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, cafes 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.

Discover these online vegetarian resources
- VegBaltimore.com
- VegDC.com
- VegAustin.com
- VegRecipes.org
- COK.net
- TryVeg.com

Want to learn more about vegetarian eating?

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.

Visit TryVeg.com to request your free Vegetarian Starter Guide

2012 EDITION

P.O. Box 9773 • Washington, DC 20016 • www.cok.net
info@cok.net • T: 301-891-2458 • F: 301-891-6815
Visit VegBaltimore.com for even more listings!

INNER HARBOR

Camden Yards
Orion 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 410-467-3735 • 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 410-244-5553 • Lebanonesetaverna.com
Middle Eastern restaurant on the waterfront with more than 20 vegetarian mezze dishes.

Thai Aroy
2019 Light St., Baltimore 410-385-6587 • ThaiAroy.com
Thai cuisine featuring mock duck and tofu. Some dishes, such as the curry, can be served without fish sauce.

MT. VERNON

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 410-276-6600 • 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 Gogh Café
305 S. Aro St., Baltimore 410-558-1958
Substitute vegan cheese at this family-owned café for quasadillas, nachos, and more. They also offer hummus or vegan cream cheese for bagels, soy milk for coffee, and vegan cupcakes.

Charles Village/HAMPDEN

Bohemian Coffee House
1821 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 410-385-0516 • 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-vegetarian. Favorites include the Curry “Chikun” and Vegan BBQ ribs. For dessert, try the Orange Mango Cheesecake.

Lost City Diner
1730 N. Charles St., Baltimore 443-682-8243 • BmoreSticky.com
Don’t go hungry at the next Orioles’ game at Camden Yards. Substitute vegan cheese at this family-friendly setting. Try the Vegan “Chick’n” Sandwich. Serving a nearly all-vegetarian menu for breakfast, lunch, and dinner. Specialties include the Vegan BBQ sandwich and the Phillly cheese “steak-less” as well as a variety of vegan desserts.

Paul Chen’s Hong Kong
2426 N. Charles St., Baltimore 410-453-0874 • 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
132 W. 27th St., Baltimore 410-464-7211 • SweetSinBakery.net
An all-vegetarian restaurant featuring 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. Dottief 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 443-535-9490 • GreatSage.com
Award-winning, all-vegetan organic restaurant offering many raw and gluten-free options. Also serves organic beer, wine, cocktails, smoothies, and Sunday brunch.

Thai Aroma
8815 Baltimore Na’Tl Pike Ste. D, Ellicott City 410-480-5100
Traditional Thai cuisine. Most meat dishes can be made vegan by substituting tofu.

Tofu Pizza
6313 Reisterstown Rd., Baltimore 410-358-5238 • TofuPizza.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 Allegany Ave., Towson 410-396-0799 • ZiaCafe.com
Cafe, 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
Kosher bakery and deli located inside an Italian grocery store, serving homemade pizzas with vegan cheese.

Van Gogh Café
1050 W. 36th St., Baltimore 410-899-8891 • VanGoghCafe.com
Cafe with many vegetarian and vegan offerings including BBQ un-chicken, a vegan riblet, and a burrito with home-made vegan chili. Note that the burger buns and veggie burger are not vegan.

One World Café
100 University Plaza, Baltimore 410-235-5777 • OneWorld.Cafe
Serving a nearly all-vegetarian menu for breakfast, lunch, and dinner. Specialties include vegan pancakes and the Phillly cheese “steak-less” as well as a variety of vegan desserts.

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 Chicken, and many more 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.