

# 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**, 519 W. Lexington St.  
(410) 385-0530

*Caribbean.* This take-out 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. **Closed Sunday. Open Monday-Saturday. Counter service, take-out, VISA/MC, \$**

## 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, \$\$**

**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, soy milk, espresso/cappuccino, beer/wine/alcohol VISA/MC/AMEX/DISC \$\$-\$\$\$.**

## HARBORPLACE EAST

**Lebanese Taverna**, 719 S. President St.  
(410) 244-5533

[www.lebanesetaverna.com](http://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 lovely restaurant offers many vegetarian appetizers, salads, and sides. There are also a number of interesting main dishes such as Fatteh Bel Bathenjan. **Open daily. Full service, vegan options, VISA/MC, \$\$-\$\$\$**

**Taco Fiesta**, 618 S. Exeter St.  
(410) 234-3782

[www.tacofiesta.com](http://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,**

**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](http://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, take-out, VISA/MC/AMEX/DISC, \$\$**

**Ban Thai**, 340 N. Charles St.  
(410) 727-7971

[www.banthai.us](http://www.banthai.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). **Closed Sunday. Open Monday-Saturday for lunch and dinner. Full service, vegan options, VISA/MC/AMEX/DISC, \$\$**

**Bohemian Coffee House**, 1821 N. Charles St.  
(410) 400-0022

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

*Coffeehouse/Café.* The Bohemian is right in the middle of the Arts & Entertainment District, about two blocks down from Penn Station. Vegetarian and vegan menu items include Vegan Chicken Salad, Vegan Egg Salad, Caprese Sandwich, Caprese Salad, Quinoa Salad, Vegan Chickn Salad Sandwich, Tofu Chili, Ginger Carrot Fennel, and more! **Open Monday through Saturday for three meals. Open Sunday for brunch. Limited service, vegan options, take-out, catering, espresso/cappuccino, smoothies, VISA/MC/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, \$\$**

**The Helmand**, 806 N. Charles St.  
(410) 752-0311  
[www.helmand.com](http://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). **Closed Monday. Open for dinner Tuesday-Sunday. 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, take-out, \$\$**

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

[www.kumari-restaurant.com](http://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, take-out, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

**Kyro**, 900 Cathedral St.  
(410) 962-8859

[www.cafeisis.com](http://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. **Closed Sunday. Open Monday through Saturday for lunch and dinner. Limited service, take-out, catering, VISA/MC, \$-\$\$.**

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

**Niwana**, 3 E. 33<sup>rd</sup> 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 Monday-Saturday from 11:30 am-10:30 pm. Sunday 3:00 pm-9:30 pm. Full service, vegan options, wine/beer/alcohol, take-out, 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, take-out, vegan options, free Internet access, VISA/MC/DISC, \$**

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

[www.shapiroscafe.com](http://www.shapiroscafe.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 8 a.m. - 8 p.m. Saturday 11 p.m. - 9 p.m. Full service, take-out, vegan options, VISA/MC, \$.**

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

[www.soupsonbalto.com](http://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, \$.**

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

<http://thailandngmd.com/>

*Thai*. Quiet, friendly restaurant near the University of Baltimore. Offers several vegetarian dishes. **Open daily for dinner and lunch Monday-Friday. Open 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 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, \$\$\$**

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

## HAMPDEN AREA

**Dogwood Restaurant**, 911 W. 36<sup>th</sup> St.  
(410) 889-0952

*Deli.* This deli offers soups, salads, and sandwiches in an attractive setting. On the menu is a Four Bean Vegetarian Chili, an assortment of delicious salads, Lentil-Barley Veggie Burgers, Rice and Sweet Potato Curry, and a Crunchy Vegetable-Hummus Wrap. Fresh smoothies and juices are also available. **Closed Sundays. Open**

**Monday-Saturday for lunch and dinner. Full service, vegan options, gourmet-to-go, \$\$**

**Holy Frijoles**, 908 W. 36<sup>th</sup> St.  
(410) 235-2326

*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, \$-\$\$**

**Suzie's Soba**, 1009 W. 36<sup>th</sup> 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](http://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. **Closed Monday. Open Tuesday-Sunday for lunch and dinner. Limited service, vegan options, take-out, VISA/MC, \$\$**

