

Sustainable NYC (ve) Organic, American Café. 139 Ave A (bet St. Mark’s Pl & 9th St). Café in Eco-boutique. Pastries, salads, soups, fair-trade coffee and vegan ice cream. Gluten free and vegan options. M–F 8am–10pm, Sa–Su 9am–10pm. Counter-service with seating. Takeout available. (212) 254-5400.

Teany (ve) Café/Tea Shop. 90 Rivington St (bet Orchard & Ludlow). Daily 9am–12am. Full-service. Takeout and delivery available. (212) 475-9190.

Tiengarden (V) Organic Chinese. 170 Allen St (bet Livingston & Stanton). Daily 12pm–10pm. Full-service with takeout and delivery available. (212) 388-1364.

South of Houston (including SoHo, NoHo and NoLita)

16 Handles (ve) Self-serve frozen yogurt with vegan options. 240 Lafayette St (bet Spring & Prince). Su–Th 12pm–11:30pm, F–Sa 12pm–12am. Seating available. (212) 966-5230.

The Butcher’s Daughter (ve) Juice Bar & Café. 19 Kenmare St (corner of Elizabeth). Full-service with takeout and delivery available. Su–Th 8am–10pm, F–Sa 8am–11pm. (212) 219-3434.

Harmony Kitchen NYC (V) Organic American Café and Bakery. 9 Bleecker St (bet Bowery & Lafayette Sts). Daily 10am–7:30pm. Counter-service with seating. Catering available. (646) 397-5890.

Taïm (ve/K) Middle Eastern. Falafel & Smoothie Bar. 45 Spring St (@ Mulberry St). Daily 11am–10pm. Counter-service with seating. Takeout & delivery available. (212) 219-0600.

South of Canal St (including Chinatown, Little Italy, TriBeCa, Financial District)

Buddha Bodai (ve/K) Kosher Asian. (Certified Kosher.) 5 Mott St (Mosco & Chatham Square). Daily 10am–10pm. Full-service with takeout and delivery available. (212) 566-8388.

House of Vegetarian (ve) Chinese. 68 Mott St (Canal & Bayard). Daily 11am–10pm. Full-service. (212) 226-6572.

Terri (V/K) Vegan Café & Juice Bar. Fast food, Kosher. 100 Maiden Lane (bet Pearl & William Sts). Counter-service with seating. M–F 7am–10pm. Sa–Su 10am–9pm. Takeout & delivery available. (212) 742-2901.

Vegetarian Dim Sum House (ve) Chinese. 24 Pell St (@ Mott). Daily 10:30am–10:30pm. Full-service. (212) 577-7176.

Wild Ginger (ve) Pan-Asian. 380 Broome St (bet Mott & Mulberry). M–Th 11:30am–10:30pm, F–Sa 11:30am–11pm, Su 12:30pm–10:30pm. Full-service with takeout and delivery available. (212) 966-1883.

THE BRONX

Jolo’s Kitchen (V) Vegan Café/Juice Bar. 412 North Ave, New Rochelle. M–F 11:30am–8pm, Sa & Su 1pm–8pm. Full-service with seating, takeout and catering available. (914) 355-2527.

Vegan’s Delight (V) Organic Caribbean. 3565-C Boston Rd (@ Tiemann). M–Sa 8am–6pm. Closed Su. Counter-service only. (718) 653-4140.

BROOKLYN

16 Handles (ve) Self-serve frozen yogurt with vegan options. 349 Court St. Su–Th 12pm–10pm, F–Sa 12pm–12am. Seating available. (347) 457-6299.

Bliss Café (ve) Natural. 191 Bedford Ave (N. 6th & N. 7th). M–F 9am–11pm, Sa & Su 10am–11pm. Full-service with takeout. (718) 599-2547.

Bliss Grand (ve) International Café. 167 Grand St (Bedford & Berry). M–F 11am–11pm, Sa & Su 11am–12am. Full-service with delivery and takeout. (718) 302-4726.

Bunna Café (V) Ethiopian. 1084 Flushing Ave (bet Porter and Verick). Su–Th 11am–10pm, F–Sa 11pm–1am. Full-service with seating and takeout. (347) 295-2227

(Continued)

(Brooklyn restaurants continued)

Champs Family Bakery and Kingsland Sandwich Shop (ve) Bakery/Café. 176 Ainslie St (@Leonard). Daily 9am–11pm. Counter-service with seating and delivery available. (718) 559-2743.

Champs Junior (V) Vegan Café/Diner. 620 Manhattan Ave (bet Nassau and Driggs). Daily 10am–11pm. Full-service with takeout and delivery. (347) 997-3166.

Clementine Bakery (ve) Bakery/Café. 299 Greene Ave. M–F 8am–7pm, Sa 9am–7pm, Su 9am–6pm. Counter-service with seating available. Catering available. (718) 483-8788.

Dao Palate (ve) Pan-Asian. 329 Flatbush Ave (bet Park & Prospect). Su–Th 12pm–11pm, F–Sa 12pm–11:30pm. Full-service with takeout and delivery available. (718) 638-1995.

Dao Palate (Park Slope) (ve) Pan-Asian. 201 5th Ave (bet Union & Berkeley/Sackett Sts). Closed M. Su–Th 12pm–11pm, F–Sa 12pm–11:30pm. Full-service with seating. Takeout and delivery available. (718) 622-2088.

