

Vegetarian Dining In the Greater Baltimore Area

For additional information about vegetarianism, visit our website at <http://www.vrg.org/>.
You can also contact The Vegetarian Resource Group at (410) 366-8343.

WEST OF BALTIMORE CONVENTION CENTER

Caribbean American Gourmet, 500 W. Lexington St.

(410) 547-0546

Caribbean. This takeout stand located in Baltimore's Lexington Market offers several vegetarian Caribbean dishes including collard greens, sautéed vegetables, rice and beans, etc. No lard is used to prepare the food. Tables are available upstairs in the market. **Open Mon.-Sat. Counter service, takeout, VISA/MC, \$**

HARBORPLACE

Blū Bambū, 621E. Pratt St. Inner Harbor Pier 4

(410) 637-3398

www.blubambu.net

Asian. Located in the base of the Power Plant, this casual restaurant offers vegetarian spring rolls, soup, salads, cucumber sushi, and noodle dishes. Also features a Mongolian stir-fry bar, where you choose your tofu, vegetable, and sauce combination and the staff stir-fries your dish fresh. Organic teas available. **Open daily from 11 a.m. to 10 p.m. Limited service, vegan options, takeout, VISA/MC/AMEX/DISC, \$**

Johnny Rockets, 301 S. Light St. 1st Fl., Light Street Pavilion

(410) 347-5757

www.johnnyrockets.com

American. Enjoy several vegetarian items including the Boca vegan burger at this all-American establishment. Tables are available nearby. **Open daily. Counter service with tables nearby, vegan options, VISA/MC, \$**

Thai Noodle Bowl, 2nd Fl., Light Street Pavilion

(410) 659-6866

Thai. This stand in Harborplace offers cold noodles with peanut sauce, a vegetable medley with Thai noodles, and Jasmine rice. **Open daily. Counter service with tables nearby, vegan options, \$**

Pizzazz Tuscan Grille, 711 Eastern Ave.

(410) 528-7772

<http://www.pizzazztuscangrille.com/>

Italian. Enjoy a view of the water at this "new Italian cuisine" eatery located in The Pier 5 Hotel. Try vegan pizza or Deanna's Get the Glow Raw Wrap on their heated deck while listening to live music. Vegan Blueberry Pancakes and Vegan Scrambled Eggs are weekend brunch options. **Open daily. Full service, vegan options, smoothies, fresh juices, soymilk, espresso/cappuccino, beer/wine/alcohol VISA/MC/AMEX/DISC \$\$-\$\$\$.**

HARBORPLACE EAST

Lebanese Taverna, 719 S. President St.

(410) 244-5533

www.lebanesetaverna.com

Lebanese. This longtime DC favorite now has a Baltimore location overlooking the Harbor East Marina. Located in the new Spinnaker Bay condominium, this lovely restaurant offers many vegetarian appetizers, salads, and sides. There are also a number of interesting main dishes such as Fattah Bel Bathenjan. **Open daily. Full service, vegan options, VISA/MC, \$\$-\$\$\$**

Taco Fiesta, 618 S. Exeter St.

(410) 234-3782

www.tacofiesta.com

Mexican. Just a block from The Landmark Theaters, stop by for a quick bite before the movies. Veggie tacos, burritos and salads are available along with chips and guacamole made from scratch. Pinto beans are vegetarian. **Open daily. Counter service, vegan options, takeout, catering, beer/wine/alcohol VISA/MC/AMEX/DISC, \$-\$\$**

CHARLES STREET CORRIDOR

Akbar, 823 N. Charles St.

(410) 539-0944

www.akbar-restaurant.com

Indian. Authentic Indian cuisine with a wide variety of vegetarian dishes. They have consistently given great service. **Open daily. Full service, vegan options, wine/beer/alcohol, catering, takeout, VISA/MC/AMEX/DISC, \$\$**

Kyro, 900 Cathedral St.

(410) 962-8859

www.cafeisis.com

Middle Eastern/Pizza. With a New York City-type atmosphere, this bustling cafe has great tasting Middle Eastern food with steaming hot pita bread and unique pizza combinations. All pizza available without cheese or with soy cheese (contains casein). **Open daily. Full service, vegan options, takeout, VISA/MC/AMEX, \$\$**

Ban Thai, 340 N. Charles St.

