

Want to learn more about
vegetarian eating?

WELCOME TO THE **VEGETARIAN GUIDE TO BALTIMORE**

Vegetarian eating is on the rise nationwide, so it should come as no surprise that Baltimore is home to a variety of restaurants and cafés catering to this increasing demand.

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

ABOUT US

Compassion Over Killing (COK) is a nonprofit animal advocacy organization based in Washington, D.C. 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.



Discover these online vegetarian resources

- VegBaltimore.com
- VegAustin.com
- VegDC.com
- VegRecipes.org
- VegPortland.com
- TryVeg.com



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



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SPRING/SUMMER 2011

VEGETARIAN GUIDE TO BALTIMORE

PLUS MORE ONLINE AT VEGBALTIMORE.COM



FREE!





Visit VegBaltimore.com for even more listings!

INNER HARBOR

Camden Yards

Oriole Park • Baltimore, Md.
Orioles.Mlb.com

Don't go hungry at the next Baltimore Orioles baseball game—the stadium serves veggie dogs!

Pizzazz Tuscan Grille

711 Eastern Ave. • Baltimore, Md.
410-528-7772 • PizzazzTuscanGrille.com
Offers a **separate vegan menu** including appetizers and entrées. Try the "Chicken" Parmigiana or create your own pizza topped with Daiya **vegan cheese**.

Thai Arroy

1019 Light St. • Baltimore, Md.
410-385-8587 • ThaiArroy.com
Thai cuisine featuring mock duck and tofu. Some dishes, such as the curry, can be served without fish sauce.

FELLS POINT

Brick Oven Pizza

800 S. Broadway • Baltimore, Md.
410-563-1600 • BOPizza.com
Popular restaurant dishing out delicious brick oven pizzas. Create your own with vegan cheese and a variety of veggie toppings. Try the vegan wraps and pasta dishes, too.

Johnny Rad's

2108 Eastern Ave. • Baltimore, Md.
443-759-6464 • JohnnyRads.com
Pizzeria offering a variety of clearly-labeled vegan options. Substitute Teese **vegan cheese** on any pizza and many other menu items for an animal-friendly meal!

Liquid Earth

1626 Aliceanna St. • Baltimore, Md.
410-276-6606 • LiquidEarth.com
A local favorite, this **all-vegetarian** restaurant and juice bar offers many vegan options including the vegan reuben and the "fake bacon" BLT.

Sticky Rice

1634 Aliceanna St. • Baltimore, Md.
443-682-8243 • BmoreSticky.com
Specializing in American and Pan-Asian cuisine. Vegan dishes, clearly labeled, include the "mock chicken szechuan" and "the hot hippy."

Van Gough Café

300 S. Ann St. • Baltimore, Md.
410-558-1958
Substitute Teese **vegan cheese** at this family-owned café for vegan quesadillas, vegan nachos, and more. They also offer tofutti for bagels and soy milk for coffee.

MT. VERNON

The Land of Kush

840 N. Eutaw St. • Baltimore, Md.
410-225-KUSH • TheLandofKush.com
Newly-open **all-vegan** restaurant! Be sure to try the delicious "Curry Chikun," Vegan BBQ Ribs, or choose from a wide variety of desserts.

Red Emma's Bookstore

Coffeehouse ✓
800 St. Paul St. • Baltimore, Md.
410-230-0450 • RedEmmas.org
This **all-vegetarian** worker-owned bookstore and coffeehouse offers a variety of vegan food including soy "chicken" salad, Tofurky melt, and a wide selection of vegan desserts.

Soup's On Baltimore

11 W. Preston St. • Baltimore, Md.
410-528-1003 • SoupsOnBalto.com
Menu changes daily, though you'll always find three gourmet vegan soups, such as Yucatan Black Bean, Pumpkin Stew, and Russian Borscht. Sandwiches and salads are also offered.

Sweet Bakery

239 Read St. • Baltimore, Md.
410-728-2253 • SweetBakeryCafe.com
Popular bakery offering vegan baked goods daily, such as pumpkin chocolate chip muffins and chocolate chip cookies! Selections change regularly.

CHARLES VILLAGE/ HAMPDEN

Bohemian Coffee House

1821 N. Charles St. • Baltimore, Md.
410-400-0022 • BmoreBohemian.com
Offers many vegan options in a funky, friendly setting. Try the Vegan "Chick'n" and "Egg" salad sandwich or vegan desserts from Dirty Carrot Bakery.

Café Hon

1002 W. 36th St. • Baltimore, Md.
410-243-1230 • CafeHon.com
Fun, quirky restaurant that offers veg options such as hummus and portobello sandwiches as well as a vegan burger.

Charmington's

2601 N. Howard St. • Baltimore, Md.
410-235-5004
Charmington's.wordpress.com
Coffeeshop with vegan sandwiches, soups, homemade hummus, and at least one vegan baked good daily. Its vegetarian Powerhouse plate can easily be made vegan.

Gertrude's Café

10 Art Museum Dr. • Baltimore, Md.
410-889-3399 • GertrudesBaltimore.com
In this funky, eclectic restaurant you'll find several vegan options including a spicy black bean burger and "I Can't Believe It's Not Crab" cakes.

One World Café

100 W. University Pkwy. • Baltimore, Md.
410-235-5777 • One-World-Cafe.com
Serving a nearly **all-vegetarian** menu for breakfast, lunch, and dinner. Specialties include vegan pancakes and the Philly cheese "steak-less" as well as a variety of vegan desserts.

