

Dining Out

VEGAN

FROM FAST FOOD



to Fancier Fare



How to Locate VEGAN Restaurants

**The Vegan Motto:
PLAN AHEAD**

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.

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-VEGAN 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.



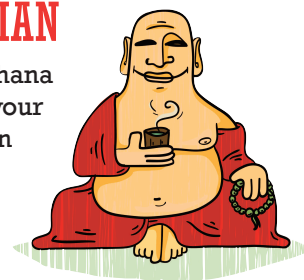


ITALIAN

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..



This publication brought to you by Vegan America, a campaign of allamericanvegan.com

Making America Vegan Friendly!