(410) 727- 7971

www.ban thai.us

Thai. Pleasant restaurant located in the Mt. Vernon area. Try the spicy Gaeng Puck (vegetarian curry) or the milder Guay Teow Kee Mao Puck (sautéed rice noodles with vegetables, hot chili, and basil). **Open Mon.-Sat. for lunch and dinner. Full service, vegan options, VISA/MC/AMEX/DISC, \$\$**

City Cafe, 1001 Cathedral St.
(410) 539-4252

<http://www.citycafebaltimore.com>

Cafe. Offers several vegetarian sandwiches including hummus, a black bean burger, roasted eggplant, veggie burgers, and more. **Open daily. Counter service, vegan options, fresh juices, espresso/cappuccino, VISA/MC/AMEX/ DISC, \$-\$\$**

Donna's Coffee Bar & Restaurant, 800 N. Charles St.
(410) 385-0180

<http://www.donnas.com/>

Cafe. This coffee bar has become a popular hangout in town. They have several Baltimore locations and offer a wide variety of coffees as well as several vegetarian Italian-style dishes. **Open daily for three meals. Full service, vegan options, takeout, VISA/MC/AMEX/DISC, \$**

The Helmand, 806 N. Charles St.
(410) 752-0311

www.helmand.com

Afghani. For appetizers, the staff favorite is Kaddo Borawni (pan fried and baked baby pumpkin seasoned with sugar). Favorite entrées include Vegetarian Dolma (Eggplant filled with spinach in sun-dried tomato and herb sauce) and Vegetarian Aushak (ravioli filled with leeks). **Closed Monday. Open for dinner Tues.-Sun. Full service, vegan options, take-out, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

Hong Kong Restaurant, 2426 N. Charles St.
(410) 235-8744

Chinese. Several gluten and tofu dishes, vegetable dishes, vegetarian egg rolls, and a wide variety of vegetarian soups. **Open daily. Full service, vegan options, takeout, \$**

Kumari Restaurant, 911 N. Charles St.
(410) 547-1600

www.kumari-restaurant.com

Nepalese & Indian. Nice selection of vegetarian dishes at this restaurant on Charles Street. The Vindi Masala will definitely make you an okra fan and the Aloo Gobi Masala is one of the best examples of the dish in Baltimore. **Open daily. Full service, vegan options, catering, takeout, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

Lumbini Restaurant, 322 N. Charles St.
(410) 244-5556

Nepalese & Indian. Try the Aloo Jeera Methi (potato quarters cooked with fenugreek leaves and Himalayan spices) – or Jhaneko Dal (yellow split peas cooked with onion, tomatoes, and spices). Daily lunch buffet. **Open daily. Full service, vegan options, catering, takeout, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

Mughal Garden Restaurant, 920 N. Charles St.
(410) 547-0001

<http://mughalgarden.eatoutsmart.com>

Indian. Sample vegetarian masalas, dals, and other vegetable creations, along with fresh baked tandoori breads. Try the Alu Methi – it's excellent. Lunch buffet everyday. **Open daily for lunch and dinner. Full service, vegan options, wine/beer/alcohol, takeout, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

Niwana, 3 E. 33rd St.
(410) 366-4115

Japanese & Korean. The vegetarian section on their menu includes: Sweet & Sour Tofu, Vegetarian Bibim Bap, Vegetable Chap Chae Bap, Tofu & Vegetable Teriyaki, and Vegetable Tempura. **Open Mon.-Sat. from 11:30 am-10:30 pm. Sunday 3:00 pm-9:30 pm. Full service, vegan options, wine/beer/alcohol, takeout, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

One World Café, 100 W. University Pkwy.
(410) 235-5777

<http://one-world-cafe.com/>

American. Mostly vegetarian restaurant located near Johns Hopkins University. Soups are prepared daily and smoothies are made with real fruit and 100% juice. Sample lunch items include Tempeh Reuben and Philly Steakless Sub. Dinner selections feature Thai Vegetable Tempeh Stir-fry and Tandoori Tofu. Usually will have at least one vegan dessert. **Full service, vegan options, wine/beer/alcohol, VISA/MC/AMEX, \$\$-\$\$\$**

Red Emma's Bookstore & Coffeehouse, 800 St. Paul St.
(410) 230-0450

<http://redemmas.com/>

Vegetarian café. After you've browsed the anarchist literature, calm down with a cup of tea and a vegan scone or vegan dessert. Their menu also includes bagels, sandwiches, soups, and salads. **Open daily. Limited service, takeout, vegan options, free internet access, VISA/MC/DISC, \$**

