

FROM FAST FOOD



Dining Out

VEGAN



to Fancier Fare

This publication brought to you by Vegan America

Making America Vegan Friendly!



Dining Out Vegan

Where to Eat?

As the number of vegetarians and vegans continues to grow, so do the number of vegetarian and vegan restaurants. From those specializing in fast food - veggie burgers, fries and milkshakes - to those offering gourmet food in upscale settings - vegan dining options are more numerous, more varied and more delicious than ever before.

The easiest way to find vegan dining options in your community is to look online. Several websites list vegan and vegan-friendly restaurants worldwide. These websites are especially helpful when traveling. Use them to plan ahead so that wherever you may find yourself, you can always find somewhere to eat.

The Vegan Motto: **PLAN AHEAD**



Go to allamericanvegan.com for links to the most popular listings of vegan-friendly restaurants worldwide and vegan options at chain restaurants.



What to Eat at Non-Vegetarian Restaurants

Because vegetarian restaurants are not always an option, here are some tips for dining out at traditional restaurants. Knowing what ingredients to look out for can help you determine what items on the menu might be vegan. And remember, restaurants competing for diners are only too eager to please. If you're faced with a menu offering no vegan options, consider asking the waiter to have the chef alter an existing dish to make it vegan. Sometimes, the restaurant will even create a special meal for you! Just ask.

CHINESE

Chinese restaurants can be a good source for vegan meals. Often, there will be an entire section of the menu for "vegetarian" items. Nonetheless, be sure to verify that these dishes do not contain eggs (including the noodles), and that none of the stocks used in their fried rice, soups and sauces are meat or fish-based.



ITALIAN

Cheeseless pizza, garlic bread, and pasta with marinara sauce are your best possibilities at an Italian restaurant. Penne and spaghetti are two types of pasta that are almost always made without egg (as are most pastas, unless they are freshly prepared).

Marinara sauce is usually vegan, but ask to be certain. If all the sauces have meat in them, ask for a dish of pasta with tomatoes sautéed in garlic and olive oil. No Italian restaurateur can resist the request for this authentic and simple dish. Also, try a pizza with tomato sauce, mushrooms and olive oil – just hold the cheese and be sure that the crust is dairy and egg-free.



INDIAN

Indian restaurants offer plenty of delicious options for vegans, including samosas and pakoras, chana masala, alu gobi and baingan aloo. Rice is usually vegan, as is the chapati. Be sure to verify with your waiter that none of the dishes you order contain ghee - clarified butter that is used in many Indian dishes. And note: the flatbread nan is not vegan.



JAPANESE

It is possible to have a great “sushi” dinner at your local sushi bar without eating fish. There are plenty of choices of vegan sushi, including avocado rolls, cucumber rolls, fruit rolls and mushrooms rolls, to name a few (note that “sea pickle” is an animal, not a plant!). Edamame (boiled soybeans) are a delicious appetizer, as is miso soup with tofu cubes, assuming that a fish-based stock and bonito (fish flakes) are not used. Vegetable tempura may also be an option – but be sure no egg is added to the batter.



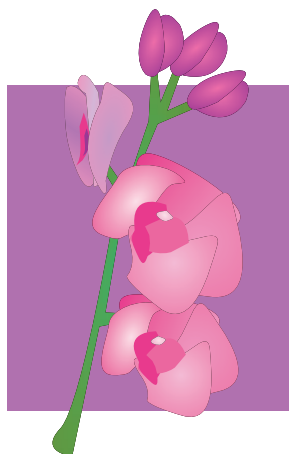
MEDITERRANEAN

Pita bread, hummus, babaganoush, falafel, lentil soup, simmered fava beans and dolmas are all possibilities at Mediterranean restaurants. Be sure to verify that the soup stock is vegetarian, and that the rice in the dolmas does not contain chicken stock.



MEXICAN

Beans, rice, guacamole, tortillas and salsa - the staple foods at Mexican restaurants - can all be made vegan. Be sure to ask if the beans are vegetarian (whole black or pinto beans as opposed to refried are your safest bet), if the tortillas are lard-free, if the rice was cooked in meat stock and if there is dairy in the guacamole. Corn chips are usually safe, as is salsa.



THAI

Thai restaurants frequently advertise that they are vegetarian friendly. Often, an entire section of the menu is labeled as “vegetarian.” Just be sure to stress no eggs and no fish sauce. Fish sauce is in many Thai dishes, even the ones Thai menus often list as “vegetarian.”

AND DON'T FORGET

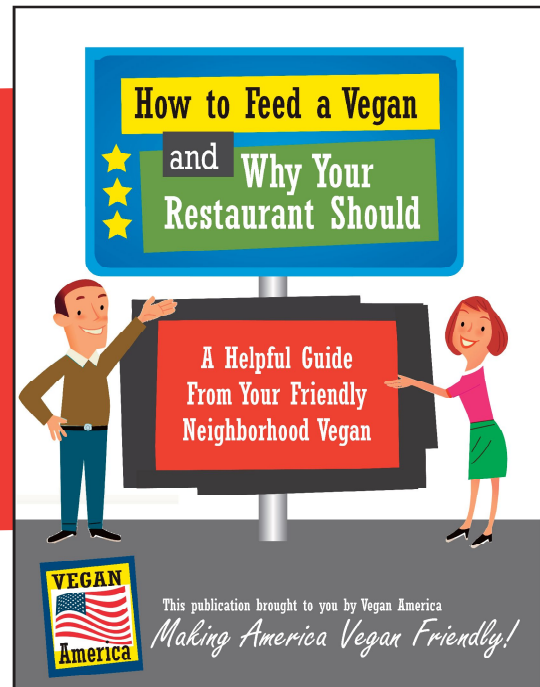
Ethiopian, Vietnamese and Caribbean restaurants can easily accommodate vegan diners as well.

DIY

Make Your Town Vegan Friendly!

When all else fails, ask a local!

If you find yourself slowly starving to death in Timbuktu and the online resources have nothing to offer, a good way to locate a vegetarian-friendly restaurant is to call a local natural food store in the area (hopefully you can at least find one of those) and ask an employee for a suggestion.



Are the vegan dining options in your community limited? Do you settle for salad or plain noodles with olive oil when you go out to dine with your friends and family? Don't wait for manna to magically fall from heaven. Call it down yourself. Distribute Vegan America's guide *How to Feed a Vegan and Why Your Restaurant Should* to the restaurants in your town. With information on the economic benefits of offering tasty vegan options and an introduction to the art of vegan substitution, this guide provides traditional restaurants with the incentive and information necessary to modify their menu to accommodate vegan diners. Visit allamericanvegan.com to download copies for distribution. And while you're there, check out our other helpful guides for making American more vegan friendly!

For more information about veganism, vegan product recommendations, links to great vegan resources and to download this and other Vegan America guides, visit:

allamericanvegan.com

Get a taste of what you won't be missing

All American Vegan **Veganism for the Rest of Us**

A must-have primer on vegan cooking and baking that teaches the art of vegan substitution, and includes over 90 delicious recipes for familiar American favorites such as pizza, pancakes, BBQ "ribs," macaroni and cheese, hot fudge sundaes and of course, apple pie. Available on amazon.com or wherever books are sold.



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