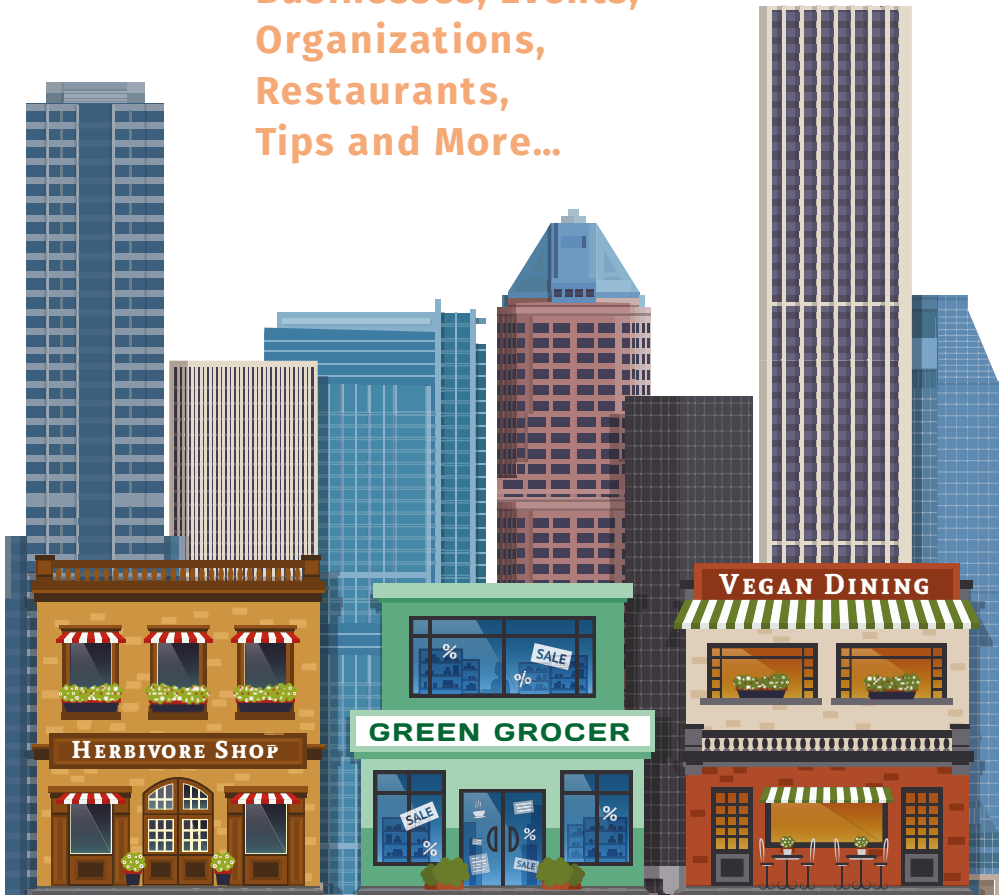


2018-19

# VEGAN GUIDE TO PORTLAND

A Compendium of  
Businesses, Events,  
Organizations,  
Restaurants,  
Tips and More...



*Changing Lives  
Building Community*  
**TRY VEGAN PDX**

# **Vegan Guide to Portland 2018-19**

*A Compendium of Businesses,  
Events, Organizations,  
Restaurants, Tips and More...*

by  
**Try Vegan PDX**

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# Introduction

Portland is a wonderful place to live or visit. Portlanders who choose the eco- and animal-friendly lifestyle of veganism are lucky to call this city home. Known as one of the most vegan-friendly communities on the planet, Portland has amazing food options and unique grassroots resources. The vegan community holds many events, including the annual VegFest, free classes, free year-round vegan mentoring and numerous social activities.

It's also easy to point out the food:

- Amazing downtown eateries with fresh, raw-food dishes
- A 24 hour-a-day donut shop with vegan donuts
- Cheap homemade vegan corn dog nights
- A festive, all-vegan tiki bar
- House-made ice cream flights
- The world's only all-vegan mini-mall

Those are some of the many attractions that make Portland an amazing place to live or a great destination for a vegan vacation.

Being vegan feels great. More importantly, this meaningful change in diet and lifestyle will spare some of the billions of animals who suffer daily because of meat and dairy consumption. Committing yourself to a vegan diet shows compassion for animals, and concern for the environment, with every bite.

We hope this guide will serve as a companion to our mentoring program, because, as an organization, our mission is to help anyone who is interested in learning just how easy, healthy and enjoyable a vegan life in Portland can be.



## **Try Vegan PDX**

Our mission is to build and support an inclusive vegan community while advocating for compassion and non-violence towards all beings.

Whether you've only recently come to the decision to live a cruelty-free life or you've been vegan for many years, Try Vegan PDX has a place for you.

