



VegDC.com

2014 VEGETARIAN GUIDE TO WASHINGTON, DC

VEG-FRIENDLY FARE IN AND AROUND THE NATION'S CAPITAL





ABOUT US

Compassion Over Killing is a DC-based nonprofit animal advocacy organization. Since 1995, COK has been exposing cruelty to farmed animals and promoting vegetarian eating as a way to build a kinder world. Online at COK.net.

VegDC.com for hundreds more restaurants!

TryVeg.com for a free *Vegetarian Starter Guide*.

VegRecipes.org for quick and easy animal-friendly recipes!

DCVegFest.com to learn about the largest vegetarian celebration in the nation's capital.

Contact us at info@cok.net or 301-891-2458 to make **comments or restaurant suggestions**.

THE VEGETARIAN GUIDE

TO WASHINGTON, DC, AND SURROUNDING AREAS

Catering to the increasing demand for vegetarian options, more and more grocery stores and restaurants nationwide—from fast food to four star—are dishing out animal-free fare. This print guide is just an appetizer—you'll find the full up-to-date listing online at VegDC.com.

Why are growing numbers of people choosing vegetarian fare?

For better health. According to the American Dietetic Association, vegetarians are reported to have lower rates of heart disease, lower blood cholesterol levels, lower blood pressure, and lower rates of obesity than non-vegetarians.

For the Earth. Animal agriculture is one of the leading causes of pollution and climate change. According to a United Nations report, it generates nearly one-fifth (18%) of all global human-induced greenhouse gas emissions.

For the animals. With virtually no laws to protect them, birds, pigs, and cows on factory farms are routinely treated in ways that would result in criminal prosecution if those same abuses were inflicted upon the cats and dogs with whom we share our homes. By choosing vegetarian foods, we can stand up for animals every time we sit down to eat.

Whatever the reason you're exploring vegetarian eating, we hope you'll find our print and online guides useful and your dining experiences delightful. It's never been easier to enjoy vegetarian cuisine in the nation's capital!

For the animals,

Erica Meier, Executive Director
Compassion Over Killing

P.S. Don't forget to visit VegDC.com for hundreds more veg-friendly dining options!



Nearly every restaurant in and around the nation's capital offers fantastic animal-free food. In this guide, we've included those that especially appeal to vegetarian diners—as well as tips and tricks to finding delicious veg food anywhere. Don't forget to **visit VegDC.com** to find many more exciting dining options!

Where can I find ...

Restaurants: District of Columbia p. 3 ★ Maryland p. 5 ★ Virginia p. 6

Food Trucks: Around the DC-Metro Area p. 6

🍌 = all vegan 🌱 = all vegetarian 🍽️ = restaurant offering a Meatless Monday special

DISTRICT OF COLUMBIA

Amsterdam Falafelshop 🌱

2425 18th St. NW • Washington, DC 20009
202-234-1969 • Falafelshop.com
Vegetarian restaurant serving falafel with many vegan toppings. Open late.

Bread and Brew 🍽️

1247 20th St. NW • Washington, DC 20036
202-466-2676 • BreadAndBrew.com
Certified green restaurant offering vegan dishes, with a bar in the basement.

Brookland Café

3740 12th St. NE • Washington, DC 20017
202-635-6307 • TheBrooklandCafe.com
Neighborhood tavern with vegan options, including dessert.

Busboys and Poets

2021 14th St. NW • Washington, DC 20009
202-387-7638 • BusboysAndPoets.com
Café and bookstore with many vegan options. Serves breakfast, lunch, dinner, and weekend brunch. *Additional location at 1025 5th St. NW, Washington, DC 20001*

Elizabeth's Gone Raw 🍌

1341 L St. NW • Washington, DC 20005
202-347-8349 • ElizabethsGoneRaw.com
Raw vegan six-course tasting menu on Fridays. Occasionally open for happy hour events.

Everlasting Life Vegan Restaurant at Cedar Crossing 🍌

341 Cedar St. NW • Washington, DC 20012
301-324-6900 • EverlastingLife.net
Serving vegan soul food, raw foods, beer, wine, and cocktails.

Goshen 🍌

1309 5th St. NE • Washington, DC 20002
202-704-2600
Vegan booth at Union Market serving raw food, juice, and dessert.

Khepra's Raw Food and Juice Bar 🍌

402 H St. NE • Washington, DC 20002
202-803-2063 • KheprasRawFoodJuiceBar.com
Vegan raw food and juice bar inside Dynamic Wellness.



Visit DCVegFest.com

to learn more about this annual celebration!

Nage **MM**

1600 Rhode Island Ave. NW
Washington, DC 20036 • 202-448-8005
NageDC.com
Offers a Meatless Monday menu and vegan dishes by request.

Pleasant Pops Farmhouse Market & Cafe ♦

1781 Florida Ave. NW • Washington, DC 20009
202-558-5224 • PleasantPops.com
Vegetarian café serving Mexican-style ice pops along with sandwiches, soups, and salads.

