

Vegetarian Dining In the Greater Baltimore Area

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

HARBORPLACE

Noodles & Company, 301 Light St.
(443) 220-0060

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

International. Large selection of noodle and pasta dishes. Add tofu to any dish for a minimal price. They also offer a number of salads.

Open daily for lunch and dinner. Limited service, vegan options, take-out, VISA/MC/AMEX/DISC, \$\$

HARBORPLACE EAST/CANTON

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 Spinnaker Bay condominium, this restaurant offers many vegetarian appetizers, salads, and sides. There are also a number of interesting main dishes such as Fatteh Bel Bathenjan. The falafel may be fried with meat products! **Open daily. Full service, vegan options, VISA/MC, \$\$-\$\$\$**

Sheba Restaurant & Nightclub, 3301 Foster Ave.
(443) 682-7616

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

Ethiopian. Sheba is an Ethiopian lounge featuring signature drinks along with music and art. Try the highly recommended vegetarian platter. Sheba is located at the corner of Clinton and Foster, in Canton, and near the Baltimore waterfront. **Closed Monday. Open Tuesday-Friday for lunch and dinner. Full service, vegan options, take-out, beer/wine/ alcohol 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 for lunch and dinner. Counter service, vegan options, take-out, 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 for lunch and dinner. Full service, vegan options, wine/beer/alcohol, catering, take-out, VISA/MC/AMEX/DISC, \$\$**

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 daily 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, \$\$-\$\$**

Gertrude's Cafe, 10 Art Museum Dr.
(410) 889-3399

<http://www.johnshields.com/restaurant/rest/gertrudes.html>

Regional Cuisine. Located inside the Baltimore Museum of Art (near Johns Hopkins Homewood Campus), this restaurant offers several veggie options including salads, vegetarian chili, a black bean burger, vegetarian crab cakes, southeast Asian vegetarian curry, and a Middle Eastern platter. **Closed Monday. Open Tuesday-Sunday for lunch and dinner. Full service, VISA/MC/AMEX/DISC, \$\$**

Gojo, 317 Park Ave.
(443) 570-0086

Ethiopian. Gojo offers traditional Ethiopian food with some vegan options. You can get various lentils, bean, cooked veggie and salad dishes served on injera bread (large, flat, pancake-like sourdough bread). **Open daily for lunch and dinner. Full service, vegan options, VISA/MC, \$\$-\$\$**

Grind House Juice Bar, 2441 St. Paul St.
(410) 366-2441

www.grindhousejuicebar.com

Grind House Juice Bar is an all-vegan market and juice bar. Their mission is to bring life to the community through juice and music. Menu items include BBQ Tofu, Quinoa, Curry Chick-un Salad, and Tun-o Salad. Free Wi-Fi is available. **Closed Sunday. Open Monday-Saturday for lunch and dinner. Limited service, VISA/MC/ AMEX/DISC, \$**

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

www.helmand.com

Afghani. For appetizers, one 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). **Open daily for dinner. Full service, vegan options, take-out, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

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

<http://www.paulchenrestaurant.com>

Chinese. Several gluten and tofu dishes, vegetable dishes, vegetarian egg rolls, and a wide variety of vegetarian soups. **Open daily for lunch and dinner. Full service, vegan options, take-out, \$\$**

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

<http://kumarirestaurantnbar.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 for lunch and dinner. Full service, vegan options, catering, take-out, 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 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, take-out, VISA/MC/AMEX, \$\$**

The Land of Kush, 840 N. Eutaw St.
(410) 225-5874

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

Vegan/soul food. The Land of Kush offers delicious soul food that is vegan! Enjoy Curry Chikun, BBQ Rib Tips, Smothered Drumsticks, Candied Yams, or Smoked Collard Greens. The Land of Kush is located in the Mount Vernon area of Baltimore near Maryland General Hospital. **Open daily for lunch and dinner. Counter service, take-out, catering, VISA/MC, \$-\$\$.**

Lost City Diner, 1730 N. Charles St.
(410) 547-5678

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

Diner. This diner clearly marks vegetarian/vegan options on their menu. Vegan cheese and meat alternatives are offered. Enjoy vegan items such as chili, quesadillas, eggplant parmigiana, meatball subs, grilled portobello mushroom sandwich, and ice cream sundaes. They also have a vegan brunch special. **Open daily for dinner and for brunch Saturday and Sunday. Full service, vegan options, catering, take-out, VISA/MC/AMEX, \$\$-\$\$\$**