Dun-Well Doughnuts (V) Vegan Doughnut Shop/Café. 222 Montrose Ave. M–F 7am–7pm, Sa & Su 8am–7pm. Closed M. Counter-service with seating.

Four Seasons (V) Caribbean. 2281 Church Ave (@ Bedford). M–Sa 7am–10pm, Su 8am–8:30pm. Counter-service. (718) 693-7996.

Greenforce Juice (V) Juice, smoothies, vegan soups, and acai bowls. 2265 Broadway (bet 81st & 82nd). Daily 7:30am–9pm. Counter-service. (212) 877-0077.

Hartwell Vegetarian (V) Community-based healthy fast food. 1017 Cortelyou Rd (bet Coney Island Ave & Stratford Rd). Daily 12pm–10pm. Counter-service with takeout and delivery. (718) 282-3931.

Loving Hut (V) International. 76 Bushwick Ave. Su–Th 11am–11pm, F–Sa 11am–12pm. Full-service with takeout. (212) 760-1900.

Maimonide of Brooklyn (ve) Eclectic Café. 525 Atlantic Ave. Tu–Th 12pm–10pm, F 12pm–12 midnight, Sa 11am–12 midnight, Su 11am–10pm. Full-service. Takeout and delivery available. (718) 797-2555.

Natural Blend (ve) West Indian Juice Bar/Café. 769A Washington Ave (bet Sterling & Saint Johns). M–F 8am–10:30pm, Sa 9:30am–11pm, Su 10am–7:30pm. Counter-service with seating available. Catering available. (718) 783-1737.

Norbert’s Pizza (ve) Italian Fast Food. 1215 Myrtle Ave (@ Charles Pl). Daily 3pm–12am. Counter service with seating area. Takeout & delivery available. (718) 574-3400.

The Shanti Shack (ve) Organic Café/Juice Bar. 85 N. 3rd St (bet Berry & Wythe Ave). Soups, salads, sandwiches and fresh juices. Daily specials. Tu–Su 11am–5pm. Closed Monday. Food Bar open at noon daily. Takeout available. (347) 463-9886.

’sNice Brooklyn (ve) Café/Sandwich Shop & Bakery. 315 5th Ave (@ 3rd St). Daily 7:30am–10pm. Counter-service with seating. Takeout and delivery available. (718) 788-2121.

Strictly Vegetarian (V) Caribbean. 2268 Church Ave (Bedford & Flatbush). M–Sa 12pm–9pm, Su 1pm–8pm. Counter-service. (718) 284-2543.

Sun In Bloom (V/K) Vegan, Gluten-Free, Organic and Raw Health Conscious Kitchen. 460 Bergen Street (bet Flatbush & 5th Ave). M–F 8:30am–9pm, Sa–Su 10am–5pm. Full-service with delivery and catering available. (718) 622-4303.

The V Spot Café (V) International. 156-5th Ave (bet Douglass & Degraw). Tu & Th 12pm–10pm, W 12pm–9pm, F–Sa 11am–10pm, Su 11am–9pm. Closed M. Full-service with takeout and delivery available. t(718) 622-2275.

24 Scoops and Plates (V) American, Fast Food, Ice Cream. 624 Flatbush Ave (@ Fenimore St). Tu–Su 10am–8pm. Closed M. (718) 282-5904.

Vegetarian Ginger (ve) Asian. 128 Montague St (@ Henry), 2nd Fl. M–Th 11:30am–10:30pm, F–Sa 11:30am–11pm, Su 12pm–10pm. Full-service with takeout and delivery available. (718) 246-1288.

(Continued on back panel)

At Friends of Animals, we believe that eating vegan is the most direct and life-affirming form of animal rights activism. The term that defines a plant-based diet and an animal-friendly outlook has, to date, been associated with what someone doesn’t eat, however. This is understandable: Vegans often engage in lively discussion about how and why they made the change from animal products to a pure vegetarian lifestyle. From environmental degradation to health risks to the inequity inherent in industries that exploit animals for profit, reasons for change abound. When we take animals off the menu, however, we open doors to a whole new array of healthful and delicious foods. Simply put, vegan food tastes great!

New York is one of the best cities in the world for animal-friendly dining. From fine restaurants to funky diners and juice bars to lounges, there are eatery excursions here to suit every predilection and pocketbook.

Looking for gourmet cuisine that’s also vegan and organic? You can have it all. Blossom, located in a Chelsea townhouse is elegant by day, romantic at night. Its menu offers such gems as Seitan Scaloppini, Moroccan Tagine, and Cashew Cream Ravioli; but there’s also Tuscan Kale Salad and a divine Brunch menu including Tofu Florentine and Banana Pancakes.

Regaling out-of-town visitors with a preference for raw foods? Get the glow! Delight your friends with a boost of energy from the raw cuisine at Pure Food & Wine, where the lasagne is made from zucchini, golden tomatoes and basil-pistachio pesto. The Biryani with Coconut Curried Vegetables is served on a bed of jicama and pine nuts, and your special guests can toast the occasion with young coconut juice served in their shells.