Soup's On, 11 W. Preston St.
(410) 528-1003

www.soupsonbalto.com

Soup café. Located in Mt. Vernon, this small café offers a number of vegan soups in three different sizes (cup \$4, bowl \$5, pint \$6). Plus, all soups are accompanied with a few slices of crostini. My choice - Szechwan Carrot - was surprisingly hearty, not too spicy and delicious. The soup selections change daily and are listed on their website. It's a great place to go for a quick, inexpensive meal. **Open Monday-Saturday 11 a.m. - 8 p.m. Sunday 12 p.m. - 6 p.m. Counter service, takeout, vegan options, VISA/MC, \$.**

Thai Landing, 1207 N. Charles St
(410) 727-1234

Thai. Quiet, friendly restaurant near the University of Baltimore offers several vegetarian dishes. **Closed Sunday. Full service, VISA/MC, \$\$-\$\$\$**

FELLS POINT (East of Harborplace)

Brick Oven Pizza, 800 S. Broadway
(410) 563-1600

<http://boppizza.com/>

Pizza. This pizza joint offers soy cheese upon request, as well as whole wheat crusts. Fresh tomatoes, artichoke hearts, potatoes, salsa, fresh garlic, and eggplant are some of the topping choices. **Open daily for lunch and late dinner. Full service, takeout, VISA/MC/AMEX, \$\$**

Dalesio's Restaurant, 829 Eastern Ave.
(410) 539-1965

<http://dalesios.com/>

Italian. Attractive restaurant located in Little Italy with several vegetarian selections. Terrace balcony with outdoor dining. Valet parking offered. **Open for lunch and dinner daily Monday through Saturday. Sunday dinner only 4-9 pm. Full service, VISA/MC/AMEX, \$\$\$**

Ding How, 631-637 S. Broadway
(410) 327-8888

Chinese. This old-fashion style Chinese restaurant has great service and offers many vegetarian items including appetizers, soups, and tofu and vegetable entrées. **Open daily for lunch and dinner. Full service, vegan options, wine/ beer/alcohol, takeout, VISA/MC/AMEX/DISC/DC, \$\$**

Liquid Earth, 1626 Aliceanna St.
(410) 276-6606

<http://www.liquidearth.com>

Vegetarian café. This quaint coffee and juice bar has a vegetarian menu with daily specials including hearty soups, salads, portabella mushroom sandwiches and a veggie Reuben. Don't forget to try the triple layer vegan chocolate cake! **Open Mon.-Fri. 9 am-7 pm. Sat. 11 am-7 pm. Open Sun. for brunch. Limited service, vegan options, fresh juices, espresso/cappuccino, take-out, cash only, \$-\$\$**

HAMPDEN AREA

Dogwood Deli, 911 W. 36th St.
(410) 889-0952

Deli. This deli offers soups, salads and sandwiches in an attractive setting. On the menu is a Three Bean Vegetarian Chili, an assortment of delicious salads, and a Crunchy Vegetable – Hummus Wrap. Fresh smoothies and juices are also available. **Closed Sundays. Full service, vegan options, gourmet-to-go, \$\$**

Holy Frijoles, 908 W. 36th St.
(410) 235-2326

Mexican. This Hampden restaurant offers a wide variety of vegetarian and vegan options including tacos, burritos, fajitas, and more. **Open Tues.-Sun. for lunch and dinner. Full service, vegan options, take-out, \$-\$\$**

Suzie's Soba, 1009 W. 36th St.
(410) 243-0051

Asian. Enjoy noodle-based dishes at this quaint restaurant. Outdoor seating on the weekends - weather permitting. **Open daily for dinner. Full service, vegan options, take-out, \$\$**

OTHER BALTIMORE AREAS

Ambassador Dining Room, 3811 Canterbury Rd.
(410) 366-1484

www.ambassadordiningroom.com

Indian. This restaurant is located near Johns Hopkins University and offers a formal environment with outdoor patio seating, weather permitting. Enjoy a wide selection of vegetarian Indian dishes. The food tends to be spicy, so you may want to request that it be prepared mildly. **Open Monday-Friday for lunch and dinner and dinner**

only on weekends. Full service, vegan options, beer/wine, catering, take-out, VISA/MC, \$\$\$

