

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

Encantada, American Visionary Art Museum, 800 Key Hwy., Baltimore, MD 21230

(410) 752-1000

<http://www.encantadabaltimore.com>

American. Encantada supports regional farms to keep alive the concept of sustainability. Its menu depicts simplicity at its finest without sacrificing taste, all while serving up creativity with everything from its deviled, vegan (turnip) eggs, to its raw “Silly Wabbit” carrot cake made with coconut cashew frosting and miso caramel sauce, and beyond. Vegan items are clearly marked on their menu. **Open Tuesday through Saturday for lunch and dinner. Closed Sunday and Monday. Full service, vegan options, fresh juices, smoothies, beer/wine/alcohol, take-out, VISA/DISC, \$\$**

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

Corner Juice Bar and General Store, 2400 Fleet St.

(410) 844-1538

www.cornerjuicebar.net

Vegan. Choose from their selection of juices and smoothies including choices such as Fresh Start Juice (spinach, pear, honeydew, green apple, and ginger) or Barb's Oat Blast Smoothie (banana, peach, oats, cinnamon, pine nuts, pear juice and oat mylk). **Closed Monday.**

Open Tuesday-Friday for breakfast and lunch. Open Saturday-Sunday for brunch. Counter service, vegan options, take-out, fresh juices, VISA/MC/AMX, \$

Lebanese Taverna, 719 S. President St.

(410) 244-5533

www.lebanesetaverna.com

Lebanese. This restaurant overlooks the Harbor East Marina. Located in the Spinnaker Bay condominium, they offer many vegetarian appetizers, salads, and sides. There are also a number of interesting main dishes such as Fattah Bel Bathenjan. The falafel may be fried with meat products! **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 for lunch and dinner. Counter service, vegan options, take-out, catering, beer/wine/alcohol VISA/MC/AMEX/DISC, \$\$-\$\$**

The Vegetarian Resource Group

Verde Pizza, 641 South Montford Ave.

(410) 522-1000

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

Pizza/Italian. Offers a range of authentic Italian pizzas, calzones, pasta, and salads. With a section of their menu dedicated to vegan pizza, Verde caters to all crowds. Vegan Cipolla is a Neapolitan style pizza topped with caramelized onions, zucchini, roasted red peppers, basil and extra virgin olive oil. They also offer gluten free pizza and have plenty of salad options including Cavolo Nero (kale, dried fruit, olive oil, and lemon) and Toscana (mixed greens, pear, walnuts, oil, and balsamic glaze). Outdoor seating available. **Open daily for lunch and dinner. Full service, vegan options, take-out, 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, \$\$**

The Big Bean Theory, Mt. Vernon Market, 520 Park Ave.

(443) 955-1186

www.bigbeantheory.com

Natural foods. Located in the Mt. Vernon Market, this establishment serves up bean-based dishes, many of which are vegan. Enjoy a bean burger, falafel, lentil loaf, hummus, soups, and more. **Open daily for lunch and dinner. Counter service, vegan options, catering, take-out, VISA/MC/AMEX/DISC, \$-\$\$**

Chick P City, 202 W. Read St.

(410) 244-7009

www.chickpcity.com

Mediterranean. Enjoy falafel, hummus, babaganoush, fava bean dip, salads, and more. **Open Monday through Friday for lunch and dinner. Open Saturday for lunch and early dinner. Closed Sunday. Counter service, vegan options, take-out, delivery, catering, VISA/MC/AMX/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, \$\$**

Grind House Café & Juice Bar, 2431 St. Paul St.