Seeking a space where dining is treated as a spiritual experience? Explore the meditative atmosphere of Hangawi, where you and your guests will remove your shoes at the door and slip into tables lowered into the floor. Refresh your palate with iced green tea. Indulge in Korean dishes from the feisty to the sublime, from an exquisite dumpling soup, to garden-fresh avocados served on lettuce as autumn rolls, to bean curd with kimchi and vegetables in spicy sauce. Finish with a cantaloupe sorbet.

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.

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.

Friends of Animals has a new, all-vegan cookbook, *The Best of Vegan Cooking*, featuring 84 delicious recipes. To purchase this book, visit our Website at www.friendsofanimals.org

EATERS FRIENDS of ANIMALS

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New York, NY 10023
(212) 247-8120

INTERNATIONAL HEADQUARTERS:
777 Post Rd, Suite 205
Darien, CT 06820
(203) 656-1522

(Brooklyn restaurants continued)

Vegetarian Palate (ve) Chinese. 258 Flatbush Ave (Prospect Pl & St Marks). M–Th 11:30am–10:30pm, F–Sa 11:30am–11:30pm, Su 12pm–10:30pm. Full-service with takeout. (718) 623-8808/09.

Wild Ginger (ve) Pan-Asian. 112 Smith St (bet Dean & Pacific). M–Th 12pm–11pm, F–Sa 12pm–11:30pm, Su 12:30pm–11pm. Full-service with takeout and delivery available. (718) 858-3880.

Wild Ginger Brooklyn (ve) Pan-Asian. 212 Bedford Ave (North 5th St). Su–Th 12pm–11pm, F–Sa 12pm–11:30pm. Full-service with takeout. (718) 218-8828.

Zen Vegetarian House (ve) Chinese. 773 Flatbush Ave. Full-service with takeout and delivery available. Daily 11:30am–10:30pm. (718) 282-2255.

QUEENS

Annam Brahma (ve) Indian. 84-43 164th St, Jamaica. M, Tu, Th–Sa 11am–10pm, W 11am–4pm, Su 12pm–10pm. Full-service with takeout. (718) 523-2600.

Co Co Lins Vegetarian House (ve) Asian fusion. 64-19 Fresh Pond Rd (bet Linden & Grove). M–Th 11am–10:30pm, F–Sa 11am–11pm, Su 12pm–10:30pm. Full service with takeout and delivery available. (718) 416-1688.

Dosa Delight (ve) Indian. 35-66 73rd St, Jackson Heights. Daily 11:30am–10pm. (718) 397-1000.

Dosa Hutt (ve) South Indian. 45-63 Bowne St, Flushing. M 9am–9pm, T 2pm–9pm, W–Su 9am–9pm. Counter-service. (718) 961-5897.

Ganesh Temple Canteen (ve) Indian. 45-57 Bowne St. Flushing. (Lower level of Ganesh Temple). Counter-service with large seating area. M–F 8am–9pm, Sa & Su 7:30am–9pm. (718) 460-8484.

Happy Buddha (ve) Chinese. 135-37 37th Ave, Flushing. Daily 11am– 10pm. Full-service. (718) 358-0079.

Maharaja Sweets and Snacks (ve) Indian Fast Food. 7231 37th Ave. Jackson Heights. Daily 10am–10pm. Pure vegetarian. (718) 505-2680.

New Bodai Vegetarian (ve/K) 59-08 Main St (@ 59th Ave). Flushing. Kosher Asian Dim Sum. (Certified Kosher). M–F 11am–10:30pm, Sa & Su 10:30am–10:30pm. Full service with takeout. (718) 939-1188.

Oneness Fountain Heart (ve) International. 157-19 72nd Ave (@ Parsons Blvd), Flushing. M lunch 11:30am–3pm, dinner 4pm–9pm, Tu & Th 11:30am–9pm, F–Sa 11:30am–9:30pm, Su 10:30am–9pm. Closed W. Full-service with takeout. (718) 591-3663.

Panorama Café (ve) Café 84-73 Parsons Blvd. Tu–Su 8am–6pm. Closed M. Counter-service with seating. Takeout available. (718) 526-0723.

Raja Sweets and Fast Foods (ve) Indian. 7231 37th Ave (bet 72nd and 73rd), Jackson Heights. Daily 10am–10pm. Snacks, lunch box, sweets. (718) 424-1850.

Rajbhog Foods (ve) Indian, Jain food. 72-27 37th Ave, Jackson Heights. Daily 11am–midnight. Sweets, snacks, catering. (718) 458-8512.