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

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

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 for lunch and dinner. Full service, vegan options, catering, take-out, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

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

<http://mughalgarden.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. **Closed Tuesday. Open Wednesday through Monday for lunch and dinner. Full service,**

vegan options, wine/beer/alcohol, take-out, VISA/MC/AMEX/DISC, \$\$-\$\$\$

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

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

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 daily for lunch and dinner. Full service, vegan options, wine/beer/alcohol, take-out, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

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

Natural Foods. 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 vegan desserts, including baked goods. **Open daily for three meals. Full service, vegan options, wine/beer/ alcohol, VISA/MC/AMEX, \$\$**

Red Emma's Bookstore & Coffeehouse, 30 W. North Ave.
(410) 230-0450

<http://redemmas.org/>

Vegetarian café. After you've browsed the anarchist literature, calm down with a cup of tea and a vegan dessert. Their menu includes vegan Banh Mi Chay, vegan Grilled Cheese, soup, etc. **Open daily. Limited service, take-out, vegan options, VISA/MC/DISC, \$**

Shapiro's Café, 7 W. Preston St.
(443) 220-0050

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

Middle Eastern café. Located in Mt. Vernon, this café offers several veggie options including salad, falafel, vegan hot dogs, veggie burgers, hummus, baba ganouj, wraps, grape leaves, and more. **Closed Sunday. Open Monday-Friday 7 a.m. - 8 p.m. Saturday 10 a.m. - 3 p.m. Full service, take-out, vegan options, VISA/MC, \$.**

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. 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, take-out, vegan options, VISA/MC, \$.**

Tabor, 328 Park Ave.
(410) 528-7234

Ethiopian. You can get a hefty helping of vegan Ethiopian dishes at Tabor, with plenty of options to choose from. Customers boast of paying less than \$10 for a tray of five vegetarian dishes and having leftovers! Enjoy their spiced Ethiopian teas! Reservations are accepted. **Open daily for dinner and lunch. Full service, VISA/MC, \$-\$\$**

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

<http://thailandngmd.com/>

Thai. Quiet, friendly restaurant near the University of Baltimore. Be sure to request their vegetarian menu. **Open daily for dinner and lunch Monday-Friday. Full service, VISA/MC, \$\$-\$\$\$**

Two Boots, 1203 West Mt. Royal Ave.
(410) 625-2668

<http://baltimore.twoboost.com/>

Pizza. This chain restaurant offers vegan Daiya cheese to put on pizzas. **Open daily for lunch and dinner. Counter service, VISA/MC/AMEX/DISC, \$-\$\$**

FEDERAL HILL (South of Harborplace)

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

www.babaskitchen.net

Mediterranean. Try their homemade hummus, couscous salad, zucchini fries, or delicious falafel. Choose from an assortment of pita pockets with fillings including falafel, baba ghanouj, hummus, and roasted vegetables. The restaurant is closed on weekdays between lunch and dinner, so please call ahead for hours. **Open daily for lunch and dinner. Full service, take-out, VISA/MC/DISC, \$**

FELLS POINT (East of Harborplace)

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

<http://boppizza.com/>

Pizza. This pizza joint offers vegan 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, take-out, 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, \$\$\$**

Darbar, 1911 Aliceanna St., #13
(410) 563-8008

<http://www.darbarbaltimore.com>

Indian. Darbar offers traditional Indian food including vegetarian selections. Try Dal Bukhari, Aloo Gobi, or Chana Masala. They also feature a daily lunch buffet. The restaurant is closed between lunch and dinner, so please call ahead for hours. Reservations are accepted. **Open daily for lunch and dinner. Full service, vegan options, take-out, VISA/MC/AMEX/DISC, \$-\$\$**

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, take-out, VISA/MC/AMEX/DISC/DC, \$\$**

Johnny Rad's, 2108 Eastern Ave.
(443) 759-6464

<http://www.johnnyrads.com>

Pizzeria. You'll find vegan pizza options at this pizzeria including vegan cheese and vegan "meat" alternatives. They also serve salads. **Open daily 5 pm – 2 am. and for brunch on Sunday. Full service, vegan options, take-out, VISA/MC/AMEX/DISC, \$-\$\$**

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 Monday-Friday 9 am-7 pm. Saturday 11 am-7 pm. Open Sunday for brunch. Limited service, vegan options, fresh juices, espresso/cappuccino, take-out, cash only, \$-\$\$**