Baba's Mediterranean Kitchen, 745 E. Fort Ave.
(410) 727- 7482

<http://babaskitchen.net/>

Mediterranean. Lots of Middle Eastern favorites abound at this restaurant located between Federal Hill and Locust Point. Vegan options include: Fareed's Falafel in a Pita, veggie pockets, Baba's Pita, hummus, dolmas, Baba's Baba Ghanoush, CousCous salad, and a side of grilled mixed vegetables. **Open daily. Closed Monday. Limited service, vegan options, takeout, VISA/MC, \$\$**

Bombay Garden, 5511 York Rd.
(410) 323-8440

Indian. There are a variety of vegetarian dishes on the menu at this tiny Indian restaurant in the Govans area of town. Additional pluses are a daily lunch buffet and an accommodating staff. **Open Tues.-Sat. for lunch and dinner, Sun. dinner only. Closed Monday. Full service, vegan options, takeout, VISA/MC/AMEX/DISC, \$\$**

Café Zen, 438 E. Belvedere Ave.
(410) 532-0022

<http://www.cafezen.com/>

Chinese. Located near the Senator Theater, this restaurant features several vegetarian Chinese dishes including spring rolls, veggie dumplings, eggplant in garlic sauce, and many tofu dishes. **Open daily for lunch and dinner. Full service, \$\$**

Desert Café, 1605 Sulgrave Ave.
(410) 367-5808

Middle Eastern. At this Mt. Washington café, all soups are homemade and vegetarian. There are also salads and vegetarian Middle Eastern specialties. **Open Tues.-Thurs. from 11 am until 7:30 pm; Fri. & Sat. from 11 until 10:30 pm. Closed Sunday and Monday. Full service, vegan options, takeout, BYOB, VISA/MC/AMEX, \$\$**

Donna's, 5100 Falls Rd.
(410) 532-7611

<http://www.donnas.com/>

American. Located in the Village of Cross Keys, this restaurant offers a number of salads and vegetarian sandwiches & entrées. For starters, try the hummus platter or the salad with roasted portabella mushrooms. For a light lunch, there's roasted vegetables on olive bread. A recommended dinner entrée is the Sicilian Penne with eggplant, artichoke hearts, peppers, olives, and capers. Outdoor seating available – weather permitting. **Open daily. Full service, vegan options, takeout, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

Dukem, 1100 Maryland Ave.
(410) 385-0318

www.dukemrestaurant.com

Ethiopian. Newly remodeled, cozy restaurant near the University of Baltimore. Try the wonderful vegetarian combo platters consisting of spicy lentil stew, yellow peas, greens, cabbage and potatoes, and/or salad. **Open daily. Full service, vegan options VISA/MC/AMEX, \$\$-\$\$\$**

Egyptian Pizza, 542 E. Belvedere Ave.
(410) 323-7060

<http://www.egyptianpizza.com/>

Middle Eastern. This café has great tasting Middle Eastern food with steaming hot pita bread and unique pizza combinations such as the India pizza served with curry. All pizza available without cheese or with soy cheese (contains casein). **Open daily. Full service, vegan options, takeout, VISA/MC, \$\$**

The Evergreen, 501 W. Cold Spring Ln.
(410) 235-8118

Coffee shop. In addition to exceptionally friendly service, this coffeehouse located in Roland Park offers locally roasted coffee, fresh salads and soups, and hummus sandwiches. Soy lattes are also available. **Open daily. Counter service, with tables and booths available, casual, espresso/cappuccino, VISA/MC, \$-\$\$**

Mekong Delta Café, 105 W. Saratoga St.
(410) 244-8677

Vietnamese. Vegetarian Summer Rolls, Mekong Grilled Tofu, and Lemon Grass Tofu are some of the delicious choices available at this café located at the corner of Saratoga and Cathedral. Lunch specials include free ice. green tea. **Open daily. Full service, vegan options, cash only, \$-\$\$**

Mt. Washington Pizza & Subs, 1620 Kelly Ave.
(410) 664-1111

Italian/Indian. Besides pizza and veggie subs, this restaurant has an entire Indian menu with a vegetarian section. **Open daily for lunch and dinner. Full service, vegan options, takeout, \$-\$\$**

Paper Moon Diner, 227 W. 29th St.
(410) 889-4444

<http://www.papermoondiner24.com/>

American. This diner offers a few vegetarian selections including grilled eggplant, an avocado and sprout sandwich, and sautéed greens with garlic. **Open Sun.-Thurs. 7 am until midnight. Fri. & Sat. 7am – 2 am. Full service, \$**

