

Rochester-Area Vegan Restaurant Options

ALL VEGAN!!

Allah's Kitchen, 24 Hinchey Rd., Rochester (623-8781). Serves a Wisdom Bowl and Knowledge Bowl!

Eden Café & Bakeshop, 109 Main St., Batavia NY 14020 (585 815-4487) All-vegan restaurant inside Eli Fish Brewing Co. carrotdogcafe.com

Misfit Doughnuts and Treats, 133 Gregory St. (271-1233).

The Natural Oasis, 288 Monroe Ave., Rochester (325-1831) Ethiopian buffet for lunch, and gourmet (\$5/plate) tasting menu at dinner. Juice bar.

New Ethic Pizzeria, 545 Titus Ave., Roch., NY 14617 (623-8231).

The Red Fern, 283 Oxford St. (at Park) (563-7633) All-vegan café with GF options. Menu includes Avocado BLT, Seitan Steak Bomb, "Compost Plate." Beer & wine. Wholesale cakes, catering.

Sweet Pea, 630 East Ave. (643-0420) (sweetpeaplantbased.com): oil-free vegan meals for pick-up or delivery. **Flour City Nut Grind** (643-4164): artisanal vegan cheese, creams and sauces; **Grass Fed Rochester**, 1115 E. Main St., #148: vegan "meats" for pick-up.

VEGAN OPTIONS

Fiorella and Philomina's at Rochester Public Market.

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!

Voula's Greek Sweets, 439 Monroe Ave. (242-0935). Completely vegetarian; vegan substitutions for most menu items. Savory food too!

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. **Tap and Mallet**, 381 Gregory St. (473-0503) has "vegan pub grub." **Toasted Bear Tavern**, 689 South Ave. (corner of South and Gregory) (434-3784) has vegan bar food e.g. Buffalo mac and cheese and vegan wings. **James Brown's Place** (diner), 1356 Culver Rd. near Merchants, has a separate vegan breakfast menu.

Greenhouse Café, 2271 E. Main St. (286-9040), **Orange Glory Café and Catering**, 240 East Ave. (232-7340), **Ugly Duck Coffee Shop**, 89 Charlotte St., and **Just Juice 4 Life**, 710 University Ave. have vegan options. **Balsam Bagels**, 288 N. Winton Rd. (482-5080) has homemade vegan cream cheese and other vegan options.

Get Caked! 274 N. Goodman (Village Gate) (319-4314): vegan cupcakes. **Sweet Mist** (Win-Jeff Plaza) coconut-based ice cream. Vegan options at **Golden Harvest Bakery and Café** in Scottsville, **Scratch Bakeshop**, 41 Russell St., and **Taste of Supreme** at Rochester Public Market.

Upscale restaurants: **Lento**, 274 N. Goodman (Village Gate) (271-3470) Lentil-Quinoa Burger; call ahead for other options. Max Eastman and Volo. **Warfield's**, 7 W. Main St., Clifton Springs (315-462-7184); 207 High Point Dr., Victor (425-2589) Give chef advance notice for vegan menu. Check out **rootcatering.com!**

ETHNIC RESTAURANTS usually have vegan options, but specify that you want a vegan meal. In parentheses, we list animal products sometimes found in these restaurants; ask the server or chef not to use them. There are many more ethnic restaurants than those listed!

CHINESE (watch for eggs in noodles, fried noodles, fried rice, lo mein, and moo shu; ask for egg-free noodles); **Golden Phoenix**, 7323 Pittsford-Palmyra Rd., Perinton (223-4539) (extensive veg menu including vegan sesame chicken; Thai and Vietnamese dishes); **Asian Moon Café**, 3193 Chili Ave. (571-9013); **Han Noodle Bar**, 687 Monroe Ave.

ETHIOPIAN (if it doesn't have meat in it, should be vegan; butter sometimes used—ask for oil or no oil instead) **Abyssinia**, 1657 Mt. Hope Ave. (262-3910); Addis Ababa, 752 S. Goodman (near Cinema; vegan buffet); **Zemeta**, 1015 S. Clinton Ave. (350-9797)

INDIAN (watch out for butter, ghee [clarified butter], yogurt, & cheese); **India House**, 998 So. Clinton Ave. (461-0880) and 7343

Rte. 96, Victor (742-2030); **India House Express** in Collegetown and Webster; **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 (427-7080); **Thali**, 3259 S. Winton Rd. in Win-Jeff Plaza (427-8030); **Raj Mahal**, 368 Jefferson Rd. & **Naan-Tastic**, 100 Marketplace Drive. **Spice Bazaar** store, 364 Jefferson Rd.

