

Indian. W–M Daily lunch buffet 11:30am–3:00pm, dinner 5:30pm–10pm. Closed Tu. Delivery and catering available 7 days but orders must be placed in advance for Tuesdays. (916) 851-5900.

#### Santa Clara

**Dasaprakash** (ve) 2636 Homestead Rd. South Indian. M–F 11:30am–2:30pm, M–Th 5:30pm–9:30pm, F 5:30pm–10pm, Sa–Su 11:30am–10pm. (408) 246-8292.

#### San Jose

**Good Karma Vegan Deli** (V) Pan Asian. 37 S First St (Post & Santa Clara). M–Sa 11am–9pm, Sun 12–7pm. Take-out available. (408) 294-2694.

**Happy Bamboo** (ve) 1711 Branham Lane. Tu–Su 11:30am–9pm. Closed M. (408) 694-0740.

**Kokila's Kitchen** (ve) Authentic South Indian. 1427 Branham Ln. Tu–Su 11am–2pm, 6pm–9pm. Closed M. (408) 903-9456.

**Loving Hut** (V) Vietnamese, Asian. 925 Blossom Hill Rd (Santa Teresa Blvd, inside Westfield Oakridge Mall). M–F 10am–9:30pm, Sa 10am–9pm, Su 11am–7pm. (408) 229-2795.

**Sogo Tofu** (ve) 1610 S De Anza Blvd. Deli and take-out. They make their own organic tofu and soy milk products. 7 days 8am–8pm. (408) 517-8958.

**Tofo Com Chay** (V) 388 E. Santa Clara St. M–F 9am–9pm, Sa 9am–6pm. Closed Su. (408) 286-6335.

**Vegetarian House** (V) 520 East Santa Clara St. International vegetarian cuisine. M–F 11am–2pm, 5pm–9pm, Sa–Su 11am–9pm. (408) 292-3798.

#### San Rafael

**Café Gratitude** (ve) 2200 4th St. Daily 10am–10pm. Only a few items containing honey are non-vegan. (415) 578-4928.

#### Santa Cruz

**Alfresco** (ve) 1520 Pacific Ave. (In front of Pacific Wave). Daily 11am–6pm. (831) 429-1765.

**Malabar** (ve) 514 Front St. Ceylonese, Asian and European cuisine. M–Th 11:30am–3pm, 5:30pm–9:30pm, Sa & Su 5:30pm–9:30pm. (831) 458-3023.

**Samba Rock Acai Café** (ve) 291 Water St (@ Ocean). Brazilian acai bowls, smoothies, yerba mate, a few baked goods. Dishes with milk can be made vegan with the substitution of hemp milk at extra charge. M–F 8am–6pm, Sa & Su 9am–6pm. Wheelchair accessible. (831) 458-2224.

**Saturn Café** (ve) 145 Laurel St (at Pacific Ave). Daily 11am–3am. (831) 429-8505.

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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.

The San Francisco Bay area has long been famous for creative vegetarian cuisine. Whether you are looking for an elegant dining experience with a view of the Golden Gate Bridge or to grab quick Vietnamese take-out, there are possibilities available to suit any price range.

Millennium, located in the Hotel California, is a bustling, world-class vegan restaurant, and every menu item is a feast for the eyes as well as the taste buds. Visit the Lucky Creation Vegetarian Restaurant in Chinatown and enjoy delicious Buddhist cooking. Head up to North Beach for healthy and delicious raw and organic treats at Juicy Lucy. Your spirits will be lifted by the raw cuisine at Cafe Gratitude, located in the eclectic Mission district. Try their vegan pizza with cashew ricotta or the “I am Magical” stuffed mushrooms, and accompany the meal with a tasty coconut chocolate shake.

And the next time someone asks “but what do you eat?” hand them this guide and treat them to lunch and a learning experience for which their taste buds – and the animals – will thank you. And so do we.

**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 payments.**

Friends of Animals has a new, all vegan cookbook, *The Best of Vegan Cooking*. To purchase this book, visit our Web site at [www.friendsofanimals.org](http://www.friendsofanimals.org)



(Bay Area restaurants continued)

#### Santa Rosa

**Seed** (V) 465 Sebastopol Ave. Vegan, Beer/Wine, International, American, Take-out. Serving cooked and raw food. Brunch on Sunday. W–Th 11:30am–5:30pm, F–Sa 11:30am–8pm, Su 10am–3pm. Closed M & Tu. (707) 546-7333. Temporarily Closed – Reopening Feb, 2011

**Gaia's Garden** (ve) 1899 Mendocino Ave (@ Steele). Lacto, Vegan-friendly, Indian, International, All-you-can-eat Buffet. M–F 11:30am–2:30pm, M–Sa 5pm–9pm, closed Su. (707) 544-2491.

