

The Vegan Joint (V) Breakfast burritos, pancakes, burgers, wraps, tofu & noodle dishes. 10438 National Blvd. Su–Th 11am–9pm, F–Sa 11am–10pm. Closed Tu. (310) 559-1357.

Westwood

Native Foods (V) Wide variety of salads, seitan, tempeh, soy dishes & vegan deserts. 1110½ Gayley Ave. Daily 11am–10pm. (310) 209-1055.

ORANGE COUNTY

Costa Mesa

118 Degrees (V) Organic, All Raw. 2981 Bristol St, Ste B5 (@ Baker). (714) 754-0718. Open M–Sa 9am–10pm, Su 10am–9pm, Su brunch 10am–3pm. Take-out available.

Avanti Café (ve) Organic, Italian, International. 259 E 17th St. (949) 548-2224. M–Sa 11am–10pm, Su 11am–8pm. Brunch Sa–Su 11am–1pm. Takeout available.

Happy Family (ve) Chinese. 1400 Bristol Ave (@ Red Hill). Extensive menu featuring faux meat and vegetables. M–F 11am–3pm, 5–9pm, Sa–Su 11am–5pm. Take-out available. (714) 668-9288.

Native Foods (V) Wide variety of salads, seitan, tempeh, soy dishes & vegan deserts. 2937 Bristol St. Daily 11am–10pm. (714) 751-2151.

Fountain Valley

Au Lac Vegetarian Restaurant (ve) Chinese, Vietnamese, & some raw cuisine. 16563 Brookhurst St. Tu–Su 11:30am–9:30pm. Closed M. (714) 418-0658.

Garden Grove

Hoa Sen Vegetarian Restaurant (ve) Lacto, Vietnamese. 12180 Brookhurst St. Large menu with items such as crispy fried rice, coconut soup in hot pot, rice crepes, vermicelli noodles, mock meats, and Vietnamese appetizers. Daily 10am–9pm. Take-out available. (714) 537-0077.

Huntington Beach

Bodhi Tree Vegetarian Café (V) Southeast Asian with a Zen atmosphere. 501 Main St, Suite E. W–M 11am–10pm. Closed Tu. (714) 969-9500.

Good To Go (ve) Juice Bar. 5930 Warner Ave (@ Springdale). (714) 840-6400. M–Sa 7am–7pm, Su 9am–2pm.

Loving Hut (V) Taiwanese, Asian, Western, Fast food. 19891 Brookhurst St. Take-out available. M–Sa 11:30 am–3 pm, 5 pm–8:30 pm. Closed Su. (714) 962-6449.

Mitasie 3 (ve) Vietnamese, Chinese. 7636 Edinger Ave. Daily 11am–9pm. (714) 847-5262.

Irvine

The Greens Café (V) Chinese, American. 5435 Jeffrey Rd Ste 110 (@ Irvine Center Dr). (949) 653-1241. M–Sa 11am–9pm, Su 5pm–9pm. Take-out available.

Seabirds (V) Organic, American, Mexican, Fast food. Mobile vegan food truck serving Orange County. Offers street tacos, burritos, nachos, wraps, veggie burgers, and more. See website for location updates. seabirdstruck.com. (949) 463-2473.

The Veggie Grill (V) American, International. 81 Fortune Dr (@ Irvine Spectrum shopping plaza). (949) 727-9900. Daily 11am–10pm.

The Veggie Grill (V) 4213 Campus Dr (@ University Center, next to Trader Joe's). (949) 509-0003. Daily 11am–10pm.

The Wheel of Life (V) Vietnamese, Chinese, Cambodian & Thai. 14370 Culver Dr, Suite 2G. W–M 11am–3pm, 4:30pm–9:30pm. Closed Tu. (949) 551-8222.

Laguna Beach

The Stand Natural Foods Restaurant (V) Small stand with large selection of soups, salads & sandwiches. 238 Thalia St. Daily 7am–7pm. (949) 494-8101.

Zinc Café and Market (ve) 350 Ocean Ave. A small adjoined market selling coffee drinks, deli & prepared foods. Hours vary seasonally; check website. <http://www.zinccafe.com/>. (949) 494-6302.