ITALIAN (watch out for pasta made with eggs, cheese in most dishes, chicken broth in otherwise veg items like beans and greens) **Cinelli's** in Greece (840 Long Pond Rd.) has an extensive vegan menu and vegan desserts. **Lucca**, 425 Merchants Rd., has vegan meatballs and tofu with heirloom tomatoes and balsamic glaze. **Volo**, 90 S. Clinton, has a vegan cauliflower entrée, other dishes that can be made vegan. **Grandpa Sam's** in Spencerport.

JAPANESE **Sakura Home** at 2775 Monroe Ave.

MEXICAN (watch out for sour cream, cheese, chicken broth in rice dishes, and lard in refried beans) **John's Tex-Mex**, 426 South Ave. (232-5830) clearly announces it is "vegan friendly" on the menu; can substitute tofu or "un-beef" 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. & 8 Schoen Pl., Pittsford, **Cedar**, 746 Monroe Ave., **Dalia's** (Fairport), and **El Basha** (Victor)

THAI and VIETNAMESE (watch out for fish sauce & for eggs in noodles and stir-fries): **King and I**, 1455 E. Henrietta Rd. (427-8090); **Pattaya**, 1843 Rte. 441 (Penfield Rd.) (383-6088); **Sak's**, 7374 Pittsford-Palmyra Rd., Fairport (421-9010)

MORE VEGAN OPTIONS

Burgers: **Bill Gray's**, **Gitsis**, **Marshall St. Bar & Grill**, **Tom Wahl's & Zebb's** have vegan burgers; specify vegan so they leave off the cheese. **Texas Bar-B-Q** (RIT & Spencerport locations only) has a Black Bean Veggie Burger. Impossible Whopper at **Burger King** (ask to leave off the mayo) and **Playhouse/Swillburger**; Beyond Burger at **Char Broil** in Brighton, **TGI Fridays**, and other places. Swillburger has its own vegan burger, as does Sabra Grill.

Vegan Pizza at **Blaze Pizza** (1100 Jefferson Rd.), **Chester Cab Pizza** (707 Park Ave.), **Create A Pizza** (766 Monroe Ave.), **Pi Craft** (100 Marketplace Dr. in Henrietta, near Marketplace), **Pizzeria Favo** (3400 Monroe Ave., Pittsford Colony) and **Rebel Pi Global Pizza** (2496 W. Ridge Rd. in Greece). **Stromboli** (130 East Ave.) has a separate vegan menu. **New Ethic Pizzeria** is all vegan!

Vegan offerings at **CoreLife Eatery** (3 locations), **Half Moon**, 2900 Monroe Ave., **Fruit and Salad**, 680 Pittsford-Victor Rd. (Bushnell's Basin), **Bar Bantam** at 1 S. Clinton (Chase Tower), **Root 31**, 3341 Monroe Ave. (Pittsford Plaza) (ask to leave cheese off some items) and **James Brown's Place**, 1356 Culver Rd. **The Mad Hatter**, 176 S. Goodman (corner Park & Goodman), open 7 days, has Tofu Scramble. The café at **Chabad** on Winton Rd., across from Brighton HS has vegan soups and other dishes.

Vegan options at fast food franchises: **Panera**, 1902 Monroe Ave. Brighton & other locations, **Chipotle**, **Subway** (Veggie Delite without the cheese), and **Taco Bell** (Bean Burrito Fresco-Style/without the cheese—ask to add guac and rice; Black Bean Burrito without the cheese sauce; Cantina Bell Veggie Bowl without the dressing). ALSO stores with vegan offerings in deli case: **Abundance**, 571 South Ave., **Lori's**, 900 Jefferson Rd. in Henrietta and **Wegmans** (sushi bar, veggie bar [Herbed or Southwest Tofu], Mediterranean/ethnic food bars).

GREAT all-vegan café in Syracuse: **Strong Hearts Café**, 719 E. Genesee St. (near Syracuse Stage) and 720 University Ave. (on campus); (315 478-0000). In Geneva, tofu options at **Char Burrito Bar** and **The Elephant**. **Glenora** winery, Dundee, NY (607 243-5511) has a vegan cheese plate and vegan dinner option!

GO TO **rocvegfest.org** and click on "Guide." To view the vegan Finger Lakes Wine Trail, under "Guide" click on "FLX Vegan Wine Trail."♦