We offer education, resources, events, support and activism opportunities. We champion for the animals, those interested in a compassionate lifestyle and the larger vegan community. A vegan world will provide a thriving future for human and non-human animals and the planet.

We also offer year round mentoring, in-and-out of state. If you'd like support from a vegan veteran or, if you'd like to be a mentor, please let us know.

Like any organization, we rely on the support of others, so please tell your friends and get involved yourself.

### **Contact**

- [info@tryveganpdx.org](mailto:info@tryveganpdx.org)

### **Twitter**

- [twitter.com/tryveganpdx](https://twitter.com/tryveganpdx)

### **Web**

- [tryveganpdx.org](http://tryveganpdx.org)

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# Portland Restaurant Guide

There are dozens of restaurants described in this book but by no means should you feel that you have to limit yourselves to only them. Portland is a city where we're spoiled and we have all kinds of options for any cuisine we crave. All the restaurants in this guide are either all-vegan or have some great vegan options. We have some very talented chefs and restaurateurs in town, as will be demonstrated by the extensive list you're about to read.

## Notes

- The legend for describing each place is a general guide and may not be exact. Prices, offerings and hours may change. We encourage you to look each restaurant up on Yelp or Facebook to make sure things are still the same. Especially if you're looking for something specific or are hoping to visit at a certain time.
- Food carts tend to come and go more frequently than brick and mortar restaurants. The locations listed in this publication were accurate at the time of this printing. But make sure to call before visiting, to double check.
- Each recommended dish is the vegan option and you may need to specify that when ordering.

Bon appétit!



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## Symbol Key

### Type of Food



Vegan

**VEG**

Vegetarian

**VF**

Veg-Friendly

**GF**

Gluten-Free Options

### Pricing

\$

Entrees under \$10

\$\$

Entrees \$10-15

\$\$\$

Entrees over \$15

### Amenities



Bar



Brunch



Food Cart



Open Late

### Recommended Dish

*Italic*



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## SE Portland

**V A Little Nectar • GF • \$\$ • **

8320 SE Woodstock • 971-302-6359 • *Waffle and Gravy*

**A.N.D / Off The Griddle • VEG, GF • \$ • **

6526 SE Foster Rd • 503-764-9160 • *Feast Waffle*

**V Aviv • \$\$\$ •  **

1125 SE Division St • 503-206-6280 • *Falafel Bowl*

**Bete-Lukas Ethiopian Restaurant • VF • \$-\$\$**

2504 SE 50<sup>th</sup> Ave, Ste D • 503-477-8778 • *Veggie Combo*

**V Canteen • \$**

2816 SE Stark St • 503-922-1858 • *Bangkok Bowl*

**DC Vegetarian • VEG • \$**


5026 SE Division St • 503-374-3388 • *Steak and Cheese*

**V Dinger's Deli • \$\$ • **

4255 SE Belmont St • 503-422-8888 • *The Cuban*

**V Doe Donuts • \$**

8201 SE Powell Blvd • 503-333-4404 • *French Toast*

**El Nutri Taco • VF • \$ • **

8438 SE Woodstock Blvd • 503-788-3492 • *Torta*

**V Essential Juices and Smoothies • GF • \$ • **

1122 SE Tacoma St • 503-776-8817 • *Rainbow Smoothie*

**V Farm Spirit • \$\$\$**

1414 SE Morrison St • *Tasting Menu (by reservation only)*

**Harlow • VEG, GF • \$\$ • **

3632 SE Hawthorne Blvd • 971-255-0138 • *Mac n' Cheez*

**Hungry Tiger Too • VF • \$ to \$\$ •    **

213 SE 12<sup>th</sup> Ave • 503-238-4321 • \$1 • *Corndog Wednesday*

**Jam on Hawthorne • VF • \$ to \$\$ • **

2239 SE Hawthorne Blvd • 503-234-4790 • *Pancakes*

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**Junior's Café • VF • \$\$\$ •** 