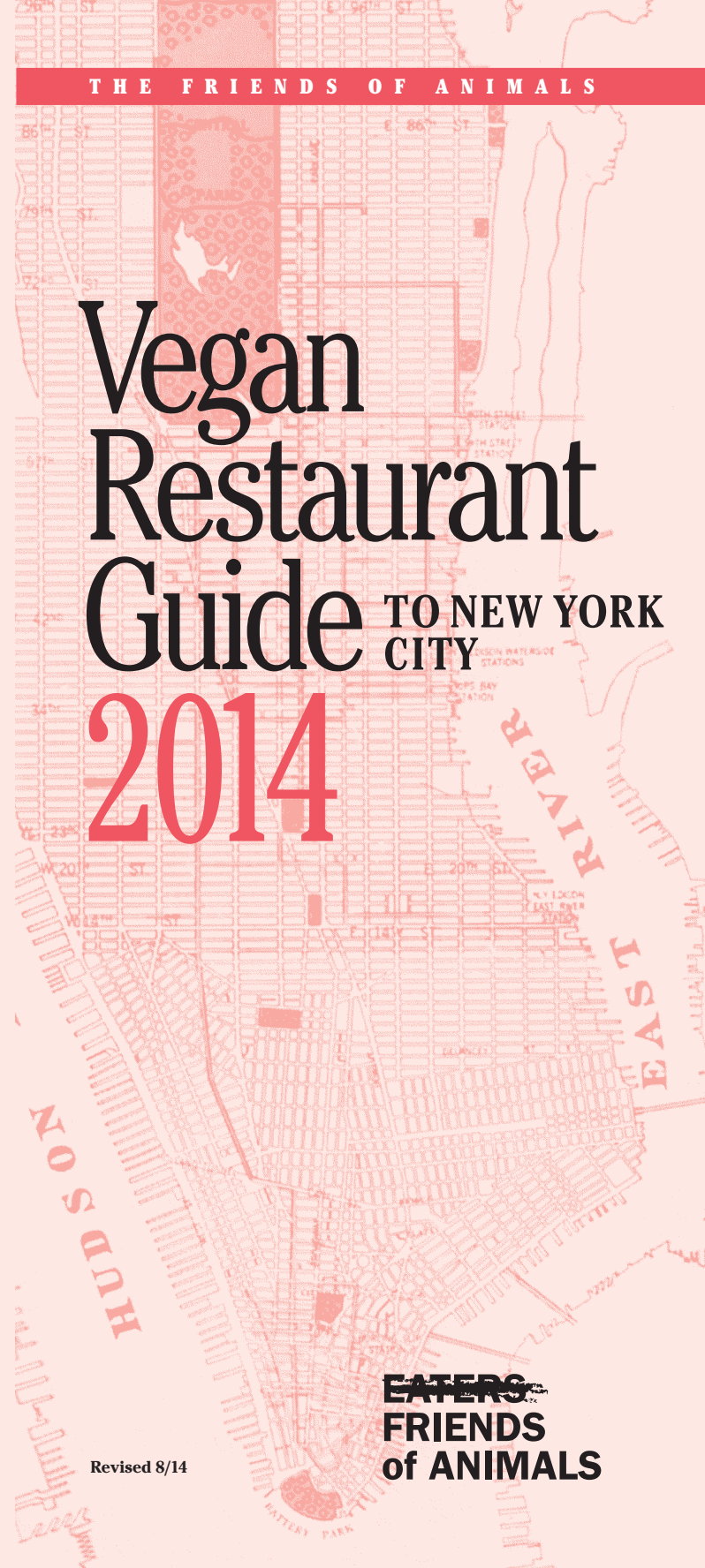
Samudra Vegetarian Restaurant & Chaat House (ve) Indian. 75-18 37th Ave. Daily 12pm–9:30pm. Full-service with takeout and delivery available. (718) 255-1757.

Smile of the Beyond (ve) International. 86-14 Parsons Blvd, Jamaica. M–F 8am–3pm, Sa 8am–2pm. Closed Su. Counter-service. (718) 739-7453.

Veggie Castle II (V) Caribbean. 132-09 Liberty Ave (off Van Wyck Expwy). Daily 10am–10pm. Counter-service with takeout. (718) 641-8342.

KEY: V=vegan ve=meatless with vegan options K=Kosher

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



THE FRIENDS OF ANIMALS

Vegan Restaurant Guide TO NEW YORK CITY 2014

EATERS FRIENDS of ANIMALS

Revised 8/14

MANHATTAN

Northern Manhattan (Harlem, Spanish Harlem, Washington Heights)

Seasoned Vegan (V) Vegan soul food. 55 St Nicholas Ave (112th & 113th). Tu–Th, Sa 11am–3pm; 5pm–10pm, F 11am–3:30pm; 5pm–10pm, Su 11am–9 pm. Full-service with seating. Takeout and delivery available.

Uptown Juice Bar (ve) Caribbean. 14 E 125th St (bet Madison & 5th Ave). Daily 8am–10pm. Counter-service with seating available. (212) 987-2660.

Upper West Side

Ayurveda Café (ve) Indian. 706 Amsterdam Ave (@ 94th). Daily 11:30am–11pm. Full-service with takeout. (212) 932-2400.

Blossom Du Jour (V/K) Organic Vegan Fast Food. 165 Amsterdam Ave (bet 67th & 68th Sts). M–F 9am–10pm, Sa 10am–10pm, Su 10am–9pm. Counter-service with seating. Takeout and delivery available. (212) 799-9010.

Blossom du Jour (V) Vegan Fast Food. 449 Amsterdam Ave (bet 81st & 82nd). M–F 9am–10pm, Sa 10am–10pm, Su 10am–9pm. Counter-service with seating. Takeout and delivery available. (212) 799-9010.

Café Blossom (V/K) Gourmet Organic. 507 Columbus Ave (bet 84th & 85th). M–Th 11am–10pm, F–Sa 11am–10pm, Su 11am–9:30pm. Full-service with takeout, delivery and catering available. (212) 875-2600.

Café Viva (ve) Italian. 2578 Broadway (97th & 98th). 212-663-VIVA. Daily 11am–10:45pm. Counter-service.