Sticky Rice, 1634 Aliceanna St.
(443) 682-8243

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

Asian. Vegetarian and vegan options are clearly marked on the menu. Try Cold Soba Salad, Mock Chicken Szechuan, Santa Fe (tempura fried sweet potato), Veggie Tofu Medley, and more. **Open daily for lunch and dinner 11:30 am-2 am. Full service, vegan options, VISA/MC/AMEX, \$-\$\$**

Van Gogh Cafe, 300 South Ann St.
(410) 558-1958

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

Kosher. This kosher café is located in an historic building in Fells Point. Vegetarian and vegan options are clearly marked on the menu. Try a pizza knish, falafel platter, or veggie burger. Also enjoy fruit smoothies and espresso drinks. **Open Sunday through Thursday for breakfast, lunch and early dinner. Open for breakfast and lunch Friday. Saturday opens one hour after sunset. Counter service, vegan options, VISA/MC, \$**

HAMPDEN AREA

Breathe Bookstore Café, 810 W. 36th St.
(410) 235-7323

www.breathebooks.com

Vegetarian. Breathe Bookstore Café offers snacks including vegan, raw, gluten-free, and Ayurvedic options. They also have organic, fair-trade coffees and teas, as well as outdoor seating and free Wi-Fi. The café is inside of the Breathe Bookstore. **Open daily. Counter service, vegan options, take-out, VISA/MC \$-\$\$**

The Charmery, 801 W. 36th St.
(410) 814-0493

www.thecharmery.com

Ice cream Parlor. The Charmery offers two rotating vegan sorbets/coconut milk flavors including toasted coconut ice cream, lemon sorbet, orange sorbet, strawberry-banana sorbet, and mango sorbet. Cash only. **Open daily. Counter service, vegan options, take-out, \$**

Golden West Café, 1105 W. 36th St.
(410) 889-8891

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

Eclectic. This restaurant offers vegan options. Breakfast and brunch features vegan French toast, burritos, and more. For lunch and dinner try BBQ Un-Chicken, The Riblet, the Vegan Burrito, etc.. **Open Monday-Friday for lunch and dinner. Open Saturday-Sunday for brunch and dinner. Full service, vegan options, take-out, \$\$**

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

<http://holyfrijoles.net/>

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

King's Pizza and Subs, 907 W. 36th St.
(410) 889-3663

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

Middle Eastern/Italian. This establishment offers Middle Eastern appetizers, a falafel sandwich, and more. **Open daily for lunch and dinner. Full service, vegan options, take-out, VISA/MC/AMEX, \$-\$\$**

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.ambassardining.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, \$\$\$**

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

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

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. **Closed Monday. Open Tuesday-Thursday from 11 am until 7:30 pm; Friday and Saturday from 11 am until 10:30 pm and Sunday from 4:00 pm to 9:00 pm. Full service, vegan options, take-out, BYOB, VISA/MC/AMEX, \$\$\$**

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

www.dukemrestaurant.com

Ethiopian. 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 cafe 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 veggie cheese (check to see if it's vegan). **Open daily. Full service, vegan options, take-out, VISA/MC, \$\$\$**

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

<http://evergreencafedeli.com/>

Coffee shop. 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, tables and booths available, casual, espresso/cappuccino, VISA/MC, \$-\$\$\$**

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

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

American. This diner offers vegetarian selections including tofu scramble, vegan nachos, grilled eggplant, an avocado and sprout sandwich, Gardenburgers, tofu dish, and more. **Closed Tuesday. Open Wednesday through Monday for breakfast, lunch and late dinner. Full service, \$-\$\$**

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 their dishes. Request curries without fish sauce. **Closed Monday. Open Tuesday-Sunday for lunch and dinner. Full service, wine/beer/alcohol, catering, take-out, VISA/MC/AMEX, \$\$\$-\$\$\$**

CATONSVILLE

Sprout Natural Choice, 706 Frederick Rd.
(410) 624-6605

<http://www.sproutnaturalchoice.com>

Vegetarian. This strictly vegetarian eatery serves a number of salads, wraps, and vegan options. Choices include the Buffalo Tempeh Salad and the Vegetarian Powerhouse. Or select from a wide variety of options to make your own salad. Soups change daily. Sprout Natural Choice also offers a selection of fun smoothies and sides. **Closed Mondays. Open daily for lunch and dinner. Limited service, take-out, smoothies, VISA/MC/AMEX/ DISC, \$**