#### Sebastopol

**Slice of Life** (ve) Lacto, Vegan-friendly, Organic, Italian, Mexican. 6970 McKinley St. Tu–Th 11am–9pm, F 11am–10pm, Sa 9am–10pm, Su 9am–9pm. Closed M. (707) 829-6627.

#### Sunnyvale

**Great Vegi Land** (V) 562 S. Murphy Ave. Chinese, Buddhist. Tu–F 11:30am–2:30pm, 5pm–9pm Sa–Su 12–2:30pm, 5pm–9pm. Closed M. (408) 735-8040.

**Madras Café** (ve) 1177 W. El Camino Real. South Indian. Tu–F 8:30am–2:30pm, 5:30pm–10pm, Sa–Su 8:30am–10pm. Closed M. (408) 737-2323.

**Merit Vegetarian Restaurant** (V) Vietnamese, Chinese. 548-2 Lawrence Expressway. Daily 11am–9pm. Take-out, catering and banquets available. (408) 245-8988.

**Panchavati Restaurant** (ve) 460 Persian Dr. Indian. Tu–Su 11am–7:30pm. Closed M. (408) 734-9335.

**Saravana Bhavan** (ve) Indian. 1305 S. Mary Ave. M–F 11:30am–2pm, 5:30pm–10pm. Sa & Su 11am–10pm. (408) 616-7755.

**Udupi Palace** (ve) 976 E. El Camino Real. South Indian. 7 days 11:30am–10pm. (408) 830-9600.

**KEY:** V=vegan ve=meatless with vegan options

## Friends of Animals

Friends of Animals is an international animal advocacy organization supported by members. Please visit us at: [www.friendsofanimals.org](http://www.friendsofanimals.org)

Friends of Animals counts on its members and contributors to help carry a vegan educational program in the San Francisco Bay area. Please consider a donation to this effort. A donation of \$25.00 includes membership and a year's subscription to *Act-ionline*. All contributions are fully tax-deductible in accordance with current laws.

#### INTERNATIONAL HEADQUARTERS:

777 Post Road • Suite 205 • Darien, CT 06820 • (203) 656-1522

If you know of an all-vegetarian or vegan restaurant in the San Francisco Bay area that we have missed, contact us at [dustin@friendsofanimals.org](mailto:dustin@friendsofanimals.org)

# Vegan Restaurant Guide TO SAN FRANCISCO & THE BAY AREA 2011

Revised 9/11

## S A N F R A N C I S C O

### Chinatown

**Loving Hut** (V) 365 Stockton St. Vietnamese/Asian cuisine. Daily 11am–9pm. (415) 362-2199.

**Lucky Creation** (V) 854 Washington St (near Stockton). Th–Tu 11am–9:30pm. Closed W. (415) 989-0818.

### Civic Center

**Ananda Fuara** (ve) 1298 Market St. International. M, Tu, Th, F, Sa 11am–8pm, W 8am–3pm. Closed Su. (415) 621-1994.

### Inner Sunset

**New Ganges Restaurant** (ve) 775 Frederick St. Indian. 7 days 11am–2pm, 5–10pm. (415) 681-4355.

### Marina

**Greens Restaurant** (ve) Fort Mason Center, Building A. Upscale California cuisine with a spectacular view of the Golden Gate Bridge. Tu–Sa 11:45am–2:30pm, Su–F 5:30pm–9pm, Su 10:30am–2pm. (415) 771-6222.

### Mission

**Bollyhood Café at Baobab Village** (V) 3372 19th St. All vegan bar and events space that serves a weekend brunch. Events are held most nights. M–F 5pm, Sa–Su 11am. Closing times vary so call ahead. (415) 970-0362.

**Café Gratitude** (ve) 2400 Harrison St. Raw, organic (only a few items containing honey are non-vegan). Daily 10am–10pm. (415) 830-3014.

**Cha-Ya** (V) Japanese. 762 Valencia St. (bet 18th and 19th). Daily Lunch 12pm–2:30pm, Dinner 5:30pm–9:30pm. Takeout. Cash only. (415) 252-7825.

**Frapez** (ve) 4092 18th St. Smoothies, juices, nutritional beverages. M–F 8am–7pm, Sa–Su 8am–8pm. (415) 503-1323.

**Gracias Madre** (V) 2211 Mission St. 100% Organic Mexican. Daily 11am–11pm. (415) 683-1346.

**Herbivore** (V) 983 Valencia (bet 20th & 21st). Wide variety of vegan food, patio seating and daily brunch. Su–Th 9am–10pm, F–Sa 9am–11pm. (415) 826-5657.

**Sunny Vibrations Vegan Delights** (V) 20th St (bet Dolores & Church). Vegan food cart serving vegan tacos, chili, pizza, hummus sandwich, juices, smoothies and teas. Must call for hours. (415) 240-9579.