Tustin

India Sweets and Spices (ve) North & South Indian. 14441 Newport Ave. Tu–Su 10am–8:30pm. Closed M. (714) 731-2910.

RIVERSIDE COUNTY

Palm Desert

Native Foods (V) Wide variety of salads, seitan, tempeh, soy dishes & vegan deserts. 73-890 El Paseo. M–Sa 11am–9:30pm. Closed Su. (760) 836-9396.

Veggie and Tea House (ve) International. 72281 Hwy 111. Daily 11am–8pm. (760) 674-9579.

(Continued on back panel)

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.

Southern California offers a diverse range of vegetarian restaurants, with enough variety to ensure a satisfying meal to fit any price range. No matter what you are looking for, Los Angeles has it all – from California cuisine and raw organic meals to Japanese fast food or home-style comfort foods.

If you are heading to West Hollywood, be sure to check out Real Food Daily. The fully-vegan menu is sure to make your mouth water. The lentil-walnut pâté makes for a tasty appetizer, and following it up with the Salisbury seitan and mashed potatoes will ensure a flavorful and satisfying meal.

If you are a Hollywood tourist, take a break from sightseeing and enjoy Thai food at California Vegan on Sunset Boulevard.

The San Fernando Valley offers vegan drumsticks and spinach noodle soup courtesy of the Garden Wok. Or check out any of the four Native Foods locations, with their tantalizing menu of organic offerings such as the Rockin' Moroccan – vegetables and soy “meat” marinated, skewered and charbroiled.

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 Website 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

NEW YORK OFFICE:

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New York, NY 10023
(212) 247-8120

INTERNATIONAL HEADQUARTERS:

777 Post Rd, Suite 2 05
Darien, CT 06820
(203) 656-1522

Palm Springs

Native Foods (V) Wide variety of salads, seitan, tempeh, soy dishes & vegan deserts. 1775 E Palm Canyon Dr. M–Sa 11:30am–9:30pm. Closed Su. (760) 416-0070.

Nature's Café (Ve) Ovo, Lacto, American. 555 S Sunrise (@ Ramon). M–F 9am–7pm, Sa 10am–5pm, Su 11am–5pm. Note that soy meats might contain whey and/or eggs.

Palm Greens Cafe (Ve) Ovo, Lacto. 611 S Palm Canyon Dr 6 (bet Dunes & Ramon). (760) 864-9900. Daily 9am–3pm. Take-out available.

SAN BERNARDINO COUNTY

Chino Hills

Veggie and Tea House (ve) International. 14670 Pipeline Ave. Su–Th 11am–9pm, F–Sa 11am–8pm. (909) 606-6076.

SAN DIEGO COUNTY

San Diego

Evolution Fast Food (V) American fast food. 2965 5th Ave (at Quince). Healthier fast food with dining in and drive-thru. All vegan burgers, french fries, shakes, wraps, smoothies, vegan pizza, and more. Daily 11am–8pm, drive-thru 11am–10pm. Take-out available. (619) 550-1818.

India Sweets and Spices (ve) North & South Indian. 5440 Clairemont Mesa Blvd. Daily 11am–9pm. (858) 565-6658.

Jyoti-Bihanga (ve) Sandwiches, wraps & entrees. 3351 Adams Ave. Irregular hours, call ahead. (619) 282-4116.

Ker Vegetarian Cuisine (ve) North & South Indian. 9520 Black Mountain Rd. Daily 11:30am–9:30pm. (858) 566-5522.

Kung Food Express Café (V) Organic fast food. Full-service or drive-thru. 2949 – 5th Ave (@ Quince). M–Th 11am–9pm, F 11am–11pm, Sa 10am–11pm, Su 10am–9pm. Drive-thru open Su–Th 11am–11pm, F–Sa 11am–midnight. (619) 298-7302.

Loving Hut - El Cajon (V) Asian, Western. 1905 El Cajon Blvd (bet Georgia & Florida Sts). Fast food, Take-out available. M–F 11am–2pm, 5pm–9pm, Sa 11am–9pm. Closed Su. (619) 683-9490.

