

Sacramento Area **Vegan**, **Vegetarian**, and **Vegetarian-Friendly** Restaurants

VF = vegetarian friendly; **Vt** = vegetarian; **Vn** = vegan

Amarin Thai Cuisine (VF)

Thai

900 12th St., Sacramento, CA 95814; (916) 447-9063
6608 Folsom-Auburn Rd., Folsom, CA 95630; (916) 988-8581
http://www.geocities.com/amarin_cuisine/first_page.html

Andy Nguyen's (Vt)

Vietnamese

2007 Broadway, Sacramento, CA 95818; (916) 736-1157
10145 Folsom Blvd., Suite #9, Rancho Cordova, CA 95670; (916) 362-2270

Au Lac Veggie (Vn)

Asian Fusion

3500 Stockton Blvd., Sacramento, CA 95820; (916) 451-6842

Bali Wine Bar and Grill (VF)

Indonesian

2416 18th St., Sacramento, CA 95820; (916) 444-1247

Bamiyan Afghan Restaurant (VF)

Afghan

1121 White Rock Rd., El Dorado Hills, CA 95762; (916) 941-8787
7622 Greenback Lane, Citrus Heights, CA 95610; (916) 752-6009
www.afghancuisine.com

Bodhi Vegetarian House (Vn)

Vietnamese

10899 Olson Dr., Rancho Cordova, CA 95670; (916) 853-1645
<http://bodhivegetarianhouse.com/>

Boon Boon Café (VF)

Asian Fusion

3022 Stockton Blvd., Sacramento, CA 95820; (916) 456-4647

Celestin's Restaurant (VF)

Caribbean

1815 K St., Sacramento, CA 95814; (916) 444-2423
<http://celestinseats.com>

Chada Thai Cuisine (VF)

Thai

1624 Broadway, Sacramento, CA 95818; (916) 444-8909

Crepeville (VF)

Café/Crêperie

1730 L St., Sacramento, CA 95814; (916) 444-1100
2400 24th St., Sacramento, CA 95818; (916) 451-2200
330 3rd St., Davis, CA 95616; (530) 750-2400

Delta of Venus (VF)

Coffeehouse and Pub

122 B St., Davis, CA 95616; (530) 753-8639
<http://deltaofvenus.org>

Dragonfly Restaurant (VF)

Japanese

1809 Capitol Ave., Sacramento, CA 95814; (916) 498-9200
<http://www.dragonflysac.com/>

Eileen's Kitchen (Vt)

Macrobiotic

Monthly (2d Friday) family-style vegetarian dinner (\$25)
1914 Alhambra Blvd., Sacramento, CA 95816; (916) 455-2667
Make reservations through the Sacramento Natural Foods Co-op; benefits Soil Born Farm
<http://www.sacfoodcoop.com/>

Extreme Pizza (VF)

Pizza Parlor

1140 Exposition Blvd., Suite 200, Sacramento, CA 95815; (916) 925-8859
9308 Elk Grove Blvd., #100, Elk Grove, CA 95624; (916) 714-5100
<http://www.extremepizza.com/locations/california.html>

Fox and Goose (VF)

British Pub/Restaurant

(vegan breakfast and lunch options)
1001 R Street, Sacramento, CA 95814; (916) 443-8825
<http://www.foxandgoose.com/>

Frank Fat's (VF)

Chinese

806 L St., Sacramento, CA 95814; (916) 442-7092
<http://www.fatsrestaurants.com/frankfats/>

Hitomi Restaurant (VF)

Japanese

1201 R St., Sacramento, CA 95814; (916) 443-7870

Isabel's Taqueria (VF)

Salvadoran and Mexican

3071 Freeport Blvd., Sacramento, CA 95818; (916) 273-7448

Kabul Kabob Cuisine (VF)

Afghan

729 J St., Sacramento, CA 95814; (916) 444-9044
<http://www.kabulkabobcuisine.com/>

Kathmandu Kitchen (VF)

Nepali and Indian

1728 Broadway, Sacramento, CA 95818; (916) 441-2172
234 G St., Davis, CA 95616; (530) 756-3507
1285 Grass Valley Hwy., Auburn, CA 95603
<http://www.kathmandukitchen.com/>

Kaveri Madras Cuisine (VF)

Indian

1148 Fulton Ave., #A, Sacramento, CA 95825; (916) 481-9970

Latitudes World Kitchen (VF)

International

130 Maple St., #200, Auburn, CA 95603; (530) 885-9535
<http://latitudesrestaurant.com/>

Lemon Grass (VF) *Vietnamese/Thai*
601 Munroe St., Sacramento, CA 95825; (916) 486-4891
<http://www.lemongrassrestaurant.com/>

Little Panda (VF) *Chinese*
5489 Carlson Dr., Sacramento, CA 95819; (916) 456-0845
<http://www.littlepandacuisine.com/news.php>