1742 SE 12<sup>th</sup> Ave • 503-467-4971 • *French Toast*

**KaTi Portland • VEG • \$\$**

2932 SE Division St • 503-477-6059 • *Nam Kao Tod*

**Los Gorditos Food Truck – Monte • VF • \$ •** 

3420 SE 50<sup>th</sup> Ave • 503-875-2615 • *Torta*

**Los Gorditos Taqueria • VF • \$**

1212 SE Division St • 503-445-6289 • *Soyrizo Burrito*

**Maruti Indian Restaurant • VEG, GF • \$\$\$**

1925 SE Hawthorne Blvd • 503-236-0714 • *Tikka Masala*

**V Modern Times • \$\$ •**  

630 SE Belmont St • 503-420-0799 • *Streudel*

**V Next Level Burger • \$ •** 

4121 SE Hawthorne Blvd • 503-719-7058 • *Quinoa Burger*

**Pad Thai Kitchen • VF • \$\$**

2309 SE Belmont St • 503-232-8766 • *Drunken Noodles*

**Paradox Café • VF • \$ to \$\$ •** 

3439 SE Belmont St • 503-232-7508 • *French Toast*

**V Pixie Retreat RAW'r Lab & Makery • GF • \$\$**

1670 SE 3<sup>rd</sup> Ave • 971-302-7128 • *Mac Nut Cheez*

**Rudy's Gourmet Pizza • VF, GF • \$\$\$ •** 

2443 SE Powell Blvd • 503-771-8008 • *Chik'n & Garlic*

**V Sip (at People's Food Co-op) • \$ •** 

3029 SE 21<sup>st</sup> Ave • 503-964-0820 • *Milkshakes*

**Sizzle Pie • VF, GF • \$ •**  

624 E Burnside St • 503-234-7437 • *Slice and Salad*

**V Supernova Vegan • \$\$ •** 

4804 SE Woodstock Blvd • 971-212-3387 • *Bahn Mi*

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**V Sushi Love • GF • \$ •** 

1112 SE Tacoma St • *Mother of Dragons' Roll*

**V SweetPea Baking Company • \$-\$\$ •** 

1205 SE Stark St • 503-477-5916 • *Pain au Chocolat*

**TarBoush Lebanese Bar & Bistro • VF • \$\$ to \$\$\$**

3257 SE Hawthorne Blvd • 503-235-3277 • *Kibbeh Laqteen*

**V The Sweet Hereafter • \$ •**  

3326 SE Belmont St • *Tofu Banh Mi*

**Thunderbird • VF • \$ •**  

5339 SE Foster Rd • *Old Reliable*

**Van Hanh • VEG • \$ to \$\$**

8446 SE Division St • 503-788-0825 • *Broccoli Combo*

**V Virtuous Pie • GF • \$\$**

1126 SE Division St • 503-334-2073 • *Ice Cream Flight*

**White Owl Social Club • VF • \$ •**  

1305 SE 8<sup>th</sup> Ave • 503-236-9672 • *Buffalo Cauliflower*

**Wolf & Bear's • VEG, GF • \$ •** 

113 SE 28<sup>th</sup> Ave • 503-453-2872 • *Falafel Wrap*

**V Yuan Su • \$\$**

11140 SE Powell Blvd • 503-477-5775 • *Combo Plates*

## NE Portland

**V Back to Eden Bakery • GF • \$\$\$ •** 

2215-2217 NE Alberta St • 503-477-5022 • *GF Pizza*

**V Black Water • \$ •**  

835 NE Broadway St • 503-281-0439 • *French Dip*

**V Blossoming Lotus • GF • \$\$\$ •** 

1713 NE 15<sup>th</sup> Ave • 503-228-0048 • *Daily Special*

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**V Bye & Bye • \$\$ •**  

1011 NE Alberta St • 503-281-0537 • *Vegan Meatball Sub*

**V Capitol • \$\$ •**  

1440 NE Broadway St • *The Vermonster*

**ChickPeaDX • VEG • \$\$**

2707 NE Sandy Blvd • 503-741-9390 • *Falafel Pita*

**East Glisan Pizza Lounge • VF • \$\$ •** 

8001 NE Glisan St • 971-279-4273 • *Vegan Sausage Pizza*

**El Nutri Taco • VF • \$**

2124 NE Alberta St • 503-473-8447 • *Chipotle Tempeh Burrito*

**V Epif • \$\$\$**

404 NE 28<sup>th</sup> Ave • 971-254-8680 • *Charquican*

**Grilled Cheese Grill • VF • \$ •** 

1027 NE Alberta St • 503-206-8959 • *Grilled Cheese with Tomato*

**Horn of Africa • VF • \$ to \$\$**

5237 NE Martin Luther King Jr. Blvd • 503-331-9844

*Basic Platter*

**V Jet Black Coffee • \$**

11150 NE Weidler St • 503-889-0739

**V Juiced • \$**

541 NE 20<sup>th</sup> Ave • 503-756-2671

**Nectar Café • VEG • \$ •** 

1925 NE 42nd Ave • 971-302-6359 • *Sausage Waffle*

**Queen of Sheba • VF • \$\$**

2413 NE MLK Jr. Blvd • 503-287-6302 • *Combo Platter*

**V Rabbits Café • GF • \$ •** 

115 NE 6<sup>th</sup> St • 503-206-4512 • *BBQ Soul Bowl*

**V Sip 2 • \$ •** 

2210 NE Alberta St • 503-680-5639 • *Belmont Smoothie*

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**V The Sudra • GF • \$\$ •** 