Candle Café West (V) Organic International. 2427 Broadway (bet 89th & 90th Sts). M–Sa 11:30am–10:30pm, Su 11:30am–9:30pm. Full-service. Takeout, delivery and catering available. (212) 769-8900.

Doaba Deli (ve) Indian Punjabi. 945 Columbus Ave (bet 106th & 107th Sts). Mon–F 8am–12am. Counter-service with delivery and catering available. (212) 222-2636.

Hummus Place (ve/K) Kosher Israeli. 305 Amsterdam Ave (bet W 74th & W 75th). M–F 11am–11pm, Sa & Su 10:30am–11pm. Full-service with takeout and delivery available. (212) 799-3335.

Maoz Vegetarian (ve) Middle Eastern/Falafel. 2047-A Broadway (bet 70th & 71st Sts). M–Sa 11am–12am, Su 11am–11pm. Counter-service with seating. Delivery available. (212) 362-2622.

Organic Avenue (V) Organic Raw Café & Boutique. 461 Amsterdam Ave (at 82nd St). M–F 7am–9pm, Sa & Su 8am–9pm. Counter-service with seating. Takeout and delivery available. (212) 358-0500.

Otarian (ve) International Fast-Food. 947 Eighth Ave (near W 56th St). Daily 11am–9:30pm. Counter-service with seating. Takeout available. (212) 489-3270.

Peacefood Café (V) Gourmet International. 460 Amsterdam Ave (@ 82nd St). Daily 10am–10pm. Full-service with seating. Takeout, delivery and catering available. (212) 362-2266.

Saravanaa Bhavan (ve) Indian. 413 Amsterdam Ave (bet 79th & 80th Sts). M–Th Lunch 12pm–3pm; Dinner 5:30pm–10pm, F–Su Lunch 12pm–3pm, Dinner 5:30pm–10:30pm. Full-service with takeout and delivery available. (212) 721-7755.

Soomsoom (ve/K) Middle-Eastern/Falafel Bar. 166 W 72nd St (bet Columbus & Amsterdam). M–Th 10am–11pm, F 10am–3:30pm, Sa 6pm–11pm, Su 10am–11pm. Counter-service with seating. Takeout and delivery available. (212) 712-2525.

Upper East Side

AAA Ami World Vegetarian Cuisine (ve) Asian fusion. 1605 2nd Ave (bet 83rd & 84th). Daily 11am–11 pm. Limited seating with takeout and delivery available. (646) 918-6705.

Candle Café (ve) Organic International. 1307 Third Ave (74th & 75th). M–Sa 11:30am–10:30pm, Su 11:30am–9:30pm. Full-service with takeout, catering and delivery available. (212) 472-0970.

Candle 79 (V) Organic Gourmet. 154 E 79th St (near Lexington). M–F Lunch 12pm–3:30pm, Dinner 5:30pm–10:30pm, Sa Brunch 12pm–3:30pm, Dinner 5:30pm–10:30pm, Su Brunch 12pm–4pm, Dinner 5pm–10pm. Full-service with takeout and catering available. (212) 537-7179.

Gobo (ve) World Cuisine. 1426 Third Ave (@ 81st St). Dine-in daily 12 noon–11pm (10:15 last sitting). Full-service with takeout, delivery service and catering available. (212) 288-5099.

Green Bean Café (ve) Café & Juice Bar. 1413 York Ave (bet 75th & 76th Sts). M–F 6am–8pm, Sa & Su 9am–6pm. Counter-service with seating. Takeout and delivery available. (212) 861-1539.

Organic Avenue (V) Organic Raw Café/Juice Bar. 649 Lexington Ave (54th St) M–Th 7am–9pm, F 7am–8pm, Sa–Su 8am–8pm. Counter service with seating. Takeout available. (212) 358-0500

Organic Avenue (V) Organic Raw Café & Juice Boutique. 1021 Lexington Ave (bet 73rd & 74th Sts). M–Th 7am–9pm, F 7am–8pm, Sa & Su 8am–8pm. Counter-service with seating. Takeout available. (212) 358-0500.

Pongal (ve/K) Kosher South Indian. 110 Lexington Ave (27th & 28th). Daily 12pm–10pm. Full-service with takeout and delivery available. (212) 696-9458.

Pure Food (V) Eclectic Café/ Juice Bar. 1396 Madison Ave (at 97th St). Daily Lunch 12pm–4pm, Dinner 5:30pm–11pm. Counter-service with seating. Takeout and delivery available. (212) 996-7500.

Vegan Divas (V/K) Gourmet Baked Goods & Desserts. 1437 First Ave (bet 74th & 75th Sts). M–Sa 10am–7pm, Su 12am–5pm. Counter-service with seating. Catering available. (212) 734-0845.

V-Note (V) Vegan Bistro & Organic Wine Bar. 1522 1st Ave (bet 79th & 80th Sts). Su–W Dinner 12pm–10:30pm, Th–Sa 12 noon–11pm. Full-service with takeout and delivery available. (212) 249-5009.

Midtown (West of Fifth Ave, including Chelsea)
16 Handles (ve) Self-serve frozen yogurt with vegan options. 178 8th Ave (bet 19th & 20th). Su–Th 11:30am–11:30pm, F–Sa 12pm–1am. Seating available. (212) 627-2808.

