



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 eclectic restaurants, cafés and bars 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 Baltimore* useful and your dining experiences delightful. It's never been easier or more delicious to savor vegetarian cuisine in Charm City!

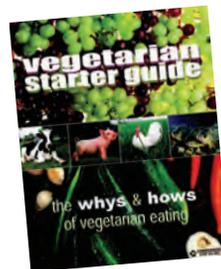
Be sure to visit VegBaltimore.com for our extended list of veg-friendly eateries.

Want to learn more about vegetarian eating?



Discover these online vegetarian resources

- VegBaltimore.com
- VegRecipes.org
- VegDC.com
- COK.net
- VegAustin.com
- TryVeg.com



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



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Plus more at VegBaltimore.com

ABOUT US

Compassion Over Killing (COK) is a nonprofit animal advocacy organization based in Washington, D.C. with a second office in Los Angeles. 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.



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2012 EDITION





Visit VegBaltimore.com for even more listings!

INNER HARBOR

Camden Yards

Oriole Park, Baltimore • Orioles.MLB.com
Don't go hungry at the next Orioles' game game—the stadium serves veggie dogs!

Freshii

30 Light St., Baltimore
410-467-3737 • Freshii.com
Offering customizable soups, wraps, salads, or brown rice bowls with a variety of ingredients and sauces. The wraps contain honey. *Second location in Charles Village at 3113 St. Paul St.*

Lebanese Taverna

719 S. President St., Baltimore
410-244-5533 • LebaneseTaverna.com
Middle Eastern restaurant on the waterfront with more than 20 vegetarian mezza dishes.

Thai Arroy

1019 Light St., Baltimore
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 (BOP)

800 S. Broadway, Baltimore
410-563-1600 • BOPPizza.com
Popular restaurant dishing out delicious brick oven pizzas. Create your own with vegan cheese and a variety of over 30 veggie toppings. Open late.

Johnny Rad's

2108 Eastern Ave., Baltimore
443-759-6464 • JohnnyRads.com
Bar and neapolitan pizzeria offering vegan cheese, vegan sausage, and vegan chicken in addition to all the classic toppings.

Liquid Earth

1626 Aliceanna St., Baltimore
410-276-6606 • LiquidEarth.com
A local favorite, this **all-vegetarian** restaurant and fully-stocked juice bar offers raw, vegetarian, vegan, and gluten-free options. Try the vegan Reuben or the "fake bacon" BLT.

Sticky Rice

1634 Aliceanna St., Baltimore
443-682-8243 • BmoreSticky.com
American and pan-Asian fare featuring veganized versions of their most popular dishes, complete with vegan "eel" sauce or vegan spicy mayo sauce.

Van Gough Café

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

MT. VERNON

Club Charles

1724 N. Charles St., Baltimore
410-727-8815
Voted "Best Vegan Desserts" by the Baltimore City Paper in 2005. This classic Baltimore bar offers clearly marked vegetarian and vegan options.

Dukem

1100 Maryland Ave., Baltimore
410-385-0318 • DukemRestaurant.com
Ethiopian restaurant with a vegetarian menu section and weekday lunch buffet with several veg options. All vegetarian choices are priced under \$15.

The Helmand

806 N. Charles St., Baltimore
410-752-0311 • Helmand.com
Award-winning restaurant specializing in Afghan cuisine. Most vegetarian dishes can be made vegan.

The Land of Kush

840 N. Eutaw St., Baltimore
410-225-5874 • TheLandOfKush.com
Popular **all-vegan** restaurant. Favorites include the Curry "Chikun" and Vegan BBQ Ribs. For dessert, try the orange mango cupcakes or sweet potato cake.

Lost City Diner

1730 N. Charles St., Baltimore
410-547-5678
The sci-fi themed menu at this diner features many vegan options, including non-dairy milkshakes and vegan meatball subs.

Red Emma's Bookstore

Coffeehouse ✓
800 St. Paul St., Baltimore
410-230-0450 • RedEmmas.org
This **all-vegetarian**, employee-owned bookstore and coffeehouse offers a variety of vegan food including bánh mì chay, a Tofurky melt, and a wide selection of vegan desserts. All menu items can be made vegan.