**Udupi Palace** (ve) South Indian. 1007 Valencia St./21st St. Su–Th 11:30am–10pm, F–Sa 11:30am–10:30pm. (415) 970-8000.

### North Beach

**Loving Hut Restaurant** (V) 1365 Stockton St (Vallejo St). Su–Th 11am–8:30pm, F–Sa 11am–9pm. (415) 362-2199.

### Richmond:

**Golden Buddha** (V) Vietnamese. 832 Clement St (bet 9th & 10th Aves). Daily 11am–9pm. (Formerly Golden Era 2). (415) 668-4888.

### Sunset

**Daily Health** (V) 1235 Ninth Ave. Natural food store with deli and eat-in section. Organic selection of both raw and cooked food. M–F 10am–8pm, Sa 10am–5:30pm, Su 12pm–5:30pm. (415) 681-7675.

**Enjoy** (ve) 754 Kirkham St (@ 12th). Singapore, Chinese. Tu–Su 11am–2:30pm, 5pm–9pm. Closed M. (415) 682-0826.

**Judahlicious** (ve) 3906 Judah St (@ 44th). All vegan café which serves raw foods, juices and hemp-based ice creams. Daily 9am–7pm. (415) 665-8423.

**Om Shan Tea** (V) 233 14th St. Organic and gourmet fine teas served alongside vegan and raw foods. Entire menu wheat/garlic/onion-free. (888) 747-8327.

**Shangri-La** (ve) 2026 Irving St (@ 21st). Chinese, Buddhist. 7 days 11:30am–8:45pm. Closed first & third Wednesday of each month. (415) 731-2548.

### Tenderloin

**Golden Era** (V) 572 O’Farrell St. Vietnamese. W–M 11am–9pm. Closed Tu. (415) 673-3136.

### Union Square

**Millennium Restaurant** (V) 580 Geary St (in the Hotel California). Su–Th 5:30pm–9:30pm, F–Sa 5:30pm–10pm. Reservations recommended. (415) 345-3900.

### Western Addition

**Herbivore** (V) 531 Divisadero St (@ Fell). Extensive vegan menu, patio seating and daily brunch. Su–Th 9am–10pm, F–Sa 9am–11pm. (415) 885-7133.

## B A Y A R E A

### Alameda

**Central Vegetarian Cuisine** (ve) Vietnamese. 1613 Park St. Th–Tu 11am–9pm. Closed Wed. (510) 522-3745.

### Berkeley

**Café Gratitude** (ve) 1730 Shattuck Ave. Raw, organic (only a few items containing honey are non-vegan). Daily 10am-10pm. (415) 725-4418.

**Cha-Ya** (V) 1686 Shattuck Ave. Japanese Zen Buddhist. Tu–Su 12pm–2pm, 5pm–9:30pm, M 5pm–9:30pm (closed for lunch). (510) 981-1213.

**Cheeseboard Pizza** (ve) Lacto, Pizzeria, Bakery, Take-out. 1512 Shattuck Ave (@ Vine & University). Tu–F 7am–6pm, Sa 8:30am–5pm, M 7am–1pm. Closed Su. Cash only. (510) 549-3055.

**Chick-O- Pea’s** (“The Falafel Place”) (ve) 1926 Shattuck Ave. M–Th 11am–9:30pm, F–Sa 11am–10 pm, Su 11am–9 pm. (510) 504-8880.

**Cinnaholic** (V) 2132 Oxford St. Vegan Cinnamon Rolls, other goodies. Daily 9am-6pm. (510) 647-8684.

**Flacos** (V) Mexican, organic, GMO-free. 3031 Adeline St. Tu–Sa 12pm–9pm. Closed Su & M. (510) 981-8081.

**Herbivore** (V) Organic, International. 2451 Shattuck Ave. Su–W 9am–10pm, Th–Sat 9am–12am. (510) 665-1675.

**Maoz Vegetarian** (ve) Middle Eastern. 2395 Telegraph Ave. Su–W 11am–11pm, Th–Sa 11am–2am. (510) 356-4090.

**Nabolom Bakery** (ve) Bakery and café. Ovo, Lacto. 2708 Russell St (near College & Ashby). M 7am–2pm, Tu–F 7am–6pm, Sa–Su 7:30am–6pm. (510) 845-BAKE.

**Nature’s Express** (V) 1823 Solano Ave. Smoothies, juices, burritos wraps and sandwiches. Daily 10am–8pm. (510) 527-5331.

**Raw Energy Organic Juice Café** (V) 2050 Addison St (bet Shattuck & Milvia). M–F 7:30am–7pm, Sa 11am–4pm. Closed Su. (510) 665-9464.