(410) 366-2441

www.facebook.com/grindhousejuicebar

Grind House Café & 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, except for lunch first Sunday of the month. Open Monday-Saturday for lunch and dinner. Limited service, VISA/MC/AMEX/DISC, \$**

The Grub Factory, 1210 N. Charles St.
(443) 602-7018

<https://www.facebook.com/thatgrublife>

Vegan/Soul food. Near the University of Baltimore, The Grub Factory's motto is "Whatever you like, we can do it vegan!" In a relaxed atmosphere, they offer cashew cream smoothies, vegan chicken boxes, French toast, tacos, and more! **Open daily for breakfast, lunch and early dinner. Counter service, take-out, catering, 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, \$\$-\$\$\$**

Joe Squared, 33 W. North Ave.
(410) 545-0444

<http://joesquared.com/>

Pizza. Serves a variety of coal-fired thin crust pizzas and has vegan cheese available. Their signature vegan pizza includes crushed tomato, roasted veggies, and oregano. You can also veganize many of their other pizzas or build your own! Also try their vegan risottos made with coconut milk. **Open daily for lunch and dinner. Full service, vegan options, take-out, catering, VISA/MC/DISC, \$\$**

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

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

Nepal House, 920 N. Charles St.
(410) 547-0001

<http://www.nepalhouseinc.com>

Indian. The vegetarian section on their menu includes: Alu Methi, Bhindi Masala, Alu Gobi, Dahl, and more. **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

<https://www.facebook.com/One-World-Cafe-191474677552909/>

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 Organic Tofu Club and Philly Steakless Sub. Dinner selections feature Thai Vegetable Tempeh Stir-fry and daily specials. Usually will have vegan desserts. **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, \$**

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. 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://thailandimgmd.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, \$\$-\$\$\$**

FEDERAL HILL (South of Harborplace)/LOCUST POINT

EarthShake, 1648 E. Fort Ave.

(443) 869-6124

Vegetarian/Juice Bar. They serve pressed juices, smoothies, teas, coffees, and bowls (acai, pitaya, avocado, dragon fruit, or cocoa). There are no added sugars in menu items. **Open daily for breakfast, lunch, and early dinner. Counter service, vegan options, take-out, VISA/MC/AMX/DISC, \$**

Pure Raw Juice, 1401 Riverside Ave.

(410) 659-5928

purerawjuicemenu.com

Vegetarian/Juice Bar. Serves organic and raw foods, fresh juices and smoothies. The menu is almost entirely vegan, apart from some choices which do contain honey. Notable menu items include the "RX Green", a juice blend containing spinach or kale, romaine, green apple, cucumber, celery and lemon, and "Bancado", a smoothie with kale, banana, avocado, dates, and almond mylk. **Closed Tuesday. Open Wednesday-Sunday for breakfast and lunch. Counter Service, vegan options, juices, take-out, \$-\$\$**

Zaatar, 1019 S. Charles St.

(443) 873-7463

www.zaatarbaltimore.com

Middle Eastern. Veggie options are marked on their menu. There are many creative appetizers including falafel, grape leaves, Veggie Kibbeh (stuffed pumpkin, bulgur, and almond fritters), spinach pie, Mohamarah (walnuts, pistachios, tomato, onion, and bread), Foul Dip (fava bean dip), and tabbouleh. They also offer falafel and hummus sandwiches, Mujadara (rice and lentil dish), veggie kababs, and more. **Open daily for lunch and dinner. Take-out, catering, \$**

FELLS POINT (East of Harborplace)

Brick Oven Pizza, 800 S. Broadway

(410) 563-1600

<http://boppizza.com/>

Pizza. 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, \$\$**

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, \$-\$\$**

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, \$-\$\$**

Kali's Mezze, 1606 Thames St,

(410) 563-7600

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

Mediterranean. Tapa dishes are featured here. There are many vegetarian and vegan options on the menu. Try Falafel, Oven Roasted Eggplant, Lima Beans, Tabouli, and more. **Open daily for dinner and open Saturday and Sunday for lunch and dinner. Full service, vegan options, VISA/MC/AMEX, \$\$**

The Vegetarian Resource Group

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

Golden West Café, 1105 W. 36th St.

(410) 889-8891

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

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

Harmony Bakery, 3446 Chestnut Ave.

(410) 235-3870

https://www.facebook.com/pages/Harmony-Bakery/930875086955009?sk=timeline&ref=page_internal

Vegan. They serve healthy vegetarian, vegan, and gluten-free baked goods such as sticky buns, donuts, savory tarts, and more. **Open Tuesday through Saturday for breakfast, lunch, and early dinner. Open Sunday for brunch. Closed Monday. Counter service, vegan options, take-out, \$-\$\$**

The Juicery, 4032 Falls Rd.