Noble Vegetarian (Vn) *Vietnamese*
5049 College Oak Dr. #A, Sacramento, CA 95841; (916) 334-6060
www.noblevegetarian.com

Old Soul (VF) *Bakers, Roasters, Café*
1716 L St. (rear alley), Sacramento, CA 95814; (916) 443-7685
812 21st St. (Old Soul at Weatherstones), Sacramento, CA 95814
<http://www.oldsoulco.com/>

P. F. Chang's (VF) *Chinese*
1530 J St., Sacramento, CA 95814; (916) 288-0970
<http://www.pfchangs.com/>

Pangaea Café (VF) *International*
2743 Franklin Blvd., Sacramento, CA 95818; (916) 454-4942
<http://www.pangaeacafe.net/index.html>

Paree's Thai Garden (VF) *Thai*
2673 El Paseo Ln., Sacramento, CA 95821; (916) 485-4972

Pure Joy Café (Vn) *Whole Raw/Live Cafeteria*
450 N St., Sacramento, CA 95814; (916) 370-6100

Queen Sheba Restaurant (VF) *Ethiopian*
(all-you-can-eat vegan lunch buffet)
1704 Broadway, Sacramento, CA 95818; (916) 446-1223
<http://www.queenshebas.com/>

Raja's Indian Cuisine (VF) *Indian*
207 3rd St. #230, Davis, CA 95616; (530) 753-9664

Sacramento Natural Foods Co-op (VF) *Buffet/Salad Bar*
1900 Alhambra Blvd., Sacramento, CA 95816; (916) 455-2667
<http://www.sacfoodcoop.com/>

Shanghai Garden (VF) *Chinese*
800 Alhambra Blvd., Sacramento, CA 95816; (916) 446-6358
<http://shanghaigardenca.com/>

Sunflower Natural Food Restaurant (Vt) *Veggie Burgers/Sandwiches*
10344 Fair Oaks Blvd., Fair Oaks, CA 95628; (916) 967-4331

Taste of Thai (VF) *Thai*
1628 Broadway, Sacramento, CA 95818; (916) 444-5598
1136 Galleria Blvd., Suite 150, Roseville, CA 95678; (916) 780-9889
2069 Arena Blvd., Suite 170, Sacramento, CA 95834
<http://www.tasteofthaisac.net/home.php>

Thai Palace (VF) *Thai*
3262 J St, Sacramento, CA 95816; (916) 447-5353
<http://www.tasteofthaisac.net/home.php>

Udupi Café (Vt) *Indian*
2226 Sunrise Blvd., Rancho Cordova, CA 95670; (916) 851-5900
<http://www.udupicafe.net/>

Whole Foods Market (VF) *Deli and Salad Bar*
4315 Arden Way, Sacramento, CA 95864; (916) 488-2800
<http://www.wholefoodsmarket.com/stores/sacramento/>
1001 Galleria Blvd., Roseville, CA 95678; (916) 781-5300
<http://www.wholefoodsmarket.com/stores/roseville/>

Specialty Businesses

Alternative Baking Company (Vn) *Bakery*
(Order through Web site.)
<http://www.alternativebaking.com/>

Freeport Bakery (VF) *Bakery*
(Vegan cake options)
2966 Freeport Blvd., Sacramento, CA 95818; (916) 442-4256
www.freeportbakery.com

Here's The Scoop (VF) *Ice Cream and Yogurt*
3051 Freeport Blvd., Sacramento, CA 95818; (916) 446-4478

Sugar Plum Vegan (Vn) *Bakery/Dessert*
No Store Front; Please Call to Order; Sacramento, CA; (916) 706-8101
<http://sugarplumvegan.wordpress.com>

Grateful Bread Company *Bakery*
2543 Fair Oaks Blvd., Sacramento, CA 95825; (916) 487-9179

Peet's Coffee & Tea (VF) *Coffee house*
(vegan muffins)
1050 20th St., #190, Sacramento, CA 95814; (916) 266-7660
1812 19th St., Sacramento, CA 95814; (916) 266-2400
3100 Folsom Blvd., Sacramento, CA 95816; (916) 379-8740
<http://www.peets.com/>

Sun Flour Baking Company (Vn) *Bakery*
2464 Marconi Ave., Sacramento, CA 95821; (916) 488-4150
<http://www.sunflourbaking.com/>

V-Dog (Vn) *Dog Food*
P.O. Box 188409, Sacramento, CA 95818; (888) 280-8364
Order online; free shipping
www.v-dogfood.com

VF = vegetarian friendly; Vt = vegetarian; Vn = vegan



Did we miss your favorites?

Please help us keep this list up to date. Send your suggestions, corrections, or updates to: sacveggie@hotmail.com, or drop us a line at P.O. Box 163583, Sacramento, CA 95816.