**Saturn Café** (ve) 2175 Allston Way. American diner. Many vegan options. Daily 10am–12am. (510) 845-8505.

**Udupi Palace** (ve) 1901 University Ave. South Indian. 7 days 11:30am–10pm. (510) 843-6600.

**Vegi Food Restaurant** (V) 2083 Vine St. Chinese. M 5pm–9pm, Tu–F 11:30am–3pm, 5pm–9pm, Sa–Su 11:30am–9pm. (510) 548-5244.

### Burlingame

**Que SeRaw SeRaw** (V) 1160 Capuchino Ave (@ Broadway). Raw, Vegan, Organic. Take out only. M–F 10am–4pm, Sa 10am to 2pm. Closed Su. (650) 400-8590.

### Capitola

**Dharma’s Restaurant and Catering** (ve) 4250 Capitola Rd. Organic tofu, tempeh, seitan and pasta dishes. 7 days 8am–9pm. (831) 462-1717.

### Foster City

**Basil Cha Cha** (ve) Thai cuisine. 1457 Beach Park Blvd. M–F 11am–3pm, Sa & Su 11am–9:30pm. (650) 349-7890.

### Fremont

**Chaat Bhavan** (ve) 5355 Mowry Ave (@ Farwell). Lacto, vegan-friendly, Indian. Take-out, delivery and catering available. Open daily 11:30am–10pm. (510) 795-1100.

### Healdsburg

**Café Gratitude** (ve) Raw, organic. 206 Healdsburg Ave (in Olive Leaf). Daily 10am–9pm. (707) 723-4461.

### Milpitas

**Loving Hut** (V) Vietnamese, Asian. 516 Barber Lane. M 11am–2pm, Tu–F 11am-2pm, 5pm–9pm, Sa–Su 11am–9pm. (408) 943-0250.

**Milan Sweets** (ve) Indian. 296 S Abel St. Take-out and delivery only. Su–Th 10am–8pm, F 10am–9pm. Closed Sa. (408) 946-2525.

**Tirupathi Bhimas** (ve) 1208 S. Abel St (@ Main near Great Mall Parkway). Tu–Su 11:30am–2pm, 6pm–9:30pm. Closed Monday. (408) 945-1010.

### Mountain View

**Chaat Paradise** (ve) 165 E. El Camino Real. Indian. Daily 11:30am–9:30pm. (650) 965-1111.

**Garden Fresh Vegetarian Restaurant** (V) 1245 W. El Camino Real. Chinese. 7 days 11:30am–9:30pm. (650) 254-1688.

### Napa

**Ubuntu** (ve) 1140 Main St. Lacto, vegan-friendly vegetarian restaurant and yoga studio. Chef uses biodynamically grown produce in the dishes. Sa–Su 11:30am–2:30pm, M–Su 5:30pm–9pm. (707) 251-5656.

### Newark

**Woodlands** (ve) 39203 Cedar Blvd. Lacto, Vegan-friendly. Tu–F 11:30am–3pm, 6pm–10pm. Weekends 11:30am–4pm, 6pm–10pm. Closed M. Take-out and catering available. Vegetarian Indian restaurant. (510) 494-9727.

### Oakland

**Breakroom Café** (ve) American. 300 13th St (@ Harrison). M–F 9am–5pm. Closed weekends. (510) 836-3864.

**Golden Lotus Vegetarian Restaurant** (ve) 1301 Franklin St. 7 days 11am–9pm. (510) 893-0383.

**Manzanita Restaurant & Bakery** (V) Macrobiotic. 4001 Linden St. Daily 11:30am–2:30pm, 5:30pm–9pm. (510) 547-1842.

**No Worries** (V) Filipino cuisine. 1442 Franklin St. M–F 11am–3pm, 5pm–9pm. Sa 5pm–9pm. Closed Su. (510) 444-4466.

**Pizza Plaza** (ve) 6211 Shattuck Ave. Tu–Su 11am until late. Closed M. Take-out, delivery and catering available. (510) 420-1433.

**Souley Vegan** (V) 301 Broadway (@ Jack London Square). Southern, American, Soul Food, Take-out. Vegan soul food restaurant with BBQ tofu, southern fried tofu, mac ‘n cheese, red beans and rice, corn bread, potato salad, and more. Has a booth at Grand Lake Farmers Market on Saturday. Tu–Sa 11am–9pm. Closed Su & M. (510) 922-1615.

### Palo Alto

**Loving Hut** (V) Asian. 165 University Ave. M–Sa 11am–9pm. Closed Su. (650) 321-5588.

### Richmond

**Symphonic** (V) International Cuisine. 199 Park Pl. Su–Th 11am–9:00pm, F–Sa 11am–9:30pm. (510) 236-2118.

### Sacramento County—Rancho Cordova

**Udupi Café** (ve) 2226 Sunrise Blvd. Northern & Southern