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 one of several wraps and sandwiches. Dinner selections include Thai Panang Curry Rice Noodles, New Mexico Black Bean Burger, and Maryland "Crab" Cake. The Hot Fudge Lava Cake à la mode is a great way to end your dining experience! **Closed Monday. Open Tuesday through Sunday for lunch and dinner. Full service, beer/wine, fresh juices, Sunday brunch, VISA/MC/AMEX/ DISC/DC, \$\$\$**

COLUMBIA

Mango Grove, 8865 Stanford Blvd.
(410) 884-3426

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

Vegetarian/Indian. The Mango Grove offers unique South Indian dishes. Be sure to try the Onion Masala Dosai or one of their delicious curries when you visit. The Mango Grove is closed on weekdays between lunch and dinner, so please call ahead for hours. Reservations are accepted. **Open daily for lunch and dinner. Full service, take-out, vegan options, VISA/MC/AMEX/DISC, \$\$**

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, take-out, 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, take-out, catering, VISA/MC/AMEX/DISC, \$\$-\$\$\$.**

Noodles & Company, 114 Shawan Rd.
(410) 785-1839
<http://www.noodles.com/>

International. Large selection of noodle and 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, take-out, 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. **Closed Monday. Open Tuesday through Sunday for breakfast and lunch. Limited service, vegan options, take-out, VISA/MC/AMEX/DISC, \$\$**

NOTTINGHAM

Mount Everest, 7927-C Belair Road
(410) 668-2264
<http://www.mounteverestnottingham.com/>

Nepalese. You can find South Indian specialties like Paper Masala Dosa and Coconut or Tomato Uthaappam. The restaurant also offers more familiar dishes such as Alu Gobi Masala, Alu Jeera, and Binda Masala. **Open daily for lunch and dinner. Full service, vegan options, lunch buffet, VISA/MC/AMEX, \$\$-\$\$\$**

OWINGS MILLS (Baltimore suburb)

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. **Closed Sunday. Open Monday-Friday 7 am. - 7 pm. and Saturday 9 am. - 5 pm. Counter service, take-out, vegan options, VISA/MC, \$\$**

Hummus Corner, 9201 Lakeside Blvd.
(410) 363-6033
<http://www.hummuscorner.com/>

Mediterranean/Lebanese. Hummus Corner offers authentic Mediterranean and Lebanese cuisine at great prices. Their large selection of vegetarian items are noted on the menu and include Falafel, Manoushi (Lebanese Pizza), Fattoush (Lebanese Salad), and,

of course, Hummus! **Open daily for lunch and dinner. Full service, vegan options, take-out, catering, VISA/MC/AMEX/DISC, \$\$-\$\$\$.**

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, take-out, 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, take-out, vegan options, VISA/MC/AMEX, \$**

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. **Open Sunday-Thursday 11:15 am-8:15 pm., Friday 11:15 am-2:30 pm., and Saturday 1 hour after Shabbos-12:30 am. Counter service, vegan options, take-out, 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 Bean Curd with Black Bean Sauce. They also offer sushi. **Open daily. Full service, vegan options, take-out, VISA/MC, \$\$**

Kitchen of India, 1842 E. Joppa Rd.
(410) 663-6880
<http://www.kitchenofindiaus.com>

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, take-out, VISA/MC, \$\$**

New China House, 2051 E. Joppa Rd.
(410) 668-1330
<http://newchinahouseparkville.com>

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 for lunch and dinner, vegan options, counter service, take-out, VISA/MC, \$\$**

Parvan Foods, 8904 Harford Rd.
(410) 663-3201
<http://pavanfoods.webs.com/>

Vegetarian/Indian. Sells a wide variety of Indian food including samosas, dosas, vegetable curries, breads, etc. **Open daily for lunch and dinner. Counter service, vegan options, take-out, VISA/MC, \$\$**

PIKESVILLE (Baltimore suburb)

Mr. Chan Szechuan Restaurant, 1000 Reisterstown Rd.

(410) 484-1100

Chinese. Unique items for vegetarians. Hot and sour soup, vegetarian sushi, orange seitan, tempeh dishes, yuba with kale, and more. **Open daily for lunch and dinner. Full service, vegan options, catering, wine/beer/alcohol, take-out, VISA/MC/AMEX/DISC, \$\$**

Noodles & Company, 3755 Old Court Rd.