Suzie's Soba, 7 N. Calvert St.
(410) 528-8883

Pan-Asian. Several vegetarian noodle dishes and salads. Located in the historic Munsey Building. **Open for breakfast and lunch Monday through Friday. Counter service, vegan options, take-out, VISA/MC/AMEX, \$\$-\$\$\$**

Thai Restaurant, 3316 Greenmont Ave.
(410) 889-6003

Thai. The service and atmosphere are formal, but dress is casual. They will substitute tofu for meat in any of its dishes. **Open Tues.-Sun. for lunch and dinner. Closed Monday. Full service, wine/beer/alcohol, catering, takeout, VISA/MC/AMEX, \$\$-\$\$\$**

The Yabba Pot, 2433 St. Paul St.
(410) 662-8638

<http://www.theyabbapotcafe.com/>

International Vegetarian. Great vegan fare as well as an expanded raw foods menu. Voted "Best Vegetarian Restaurant" in the *City Paper* '03, '04, '05, '06. Now offering Sunday brunch. **Closed Mondays. VISA/MC/AMEX/DISC (5.00 minimum), \$-\$\$**

CLARKSVILLE

Great Sage, 5809 Clarksville Sq. Dr.
(443) 535-9400

<http://www.great-sage.com/>

Vegan. This restaurant offers many wonderful, mostly organic, dishes throughout the day. For lunch, try the Portobello Flatbread Sandwich or the Southwestern Burger. Dinner selections include the Mushroom and Pecan Stuffed Tofu and The Americana. The Hot Fudge Lava Cake à la mode is a great way to end your dining experience! **Closed Mondays. Full service, beer/wine, fresh juices, Sunday brunch, VISA/MC/AMEX/ DISC/DC, \$\$\$**

COLUMBIA

The Mango Grove, 6356 B Dobbin Rd.
(410) 884-3426

<http://www.themangogrove.com/>

Vegetarian/Indian. Located in a shopping center near Wendy's restaurant, The Mango Grove offers unique South Indian vegetarian dishes. Be sure to try the potato and onion filled dosai or one of the curries when you visit. **Closed Tuesdays. Full service, vegan options, catering, takeout, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

ELKTON

Sultan Grill, 175 Fletchwood Rd.
(410) 620-0206

Middle Eastern. Earthy establishment serving falafel, hummus, vegetarian shish kabob, eggplant dip, salads and more. Sunday brunch. **Open daily. Full service, takeout, vegan options, VISA/MC \$-\$\$**

FULLERTON

Amer's Café, 7624 Belair Rd.
(410) 668-5100

<http://www.amerscafe.com/>

Middle Eastern. Kids make their own pizzas, a belly dancer on Friday & Saturday nights, a psychic appearing nightly plus some great Egyptian food...what else could you want from a family restaurant right off the Beltway! **Reservations suggested. Closed Monday. Braille menus available, full service, takeout, vegan options VISA/MC/AMEX/DISC, \$\$**

Mount Everest, 7927-C Belair Road
(410) 668-2264

Nepalese. At this attractive, spacious dining room located in a shopping center right off 695, you can find South Indian specialties like Paper Masala Dosa and Coconut or Tomato Uththaappam. The restaurant also offers more familiar dishes such as Alu Gobi Masala, Alu Jeera, and Binda Masala. **Open daily. Full service, vegan options, lunch buffet VISA/MC/AMEX, \$\$-\$\$\$**

HUNT VALLEY/COCKEYSVILLE (Baltimore suburb)

Baja Fresh, 11121 York Rd., Suite H
(410) 584-7400

<http://www.bajafresh.com/>

Mexican. Made-to-order veggie or bean burritos, tacos, enchiladas, and fajitas. **Open daily. Counter service, takeout, VISA/MC/AMEX, \$**

Jesse Wong's Kitchen, 118 Shawan Rd., Suite EE
(410) 329-1088

Asian. This restaurant has several vegetarian options. The menu includes imitation meats and seafood, all made from vegetable products. Notable meals are spicy tofu with mushrooms and gluten in brown sauce, crispy "duck" with seasonal greens, and pineapple "shrimp." **Open daily for lunch and dinner. Full service, vegan options, takeout, catering, VISA/MC/AMEX/DISC, \$\$-\$\$\$.**

Noodles & Company, 114 Shawan Rd.
(410) 785-1839

<http://www.noodles.com/>

International. Large selection of noodle & pasta dishes. Add tofu to any dish for a minimal price. Our favorite dishes include Japanese Pan Noodles, Bangkok Curry, and Indonesian Peanut Sauté. Outdoor dining available weather permitting. **Open daily for lunch and dinner. Limited service, vegan options, takeout, VISA/MC/AMEX/DISC, \$\$**