(443) 449-5434

Juice Bar. Enjoy a wide variety of fresh juices, Acai bowls, and more. **Open daily lunch, and dinner. Counter service, fresh juices, vegan options, take-out, \$**

Mount Everest Restaurant, 1011 W. 36th St.

(410) 366-1163

<http://www.mounteverestrestaurant.net>

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

Naked Lunch, 711 W. 40th St.

(410) 494-6658

Vegetarian. Located in Mom's Organic Market. Enjoy veggie bowls and soup. **Open daily for breakfast, lunch, and dinner. Counter service, fresh juices, vegan options, take-out, \$**

Paulie Gee's Hampden, 3535 Chestnut Ave.

(410) 889-3535

<http://pauliegee.com/hampden>

Pizzeria. This Hampden pizzeria offers a number of options for vegetarians/vegans. A popular vegan option is "In Ricotta Da Vegan" (tomatoes, house-made fennel sausage, cashew dollops, baby arugula, and olive oil). **Open daily for dinner. Full service, beer/wine, VISA/MC/AMX/DISC, \$\$**

REMIINGTON AREA

Paper Moon Diner, R House, 301 West 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, \$-\$**

Stall 11, R House, 301 W. 29th St.

(443) 681-1911

www.stall11baltimore.co

Vegetarian. Stall 11 is located inside R House (a European style food hall with several "Stalls"). The goal of Stall 11 is to provide sustainable plant based foods. Many ingredients are sourced from local biodynamic farms. Stall 11 advertises that it will do a vegetarian spin on traditional "street foods" from around the world such as Korean BBQ Cauliflower, Balti Sweet Potato Curry, and Funghi Philly. They also offer fresh juices and smoothies. **Open daily for breakfast, lunch, and dinner. Counter service, vegan options, fresh juices, take-out, \$\$**

OTHER BALTIMORE AREAS

Ambassador Dining Room, 3811 Canterbury Rd.

(410) 366-1484

www.facebook.com/AmbassadorDiningRoom

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. **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, \$\$**

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, \$-\$-\$**

The Evergreen, 501 W. Cold Spring Ln.

(410) 235-8118

The Vegetarian Resource Group

<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, \$-\$**

Flight American Fusion, 5723 York Rd.

(410) 978-8190

<http://www.flightbaltimore.com>

American. Flight American Fusion offers vegan and vegetarian options at a good price. In fact, the menu contains a whole section dedicated to vegan dishes. Popular vegan menu items include: Vegan Bistro Wings with your choice of buffalo, old bay, Thai Chile, and other sauces or the "Beef" and Broccoli which consists of sautéed vegan beef tips and broccoli, served with rice and cabbage. **Open daily for lunch and dinner. Full service, wine/beer/alcohol, take-out, VISA/MC/DISC, \$\$**

Plant Bar, 529 E. Belvedere Ave.

(443) 449-7137

<http://www.plant-bar.com/>

Vegetarian/Juice Bar. Located in Belvedere Square. Raw, gluten-free, and mostly vegan food and drinks. Purchase either an already-designed juice combination or create your own from nine fruits and vegetables, from grapefruit to celery. For an additional 50 cents each, include add-ons such as mint, ginger, or jalapenos. You can also purchase a "super food smoothie" or an "acia power bowl. **Open daily for breakfast, lunch and dinner. Counter service, fresh juices, VISA/MC/DISC, \$**

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, \$-\$-\$**

World Peace Café, 900 East Northern Pkwy.

(410) 243-3837

<http://www.peacecafebmore.org/>

Vegetarian. Located in the Buddhist Temple for World Peace. A tranquil atmosphere greets visitors with walls adorned of local art. The lunch menu of soups, salads, and sandwiches rotate on a weekly basis. A sample featured vegan soup is the Green Posole Santa Fe Soup. A kale salad is also on the menu. Unlimited vegan pancakes are offered for brunch on weekends. **Closed Monday and Tuesday. Open Wednesday and Friday for lunch. Open Thursday for dinner. Open for brunch Saturday and Sunday. Counter service, take-out, VISA/MC/AMEX/DISC, \$**

ANNAPOLIS

Rutabaga Craft Juicery, 116 Annapolis St.

