

ROCHESTER-AREA VEGAN FRIENDLY RESTAURANTS (Phone area codes are 585 unless otherwise indicated)

The Natural Oasis, 288 Monroe Ave., Rochester (325-1831) All-vegan restaurant. Offers an Ethiopian buffet for lunch, and gourmet (but very reasonably priced) tasting menu at dinner. Also has juice bar; books and supplements for sale.

The Red Fern, 283 Oxford St. (at Park) (563-7633) Healthy all-vegan café with gluten-free options. Menu includes Avocado BLT, Seitan Steak Bomb and “Compost Plate.” Serves beer and wine. Wholesale cakes and catering.

Hettie’s Delites, 1 Public Market (near Union St. entrance). Vegetarian and vegan cafe with many gluten-free options.

The Owl House, 75 Marshall St., Rochester (360-2920) Offers vegan variations on almost every one of their dishes. Most or all desserts are vegan. Great drinks menu!

Sabra Grill, 2600 Elmwood Ave. (244-2211) Kosher; many vegan options.

Vousla’s Greek Sweets, 439 Monroe Ave., Rochester (242-0935) Vegan options; savory food as well as sweets.

Dogtown, 691 Monroe Ave. (271-6620) offers a vegan option on all of its hot dog specials, and many of the sides are vegan.

Jines, 658 Park Ave., Rochester (461-1280). Diner setting. Often has vegan lasagna.

Mooseberry Café, 2555 Baird Rd., Suite E, Penfield (348-9022), caters to specialty diets and has lots of vegan items on the menu. Chef makes her own vegan bread and desserts and does some catering.

Greenhouse Café, 2271 E. Main St. Roch. (286-9040) and **Orange Glory Café and Catering**, 240 East Ave., Rochester (232-7340) have vegan options.

Get Caked! 274 N. Goodman (Village Gate) (319-4314) Has vegan cupcakes.

Upscale restaurants: **Lento**, 274 N. Goodman (Village Gate) (271-3470) Lentil-Quinoa Burger; call ahead for other vegan options. **Restaurant 2 Vine**, 24 Winthrop St. (454-6020) Vegan menu options. **Warfield’s**, 7 W. Main St., Clifton Springs (315-462-7184); 207 High Point Dr., Victor (425-2589) Give chef advance notice for gourmet vegan menu.

ETHNIC RESTAURANTS usually have vegan options, but be sure to specify that you want a vegan meal. In parentheses, we list animal products that are sometimes used in dishes from that ethnicity, to be sure to ask about and specify that you want the chef to avoid. Restaurants listed are favorites; there are many other ethnic restaurants in the Rochester area.

CHINESE (watch out for eggs in noodles, fried noodles, fried rice, lo mein, and moo shu)

We like: **Golden Dynasty**, 1900 So. Clinton Ave., Tops Brighton Plaza (442-6340) (extensive vegetarian menu); **Golden Phoenix**, 7323 Pittsford-Palmyra Rd., Perinton (223-4539) (extensive vegetarian menu including vegan sesame chicken, also Thai and Vietnamese dishes); **Shanghai**, 2920 W. Henrietta Rd. (424-4000); and **Asian Moon Café**, 3193 Chili Ave. (571-9013)

ETHIOPIAN (if it doesn’t have meat in it, should be vegan--i.e., they don’t seem to use dairy or eggs in cooking) **Abyssinia**, 1657 Mt. Hope Ave., Mt. Hope Plaza (262-3910); **Zemeta**, 1015 S. Clinton Ave. (350-9797)

INDIAN (watch out for butter, ghee [clarified butter], yogurt, and cheese) We like **India House**, 998 So. Clinton Ave.

(461-0880) and 7343 Rte. 96, Victor (742-2030); **Haveli**, 1635 E. Henrietta Rd., Henrietta (427-0430); **Amaya**, 1900 So. Clinton Ave., Tops Brighton Plaza (241-3223) (Indian fusion cuisine); **Tandoor**, 376 Jefferson Rd., across from Southtown Plaza (427-7080); and **Thali**, 3259 S. Winton Rd., in Win-Jeff Plaza (427-8030)

ITALIAN (watch out for pasta made with eggs, cheese in most dishes, chicken broth in otherwise veg items like beans and greens)

MEXICAN (watch out for sour cream, cheese, chicken broth in rice dishes, and lard in refried beans)

John’s Tex-Mex, 489 South Ave., Rochester (232-5830) clearly announces that it is “vegan friendly” on the menu; can substitute tofu or spicy ground “unbeef” for any taco or burrito filling; **Sol Burrito**, 521 Monroe Ave. (271-6470) will substitute tofu in its taco salad; **Rio Tomatlan**, 5 Beeman St., Canandaigua (394-9380) has vegan and gluten-free options

MIDDLE EASTERN (watch for yogurt and feta cheese) **Aladdin’s** 646 Monroe Ave. (442-5000); 8 Schoen Place, Pittsford (264-9000); also **Dalia’s** in Fairport and **El Basha** in Victor

THAI and VIETNAMESE (watch out for fish sauce, and for eggs in noodles and stir-fries); we like **King and I**, 1455 E. Henrietta Rd. (427-8090); **Pattaya**, 1843 Rte. 441 (Penfield Rd.), Penfield (383-6088); **Puket**, 2014 Empire Blvd., Webster (383-6088); **Sak’s**, 7374 Pittsford-Palmyra Rd., Fairport (421-9010)

OTHER VEGETARIAN OPTIONS

Balsam Bagel, 288 N. Winton Rd. (482-5080) has homemade vegan cream cheese and other vegan options.

Bill Gray’s, **Gitsis**, **Marshall St. Bar & Grill**, **Tom Wahl’s** and **Zebb’s** have vegan veggie burgers; specify vegan, as they may have to leave off the cheese.

Vegan offerings at **Half Moon**, 2900 Monroe Ave., **Fruit and Salad**, 680 Pittsford-Victor Rd. (Bushnell’s Basin), **Basin Bean**, 616 Pittsford-Victor Rd., **Panera**, 1902 Monroe Ave, 12 Corners Brighton and other locations, and **Cheeburger Cheeburger**, 1000 N. River St. (near Charlotte Beach).

The café at **Chabad** on Winton Rd. across from Brighton High School often has vegan soups and other vegan dishes.

DON’T FORGET vegan options at fast food franchises, like **Chipotle**, **Subway** (Veggie Delite without the cheese), **Burger King** (BK Veggie without the mayo), and **Taco Bell** (Bean Burrito Fresco-Style/without the cheese--you can ask to add guac and rice; Black Bean Burrito without the cheese sauce; Cantina Bell Veggie Bowl without the dressing).

ALSO DON’T FORGET stores and supermarkets with a deli case that have plentiful vegan offerings: **Abundance**, 62 Marshall St., **Lori’s**, 900 Jefferson Rd. in Henrietta and **Wegmans** (vegan offerings in the veggie bar [Herbed or Southwest Tofu], Mediterranean bar and ethnic food bars).

Kitchen Verde (kitchen-verde.com), 777 Culver Rd. (506-2254), prepares vegan meals to go for pick-up onsite, or delivery anywhere in Monroe County for small fee.

GREAT all-vegan café in Syracuse: **Strong Hearts Café**, 719 E. Genesee St. (near Syracuse Stage) (315-478-0000)

AND **Glenora** winery, Dundee, NY (607- 243-5511) has a vegan cheese plate and a vegan option on its dinner menu!