Blossom (V/K) Organic Gourmet. 187 Ninth Ave (bet 21st & 22nd). Lunch daily 12pm–2:45pm, Su Dinner 5pm–9pm, M–Th 5pm–9:30pm, F–Sa 5pm–10pm. Full-service with takeout and delivery available. (212) 627-1144.

Blossom Du Jour (V/K) Organic Fast Food. 259 W 23rd (bet 7th & 8th Aves). M–F 7:30am–10pm, Sa 9am–10pm, Su 10am–9pm. Counter-service with seating available. Takeout, delivery and catering available. (212) 229-2595.

Blossom Du Jour II (V/K) Organic, Vegan Fast Food. 617 9th Ave (bet 43rd & 44th Sts). M–F 9am–10pm, Sa 10am–10pm, Su 11am–9pm. Counter-service with seating. Takeout and delivery available. (646) 998-3535.

Bombay Sandwich Co. (ve) Indian Café. 48 W 27th St (bet Broadway & 6th Ave). M–Sa 11am–9pm. Full-service with takeout and delivery. (646) 781-9756.

Crisp (ve) Middle Eastern/Falafel. 110 W 40th St (bet 6th Ave & Broadway). M–F 11am–9pm. Closed Sa–Su. Counter-service with takeout and delivery available. (212) 278-8978.

Desi Junction (ve) Indian. 688 10th Ave (bet 48th & 49th St). Daily 10am–3pm, 6pm–11pm. Counter-service with seating. Takeout & delivery available. (212) 956-0185.

The Green Roll (V) Vegan Sushi Café. 75 9th Ave (bet 15th & 16th St in Chelsea Market). M–Sa 10am-8pm, Su 10am–7:30pm. Counter-service with takeout. (212) 929-2889.

Liquiteria (ve) Organic juice bar. 102 8th Ave (corner of 8th Ave & 15th St). M–F 7am–9pm, Sa & Su 8am–9pm. Counter-service with seating. (212) 929-0002.

Liquiteria (ve) Organic juice bar. 26 East 17th St (bet Broadway & 5th Ave). M–F 7am–9pm, Sa & Su 8am–9pm. Counter-service with seating. (212) 243-3555.

Maogoboz Vegetarian (ve) Middle Eastern/Falafel. 200 W 40th St (@ 7th Ave). M–Sa 11am–12am, Su 11am–11pm. Counter-service with seating. Takeout and delivery available. (212) 777-0820.

Maoz Vegetarian (ve) Middle Eastern/Falafel. 683 8th Ave (bet 43rd & 44th Sts). M–Th 11am–1am, F–Sa 11am–2am, Su 11am–12am. Counter-service with seating available. (212) 265-2315.

Terri (V/K) Vegan Café. 60 W 23rd St (near 6th Ave). M–F 6am–11pm, Sa–Su 8am–9pm. Counter-service with seating available. Delivery, takeout, and catering available. (212) 647-8810.

VLife (V/K) Healthy, fun food. 348 7th Ave (29th & 30th). M–F 10am–10:30pm, Sa 11am–10pm, Su 11am–9pm. (212) 760-1900.

Zen Palate (ve) Asian Fusion. 663 Ninth Ave (@ 46th). M–Th 11:15am–11:30pm, F–Sa 11:15am–midnight, Su 12pm–11pm. Full-service with takeout, delivery and catering available. (212) 582-1669.

Midtown (East of Fifth Ave, including Gramercy)
Bhojan Vegetarian (ve/K) Kosher. North and West Indian. 102 Lexington Ave (bet 27th & 28th Sts). M–Th 11:30am–10:30pm, F–Sa 11:30am–11pm, Su 11:30am–10pm. Takeout, delivery & catering available. (212) 213-9615.

Franchia Tea House & Restaurant (V) Korean. 12 Park Ave (34th & 35th). M–Th Lunch 12pm–3pm, Dinner 3pm–9:45pm, F Lunch 12pm–3pm, Dinner 3pm–10:15pm, Sa 1pm–10:15pm, Su 5:30pm–9:30pm. Full-service with takeout. (212) 213-1001.

Hangawi (V) Korean. 12 E 32nd St (Madison & Fifth). M–Th Lunch 12pm–2:45pm, Dinner 5pm–10:15pm, F Lunch 12pm–2:45pm, Dinner 5pm–10:30pm, Sa Lunch 1pm–3pm, Dinner 3pm–10:30pm, Su 5pm–9:30pm. Full-service with takeout. (212) 213-0077.

Liquiteria (ve) Organic juice bar. 145 4th Ave (corner of 13th St & 4th Ave). M–F 7am–9pm, Sa & Su 8am–9pm. Counter-service. (212) 460-0004.

Madras Mahal (ve) Indian. 104 Lexington Ave (27th & 28th). M–Th 12pm–10pm, Sa 12pm–10:30pm, Su 12pm–10pm. Full-service with takeout. (212) 684-4010.

Maoz Vegetarian (ve) Middle Eastern/Falafel. 38 Union Square East (bet 16th & 17th). Su–Th 11am–12am, F–Sa 11am–1am. Su 11am–10pm. Counter-service. Delivery available. (212) 260-1988.

One Lucky Duck Juice and Takeaway (V) Organic raw. 125½ E 17th St. The takeout location for Pure Food and Wine, located just around the corner from the restaurant. Daily 10am–11pm. Takeout with a few tables. (212) 477-7151.