2333 NE Glisan St • 971-302-6002 • *Peacock Salad*

**V Tiny Moreso • \$**

4520 NE 42<sup>nd</sup> Ave • 503-602-4243 • *Cheesecake*

**V Vegan Gorditos • \$ •** 

11155 NE Halsey St • 503-780-6080 • *Garbage Burrito*

**Vita Café • VF • \$ to \$\$ •** 

3023 NE Alberta St • 503-335-8233 • *Seitan Cheese Steak*

**Voodoo Doughnut Too • VF • \$**

1501 NE Davis St • 503-235-2666 • *Apple Fritter*

**V Whimsical Folly • \$ •** 

625 NE Killingsworth St • 360-624-2711 • *Ridiculous Roo*

## N Portland

**Brass Tacks Sandwiches • VF • \$\$**

535 N Vancouver Ave • 503-309-4412 • *Meatball Wizard*

**Falafel House • VEG, GF • \$ •** 

7316 N Lombard St • 503-714-6287 • *Seitan Gyro*

**V Flourish • \$ •** 

7316 N Lombard St • 603-557-1197 • *Nurrito*

**V Homegrown Smoker Vegan BBQ • \$\$**

8638 N Lombard St • 503-477-7274 • *Macnocheeto*

**V Killingsworth Dynasty • \$\$ •**  

832 N Killingsworth St • *Seitan Chicken and Waffles*

**Los Gorditos Restaurant – Norte • VF • \$**


902 N Killingsworth St • 503-208-3169 • *Soycurl Gorditas*

**V Native Bowl • \$ •** 


4233 N Mississippi Ave • 503-330-7616 • *Couch Bowl*

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**V No Bones Beach Club • GF • \$\$-\$\$\$ •**    
3928 N Mississippi Ave • 503-206-6485 • *Crab Rangoons*