(410) 580-5886

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

International. Large selection of noodle and 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, take-out, VISA/MC/AMEX/DISC, \$\$**

Quarry Bagel & Café, 2628 Quarry Lake Dr.

410-753-3350

<http://quarrybagelcafe.com/>

Café. Bagel shop with a number of vegetarian items including hummus plates, veggie wraps, and Paninis. **Open daily for breakfast, lunch, and dinner. Limited service, vegan options, catering, take-out, 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. **Closed Monday. Open Tuesday through Sunday for lunch and dinner. Full service, vegan options, wine/beer/alcohol, catering, take-out, 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, take-out, VISA/MC/AMEX, \$**

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, take-out, vegan options, VISA/MC/AMEX, \$**

The Wild Carrot Café, 2149 York Road

(410) 560-3133

<http://www.thenaturalmkt.com>

Vegetarian deli/juice bar. The Wild Carrot is a vegetarian deli and juice bar within a natural foods store. They feature a selection of tasty wraps, salads, and sandwiches including the Vegan Turkey Club, Grilled Tofu Wrap, and Sun Burger. Additionally, their deli case is always full of grab-n-go items and soups are made fresh daily. The Wild Carrot is inside The Natural Market which is located in the Timonium Shopping Center, across from the fairground. **Open daily for lunch and for dinner Monday through Saturday. Counter service, vegan options, take-out, VISA/MC, \$**

TOWSON (Baltimore suburb)

India Cuisine, 321 York Rd.

(410) 583-7770

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

Indian. India Cuisine has a large vegetarian section on the menu. Enjoy both Northern and Southern Indian dishes including curries and dosas. **Closed Monday. Open Tuesday through Sunday for lunch and dinner. Take-out, vegan options, VISA/MC/AMEX, \$\$**

Kathmandu Kitchen, 22 Allegheny Ave.

(410) 847-9595

<http://mykathmandukitchen.com/>

Nepalese & Indian. Try one of their House Specials like Veggie Momo, Alu Dum, or Aloo Tama Bodi. The staff is very eager to please. **Open daily for lunch and dinner. Take-out, vegan options, VISA/MC/AMEX, \$\$**

Zia's, 13 Allegheny Ave.

(410) 296-0799

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

Café. Juice bar, cafe, sandwich shop, and caterer all in one. They offer veggie wraps and more. **Closed Sunday. Open for breakfast, lunch and dinner Monday through Friday and open for breakfast and lunch Saturday. Limited service, vegan options, take-out, VISA/MC, \$\$**

WINDSOR MILL (Baltimore suburb)

Tashes Ankh Caribbean Carryout, 8045 Liberty Rd.

410-922-9196

<http://www.tashes-ankh.com>

Caribbean. This restaurant offers several vegetarian dishes, including curry yuba, brown stew yuba, and stewed peas with rice and vegetables. **Open daily for three meals. Take-out, vegan options, \$-\$\$.**

BAKERIES WITH VEGAN GOODS – Baltimore

Sweet 27 Gluten-Free Bakery and Café, 123 W. 27th St.

(410) 464-7211

<http://sweet27.com/>

Sweet 27 maintains a gluten-free kitchen. Vegan options available for soup, entrée, and dessert selections. **Open Monday through Friday 7 am to 9 pm., Saturday 10 am to 9 pm., and Sunday 10 am to 5 pm.**

FOOD TRUCK WITH VEGAN GOODS – Baltimore

Sexy Vegie www.sexyvegie.com

HEALTH FOOD STORES – Baltimore Metro Area

The Health Concern Herb and Food Shop, 4318 Fitch Ave., Fullerton, MD 21236; (410) 828-4015

Life Choice Market, 1200 W. 36th Street, Baltimore, MD 21211;

(410) 235-1159

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

Sunplash 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, 5566 Randolph Rd., Rockville, MD 20852; (301) 816-4944

MOM's - My Organic Market – Timonium, 20 W. Ridgely Rd., Timonium, MD 21093; (443) 921-1390

MOM's - My Organic Market – Waldorf, 3301 Plaza Way, Waldorf, MD 20603; (301) 861-5720

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

Roots Market, 16800 Georgia Ave., Olney, MD 20832; (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.

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What is The Vegetarian Resource Group?

For over 30 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 200,000 people per month. VRG is a non-profit organization. Financial support comes primarily from memberships, contributions, bequests, and book sales. ©The Vegetarian Resource Group 2014