Organic Avenue (V) Organic Raw Café & Juice Bar. 649 Lexington Ave (bet 54th & 55th Sts). M–Th 7am–9pm, F 7am–8pm, Sa–Su 8am–6pm. Counter-service with seating. Takeout available. (212) 358-0500.

Organic Avenue (V) Organic Raw Café/Juice Bar. 5 Bryant Park (40th St 6th Ave). M–Th 7am–9pm, F 7am–8pm, Sa & Su 8am–8pm. Counter-service with seating. Takeout available. (212) 358-0500.

Pongal (ve/K) Kosher South Indian. 110 Lexington Ave (27th & 28th). Daily 12pm–10pm. Full-service with takeout. (212) 696-9458.

Pure Food and Wine (V) Organic Gourmet Raw. 54 Irving Place (@ 17th & 18th). Daily 12pm–4pm for lunch, 5:30pm–11pm for dinner. (212) 477-1010.

Saravana Bhavan (ve) South Indian. 81 Lexington Ave (corner of 26th & Lexington). M–Th 8:30am–3pm, 5:30pm–10pm, F 8:30am–3pm, 3:30pm–10:30pm, Sa 8:30am–10:30pm, Su 8:30am–10pm. Full-service with takeout. (212) 679-0204.

Tiffin Wallah (ve) Kosher. South Indian. 127 E 28th St (bet Lexington & Park). Daily Lunch 11:30am–3pm, Dinner 5pm–10pm. Full-service with takeout. (212) 685-7301.

Vatan (ve) Indian. 409 Third Ave (@ 29th). Su, Tu–Th 5:30pm–10:30pm, F–Sa 5:30pm–11pm. Closed M. Full-service. (Prix fixe; reservations highly recommended.) (212) 689-5666.

Zen Palate (ve) Asian Fusion. 115 E 18th St. M–Th 11:15am–11pm, F–Sa 11:15am–11:30pm, Su 12pm–11pm. Full-service with takeout, delivery and catering available. (212) 387-8885.

Zen Palate (ve) Asian Fusion. 516 3rd Ave (bet 34th & 35th Sts). M–Th 11:30am–11pm, F–Sa 11:30am–11:30pm, Su 12pm–11pm. Full-service. Takeout, delivery and catering available. (212) 685-6888.

Greenwich Village and West Village
16 Handles (ve) Self-serve frozen yogurt with vegan options. 245 Bleeker St (bet Carmine & Cornelia). Su–Th 12pm–11:30pm, F–Sa 12pm–12am. Seating available. (212) 229-9092.

Café Blossom (V) Gourmet Organic. 41 Carmine St. Lunch daily 12pm–3:30pm, M–Sa Dinner 5pm–10pm, Su Dinner 5pm–9pm. Full-service. Takeout, delivery and catering available. (646) 438-9939.

Gobo (ve) World Cuisine. 401 Avenue of the Americas (Waverly Pl & 8th). Daily 11:30am–10:15pm. Takeout 11:30am–10:30pm. Full-service with takeout, delivery and catering available. (212) 255-3242.

Hummus Place (ve/K) Kosher Israeli. 71-7th Ave South (@ Bleecker). M–F 11am–11pm, Sa & Su 10:30am–11pm. Full-service with takeout and delivery available. (212) 924-2022.

Organic Avenue (V) Organic Vegan Café/Juice Bar. 62 Bleecker St. M–F 7am–9pm, Sa–Su 8am–9pm. Counter-service with seating. Takeout available. (212) 358-0500.

Organic Avenue (V) Organic Vegan Café/Juice Bar. 515 Hudson St (10th St & Hudson Ave). M–F 7am–9pm, Sa–Su 8am–9pm. Counter-service with seating. Takeout available. (212) 358-0500.

Red Bamboo (ve) Soul Food. 140 W 4th St (Washington Sq W & Sixth). M–F 12:30pm–11:30pm, Sa–Su 12pm–11:30pm. Full-service with takeout and delivery available. (212) 260-7049.

Rockin’ Raw (ve) Raw Creole/Peruvian. 171 Sullivan St (off Houston St). M, W, Th, F 4pm–10pm, Sa–Su 2pm–10pm. Closed Tu. Full-service with takeout available. (212) 477-3777.

Sacred Chow (V/K) Organic International/Tapas Bistro. 227 Sullivan St. 0864. M–Th 11am–10pm, F 1am–11pm, Sa Lunch 11am–4pm, Dinner 5pm–11pm, Su Lunch 11am–4pm, Dinner 5pm–10pm. Full-service with takeout. (Delivery from Canal to 14th St. between Broadway & Hudson.) (212) 337-0863.

‘sNice (ve) Cafe/Sandwich Shop & Bakery. 45 Eighth Ave (@ West 4th St). (212) 645-0310. Daily 7:30am–10:30pm. Full-service with takeout and delivery available.

Taïm (ve/K) Middle Eastern. Falafel & Smoothie Bar. 222 Waverly Pl (bet Perry & 11th). Daily 11am–10pm. Counter-service with takeout and delivery available. (212) 691-1287.

Vegetarian’s Paradise 2 (ve) Chinese. 144 W 4th St (Washington Sq W & Sixth). Su–Th 12pm–11pm, F–Sa 12pm–12am. Full-service with takeout and delivery available. (212) 260-7130.