Paul Chen's Hong Kong

2426 N. Charles St. • Baltimore, Md.
410-235-8745 • PaulChenRestaurant.com
Extensive vegan section of the menu includes mock beef, chicken, and pork. Also try the Crispy Eggplant and Steamed Vegetable Dumplings.

Sweet Sin Café

123 W. 27th St. • Baltimore, Md.
410-464-7211 • SweetSinBakery.net
Offers a wide variety of vegan breads, pies, cakes, and cupcakes. Items are available at its new retail location in Charles Village or through pre-order.

The Yabba Pot

2431 St. Paul St. • Baltimore, Md.
410-662-8638 • TheYabbaPot.com
Home of Express Catering, the Yabba Pot offers **all-vegan** international cuisine, raw foods, and a juice bar. Try its customer favorite: Chik-UN Pasta Salad!

OUTSIDE OF BALTIMORE

Asian Kitchen

9351 Lakeside Blvd. #102
Owings Mills, Md. • 443-394-2650
AsianKitchenOnline.com
Reasonably priced Chinese and Thai cuisine with mock meat options including "chicken" with cashews and tangerine "chicken." Entrées in the vegetarian section are cooked without fish sauce or meat broth.

China Legend

10040 Baltimore Nat'l Pike • Ellicott City, Md.
410-750-8880 • ChinaLegendRestaurant.com
This Chinese eatery offers a variety of vegetable, tofu and mock chicken dishes.

EN Asian Bistro & Sushi Bar

19833 Century Blvd. • Germantown, Md.
301-916-2258 • EnBistro.com
Chinese cuisine featuring an extensive veggie menu including dishes made with vegan "chicken," "beef" and "shrimp."

Flying Avocado Café

10210 S. Dolfield Rd. • Owings Mills, Md.
443-471-2600 • FlyingAvocado.com
Specializing in natural foods, this café offers a variety of delicious vegan fare including grilled tofu wraps, fresh salads, and fruit smoothies.

✓ = all-vegetarian establishments

Great Sage

5809 Clarksville Square Dr.
Clarksville, Md. • 443-535-9400
GreatSage.com
All-vegan, organic restaurant offering many raw and gluten-free options. Also serves organic beer, wine, cocktails & smoothies. Live music & drink specials every Thursday night and a delicious brunch every Sunday.

Jesse Wong's Asean Bistro

8775 Centre Park Dr. • Columbia, Md.
410-772-5300 • AseanBistro.com
Asian restaurant offering several vegetarian dishes including vegetarian "chicken" in a variety of sauces.

Jesse Wong's Kitchen

118 Shawan Rd. • Ste EE • Hunt Valley, Md.
410-329-1088 • JesseWongsKitchen.com
Asian cuisine with a variety of vegan dishes including "chicken" in your choice of sauce.

The Judge's Bench

8385 Main St. • Ellicott City, Md.
410-465-3497 • JudgesBenchPub.com
Family-owned pub offering many vegan entrées including Housemade Lentil Burger, Tofurky beer brat, Asian tofu sandwich, and spicy black bean burrito.

Mango Grove

6365-B Dobbin Center • Columbia, Md.
410-884-3426
All-vegetarian Indian restaurant. Priced under \$9.95. Not open daily, so be sure to call for hours.

Mr. Chan's

1000 Reisterstown Rd. • Pikesville, Md.
410-484-1100
Szechuan Chinese cuisine with an incredible vegan section of the menu featuring Orange Seitan, Mock Citrus Ribs, plus many tofu, yuba, and tempeh delights. A local favorite.

The Natural Brothers' Deli and Café

2149 York Rd. • Timonium, Md.
410-560-3133 • TheNaturalBrothers.com
This **all-vegetarian** café (with a second location in Monkton) offers vegan sandwiches, salads and wraps. Popular items include the Veggie BBQ Wrap and the Famous Lentil Burger.

Panda King

1770 York Rd. • Lutherville-Timonium, Md.
410-561-5888 • PandaKingChinese.com
Offers delicious fried tofu with mixed vegetables plus a separate mock meat section.

Scittino's Italian Market Place

1701 Edmondson Ave. • Catonsville, Md.
410-788-2369 • ScittinosDeli.com
A family-owned deli located inside an Italian grocery store, serving homemade pizzas with Daiya **vegan cheese**.

Thai Aroma

8815 Baltimore Nat'l Pike Ste D
Ellicott City, Md. • 410-480-5100
Traditional Thai cuisine featuring a variety of meat substitutions. Most meat dishes can be made vegan upon request.

Tov Pizza

6313 Reisterstown Rd. • Baltimore, Md.
410-358-5238 • TovPizza.com
Kosher restaurant serving pizza and pasta dishes, falafel and hummus, veggie meatballs and burgers. Request no cheese to make items vegan.

Zia's

13 Allegheny Ave. • Towson, Md.
410-296-0799 • ZiasCafe.com
Café, juice bar, and catering company. Menu changes daily offering an incredible variety of fresh juices and smoothies as well as vegan sandwiches and desserts.

VEGAN BAKERIES

Dirty Carrots

DirtyCarrots.com • 410-868-4430

Brunie's Bakery

BruniesBakery.com • 443-470-1487

Emily's Desserts

EmilysDesserts.com • 443-858-7045

Goody, Goody Gumdrops

GoodyGoody-VeganGoodies.com
443-670-4529