**Pizza Creature • VF • \$\$ •**   
7316 N Lombard St • 503-616-5552 • *Pepperoni Pizza*

**Thai Food Café • VF • \$\$**  
833 N Killingsworth Ave • 503-285-8745 • *Pad See Ew*

**V The Sudra • GF • \$\$ •**   
8777 N Lombard St • 971-386-5138 • *Pakora Plate*



**Victoria Bar • VF • \$\$ •**     
4835 N Albina Ave • *Vegan Fried Chicken Plate*

**Wolf & Bear's • VEG, GF • \$ •**   
3925 N Mississippi Ave • 503-453-5044 • *Falafel Wrap*



## NW Portland


**Bambuza • VF • \$\$**  
3682 SW Bond Ave • 503-206-6330 • *Tofu Rice Bowl*

**Beau Thai • VF • \$\$**  
730 NW 21<sup>st</sup> Ave • 503-223-2182 • *Tofu Thai Salad*

**Ground Kontrol • VF • \$ •**    
115 NW 5<sup>th</sup> Ave • 503-796-9364 • *Chili Cheese Dog*

**Los Gorditos • VF • \$**  
922 NW Davis St • 503-805-5323 • *Soy Curl Enchiladas*

**V Maxwell Bar • \$\$ •**    
20 NW 3<sup>rd</sup> Ave • 503-206-4153 • *Sandwiches*

**V Prasad • GF • \$\$ •**   
925 NW Davis St • 503-224-3993 • *Harvest Salad*

**Swagat • VF • \$\$**  
2074 NW Lovejoy St • 503-227-4300 • *Vegan Platter*

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## SW Portland

**Bombay Chaat House • VEG • \$ • **

804 SW 12<sup>th</sup> Ave • 503-241-7944 • *Vegan Daily Special*

**Dar Salam • VF • \$\$**

320 SW Alder St • 503-444-7813 • *Mango Garbanzo Salad*

**Departure Lounge • VF • \$\$\$ • **

525 SW Morrison St • 503-802-5370 • *Golden Curry*

**East India Co. Grill & Bar • VF • \$\$\$**

821 SW 11<sup>th</sup> Ave • 503-227-8815 • *Bagare Subzi*

**Grilled Cheese Grill • VF • \$ • **

SW 10<sup>th</sup> and SW Alder • *Grilled Cheese with Pickles*

**Habibi • VF • \$\$**

1012 SW Morrison St • 503-274-0628 • *Foul Medammas*

** Ichiza Kitchen • GF • \$\$**

1628 SW Jefferson St • 503-702-8374 • *Fox Udon Bowl*

**Jackknife • VF • \$\$ •  **

614 SW 11<sup>th</sup> Ave (in Governor Hotel) • 503-384-2347 • *Crab Cakes*

** Loving Hut • \$ to \$\$**

1239 SW Jefferson St • 503-248-6715 • *Spicy Cha Cha*

** Oracle Coffee Company • \$**



3875 SW Bond Ave • 971-339-9002 • *Cortado*

** Petunia's Pies & Pastries • GF • \$ • **

610 SW 12<sup>th</sup> Ave • 503-841-5961 • *Turtle Cheesecake*

** Rabbits Café • GF • \$ • **

555 SW Oak St, Ste 6 • 503-206-4512 • *BBQ Soul Bowl*

**Sizzle Pie • VF • \$ to \$\$ •  **

926 W Burnside St • 503-234-7437 • *Slice and a Salad*

**The Whole Bowl (Pioneer Square) • VEG, GF • \$ • **

701 SW 6<sup>th</sup> Ave • 503-757-2695 • *Big Bowl*

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**Wolf & Bear's • VEG, GF • \$ • **

SW 10<sup>th</sup> and Washington • 503-810-0671 • *Falafel Wrap*

** Veggie Grill (Downtown) • GF • \$\$**

508 SW Taylor St • 503-841-6647 • *All Hail Kale Salad*

** Vtopia Cheese Shop & Deli • GF • \$\$\$-\$\$\$\$ • **

1628 SW Jefferson St • 971-271-7656 • *Cheese Platter*

**Voodoo Doughnut • VF • \$**

22 SW 3<sup>rd</sup> Ave • 503-241-4704 • *Vegan Voodoo Doll*

## Greater Metro Area

**Bob's Red Mill Whole Grain Store & Café • VF • \$\$ • **

5000 SE International Way, Milwaukie • 503-607-6455

**Café Yumm • VF, GF • \$**

• 1965 SE Sunnyside Rd, Clackamas • 503-669-9866

• 17773 SW Lower Boones Ferry, Lake Oswego • 503-699-9866

• 14601 SW Millikan Way, Beaverton • 503-627-9866

**Carina's Bakery (Beaverton) • VEG • \$**

4725 SW Lombard Ave, Beaverton • 503-339-3187

** La Vida Veggie • GF • \$\$**

925 SW Angel St, Ste 110, Beaverton • 503-939-8176

** Native Foods • GF • \$\$**

7237 SW Bridgeport Rd, Tigard • 503-968-9999

** Next Level Burger • \$ • **

11 S State St (in Whole Foods), Lake Oswego • 503-272-8768

** Sweet Lemon Vegetarian Bistro • \$\$**

4888 NW Bethany Blvd (not in downtown NW) • 503-617-1419

**Vancouver Pizza • VF, GF • \$\$**

2219 Main St, Vancouver, WA • 360-750-1176

** Veggie Grill • GF • \$\$**

3435 SW Cedar Hills Blvd, Beaverton • 503-350-2369



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## Vegan Travel

Day trips, weekend trips and beyond. Although Portland has almost everything a vegan could want, it's also fun to travel around the Northwest. All of the major cities in our region have great vegan options. Here are a few of the highlights you can find. If you're going on a trip it's best to check out local websites, Yelp or *happycow.net*, to get the full scoop.

**Note.** This is not intended to be a complete guide of places to go and things to see; for that, please consult a travel guide. We just want to help you find vegan grub and businesses.

### Eugene

Eugene is Oregon's second largest city but it feels much more like a small college town than a big metropolis. It's become a hippie haven over the last decade or so and therefore has numerous vegan and veggie options.

#### **V Cornbread Café • \$\$**

1290 W 7<sup>th</sup> Ave • 541-505-9175 • *cornbreadcafe.com*

#### **Pizza Research Institute • VF • \$\$**

13<sup>th</sup> and Lincoln • 541-343-1307 • *pripizza.com*

#### **Sweet Life Pâtisserie (19<sup>th</sup> Ave) • VF • \$\$**

1609 East 19<sup>th</sup> Ave • 541-683-5676 • *sweetlifedesserts.com*

#### **Sweet Life Pâtisserie (Monroe St) • VF • \$\$**

755 Monroe Street • 541-683-5676 • *sweetlifedesserts.com*

#### **Velo Bed and Breakfast • VF • (food included with room)**

86211 Bailey Hill Road • 541-844-5102 • *velobandb.com*

#### **Viva! Vegetarian Grill Food Cart • VF • \$ •**

12<sup>th</sup> Ave and Willamette St • 541-636-5826

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## Port Townsend

Stop by this little town on the Puget Sound on your way to Victoria. It's a lovely place.