LAURAVILLE

Red Canoe Bookstore Café, 4337 Harford Rd.
(410) 444-4440

www.redcanoe.bz

Café. Unique bookstore café featuring great coffee, a relaxing atmosphere, local artwork, and books for the entire family. Try the Garden Veggie Wrap or Hummus Plate. **Open daily. Limited service, vegan options, take-out, VISA/MC/AMEX/DISC, \$\$**

MONKTON

Monkton Village Market, 1900 Monkton Rd.
(410) 472-9821

<http://thenaturalbrothers.com/>

Carry out. Whether you're hiking on the NCR railroad trail or just want to try something different, stop at this organic goods and vegetarian café. For breakfast, there's Tofu Scramble; for lunch try the Lemon Tempeh Grillers, Sunny Sunburgers, and Tofu Meatball Subs. **Limited service, vegan options, takeout VISA/MC, \$-\$\$**

NOTTINGHAM

Bouala's Thai Restaurant, 4347 Ebenezer Rd.
(410) 248-1088

Thai. This pretty restaurant near Route 1 can make almost everything vegan on the menu, just ask. The service was gracious and the prices inexpensive. Try the Massaman Curry or the Pad Ga – Tiem Prik Thai with Tofu. **Open daily. Full service, vegan options, take-out, catering, VISA/MC/AMEX/DISC, \$\$**

OWINGS MILLS

Egyptian Pizza, 9161 Reisterstown Rd.
(410) 902-9020

<http://www.egyptianpizzakitchen.net/>

Middle Eastern. This café has great tasting Middle Eastern food with steaming hot pita bread and unique pizza combinations. All pizza available without cheese or with soy cheese (contains casein). **Open daily. Full service, vegan options, takeout, VISA/MC, \$\$**

Flying Avocado, 10210 S. Dolfield Rd.
(443) 471-2600

<http://www.flyingavocado.com/>

Café. Mostly organic local produce is served at this attractive restaurant. Tofu breakfast wraps and breakfast salads are available mornings along with the traditional bagels and muffins. For lunch, there are a few all vegetarian salads and sandwiches from which to choose. **Mon.-Fri. 7 am-7 pm., Sat. 9 am-5 pm. Counter service, takeout, vegan options, VISA/MC, \$\$**

Noodles & Company, 10450 Owings Mills Blvd.
(410) 753-4706

<http://www.noodles.com/>

International. Large selection of noodle & pasta dishes. Add tofu to any dish for a minimal price. Our favorite dishes include Japanese Pan Noodles, Bangkok Curry, and Indonesian Peanut Sauté. Outdoor dining available weather permitting. **Open daily for lunch and dinner. Limited service, vegan options, takeout, VISA/MC/AMEX/DISC, \$\$**

Qdoba, 10450 Owings Mills Blvd.
(410) 356-2077

<http://www.qdoba.com/>

Mexican. Made-to-order vegetarian and/or bean burritos, tacos, and salads. **Open daily. Counter service, takeout, vegan options, VISA/MC/AMEX, \$**

Tahina's, 10450 Owings Mills Blvd., Suite F
(410) 363-2299

Mediterranean. Several of our local members have called to tell us how fresh and tasty the food is at Tahina's. There are veggie choices such as falafel and veggie pocket sandwiches or salad bowls, hummus with pita chips, baba ghanoush, and fries with different types of sauces to choose from. Reasonable prices for homemade sandwiches and fresh ingredients. **Open daily. Limited service, vegan options, takeout, VISA/MC/AMEX/DISC, \$\$**

PARK HEIGHTS

Tov Pizza, 6313 Reisterstown Rd.
(410) 358-5238

<http://tovpizza.com/>

Kosher/Dairy. Pizzas and falafel are available at this primarily vegetarian dairy restaurant that serves some fish. **Sun.-Thurs. 11:15 am-8:15 pm., Fri. 11:15 am-2:30 pm., Sat. 1 hour after Shabbos-12:30 am. Counter service, vegan options, takeout, VISA/MC (10.00 minimum), \$**

PARKVILLE (Baltimore suburb)

China Delight, 9613 Harford Rd.
(410) 661-3388

Chinese. This nice little restaurant has a special section for vegetarians. Try Vegetarian Chicken with Cashews or Bead Curd with Black Bean Sauce. They also offer sushi. **Open daily. Full service, vegan options, takeout, VISA/MC, \$\$**