Science Club ♦

1136 19th St. NW • Washington, DC 20036
202-775-0747 • ScienceClubDC.com
Vegetarian restaurant and lounge with many vegan options.

Senbeb Café ✓

6224 3rd St. NW • Washington, DC 20011
202-249-0917
Serving vegan soul food, raw foods, and Sunday brunch. Located next to a natural food store.

Smoke and Barrel **MM**

2471 18th St. NW • Washington, DC 20009
202-319-9353 • SmokeAndBarrelDC.com
Beer, BBQ, and bourbon restaurant offering vegan options and weekend brunch.

Soupergirl ✓ **MM**

314 Carroll St. NW • Washington, DC 20012
202-609-7177 • TheSoupergirl.com
Serving organic, vegan, and kosher soups and healthy salads. Hosts COK benefit days on 1st Tuesday of every month
Additional location at 1829 M St. NW, Washington, DC 20007

Sticky Fingers Bakery ✓

1370 Park Rd. NW • Washington, DC 20010
202-299-9700 • StickyFingersBakery.com
Vegan bakery and café that also serves beer, wine, and cocktails.

Taan **MM**

1817 Columbia Rd. NW • Washington, DC 20009
202-450-2416 • TaanNoodles.com
Serving ramen noodle bowls including a vegetarian and a vegan version.

Teaism **MM**

2009 R St. NW • Washington, DC 20009
202-667-3827 • Teaism.com
Tea house serving Asian-inspired cuisine with many vegan options. *Two additional locations at 400 8th St. NW, Washington, DC 20004 and 800 Connecticut Ave. NW, Washington, DC 20006*

Todd Gray's Muse

Corcoran Gallery of Art • 500 17th St. NW
Washington, DC 20006 • 202-639-1786
ToddGraysMuse.com
Offers vegan Sunday brunch and vegan options for lunch.

V Falafel ♦

2157 P St. NW • Washington, DC 20037
202-296-2333 • VFalafel.com
Vegetarian falafel restaurant with many vegan options.

Washington Deli **MM**

1990 K St. NW • Washington, DC 20006
202-331-3344 • WashingtonDeli.com
Offers vegan sandwiches, subs, salads, and pizza on a separate vegan menu.

Woodland's Vegan Bistro ✓

2928 Georgia Ave. NW • Washington, DC 20001
202-232-1700 • WoodlandsVeganBistro.com
Serving vegan soul food, raw foods, juices and smoothies, and Sunday brunch.

MARYLAND

Busboys and Poets

5331 Baltimore Ave. • Hyattsville, MD 20781
301-779-2787 • BusboysAndPoets.com
Café and bookstore with many vegan options. Serves breakfast, lunch, dinner, and weekend brunch.

Everlasting Life Vegan Restaurant at Kingdom Square ✔

9185 Central Ave. • Capitol Heights, MD 20743
301-324-6900 • EverlastingLife.net
Serves vegan soul food, raw food, juices and smoothies, and Sunday brunch.

Great Sage ✔

5809 Clarksville Square Dr.
Clarksville, MD 21029
443-535-9400 • GreatSage.com
Seasonal, organic, and vegan. Serves Sunday brunch. Next to Roots Market grocery store.

OVO – Simply Veggie ✔

7313 Baltimore Ave., Ste. E
College Park, MD 20740
301-277-0927 • OvoSimplyVeggie.com
Organic, vegan, and sustainable Asian-fusion restaurant. Serves Oogave organic soda.

Sweet and Natural ✔

4009 34th St. • Mt. Rainier, MD 20712
301-277-9338
Vegan bakery and café. Serves Sunday brunch.

Vegetable Garden ✔

3830 International Dr. • Silver Spring, MD 20906
301-598-6868 • VegetableGarden.co
Vegan, organic, and macrobiotic Asian cuisine. Local favorite—hosts COK benefit days on 2nd Wednesday of every month.

Yuan Fu ✔

798 Rockville Pike • Rockville, MD 20852
301-762-5937 • YuanFuVegetarian.com
Vegan Chinese restaurant.

MOO-VE OVER DAIRY AND BEEF. MEET NELLIE.



After giving birth, dairy cows are separated from their calves and hooked up to machines that take the milk intended for their young. Unwanted calves are often relegated to barren crates so small that they cannot even turn around. After four or five months of misery, they are killed and sold as veal. Nellie was rescued from a life in a veal crate by a kind person who wanted to save her. Now, Nellie is full of life, enjoys spending her time romping around in the grass fields, and gives a big cow lick to anyone who pets her.

Visit TryVeg.com to learn more—and visit Nellie at **Poplar Spring Animal Sanctuary** in Poolesville, MD. (AnimalSanctuary.org).

VIRGINIA

Busboys and Poets

4251 S. Campbell Ave. • Arlington, VA 22206
703-379-9756 • BusboysAndPoets.com
Café and bookstore with many vegan options. Serves breakfast, lunch, dinner, and weekend brunch.