### **The Annapurna Center for Self-Healing • VF**

538 Adams St • 360-385-2909 • [theannapurna.com](http://theannapurna.com)

### **The Food Co-op • VF • \$\$**

414 Kearney Street • 360-385-2883 • [foodcoop.coop](http://foodcoop.coop)

## Salem

### **Marco Polo • VF • \$\$**

300 Liberty St SE • 503-364-4833 • [marcopolosalem.com](http://marcopolosalem.com)

### **The Space • VF • \$\$**

1128 Edgewater St NW • 971-208-3995 • [spaceconcertclub.com](http://spaceconcertclub.com)

### **Venti's Café & Basement Bar (Downtown) • VF • \$\$**

325 Court St NE • 503-399-8733 • [ventiscafe.com](http://ventiscafe.com)

### **Venti's & Taphouse (South) • VF • \$\$**

2840 Commercial St SE • 503-391-5100 • [ventiscafe.com](http://ventiscafe.com)

## San Francisco Bay Area

This is a longer trip but can still be done in a ten to twelve hour drive. You can take Amtrak, also. The Bay Area is a great, veg-friendly region. Perhaps its only weakness is its lack of vegan breakfast options. Most of the vegan or raw restaurants have multiple locations around the bay.

### **Cha-Ya • VF • \$\$**

762 Valencia St, San Francisco • 415-252-7825

### **🍷 Pepples Donuts • \$\$**

6037 San Pablo Ave, Oakland • 510 338-6319 • [vegandonut.farm](http://vegandonut.farm)

### **🍷 The Butcher's Son • \$\$**

1941 University Ave, Berkeley • 510-984-0818  
[thebutchersveganson.com](http://thebutchersveganson.com)

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**Shangri-La • VF • \$**

2026 Irving St, San Francisco • 415-731-2548

*shangrilavgrest.com*

**V Shizen • \$\$**

370 14<sup>th</sup> St, San Francisco • 415-678-5767 • *shizensf.com*

**V Souley Vegan • \$\$**

301 Broadway, Oakland • 510-922-1615 • *souleyvegan.com*

**V VeganBurg • \$\$**

1466 Haight St, San Francisco • 415-548-8000 • *veganburg.com*

**Seattle**

Seattle is only a short train ride, three-hour drive or Bolt Bus away. Portland and Seattle vegans like to argue over which city is more vegan-friendly but just forget the debate and enjoy the food. Seattle has too many vegan-friendly options to list but here are a few Try Vegan PDX favorites.

**V Araya's Place (Bellevue) • \$\$**

10246 Main St Ste C • 425-454-2440 • *arayasplace.com*

**V Araya's Place (E Madison) • \$\$**

2808 E Madison St • 206-402-6634 • *arayasplace.com*

**V Araya's Place (University Way) • \$\$**

5240 University Way NE • 206-524-4332 • *arayasplace.com*

**V ChuMinh Tofu & Vegan Deli • \$**

1043 S Jackson St • 206-723-6095 • *chuminhtofu.com*

**Cinnamon Works • VF • \$**

1536 Pike Pl • 206-583-0085

**V Frankie and Jo's (Ballard) • \$\$**

1411 NW 70<sup>th</sup> St • 206-257-1676 • *frankieandjos.com*

**V Frankie and Jo's (Capitol Hill) • \$\$**

1010 E Union St • 206-557-4603 • *frankieandjos.com*

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**V Mighty-O Donuts (Ballard) • \$**

1555 NW Market St • 206-547-0335 • [mightyo.com](http://mightyo.com)

**V Mighty-O Donuts (Capitol Hill) • \$**

1400 12<sup>th</sup> Ave in Trace Lofts • 206-420-4587 • [mightyo.com](http://mightyo.com)

**V Mighty-O Donuts (Denny Triangle) • \$**

1812 Boren Ave • 206-268-0722 • [mightyo.com](http://mightyo.com)

**V Mighty-O Donuts (Wallingford) • \$**

2110 N 55<sup>th</sup> St • 206-547-0335 • [mightyo.com](http://mightyo.com)

**V Pizza Pi Vegan Pizzeria • \$\$**

5500 University Way NE • 206-343-1415 • [pizzapivegan.com](http://pizzapivegan.com)

**V Plum Vegan Bistro • \$\$**

1429 12<sup>th</sup> Ave • 206-838-5333 • [plumbistro.com](http://plumbistro.com)

**V Wayward Vegan Café • \$\$**

801 NE 65<sup>th</sup> St Ste C • 206-524-0204 • [waywardvegancafe.com](http://waywardvegancafe.com)

## **Vancouver, BC**

Canada's third-largest city is a scenic, five hour drive north of Portland. A direct Portland-Vancouver train is an alternative to driving as is the aforementioned Bolt Bus. Besides a great nightlife and gorgeous natural setting, Vancouver also boasts a number of excellent vegan and vegan-friendly restaurants.

