

At Friends of Animals, we advocate a vegan diet as the most direct and life-affirming form of animal rights activism. Vegans often engage in lively discussion about how and why they made the change from animal derivatives to a pure vegetarian lifestyle. Incentives abound: We want to protect the environment, for it is home to us and all other animals. We want to be healthy and fit. We want to stop supporting the major industries that exploit other animals for profit.

As an exciting bonus, when we take animals off the menu we open doors to a whole new array of healthful and delicious foods. Simply put, vegan food tastes good.

Washington DC is a multi-cultural city, and vegetarians can select from a wide variety of international foods, including Chinese, Japanese, Indian and Korean. Whether you are shopping in historic Georgetown, visiting your legislators on Capitol Hill, or enjoying a late evening out at an Adams Morgan hotspot, vegetarian options abound.

Visit Soul Vegetarian Restaurant for some Vegan macaroni and “cheese”—be sure to add a side of greens and some barbecue twists. In the bustling K Street area, find time for healthful vegetarian food at Java Green, which offers traditional Korean rice and noodle dishes, vegan mock-chicken drumsticks, and a non-dairy version of the traditional ice cream sundae.

The DC suburbs of Maryland and Northern Virginia offer even more. Local vegetarians are talking about the tofu gyro at the Berwyn Café, just north of Washington in College Park, Maryland. Marinated and slowly roasted, the gyro is irresistible on a bed of aromatic brown rice. Rockville, Maryland, just off Washington’s beltway, boasts The Vegetable Garden and Yuan Fu. Both of these vegan restaurants offer excellent Chinese dishes such as Wonton Soup, Asparagus with Shiitake Mushrooms, and Tofu Rolls with Chinese Spinach. Try the Crispy Whole Black Mushrooms and you’ll be back for more.

And the next time someone asks “But what do you eat?” hand them this guide, treat them to lunch, and share the experience of peaceful cuisine.



(Virginia restaurants continued)

Woodlands (ve) Indian. Weekend buffet. 4078 Jermantown Road. (703) 385-1996. M–F 11:30am–10pm, Sa 11:30am–10pm, Su 11:30 am–9:30pm.

Falls Church

Sunflower Vegetarian Restaurant (ve) Chinese & Japanese. 6304 Leesburg Pike. 703-237-3888. 7 days 11:30pm–9:30pm.

Vienna

Amma Vegetarian Kitchen (ve) Indian. 344-A Maple Avenue E. (Route 1223). (703) 938-5328. M–Th 11:30am–2:30pm, 5:30pm–9:30pm, F–Su 11:30am–3:30pm, 5:30pm–10pm.

Sunflower (ve) Chinese, Japanese. 2531 Chain Bridge Road (Route 123). (703) 319-3888. 7 days 11:30am–9:30pm.

Many vegetarian dishes can be prepared vegan; be sure to inquire. Many restaurants deliver; call them for details. Please call restaurants before visiting to confirm hours, wheelchair access and methods of payment.

KEY: V=vegan
ve=meatless with vegan options

Friends of Animals has a new, all vegan cookbook, *Dining With Friends: The Art of North American Cuisine*. To purchase this book, visit our Web site at www.friendsofanimals.org

Friends of Animals 

Friends of Animals is an international animal advocacy organization supported by members. Please visit us at: www.friendsofanimals.org

INTERNATIONAL HEADQUARTERS:

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If you know of an all-vegetarian or vegan restaurant in the Washington Metro area that we have missed, contact us at dustin@friendsofanimals.org

THE FRIENDS OF ANIMALS

Vegan Restaurant Guide

WASHINGTON, D.C.
AND THE
METRO AREA

2009

Revised 9/08

Palmer
Cable Lines
Street Car Lines

Friends of Animals 

WASHINGTON, D C

Adams Morgan

Amsterdam Falafel Shop (ve) Falafel & french fries. 2425 - 18th Street NW. (202) 234-1969. Su-M 11am-midnight, Tu-W 11am-2:30am, Th 11am-3am, F-Sa 11am-4am.

Sticky Fingers Bakery (V) Vegan bakery, serving soups, salads, entrées & sweets. 1370 Park Road (@ 14th St NW. 1 block north of Columbia Heights metro). (202) 299-9700. M-Th 7am-7pm, F 7am-9pm, Sa 8am-9pm, Su 9am-6pm.

Farragut North

Java Green (ve) Healthy Korean dishes, paninis, salads, noodles, and vegan deserts. 1020 19th St. NW. (202) 775-8899. M-F 8:30am-8:30pm, Sa 11am-6pm. Closed Su.

Farragut West

Nirvana (ve) Wide variety of Indian food, with a weekday lunch buffet. 1810 K St. NW. (202) 223-5043. M-Th 11:30am-3pm, 5pm-8:30pm, Fr-Sa 11:30am-3pm, 5pm-10pm. Closed Su.

Federal Triangle

Indian Delight (ve) South Indian. Post Office Pavillion, 1100 Pennsylvania Avenue. (202) 371-2295. 7 days 10am-6:30pm.