Lotus Vegetarian ♦

13872 Metrotech Dr. • Chantilly, VA 20151
703-378-6888 • LotusVegetarian.com
Chinese inspired vegetarian restaurant that also serves a variety of sandwiches and burgers.

Loving Hut ✓

2842 Rogers Dr. • Falls Church, VA 22042
703-942-5622 • LovingHut.us
Vegan Asian cuisine, specializing in Vietnamese dishes. Serves desserts from Vegan Treats.

Sunflower Vegetarian ✓

6304 Leesburg Pike • Falls Church, VA 22044
703-237-3888 • CrystalSunflower.com
Vegan Asian restaurant serving Japanese and Thai dishes, dessert, and much more. *Additional location at 2531 Chain Bridge Rd., Vienna, VA 22181*

Teaism **MMM**

682 N Saint Asaph St. • Alexandria, VA 22314
703-684-7777 • Teaism.com
Tea house serving Asian-inspired cuisine with many vegan options.

Thanh Van Restaurant ✓

6795 Wilson Blvd., #37 • Falls Church, VA 22044
703-639-0901 • ThanhVanVeggie.com
Vegan Vietnamese restaurant located in the Asian shopping center, Eden Center.

FOOD TRUCKS

Everlasting Life Food Truck ✓

EverlastingLife.net • Twitter: @ELifeRestaurant
Vegan soul food similar to the menu at the two restaurants.

The Randy Radish Food Truck ✓

TheRandyRadish.com • Twitter: @TheRandyRadish
Gourmet vegan food including breakfast, sandwiches, and dessert. Mostly in Northern VA.

Woodland's Vegan Bistro...To Go ✓

WoodlandsVeganBistro.com
Twitter: @WoodlandsVB
Vegan soul food, juices, and raw dishes similar to the main restaurant's offerings.

GIVE THANKS FOR TURKEYS. MEET PERRY.



Over 65 million turkeys are killed each winter in the US. The vast majority of these intelligent birds spend their entire lives intensely confined inside massive sheds and will never set foot outside. Perry escaped this cruel life when he was abandoned in the driveway of Poplar Spring Animal Sanctuary in the middle of the night. Although we don't know who left this young turkey behind on Thanksgiving Day, we do know that he was spared from becoming part of a holiday meal.

Visit TryVeg.com to learn more—and visit Perry at **Poplar Spring Animal Sanctuary** in Poolesville, MD. (AnimalSanctuary.org).

OTHER VEG-FRIENDLY OPTIONS

Many restaurants offer vegan menu items or modifications. Here are some suggestions and tips on finding delicious vegan options almost anywhere. Have fun trying new cuisines and cooking styles as you explore all the delicious veg food that DC has to offer!



Asian Cuisine: Vegetarian dishes including tofu, tempeh, and seitan are common. Ask if fish sauce, eggs, and dairy can be omitted.

Ethiopian Food: Most Ethiopian restaurants offer a wide selection of vegetable-based dishes, including a veggie platter that lets you sample them all!

Indian/Nepalese Food: Many dishes are vegetarian. Check for dairy in the basmati rice and naan—wheat roti is typically vegan.

Mexican Food: Beans, rice, guacamole, and salsa are all veg-friendly. Just ask if the beans are free of meat/animal fat and if the rice is cooked in vegetable broth.

Mediterranean Dishes: Popular dishes such as hummus, baba ghanoush, falafel, grape leaves, tabbouleh, and others are often vegan.

Pizza: Ask if the crust and sauce are vegan and then pile on the veggies! Visit VegDC.com for a list of restaurants that carry vegan cheese.

Chain Restaurants: National chains are adding vegan options like **Chipotle's** Sofritas, **Subway's** falafel, **Tropical Smoothie Café's** Chicken-Free Strips, and **Silver Diner's** clearly marked vegan options. Looking for something sweet? **TCBY** and **Tutti Frutti** both offer dairy-free frozen yogurt!

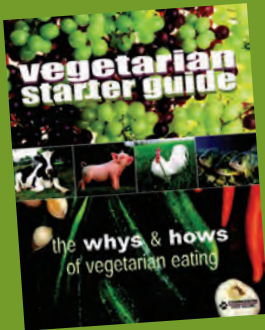
When in doubt, just ask!

Burger joints may serve veggie burgers and fine dining chefs often accommodate vegan diners. If you're unsure of the options at a new restaurant, call ahead so you'll feel prepared when it's time to order.

WANT TO LEARN MORE ABOUT VEGETARIAN EATING?

Check out these online resources:

- VegDC.com
- TryVeg.com
- COK.net
- DCVegFest.com



Visit TryVeg.com

to request your free
Vegetarian Starter Guide



PO Box 9773, Washington, DC 20016
COK.net • 301-891-2458 • info@cok.net