Loving Hut (V) American, Asian. 9928 Mira Mesa Blvd (@ Scripps Ranch Blvd). An international chain of vegan food restaurants opened by followers of Supreme Master Ching Hai, an advocate for vegetarian living. M–F 11am–3pm, 5pm–9pm, Sa 11am–9pm, Su 4pm–8pm. Take-out available. (858) 578-8885.

Madras Café (ve) Indian. 9484 Black Mountain Rd. M–F 11am–2:30pm, 5:30pm–9:30pm, Sa–Su 11:30am–3:30pm, 5:30pm–10pm. (858) 695-6229.

Peace Pies (V) Organic, All Raw, American. 4230 Voltaire St (@ Catalina Blvd). Raw, vegan, gluten-free pies using fair trade and local ingredients. Tu–Sa 10am–8pm. Closed Su. (619) 223-2880.

Sipz Fusion Café (ve) Vietnamese, Chinese & Thai. Large bowls of soups & stir-fries loaded with fresh vegetables, noodles & tofu. Fresh smoothies. 5501 Clairemont Mesa Blvd. Daily 10:30am–9pm. (858) 279-3747.

Spread (ve) Tasty nut spreads & “nouveau comfort food.” 2879 University Ave. Tu–Sa 5:30pm–11pm. Su brunch 10am–3pm. (619) 543-0406.

Stephanie's Bakery (V) Bakery. 4879 Voltaire St (near Sea World). (619) 221-0285. Tu–Su 8AM–8PM.

Veg-N-Out (ve) Fast food, fries & smoothies. 3442 – 30th St. M–F 11am–3pm, 5pm–9pm, Sa 11am–9pm, Su 11am–4pm. (619) 546-8411.

Chula Vista

Cilantro Live! (V) Organic, exotic & 100% raw. 315½ 3rd Ave. Tu–Su noon–7pm. Closed M. (619) 827-7401.

VENTURA COUNTY

Ojai

The Farmer and the Cook (ve) Organic food store with café. 339 W El Roblar. M–Sa 8am–8pm, Su 9am–2pm. (805) 640-9608.

KEY: V=vegan ve=meatless with vegan options

Friends of Animals counts on its members and contributors to help carry a vegan educational program in the Los Angeles 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.

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

THE FRIENDS OF ANIMALS

Vegan Restaurant Guide TO SOUTHERN CALIFORNIA 2011

Revised 9/11

Friends of Animals 

LOS ANGELES COUNTY

BEACHES

Hermosa Beach

Planet Earth Eco-Café (ve) Organic, Juice bar. 509 Pier Ave. (4 blocks from beach). (310) 967-9808. Take out available.

The Spot Natural Foods Restaurant (ve) Homestyle, comfort food. 110 Second St. Daily 11am–10pm. (310) 376-2355.

Lomita

India Treat (ve) Indian. 1841 W Pacific Coast Hwy. Restaurant and grocery store. Breakfast food, tandoori breads, dosas, idli, and more. Daily M–Su 11am–9:30pm. (310) 326-5640.

Long Beach

Steamed (ve) Organic Cuisine. 801 E 3rd St (@ Alamitos). In the heart of downtown Long Beach. Can make anything on the menu vegan. M–Sa 11:30am–8:30pm, Su 11:30am–5:30pm. (562) 437-1122.

Viento y Agua Coffeehouse (ve) American, Fast food. 4007 E 4th St. (562) 434-1182. M–F 6:00am–10:00pm, Sa–Su 8:00am–10:00pm. Has vegan butter & tofutti for bagels. Soy, almond and rice milk options for drinks.

Zephyr Vegetarian Café (V) Funky café. Soups & sandwiches with some raw selections. 340 E 4th St. Su–Th 11am–4pm, F–Sa 11am–9pm. (562) 435-7113.

Redondo Beach

Green Temple (ve) International. 1700 S Catalina Ave. Tu–Th 11am–4pm, 5pm–9pm, F–Sa 11am–4pm, 5pm–10pm, Su 9am–4pm, 5pm–9pm. Closed M. Stops seating ½ hour prior to closing. (310) 944-4525.

Happy Veggie (V) Chinese. 709 N Pacific Coast Hwy. M–Sa 11am–9pm. Closed Su. (310) 379-5035.