**V Eternal Abundance • \$\$**

1025 Commercial Dr • 604-707-0088 • [eternalabundance.ca](http://eternalabundance.ca)

**V Indigo Age Café • \$\$**

436 Richards St • 604-622-1797 • [indigoagecafe.com](http://indigoagecafe.com)

**Heirloom Vegetarian Restaurant • VF • \$\$**

1509 W 12<sup>th</sup> Ave • 604-733-2231 • [heirloomrestaurant.ca](http://heirloomrestaurant.ca)

**The NAAM • VF • \$\$**

2724 W 4<sup>th</sup> Ave • 604-738-7151 • [thenaam.com](http://thenaam.com)

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**V Virtuous Pie • \$\$**

583 Main St • 604-620-0060 • [virtuouspie.com](http://virtuouspie.com)

**The Wallflower Modern Diner • VF • \$\$**

2420 Main St • 604-568-7554 • [thewallflowermoderndiner.com](http://thewallflowermoderndiner.com)

## Victoria, BC

This beautiful Canadian city is on the southern coast of Vancouver Island in breathtaking British Columbia. Despite its small size, it's everything you could want in a city and is also close to amazing natural scenery. Victoria is accessible by ferry from Port Angeles, WA.

After you get off the boat, you'll find several excellent tourist attractions like gardens, old-school fancy motels, year-round haunted houses and bookstores. But let's talk about the food!

**Green Cuisine Vegetarian Restaurant • VEG • \$\$**

Market Square, 560 Johnson Street #5 • 250-385-1809  
[greencuisine.com](http://greencuisine.com)

**Lifestyle Markets • VF • \$\$**

2950 Douglas St • 250-384-3388 • [lifestylemarkets.com](http://lifestylemarkets.com)

**Lotus Pond Vegetarian Restaurant • VEG • \$\$**

617 Johnson St • 250- 380-9293 • [lotuspondvictoria.ca](http://lotuspondvictoria.ca)



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## Specialty Stores and Ethnic Groceries

Asian and other specialty markets, which are plentiful in Portland, are great places to stock up on hard-to-find items or to get a great deal on common ones. We're also lucky to have an all-vegan specialty store.

### Alberta Street Co-op

- 1500 NE Alberta St • [alberta.coop](http://alberta.coop)

Small but packed with stuff, including a great selection of dried seaweed and many other items in bulk. Keep an eye out for food samples like vegan pierogis!

### Food Fight! Grocery

- 1217 SE Stark St and 11155 NE Halsey • [foodfightgrocery.com](http://foodfightgrocery.com)

Holy shizzle! This is Portland's 100%, no BS, vegan grocery. You'll find all of the awesome vegan treats you could ever imagine, along with a great selection of vegan groceries, health and beauty items, cruelty-free cleaning products, stuff for your dog and many yummy meat and dairy analogs. They also have a great selection of organic produce and bulk items like organic grains, nutritional yeast, soy curls and flours.

Food Fight! also supports activist groups with frequent donations. We think you'll love this place.

### Food Front

- 2375 NW Thurman St • [foodfront.coop](http://foodfront.coop)

Portland's oldest co-op has everything you need, including a good selection of organic produce, pantry staples and lots of items available in bulk. Check out their deli, which offers a great selection of prepared foods (not all vegan) including favorites like the faux chicken salad.

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## **Fubonn Asian Shopping Center**

- 2850 SE 82<sup>nd</sup> Ave #80 • [fubonn.com](http://fubonn.com)

The large grocery store at its center is the best reason to visit this Asian mall. It's an Asian food super-store with analogs, noodles, spices, curry pastes, teas and anything else you can imagine — and plenty of stuff you can't!

## **Green Zebra**

- Multiple Locations • [greenzebragrocery.com](http://greenzebragrocery.com)

Think of Green Zebra as fancy mini-grocery store meets convenience store. It has all the staples and even a hot-and-cold bar, including grab-and-go options.

## **Grocery Outlet**

- Multiple locations • [groceryoutlet.com](http://groceryoutlet.com)

A reliable place for discounted vegan products. The selection changes frequently but it's common to find frozen vegan meals, natural-foods cereals and chips and snacks. Plus, exciting finds like vegan pesto, veggie burgers, meat and dairy analogs, non-dairy milks, teas and produce. Also, cheap, cruelty-free, shampoos, lotion, toothpaste, etc.

In the summer, a great tip is to hit the Hollywood Farmers' Market first, in the parking lot of the Hollywood Grocery Outlet, and then visit the store to finish off your grocery list.

## **Market of Choice**

- Multiple Locations • [marketofchoice.com](http://marketofchoice.com)

Natural foods grocery store. They have a good selection of grab-and-go items, like dolmas and other Mediterranean salads. Some of the locations have a seating area as well, if you've time to enjoy some of your goodies at the store.