Foggy Bottom

Pasta a la Cart (ve) 2121 H St. All-vegetarian pasta cart serving penne with marinara sauce and a variety of toppings. Open M-F 11am-4pm (August thru June).

Georgetown

Amma Vegetarian Kitchen (ve) Primarily South Indian, with a few North Indian dishes. 3291A M St. NW. (202) 625-6625. M-F 11:30am-2:30pm, 5:30pm-10pm, Sa 11:30am-10:30pm, Su noon-10pm.

Howard University

Everlasting Life (V) Deli and Juice Bar. 2928 Georgia Avenue NW. (202) 232-1700. M-Sa 11am-8:30pm, Su 12pm-6:30pm.

Soul Vegetarian Restaurant (V) Greens, vegan macaroni and cheese, barbecue tofu and more.

2606 Georgia Avenue NW. (202) 328-7685. M-Sa Noon-9pm, Su 11am-3pm.

Shaw

Vegetate (ve) International cuisine. 1414 9th Street NW (near Shaw Metro Station). (202) 232-4585. Tu-Th 6pm-10pm, F-Sa 6pm-11pm, Sunday Chef's dinner 5pm-9pm.

Upper Northwest

Senbeb Café (ve) 6224 Third Street NW. (202) 249-0917. M-Sa 11am-8pm. Closed Su.

MARYLAND

Baltimore

The Yabba Pot (V) International. 2431 St. Paul St. 410-662-TOFU (8638) M-Sa 11am-9 pm, Su 11am-7pm.

Bowie

The Fabian House Café (ve) 8519 Chestnut Ave. 301-464-6777. (Located inside the Shops at Fabian House.) W-Sa 11am-7pm, Su 11am-5pm. Closed M & Tu.

Capitol Heights

Everlasting Life Health Complex and Organic Market (V) Soul Food. 9185 Central Ave. 301-324-6900. M-Sa 9am-9pm, Su 11am-7pm, Su brunch 11am-3pm. Three great departments under one roof: a deli and juice bar, health food store, and sit-down dining. Catering also offered.

Clarksville

Great Sage (ve) International organic cuisine. 5809 Clarksville Station Drive. (443) 535-9400. Tu-Th 11:30am-9pm, F-Sa 11:30am-9:30pm, Su 11:30am-9pm. Closed M.

College Park

Berwyn Café (ve) Stuffed pitas, organic brown rice plates, soups, salads and Sunday brunch. 5010 Berwyn Road. (301) 345-9898. M-Th 7:30am-5pm, F 7:30am-8pm, Sa 9am-5pm. Closed Su.

Gaithersburg

Madras Palace (ve) Indian. 74 Bureau Drive. (301) 977-1600. M-Th 11:30am-3pm, 5:30pm-10pm, F 11:30am-3pm, 5:30pm-10:30pm, Sa 11:30am-10:30pm, Su 11:30am-10pm.

Greenbelt

Madras Palace (ve) Indian. 8839 Greenbelt Road. (301) 552-3353. Tu-Th 11:30am-3pm, 5:30pm-9pm, F 11:30am-3pm, 5:30pm-10:00pm, Sa 11:30am-10:30pm, Su 11:30am-9pm. Closed M.

Langley Park

Woodlands (ve) Indian. Weekend buffet. 8046 New Hampshire Avenue. (301) 434-4202. 7 days 11:30am-9:30pm.

Largo

Soul Vegetarian Restaurant (V) Greens, vegan macaroni and cheese, barbecue tofu and more. 9185 Central Avenue. (301) 324-6900. M-Sa 10am-9pm, Su 11am-7pm.

Rockville

The Vegetable Garden (V) Chinese. 11618 Rockville Pike. (301) 468-9301. 7 days 11:30am-10pm.

Yuan Fu (V) Chinese. 798 Rockville Pike. (301) 762-5937. Su-Th 11am-10pm, Fr-Sa 11am-10:30pm.

Takoma Park

Udupi Palace (ve) North and South Indian. 1329 University Blvd. (301) 434-1531. 7 days 11:30am-9:30pm.

VIRGINIA

Arlington

Saran Foods (ve) Indian. 5151 N. Lee Highway. (703) 533-3600. Tu-Su 11am-9:30pm. Closed M.

Chantilly

Lotus Vegetarian Restaurant (ve) Asian inspired. 13872 Metrotech Dr (next to Lowe's in Sully Place shopping center). 703-378-6888. M-Th 11:30am-9:30pm, F 11:30am-10pm, Sa 11:30am-10pm. Su noon-9:30pm.

Fairfax

Saravana Palace (ve) Indian. 11725 Lee Highway, #A15. 703-218-4182. Most curries and other items made with dairy products, so be sure to ask which can be made vegan. 7 day Lunch Buffet 11:30am-3pm, M-F Dinner 5pm-10pm. Sa Dinner 3pm-10pm, Su Dinner 3pm-9:30pm.