Santa Monica

Better Life Cuisine (V) Organic, All Raw, American & International. 717 Broadway Ave (@ Lincoln Blvd). Varied menu that features fresh pressed juices, smoothies, wraps, salads, main entrees like raw lasagna and manicotti, plus raw pies and desserts. Daily 8am–8pm. Take-out available. (310) 458-7620.

Chandni Vegetarian Cuisine of India (ve) North Indian. 1909 Wilshire Blvd. Daily 11:30am–2:30pm, 5pm–10pm. (310) 828-7060.

Euphoria Loves RAWvolution (V) Raw, organic. 2301 Main St. Daily 9am–9:30pm. (310) 392-9501.

Golden Mean Vegan Café (V) 1028 Wilshire Blvd (@ 11th St). Salads, sandwiches, wraps, pizza, main plates, baked goods, shakes, organic coffee and teas. Weekend brunch 11am–3pm. Su–W 11am–9pm, Th 11am–10pm, F–Sa 11am–11pm. (310) 393-6500.

Planet Raw by Juliano and Ariel (ve) Raw, organic, with honey and bee pollen. 609 Broadway. Su–Th 10am–10pm, F–Sa 10am–11pm. (310) 587-1552.

Real Food Daily (ve) Hip, eclectic, organic. 514 Santa Monica Blvd. Daily 11:30am–10pm. (310) 451-7544.

Real Food Daily Bakery and Café (V) Organic, American. 516 Santa Monica Blvd. (310) 451-7544. Daily 11:30am–10pm.

Thai Vegan (V) Thai. 2400 Main St (@ Ocean Park Blvd). Primarily takeaway with a few stool seating and small bench outside. Tofu satay, papaya salad, tom yum tofu soup, pad thai tofu noodle, panaeng tofu curry, and more. Su–Th 11am–10pm, F–Sa 11am–10:30pm. (310) 581-4255.

Venice

Seed (V) Macrobiotic, Japanese, Fusion. 1604 Pacific Ave. (@ Windward). (310) 396-1604. Daily 10am–9pm. Take-out available.

Vardo Café (ve) 235 Main St. Turkish. (@ Rose next to Exhale Yoga studio). Coffee, smoothies and drinks, vegan ice cream. Small menu of Indian style dishes plus falafels and small assortment of desserts. Tu–Su 9:30am–10pm, M 9:30am–4pm. (310) 664-9696.

CENTRAL LOS ANGELES

Cru Café (ve) Organic, raw fusion. 1521 Griffith Park Blvd. M 5:30pm–10pm, W–Su 5:30pm–10pm. Closed Tu. (323) 667-1551.

Mr. Wisdom Organic Health Food (ve) Café & juice bar. 3526 W Slauson Ave. M–F 10am–7pm, Sa 10am–6pm. Closed Su. (323) 295-1517.

Vegi-Soul (ve) Take-out soul food. 1436 W Jefferson Blvd. Tu–Sa 11am–9pm, Su 11am–7pm. Closed M. (323) 731-8344.

DOWNTOWN

Tierra Café (ve) Weekdays all-you-can-eat buffet. Vegan brunch Sa. 818 Wilshire

Bldv. M–F 7am–3:30pm. Closed Sa–Su. (213) 629-1402.

Veggie Grill (V) American, International. Creative sandwiches, burgers and salads. 8000 Sunset Blvd. (323) 822-7575. Open daily 11am–11pm.

HOLLYWOOD

California Vegan (V) Thai. 7300 Sunset Blvd. Daily 11am–10:30pm. (323) 874-9079.

LifeFood Organic (ve) Raw, American. 1507 N Cahuenga Blvd (@ Sunset Blvd). Food is prepackaged and refrigerated. Cold raw salads, a raw nut chili, smoothies and raw patisserie. Daily 9am–9pm. Takeout available. (323) 466-0927.

Lotus Vegan (V) Thai, American. 5038 Vineland Ave (@ Magnolia). Extensive menu. Daily 11am–10pm. (818) 760-8088.