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

*Indian.* There are a variety of vegetarian dishes on the menu at this Indian restaurant in the Govans area of town. Additional pluses are a daily lunch buffet and an accommodating staff. **Closed Monday. Open Tuesday-Saturday for lunch and dinner and Sunday for dinner only. Full service, vegan options, take-out, 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. **Closed Sunday and Monday. Open Tuesday-Thursday from 11 am until 7:30 pm; Friday and Saturday from 11 am until 10:30 pm. Full service, vegan options, take-out, 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 and 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, take-out, VISA/MC/AMEX/DISC, \$\$-\$\$\$**

**Dukem**, 1100 Maryland Ave.

**(410) 385-0318**

[www.dukemrestaurant.com](http://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 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, take-out, VISA/MC, \$\$**

**The Evergreen**, 501 W. Cold Spring Ln.

**(410) 235-8118**

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

**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. **Open Sunday-Thursday 7 am until midnight and Friday-Saturday 7am-2 am. 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. **Closed Monday. Open Tuesday-Sunday for lunch and dinner. Full service, wine/beer/alcohol, catering, take-out, VISA/MC/AMEX, \$\$-\$\$\$**

**The Yabba Pot**, 2433 St. Paul St.

**(410) 662-8638**

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

*Vegan/international.* The Yabba Pot offers all-vegan international cuisine with many raw foods items. Menu selections include wraps, Chick-Un Pasta Salad, 'Fish' Filet Sandwich, and Citrus Soul Ribs. Enjoy a refreshing beverage at their Juice Bar. Make sure to check out their great daily specials! **Closed Monday. Open Tuesday through Saturday for lunch and dinner. Open Sunday for brunch. Limited service, take-out, catering, fresh juices, smoothies, special beverages, VISA/MC/AMEX, \$-\$\$.**

## 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 Mondays. Open Tuesday through Sunday for lunch and dinner. 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. Open Wednesday through Monday for lunch and dinner. Full service, vegan options, catering, take-out, 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, take-out, vegan options, VISA/MC \$-\$\$**

## 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](http://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 or biking on the NCR railroad trail or just want to try something different, stop at this market and vegetarian café. For breakfast, there's Tofu Scramble; for lunch try the Lemon Tempeh Grillers, Sunny Sunburgers, and Tofu Meatball Subs. **Call ahead for hours open. Limited service, vegan options, take-out, 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, \$\$**

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

*Nepalese.* You can find South Indian specialities 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. Full service, vegan options, lunch buffet VISA/MC/AMEX, \$\$-\$\$\$**

## 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, take-out, 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. **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, \$**

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

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

*Mediterranean.* Tahina's offers veggie choices such as falafel and veggie pocket sandwiches or salad bowls, hummus with pita chips, baba ghanouj, and fries with different types of sauces to choose from. Reasonable prices for homemade sandwiches and fresh ingredients. **Open daily. Limited service, vegan options, take-out, 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. **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

*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

*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, take-out, 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 for lunch and dinner. Full service, vegan and macrobiotic 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 grilled portabello mushroom sandwiches, hummus plates, and veggie wraps and Panini. **Open daily. 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. **Open daily. 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, \$**

**Natural Brothers' Deli & Café**, 2149 York Road  
(443) 591-0975  
<http://thenaturalbrothers.com/>

*Vegetarian 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, take-out, 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, take-out, 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 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. 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 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, \$\$**

## **BAKERIES WITH VEGAN GOODS – Baltimore**

### **Brunie's Bakery** (443) 570-1487

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

Vegan baker who 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, as well as gluten-free and raw upon request.

### **Dirty Carrots** (410- 868-4430

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

Vegan baker who offers scones, muffins, cookies, pies, cakes, cupcakes, crisps, and much more.

### **Emily's Desserts**, 4901 Springarden Dr. (443) 858-7045

[www.emilydesserts.com](http://www.emilydesserts.com)

By appointment, this vegan baker makes donuts, cupcakes, gourmet chocolate-covered pretzels, pie, cookies, brownies, cake, and more.

### **Sweet Sin Cupcakes and Cafe** 123 W. 27th St. (410) 464-7211

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

Sweet Sin 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 7 am to 9 pm., Saturday 10 am to 9 pm., and Sunday 10 am to 5 pm.**

## **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

### **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 34<sup>th</sup> 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](mailto:vrg@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](http://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.

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