(410) 267-0261

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

Vegetarian/Juice bar. Conveniently located with easy access to Rt. 50, Rt. 450, and downtown Annapolis, this juice bar offers premium cold-pressed juices and smoothies as well as a limited, and always changing, breakfast and lunch menu. The food is all-vegetarian, and you can often find vegan and/or gluten-free dishes available. Food is made daily in small quantities. Lunch items are available from 11 am until they are sold out each day. The owner/operators encourage you to call ahead to find out what's on the menu, as well as to ask if there's anything left! **Open Monday through Saturday for lunch and dinner. Closed Sunday. Counter service, take-out, fresh juices, VISA/MC/DISC, \$**

CATONSVILLE

Sprout Natural Choice, 706 Frederick Rd.

(410) 624-6605

<http://www.sproutnaturalchoice.com>

Vegetarian. This 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. They also offer 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, \$\$\$**

COLLEGE PARK

NuVegan Café, 8150 Baltimore Ave.

(240) 553-7567

<http://nuvegancafe.com/>

Vegan/Soul Food. Nu Vegan Café is completely vegan with organic and raw options. They feature raw salads, a hot bar, juice bar, and rotating specials. Enjoy tasty foods like the Battered Tofu Sandwich, Black Bean Burger, Curry "Chicken," Macaroni & "Cheese," Kale Salad, Jambalaya, and "Crab" Cakes. NuVegan Cafe is located near The University of Maryland at College Park. **Closed Sunday. Open Monday through Saturday for lunch and dinner. Limited service, fresh juices, Sunday brunch, VISA/MC, \$-\$\$**

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, \$\$**

Seasons 52, 10300 Little Patuxent Pkwy., Suite 3150

(410) 715-1152

<https://www.seasons52.com/en/locations/MD/Columbia/4543>

Natural foods. Enjoy seasonally inspired gourmet dishes. Vegan food is clearly indicated. Dishes change each season and include dishes such as Roasted Tomato Soup, Organic Field Greens, Tacos, Cedar Plank Roasted Tofu, and Vegetables and Pasta. **Open daily for dinner. Full service, take-out, VISA/MC/AMEX, \$**

FREDERICK

Glory Doughnuts, 244 E. Church St.

(240) 315-8174

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

Vegan/Bakery/Coffeehouse. Doughnuts are hand forged in small batches and menu items are made-to-order. The variety of doughnuts changes daily and is first come, first served, so call in advance for inquiries of selection. Pair a savory BBQ Tofu Club with a doughnut and a coffee for a complete breakfast experience. **Closed Monday.**

Open Tuesday through Sunday for breakfast and lunch. Limited service, vegan options, take-out, VISA/MC/AMEX/DISC, \$-\$\$.

Good Juju, 300 E. 2nd St.

(301) 378-0042

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

Vegetarian/Juice bar. Enjoy fresh juices and smoothies, as well as breakfast items, soups, sandwiches, flat bread pizza, and more. **Open daily for breakfast and lunch. Counter service, take-out, fresh juices, 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, take-out, VISA/MC/AMEX, \$**

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. 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 Uthappam. 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 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, 9419 Common Brook Dr., Ste. 105
(410) 413-6361

tajpalaceowingsmills.com

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

Taj Palace, 9201 Lakeside Blvd.
(410) 363-6033

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

Indian. Has several clearly labelled vegan and vegetarian sections on the menu, and many dishes are made in the traditional tandoori clay oven. Entrees are served with basmati rice and customers can specify the desired spiciness of their food. Lentils, eggplant, and cauliflower are the staples of many vegan dishes. Taj Palace offers a lunch buffet. **Open daily for lunch and dinner. Full service, vegan options, beer/wine/alcohol, take-out, catering, VISA/MC/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. **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 gluten and tofu entrées. So try Monk's Hunan Beef or Monk's General Tso's Chicken. They also have spring rolls and dumplings. **Open daily for lunch and dinner, vegan options, counter service, take-out, VISA/MC, \$\$**