Nite Moon Café at Golden Bridge Yoga (ve) Lacto, Organic, American, Indian. 1357 N Highland Ave (@ De Longpre). Vegetarian café located inside The Golden Bridge Yoga Center. Breakfast, lunch and dinner. Has vegan sweets. M–Th 10am–7:30pm, F 10am–2:30pm, Sa 10am–2pm. Closed Sunday. Take-out available. (323) 936-4172.

Paru's (ve) South Indian. 5140 Sunset Blvd. M–F 4pm–11pm, Sa–Su 1pm–10pm. (323) 661-7600.

Truly Vegan (V) Thai & American. 5907 Hollywood Blvd. Daily 11am–9:30pm. (323) 466-7958.

Vegan House 2 (V) Thai, American. 1717 N Wilcox Ave (@ Hollywood Blvd). (323) 962-6195. Daily 11am–10:30pm. Take-out and delivery available.

Mid Wilshire

Rahel (V) Ethiopian. 1047 S Fairfax. Su–Th 11am–10pm, F–Sa 11am–11pm. (323) 937-8401.

SAN FERNANDO VALLEY

Canoga Park

Follow Your Heart Restaurant and Market (ve) Health food store with café. 21825 Sherman Way (1.5 blocks east of Topanga Canyon Blvd). Daily 8am–9pm. (818) 348-3240.

India Sweets and Spices (ve) North & South Indian. 22011 Sherman Way. Daily 9am–9pm. (818) 887-0868.

Chatsworth

Woodlands (ve) South Indian. 9840 Topanga Canyon Blvd. M–F 11:30am–2:45pm, 5:30pm–9:30pm, Sa–Su 11:30am–10pm. Weekday lunch buffet. (818) 998-3031.

Glendale

India Sweets and Spices (ve) North & South Indian. 3126 Los Feliz Blvd. Daily 10am–9:30pm. (323) 345-0360.

Granada Hills

Vegetable Delight (ve) Chinese. 17823 Chatsworth St (bet Zelzah & White Oak). Tu–Su 11:30am–9:30pm. Closed M. (818) 360-3997.

North Hollywood

Leonor's Vegetarian Restaurant (ve) Mexican. 11403 Victory Blvd. M–Th 10am–9pm, Fr–Sa 10am–10pm. Closed Su. (818) 980-9011.

Lotus (V) Thai, American. 5038 Vineland Ave (@ Magnolia). (818) 760-8088. Daily 11am–10pm. Take-out and delivery available.

Northridge

India Sweets and Spices (ve) North & South Indian. 18110 Parthenia St. Daily 9am–9pm. (818) 407-1498.

Reseda

Vinh Loi Tofu (ve) Vietnamese. Tofu dishes. 18625 Sherman Way. Daily 7am–7 pm. Cash only. (818) 996-9779.

Studio City

Leonor's Vegetarian Restaurant (ve) Mexican. 12445 Moorpark St. Daily 10am–10pm. (818)762-0660.

SunCafé (V) Raw, Organic. 3711 Cahuenga Blvd (across from Universal Studios). Fresh organic cuisine including pizza, lettuce tacos, and specialty burgers, Mexican torta and chopped seitan. Creamy cashew shakes, cupcakes and other desserts. M–W 11am–8pm, Th–Sa 11am–10pm. Closed Sunday. (818) 308-7420.

Vegan Plate (V) Thai. 11943 Ventura Blvd. Daily 11am–9:45pm. (818) 506-9015.

Tarzana

Madeleine Bistro (V) Elegant & organic. 18621 Ventura Blvd. Due to ongoing changes at the restaurant, please call for hours of operation. (818) 758–6971.

Vegan Factory (V) Thai. 19014 Ventura Blvd. M–F 11am–10pm, Sa–Su noon–10pm. (818) 342-3286.

Universal City

Vegan Express (V) Thai & American. 3217 Cahuenga Blvd West (near Universal). M–Th 11am–9pm, F–Sa 11am–10pm. Closed Su. (323) 851-8837.

Valley Village

Leonor's Vegetarian Restaurant (ve) Mexican. 5217 Laurel Canyon Blvd. Daily 10am–10pm. (818) 769-6315.