Kitchen of India, 1842 E. Joppa Rd.
(410) 663-6880

Indian. This restaurant offers a number of vegetarian specialties such as Bombay Aloo and Mushroom Bhaji. Staff is very accommodating to vegans. They also offer a daytime buffet 7 days a week. **Full service, vegan options, catering, takeout, VISA/MC, \$\$**

New China House, 2051 E. Joppa Rd.
(410) 668-1330

Chinese. This carryout restaurant offers several gluten and tofu entrées known as monk dishes. So try Monk's Hunan Beef or Monk's General Tso's Chicken. They also have vegetarian spring rolls and dumplings. Owner is very friendly and accommodating. **Open daily, vegan options, counter service, takeout, VISA/MC, \$\$**

PIKESVILLE (Baltimore suburb)

Mr. Chan Szechuan Restaurant, 1000 Reisterstown Rd.
(410) 484-1100

Chinese. Unique items for vegetarians. Great hot and sour soup, vegetarian sushi, delicious orange seitan, tempeh dishes, yuba with kale and more. **Open daily. Full service, vegan and macrobiotic options, catering, wine/beer/alcohol, takeout, VISA/MC/AMEX/DISC, \$\$**

Noodles & Company, 3755 Old Court Rd.
(410) 580-5886

<http://www.noodles.com/>

International. Large selection of noodle & pasta dishes. Add tofu to any dish for a minimal price. They also offer a number of specialty and garden salads. **Open daily for lunch and dinner. Limited service, vegan options, takeout, VISA/MC/AMEX/DISC, \$\$**

Quarry Bagel & Café, 2628 Quarry Lake Dr.
410-753-3350

<http://quarrybagelcafe.com/>

Café. New bagel shop with a number of vegetarian items including grilled portabella mushroom sandwiches, hummus plates and veggie wraps and Panini. **Open daily. Limited service, vegan options, catering, takeout, VISA/MC, \$**

RANDALLSTOWN (Baltimore suburb)

Akbar Palace Restaurant, 3541 Brenbrook Dr.
(410) 655-1600

<http://www.akbarpalace.com/>

Indian. Authentic Indian cuisine with a wide variety of vegetarian dishes. Their specialties include Vegetable Jalfrezi, Alu Gobi Masala and Vegetarian Biryani. They have consistently given great service. **Open daily. Full service, vegan options, wine/beer/alcohol, catering, takeout, VISA/MC/AMEX/DISC, \$\$**

TIMONIUM (Baltimore suburb)

Baja Fresh, 2080 York Rd., #150
(410) 561-1050

<http://www.bajafresh.com/>

Mexican. Made-to-order veggie or bean burritos, tacos, enchiladas, and fajitas. **Open daily. Counter service, takeout, VISA/MC/AMEX, \$**

Natural Brothers' Deli & Café, 2149 York Road
(410) 560-3133

<http://thenaturalbrothers.com/>

Deli. Located in The Natural health food store, this vegetarian deli offers a selection of tasty wraps and sandwiches. Try the California Wrap or TuNOfish Wrap – both are served on organic, spinach tortillas. The Sunny Sun Burger is really good, too! **Open daily. Counter service, takeout, VISA/MC, \$**

Qdoba, Timonium Shopping Center, 2157 York Rd.
(410) 252-4424

<http://www.qdoba.com/>

Mexican. Made-to-order vegetarian and/or bean burritos, tacos, and salads. **Open daily. Counter service, takeout, vegan options, VISA/MC/AMEX, \$**

TOWSON (Baltimore suburb)

Kathmandu Kitchen, 22 Allegheny Ave.
(410) 847-9595

<http://www.kathmandu-kitchen.com/>

Nepalese & Indian. For starters, there's Kwati soup or Samosa Chat. Then try one of their House Specials like Veggie Momo, Alu Dum, or Aloo Tama Bodi. The staff is very eager to please. **Open daily, takeout, vegan options, VISA/MC/AMEX, \$\$**

Zia's, 13 Allegheny Ave.
(410) 296-0799

<http://www.ziasafe.com/>

Café. Juice bar, café, sandwich shop, and caterer all in one. For breakfast, try the Tofu Scramble. For lunch, there are two specialty vegetarian sandwiches available: The Sunflower Powerhouse and The Garden Grille. Vegan entrées vary daily. **Closed Sun. Limited service, vegan options, takeout, VISA/MC, \$\$**

VEGAN BAKERIES – Baltimore

Brunie's Bakery
(443) 570-1487

<http://www.bruniesbakery.com/>

Baltimore's newest creative vegan bakery crafts deliciously decadent multi-layered cakes like the Chocolate Peanut Butter Awesome, Mocha Midnight Madness, and Hazelnut Caramel Custard, as well as some fruit-infused cakes like Coconut Lime and Springtime Divine. You name it, Brunie's does it vegan. Gluten allergy? No problem. Raw enthusiasts? Brunie's can handle it!