East Village and Lower East Side
Angelica Kitchen (V) Organic. 300 E 12th St (First & Second). Daily 11:30am–10:30pm. Full-service with takeout. (212) 228-2909.

Babycakes NYC (ve) Organic Bakery/Café. 248 Broome St (bet Ludlow & Orchard). M 10am–8pm, Tu–Th 10am–10pm, F–Sa 10am–11pm, Su 10am–8pm. Counter-service. Delivery and catering available. (212) 677-5047.

Beyond Sushi (V) Vegan Sushi Café. 229 E 14th St (bet 2nd & 3rd Ave). Su–W 11:30am–10pm, Th–Sa 11:30am–11pm. Full-service. Takeout, delivery and catering available. (646) 861-2889.

Café 5C (V) International Organic. 68 Avenue C (@ 5th St). W 5pm–midnight, Th–Sa 5pm–1am. Su 5pm–midnight. Full-service with takeout and delivery available. (212) 477-5993.

Caravan of Dreams (V/K) Kosher Organic International. 405 E 6th St (Avenue A & First). Su–F 11am–11pm, Sa 11am–12am. Full-service with takeout. (212) 254-1613.

Dirt Candy (ve) Gourmet International. Closes at the end of August 2014. Will move to 86 Allen Street later this year. Tu–W 5:30pm–10pm, Th–Sa 5:30pm–10:30pm. Closed Su & M. Full-service. (212) 228-7732.

Gingersnap’s Organic (V) Organic Raw. 130 East 7th St (bet Ave A & B). M–F 10am–9pm, Sa & Su 11am–9pm. Counter-service with seating. Takeout and delivery available. (212) 533-9939.

Hummus Place (ve/K) Kosher Israeli. 109 St. Marks Pl (bet First & Avenue A). M–F 11am–11pm, Su 10:30am–11pm. Full-service with takeout and delivery available. (212) 529-9198.

The Hummus Shop (ve) Middle Eastern. 101 Ludlow St (@ Delancey). Su–W 10am–11pm, Th 10am–12:45am, F–Sa 10am–3am. Counter-service with seating. Takeout, delivery and catering available. (212) 260-0661.

Jennifer’s Way (ve) Wholesome, gluten-free bakery. 263 E 10th St (bet 1st Ave and Avenue A). W–Th 10:30am–8:30pm, F–Sa 10:30am–9:30pm, Su 10:30 am–7pm. Closed M & Tu. (646) 682-9501.

JivamukTea Café (V) Organic Juice Bar/Café. 841 Broadway (bet 13th & 14th Sts). 2nd floor—Inside Jivamukti Yoga Studio. Daily 10am–9pm. Counter-service with seating. (212) 353-0214.

The Juice Press (ve) Raw Juice/Smoothie Bar & Café. 70 E 1st St (bet 1st & 2nd Ave). Daily 8am–10pm. Counter-service with delivery available. (212) 777-0034.

The Juice Press (ve) Raw Juice/Smoothie Bar & Café. 279 E 10th St (bet 1st Ave & Ave A). Daily 8am–10pm. Counter-service with delivery available. (212) 777-0034.

Kajitsu (V) Gourmet Japanese. 125 E 39th St (bet 3rd Ave & Park). Open Tu–Sa Lunch 11:45am–12am, Tu–Sa Dinner 5:30pm–10pm. Closed M and every first day of the month. Full-service with takeout available. (212) 228-4873.

Lan Café (V) Vietnamese. 342 E 6th St (bet. 1st & 2nd Ave) Tu–Sa 2pm–11pm, Su 3pm–11pm. Full-service with takeout and delivery available. (212) 228-8325.

Liquiteria (ve) Organic Juice Bar. 170 Second Ave (@ 11th). M–F 7am–8pm, Sa–Su 8am–8pm. Counter-service. (212) 358-0300.

Lula’s Sweet Apothecary (V) Frozen Dessert Shop. 516 East 6th St (bet. Ave A & Ave B). Th–Su 3pm–10:30pm, closed M–W. Counter-service with seating, takeout available.

Maoz Vegetarian (ve) Middle Eastern/Falafel. 59 East 8th St (bet Broadway & University). Daily 11am–10pm. Counter-service with seating. (212) 420-5999.

Organic Avenue (V) Organic Raw Café & Boutique. 30 3rd Ave. M–F 7am–9pm, Sa & Su 8am–9pm. Counter-service with seating. Takeout available. (212) 358-0500.

Peacefood Café (V) 41 E. 11th St (@ University Pl). Gourmet International. Daily 10am–10pm. Full service with seating. Takeout, delivery & catering available. (212) 979-2288.

Pukk (ve) Thai. 71 First Ave (4th & 5th). Su–Th 11:30am–10:30pm, F–Sa 11:30am–11:30pm. Full-service with takeout. (212) 253-2741.

Punjabi (ve) Indian. 114 East First St (bet 1st Ave & Ave A). Daily 24 hours. Counter-service and takeout only. (212) 533-9048.

Quintessence (ve) Organic Raw. 263 E 10th St (Avenue A & First). Daily 11am–10:30pm. Full-service with takeout. (Ask staff for guidance as to dishes free of bee products.) (646) 654-1823.