SAN GABRIEL VALLEY

Alhambra

Loving Hut (V) Vietnamese, Chinese, American. 621 W Main St. Mostly Vietnamese cuisine with a few American food items. Tu–Sa 11am–9pm. Closed Sunday and Monday. Take-out available. (626) 289-2684.

Altadena

Oh Happy Days (V) Natural foods market & restaurant. 2283 N Lake Ave. M–F 11am–6:30pm, Sa 11am–6pm. Closed Su. (626) 797-0383.

Claremont

Ecoterra (V) Vegan organic prepared foods and juice bar. Emphasis on gluten-free selections. 1 North Indian Hill Blvd. (909) 624-8580. M–Sa 9am–8pm, Su 11am–6pm.

Covina

Covina Tasty (ve) Fast food. 1063 N Citrus Ave. Daily 11am–10:30pm. (626) 332-8816.

Duarte

India Sweets and Spices (ve) North & South Indian. 1208 E Huntington Dr. Daily 11am–9pm. (626) 357-6899.

Eagle Rock

Fatty's and Company (ve) Sandwiches & salads. 1627 Colorado Blvd. W–Sa 6pm–10pm, Su 5pm–9pm. Closed M–Tu. (323) 254-8804.

Hacienda Heights

Garden Fresh (ve) Chinese. 16034 Gale Ave. Daily 11am–8pm. (626) 968-2279.

Hsi Lai Chinese Vegetarian Restaurant (ve) Chinese, Buddhist, Buffet. 3456 S Glenmark Dr (@ Colima Blvd). Located inside Hsi Lai Temple in Hacienda Heights. Chinese and Taiwanese home-style cooking. All-you-can-eat lunch buffet and salad bar. \$7 donation is required. M–F 11:30am–1:30pm, Sa–Su 11:30am–2:30pm. (626) 961-9697.

Monterey Park

Happy Family III (ve) Chinese. 608 N Atlantic Blvd. M–F 11:30am–2:45pm, 5pm–8:45pm, Sa–Su 11:30am–9pm. (626) 282-8986.

Veggie World (ve) Chinese, Vietnamese. 321A W Garvey Ave (bet Atlantic and Garfield). Mostly Vietnamese veggie restaurant with some Chinese foods and mock meat dishes. W–Su 11am–3pm, 5pm–9pm. Closed Monday and Tuesday. (626) 642-0368.

Pasadena

Green Earth Vegan Cuisine (V) 37 S Fair Oaks Ave (just south of Colorado). Vietnamese soups, Asian stir fries, pasta dishes, veggie burgers, sandwiches, soups, fresh juices, and more. Su–Th 11:30am–9pm, F–Sa 11:30am–10pm. (626) 584-0268.

My Vegan (V) Thai, American. 633 S Arroyo Parkway, Ste 3. Extensive Thai food menu in addition to veggie burgers, wraps, pasta, and other American food. Daily 10:30am–9pm. Take-out and delivery available. (626) 578-9017.

Orean, The Health Express (ve) Healthy, delicious fast food. 817 N Lake Ave. Daily 9:30am–9pm. (626) 794-0861.

Rancho Cucamonga

Bright Star Thai (V) Traditional Thai dishes featuring mock meats. 9819 Foothill Blvd, Suite F. (909) 980-9797. Open daily 11:00am–10:00pm.

Rowland Heights

Happy Family Vegetarian Restaurant (ve) Chinese. 18425 E Colima Rd. Daily 11:30am–2:45pm, 5pm–9pm. (626) 965-9923.

Happy Veggie Garden (ve) Chinese. 1015 S. Nogales St, #127-A. (626) 810-2298. Su–Th 11am–9pm, F–Sa 11am–9:20pm. Closed 3pm–5pm M–Th.

San Dimas

Veggie and Tea House (ve) International. 641 Arrow Hwy. Daily 11am–8pm. (909) 592-6323.

San Gabriel

Fine Garden Vegetarian Cuisine (ve) Chinese. 841 W Las Tunas Dr. Daily 11am–9pm. (626) 282-2282.

Gourmet Vegetarian Restaurant (ve) Lacto, Chinese, Japanese. 140 W Valley Blvd 222 (2nd floor of plaza). Many faux meat dishes. M–F 11:30am–3pm, 5pm–9pm, Sa–Su 11:30am–9pm. Take-out available. (626) 280-5998.