Soup's On Baltimore

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

Two Boots

1203 W. Mount Royal Ave., Baltimore
410-625-2668 • TwoBoots.com
Pizzeria featuring the flavors of Italy and New Orleans. Substitute vegan cheese on any pizza or try the "V is for Vegan" and "Earth Mother" vegan pizzas by the slice.

CHARLES VILLAGE/ HAMPDEN

Bohemian Coffee House

1821 N. Charles St., Baltimore
410-400-0022 • BmoreBohemian.com
Offers many vegan options in a funky, friendly setting. Try the Vegan "Chick'n" sandwich, brown rice & beans, or vegan desserts from Dirty Carrots Bakery.

Charmington's

2601 N. Howard St., Baltimore
410-235-5004 • Charmingtons.WordPress.com
Coffee shop with vegan sandwiches, soups, homemade hummus, and at least one vegan baked good daily.

Gertrude's

10 Art Museum Dr., Baltimore
410-889-3399 • GertrudesBaltimore.com
This eclectic restaurant features vegan options including a spicy black bean burger and the "I Can't Believe It's Not Crab" cakes.

Golden West Café

1105 W. 36th St., Baltimore
410-889-8891 • GoldenWestCafe.com
Cafe with many vegetarian and vegan offerings including BBQ un-chicken, a vegan riblet, and a burrito with home-made vegan chorizo. Note that the burger buns and veggie burger are not vegan.

One World Café

100 W. University Pkwy., Baltimore
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
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
410-464-7211 • SweetSinBakery.net
A gluten-free restaurant and bakery offering a wide variety of vegan cookies and cupcakes.

OUTSIDE OF BALTIMORE

Asian Kitchen

9351 Lakeside Blvd. #102, Owings Mills
443-394-2650 • AsianKitchenOnline.com
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.

Flying Avocado Café

10210 S. Dolfield Rd., Owings Mills
443-471-2600 • FlyingAvocado.com
Specializing in natural foods, this café offers a variety of delicious vegan fare including the grilled powerhouse wrap, portabella mushroom wrap, roasted veggie sandwich, and vegan chili.

Great Sage

5809 Clarksville Square Dr., Clarksville
443-535-9400 • GreatSage.com
Award-winning, **all-vegan** organic restaurant offering many raw and gluten-free options. Also serves organic beer, wine, cocktails, smoothies, and Sunday brunch.

Jesse Wong's Asean Bistro

8775 Centre Park Dr., Columbia
410-772-5300 • AseanBistro.com
Asian restaurant offering several vegetarian dishes including tofu and vegetarian "chicken" in a variety of sauces. *Second location in Hunt Valley at 118 Shawan Rd.*

The Judge's Bench

8385 Main St., Ellicott City
410-465-3497 • JudgesBenchPub.com
Family-owned pub offering several vegan entrées including the Tofurky beer brat, marinated tofu sandwich, and spicy black bean burrito.

Mango Grove

8865 Stanford Blvd. Columbia
410-884-3426 • TheMangoGrove.net
All-vegetarian, mostly vegan, Indian restaurant with items priced under \$10.

Mr. Chan's

1000 Reisterstown Rd., Pikesville
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.

The Wild Carrot Café and Juice Bar

2149 York Rd., Timonium • 443-591-0975
This **all-vegetarian** café offers vegan sandwiches, salads, and wraps. Popular items include the Veggie BBQ Wrap, Aztec (sweet potato and quinoa) Sun burger, and white bean burger.

Panda King

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

Scittino's Italian Market Place

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

Thai Aroma

8815 Baltimore Nat'l Pike Ste. D, Ellicott City • 410-480-5100
Traditional Thai cuisine. Most meat dishes can be made vegan by substituting tofu.

Tov Pizza

6313 Reisterstown Rd., Baltimore
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
410-296-0799 • ZiasCafe.com
Café, juice bar, and catering company offering an incredible variety of fresh juices and smoothies as well as vegan sandwiches and desserts. Menu changes daily, dinner service also offers vegan options.

BAKERIES

Dirty Carrots

410-868-4430 • DirtyCarrots.com

Brunie's Bakery

443-570-1487 • BruniesBakery.com

Goody, Goody Gumdrops

443-670-4529
GoodyGoody-VeganGoodies.com

Charm City Cupcakes

410-435-8790 • CharmCityCupcakes.com

✓ = all-vegetarian establishments