Pavan Foods, 8904 Harford Rd.
(410) 663-3201

The Vegetarian Resource Group

<http://pavanfoods.webs.com/>

Vegetarian/Indian. Sells a 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 Asian Bistro, 1000 Reisterstown Rd.
(410) 484-1100

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

Chinese. Unique vegetarian dishes. 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 hummus plates, veggie wraps, and Panini. **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, \$\$**

REISTERSTOWN (Baltimore suburb)

Sonny Lee's Hunan Taste, 750 Main St. #104A
(410) 833-7288

www.thehunantaste.com

Chinese. Find many dishes here including Szechuan Bean Curd, Moo Shu Vegetable, Yuba Delight, and Crispy Eggplant. **Closed Monday. Open Tuesday through Sunday for lunch and dinner. Full service, vegan options, 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, etc. **Open daily. Counter service, take-out, VISA/MC/AMEX, \$**

TOWSON (Baltimore suburb)

Falafel House, 20 Allegheny Ave.
(410) 337-5225

Middle Eastern. Falafel is available as a platter, salad, wrap, or pita. They also serve appetizers like Hummus and Pita and Tabouli Salad. **Open daily for lunch and dinner. Take-out, vegan options, VISA/MC/AMEX/DISC, \$**

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

<http://mykathmandukitchen.com/>

Nepalese & Indian. Try 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, \$\$**

Spice and Dice Thai 1220 Joppa Rd. #108
(410) 494-8777

www.thaispiceanddice.com

Thai. Vegetarian options are clearly marked on their menu and they are happy to make these items vegan. Dishes available include various salads, curries, noodle dishes, rice dishes, and more. Note that the curries are on the spicy side and you may want to request they be prepared a bit milder if you prefer. **Open daily. Full service, take-out, vegan options, VISA/MC/AMEX, \$\$**

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

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

Café/Juice Bar. 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. 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

Cameran's Treats
(646) 796-7803

<http://www.cameranstreats.com>

Cameran's Treats are vegan and sold in several restaurants. You can order them directly from her. She makes cupcakes, cookies, cakes...

Deelish!

<http://www.deelishbydeedi.com>

Order vegan baked goods online and pick them up in NE Baltimore area. Items include cookies, buns, breads, pies, and more.

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 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/CART WITH VEGAN GOODS

Heavy Metal Hot Dogs www.facebook.com/HeavyMetalHotDogs/timeline?ref=page_internal

HEALTH FOOD STORES – Baltimore Metro Area

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

MOM's - My Organic Market and Naked Lunch Cafe – Hampden, 711 W. 40th St., Baltimore, MD 21211; (410) 494-6658
OK Natural Food Store, 11 W. Preston St., Baltimore, MD 21201; (410) 837-3911

The Natural, Timonium Shopping Center, 2149 York Rd., Timonium, MD 21093; (410) 560-3133

Nature's Pantry, 7948 Harford Rd., Parkville, MD 21234; (410) 882-5551

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 and Naked Lunch Cafe – 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

MOM's - My Organic Market – White Marsh, 5267 Campbell Blvd., Nottingham, MD 21236

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

Roots Market, 16800 Georgia Ave., Olney, MD 20832; (443) 535-9321

Whole Foods, 10275 Little Patuxent Pkwy., Columbia, MD 21044; (240) 865-1827

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.

Visit our online list of Vegetarian and Vegan Restaurants in the U.S. and Canada at: <http://www.vrg.org/restaurant/index.php>

Join and promote VRG on Facebook: <http://www.facebook.com/thevegetarianresourcegroup>

Donate and support The Vegetarian Resource Group:

www.vrg.org/donate

What is The Vegetarian Resource Group?

For over 30 years, The Vegetarian Resource Group has made it easier to be vegetarian/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.

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