.peasantpies.com))

Pena Pachamama (Vegan/Bolivian), 1630 Powell Street, (415) 646-0018 ([pachamamacenter.org](http://pachamamacenter.org))

Phuket Thai (Vegetarian Friendly/Thai), 248 Divisadero St., (415) 864-8584

Pizza Orgasmica (Vegan Friendly/Pizza), 3157 Fillmore St, (415) 931-5300 ([www.pizzaorgasmica.com](http://www.pizzaorgasmica.com))

Pizza Orgasmica (Vegan Friendly/Pizza), 823 Clement St, (415) 386-6000

Powersource Juice Bar (Vegan Friendly/Juice Bar), 81 Fremont Street, (415) 896-1312

Ramblas Tapas Bar (Vegan Friendly/Tapas/Small Plates), 557 Valencia St., (415) 565-0207 ([www.ramblastapas.com](http://www.ramblastapas.com))

Ritual Coffee Roasters (Vegan Friendly/Cafe), 1026 Valencia Street, (415) 641-1024 ([ritualroasters.com](http://ritualroasters.com))

Saha (Vegetarian Friendly/Mediterranean), 1075 Sutter St, (415) 345-9547 ([www.sahasf.com](http://www.sahasf.com))

Samovar Tea Lounge (Vegan Friendly/Eclectic/Fusion), 498 Sanchez St, (415) 626-4700 ([www.samovartea.com](http://www.samovartea.com))

San Francisco Soup Company (Vegan Friendly/Californian), 201 Mission Street, (415) 278-9878 ([www.sfsoupco.com](http://www.sfsoupco.com))

Shangri-La (Vegetarian/Chinese), 2026 Irving Street, (415) 731-2548

Shizen Vegan Sushi Bar & Izakaya (Vegan/Japanese/Sushi), 370 14th St, (415) 678-5767 ([www.shizensf.com](http://www.shizensf.com))

Soluna (Vegan Friendly/Californian), 272 McAllister St., (415) 621-2200 ([www.solunasf.com](http://www.solunasf.com))

Sparky's (Vegan Friendly/Californian), 242 Church St, (415) 626-8666

Spicy Bite (Vegan Friendly/Indian), 3501 Mission Street, (415) 647-4036 ([spicy-bite.com](http://spicy-bite.com))

St. Francis Fountain (Vegan Friendly/Deli/Sandwich), 2801 24th Street, (415) 826-4200 ([www.stfrancisfountainsf.com](http://www.stfrancisfountainsf.com))

Sun Rise Restaurant (Vegan Friendly/Mexican), 3126 24th Street, (415) 206-1219

Sunrise Deli (Vegan Friendly/Middle Eastern), 2115 Irving St, (415) 664-8210

Suppenkuche (Vegan Friendly/German), 525 Laguna St, (415) 252-9289 ([www.suppenkuche.com](http://www.suppenkuche.com))

Taco Los Altos (Vegan Friendly/Mexican), 737 Cortland Street, (415) 821-0701

Taste of the Himalayas (Vegan Friendly/Nepalese), 2420 Lombard Street, (415) 674-9898

Thai House Express (Vegan Friendly/Thai), 901 Larkin St., (415) 441-2248 ([www.thhexpress.com](http://www.thhexpress.com))

Thai Idea Vegetarian (Vegetarian/Thai), 710 Polk Street, (415) 440-8344 ([www.thaiideaveggie.com](http://www.thaiideaveggie.com))

Thai Place II (Vegan Friendly/Thai), 312 Divisadero St, (415) 552-6881

Thailand Restaurant (Vegetarian Friendly/Thai), 438A Castro St, (415) 863-6868

The Pizza Place on Noriega (Vegan Friendly/Pizza), 3901 Noriega St, (415) 759-5752 ([www.pizzaplacesf.com](http://www.pizzaplacesf.com))

The Plant Cafe Organic (Vegan Friendly), 3352 Steiner Street, (415) 931-2777 ([www.theplantcafe.com](http://www.theplantcafe.com))

The Plant Cafe Organic (Vegan Friendly), Pier 3, Suite 108, The Embarcadero, (415) 984-1973 ([theplantcafe.com](http://theplantcafe.com))

The Plant Cafe Organic (Vegan Friendly/Californian), 101 California St, (415) 693-9730 ([www.theplantcafe.com](http://www.theplantcafe.com))

Tokyo Express (Vegan Friendly/Japanese/Sushi), 160 Spear Street, (415) 348 1732 ([sftokyoexpress.com](http://sftokyoexpress.com))

Tokyo Express (Vegan Friendly/Japanese/Sushi), 660 Sacramento Street, (415) 956 3040 ([sftokyoexpress.com](http://sftokyoexpress.com))

Tricolore Cafe & Pizzeria (Vegan Friendly/Italian), 590 Washington St, (415) 391-0509 ([www.tricoloresf.com](http://www.tricoloresf.com))

Udupi Palace (Vegetarian/Indian), 1007 Valencia St, (415) 970-8000 ([www.udupipalaceca.com](http://www.udupipalaceca.com))

Udupi Palace (Vegetarian/Indian), 3242 Scott St, (415) 447-8400 ([www.udupipalaceca.com](http://www.udupipalaceca.com))

Valentina Ristorante (Vegan Friendly/Italian), 419 Cortland Ave, (415) 285-6000

Vegan Picnic (Vegan/Deli/Sandwich), 1977 A Union Street, (415) 323-3043

VeganBurg (Vegan/Burgers), 1466 Haight St, 415-548-8000 ([veganburg.com](http://veganburg.com))

# The Ultimate Guide to Vegetarian Living in the San Francisco Bay Area

Wholesome Bakery (Vegan/Bakery/Dessert), 331 Cortland Avenue, (415) 343-5414 ([www.wholesomebakery.com](http://www.wholesomebakery.com))  
Wild Pepper Chinese Restaurant (Vegan Friendly/Chinese), 3601 26th St, (415) 695-7678 ([WildPepperSF.com](http://WildPepperSF.com))  
Yumma's Mediterranean Grill (Vegan Friendly/Mediterranean), 721 Irving St, (415) 682-0762  
Zante's Pizza & Indian Food (Vegetarian Friendly/Indian), 3489 Mission St., (415) 821-3949 ([www.zantespizza.com](http://www.zantespizza.com))

--- DONATE -----CUT HERE -----

Donations to BAVeg are tax-deductible as allowed by law. We are a non-profit organization/corporation with 501(c)(3) status, funded by donations and volunteer support.

YES! I want to help support and promote vegetarianism in the San Francisco Bay Area. Please check all that apply.

Enclosed is my donation to support Bay Area Vegetarians and their education and outreach programs.

\$5  \$10  \$25  \$50  \$100  Other

You may publically acknowledge my donation on your website

Please make checks payable to Bay Area Vegetarians. Additionally, you may send a donation using a credit card via PayPal [www.bayareaveg.org/donate.htm](http://www.bayareaveg.org/donate.htm)

Yes, please contact me about volunteering (email address requested)

Yes, I'd like to subscribe to the monthly BAV News (email address required)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Email: \_\_\_\_\_ Phone number (optional) : \_\_\_\_\_

100% of your donation goes toward planting the seeds of compassion and good health in the Bay Area and beyond!

**Please return to: Bay Area Vegetarians, P.O. Box 371215, Montara, CA 94037**