Emily's Desserts & Café, 4901 Springarden Dr.
443-858-7045

www.emilysdesserts.com

A vegan café and bakery, Emily's menu changes daily but often features mac & cheese and vegan versions of sandwich favorites. Desserts include donuts, cupcakes, gourmet chocolate-covered pretzels, pie, cookies, brownies, cake, and soft-serve ice cream! Organic, fair-trade coffee, too. Closed Mondays and Tuesdays.

Sweet Sin Cupcakes 123 W. 27th St.
(410) 464-7211

<http://www.glutenfreedesserts.com/>

Sweet Sin Bakery maintains a gluten-free kitchen. In addition, they use industry best practices to keep other potential allergens — egg, dairy, nut, soy, and corn products — segregated in the desserts, breads and pastries. Vegan options are available for soup, entrée and dessert selections. Open Monday through Friday, 7am to 7pm. Saturday 10am to 7pm. Sunday 10am to 5pm.

Vegetarian Desserts Bakery

(410) 383-7770

www.veggiedesserts.com

Baltimore's online vegan bakery features fresh, natural and delicious desserts such as down-home blueberry pie, traditional apple pie, and moist chocolate layer cake with chocolate frosting. The general public can order online at www.veggiedesserts.com.

HEALTH FOOD STORES – Baltimore Metro Area

The Health Concern

28 W. Susquehanna Ave., Towson, MD 21204
(410) 828-4015

OK Natural Food Store

11 W. Preston St., Baltimore, MD 21201
(410) 837-3911

The Natural

2149 York Rd., Timonium, MD 21093
(410) 560-3133

Nature's Pantry

7948 Harford Rd., Parkville, MD 21234
(410) 882-5551

Sunsplash Natural Foods,

7006 Reisterstown Rd., Pikesville, MD 21215
(410) 486-0979

Whole Foods Market

1130 Smith Ave, Mt. Washington, MD 21209
(410) 532-6700

Whole Foods Market

600 South Exeter St., Baltimore (Inner Harbor), 21202
(410) 528-1640

HEALTH FOOD STORES – Outside Baltimore

Dar Es Salaam (House of Health)

3830 34th St., Mt. Rainier, MD 20712
(301) 209-0012

David's Natural Market I

5430 Lynx Ln., Columbia, MD 21044
(410) 730-2304

David's Natural Market II

1523 Rock Spring Rd.
Forest Hill, MD 21050
(410) 836-0808

David's Natural Market III

871 Annapolis Rd., Gambrills, MD 21054
(410) 987-1533

MOM's - My Organic Market – College Park

9827 Rhode Island Ave., College Park, MD 20740
(301) 220-1100

MOM's - My Organic Market -Columbia East

7351 Assateague Dr., Suite 190, Jessup, MD 20794
(410) 799-2175

MOM's - My Organic Market – Frederick

5273 Buckeystown Pike, Frederick MD, 21703
(240) 566-1444

MOM's - My Organic Market - Rockville

11711 B Parklawn Dr., Rockville, MD 20852
(301) 816-4944

Roots Market

5805 Clarksville Square Dr., Clarksville, MD 21029
(443) 535-9321

Note: This list is compiled by The Vegetarian Resource Group. If you find a place we have listed has closed, please let us know. Also, let us know if you find any new vegetarian restaurants in Baltimore that are not listed here. You can email this information to vrg@vrg.org. For information about vegetarianism visit our website at www.vrg.org.

What is The Vegetarian Resource Group?

For over 25 years, The Vegetarian Resource Group has made it easier to be vegetarian and vegan by assisting businesses, health professionals, food services, and consumers. Our dietitians and researchers answer your questions with scientific and practical information. See <www.vrg.org> which helps over 150,000 people per month. VRG is a non-profit organization. Financial support comes primarily from memberships, contributions, bequests, and book sales.