Vegetarian Wok Chinese Restaurant (ve) Chinese. 529 E Valley Blvd, #128. (626) 288-6069. Daily Lunch 11am–3pm. Daily Dinner 5pm–9:30pm.

South El Monte

Lien Hoa Chay (ve) Vietnamese. 9442 E Garvey Ave. W–M 9am–7pm, Tu 9am–2pm. (626) 450-0729.

Veggie Life (V) Vietnamese. 9324 E Garvey Ave, #8. Tu–Su 9am–9pm. Closed M. (626) 443-8687.

Upland

A Loving Hut (V) Chinese. 903-B W Foothill Blvd. Tu–Sa 11am–9pm, Su 4pm–9pm. Closed M. (909) 982-3882.

West Covina

One World Vegetarian Cuisine (ve) International. 178 S Glendora Ave. M–Sa 11am–9pm, Su 3–8pm. (626) 917-2727.

SOUTHEAST

Cerritos

The Vegi Wockery (V) Chinese. 11329 - 183rd St. M–Sa 11:30am–2:30pm, 4:30pm–9pm. Closed Su. (562) 809-3928.

Vasantha Bhavan (ve) South Indian. 11321 East 183rd St. (462) 809-1600. Tu–Su 11:30am–9:30pm. Closed M. www.vasanthabhavan.net

Norwalk

Our Daily Bread (V) 7th Day Adventist store with lunch counter & patio seating. 12201 Firestone Blvd. M 10am–4:30pm, Tu 10am–7pm, W–Th 10am–4:30pm, F 10am–2pm, Closed Sa & Su. (562) 863-6897.

WEST HOLLYWOOD

Busaba Thai (ve) 7168 Melrose Ave. Daily 11am–10pm. (323) 857-1882.

Green Leaves (ve) Thai, American, Fast food. 8351 Santa Monica Blvd. Extensive menu features Thai cuisine and American fast food including beer and wine. Daily 11am–11pm. Take-out available. (323) 848-2345.

Real Food Daily (V) Hip, eclectic, organic. 414 N La Cienega Blvd. M–Th 11:30am–10pm, F–Sa 11:30am–11pm, Su 10am–10pm. (310) 289-9910.

Leaf Cuisine (V/K) Raw. 8365 Santa Monica Blvd. (323) 650-0181. Daily 8am–9pm. www.leafcuisine.com

Vegan Glory (V) Burgers, soups, salads & noodles. 8393 Beverly Blvd. Daily 11am–10pm. (323) 653-4900.

The Veggie Grill (V) American, Fast food. 8000 W Sunset Blvd. Classic American comfort food including veggie burgers, sandwiches, salads, sweet potato fries, kids menu and desserts. Daily 11am–10pm. Take-out and catering available. (323) 822-7575.

WEST LOS ANGELES

Culver City

Annapurna Cuisine (ve) North & South Indian. 10200 Venice Blvd. Daily 11am–3pm, 5pm–10pm. (310) 204-5500.

Govinda's (ve) North & South Indian. 3764 Watseka Ave (@ Venice). M–Sa 11am–3pm, 5pm–8:30pm, Su noon–4pm. (310) 836-1269.

India Sweets & Spices (ve) North & South Indian. 9409 Venice Blvd (@ Bagley, NW corner). Daily 11am–9pm. (310) 837-5286.

Leaf Cuisine (V) Raw, organic. 11938 W Washington Blvd. M–Sa 8am–10pm, Su 10am–9pm. (310) 390-6005.

Samosa House (ve) Indian fast food. 11510 W Washington Blvd. Daily 11am–9pm. (310) 398-6766.

El Segundo

Veggie Grill (V) American, International. Creative sandwiches, burgers and salads. Plaza El Segundo. 720 Allied Way. (310) 535-0025. Open daily 11am–11pm.

West Los Angeles

California Vegan (V) Thai, American. 12113 Santa Monica Blvd, Ste 207, 2nd Fl. (@ Bundy). (310) 207-4798. Open daily 11am–10:30pm. Delivery and takeout available.