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## **New Seasons**

- Multiple locations • [newseasonsmarket.com](http://newseasonsmarket.com)

Locally-owned, mostly “natural foods” grocery that can be a bit pricey. They have a good selection of supplements, bulk foods, organic produce, local produce and vegan grocery items. New Seasons often has locally produced packaged foods on its shelves that are hard to find elsewhere.

## **People's Co-op**

- 3029 SE 21<sup>st</sup> Ave • [peoples.coop](http://peoples.coop)

A fixture in southeast since 1970, People's Co-op is a small, but loaded, store that's 100% vegetarian. Shop here for the incredible selection of bulk items, including tofu, vegan cream cheese, hummus, seitan, Stonewall's soy jerky, pastas, grains, oils, vinegars, nuts and much more. Get a fresh juice or smoothie at the Sip juice cart outside or visit their farmers' market (not flesh-free) on Wednesdays.

## **Farmers' Markets**

Almost every neighborhood in Portland hosts a farmers' market. There's a large one every Saturday on the campus of Portland State University, in Southwest Portland. Great deals are always to be had when you cut out the middle person and buy directly from the farmers themselves.

If you're on food stamps (SNAP), don't be discouraged. Portland Farmers' Market vendors all accept food stamps and some match you dollar for dollar, up to a certain amount, depending on which market you go too.

Listed are the largest markets. There are more than forty additional markets in the greater Portland area. For more details, visit this website: [portlandfarmersmarket.org](http://portlandfarmersmarket.org)



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## **Kenton**

N Denver and McClellan

- June 6 to September 26 – Wednesdays 3 pm to 7 pm

## **King**

NE 7<sup>th</sup> and Wygant

- May 6 to November 18 – Sundays 10 am to 2 pm

## **Lents International**

SE 92<sup>nd</sup> and Reedway2

- June 3 to November 18 – Sundays 9 am to 2 pm

## **Pioneer Courthouse Square**

SW 6<sup>th</sup> and Yamhill

- June 18 to Aug 27 – Mondays 10 am to 2 pm

## **Portland State University**

SW Park and Montgomery

- April-Oct – Saturdays 8:30 am to 2 pm
- Nov-March – Saturdays 9 am to 2 pm

## **Shemanski Park**

SW Park and Main

- May 2 to Oct 31 – Wednesdays 10 am to 2 pm

# **Community Supported Agriculture (CSA)**

CSA's are a great way to support local farmers and get a weekly supply of fresh, local produce. The price varies greatly but in general it's cost-effective. They're especially good for people who like to try new recipes, as you never know exactly what kind of produce you'll receive.

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Some deliver the food to your door but for most, you pick up your produce at a farmers' market, central location or the actual farm. Some require that you work at the farm for a certain number of hours to receive your share.

The website *portlandcsa.org* is a great resource for exploring different CSA's.

Here are two local veganic CSA's:

### **Hidden Oasis**

Vancouver, WA

- *localharvest.org/hidden-oasis-csa-llc-M4895*

### **Spoke and Leaf Farm**

North Plains, OR

- *facebook.com/spokeandleaffarm*

If you would like to support veganic agricultural practices through a CSA, contact the farm directly to find out what opportunities are available.

## **Vegan Business Guide**

The businesses listed here are either vegan-owned or sell vegan-friendly products.

### **Acupuncturist**

#### **• Julia Walls – Pathfinder Wellness**

Acupuncturist, Chinese herbalist and dietary therapist.

Specializing in women, children and families. Seven plus year vegan.

- 503-489-8480 • *pathfinderwellness.com*

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## **Acupuncturist and Naturopath**

- **Bijana Kadakia – True Health Medicine**  
Tualatin, Scappoose • 503-691-0901  
- [truehealthmedicine.com](http://truehealthmedicine.com)

## **Architect**

- **Christopher Dorin – CWDorin Architecture**  
- [cwdorin.com](http://cwdorin.com)

## **Artist**

- **Stephanie Joy**  
Portrait artist, graphic designer and illustrator.  
- [stephaniejoyart.com](http://stephaniejoyart.com)

## **Attorney**

- **Mark Gorski – Attorney at Law**  
Specializing in criminal and traffic law in Oregon.  
30 years a lawyer. Seven years vegan.  
503-224-1843  
- [goresq.net](http://goresq.net)  
- [goresq@comcast.net](mailto:goresq@comcast.net)

## **Bike Mechanic and Frame Builder**

- **Star Michael Bowman**  
- [kentoncyclepdx.com](http://kentoncyclepdx.com)

## **Book Editor and Script Writer**

- **Mykee Steen**  
- [mykeesteen.com](http://mykeesteen.com)

## **Board Game Maker**

- **Pristine Steen**  
Hand-crafted, Scandinavian board games made  
from 100% post-consumer recycled materials.  
- [etsy.com/shop/pristinesteen](http://etsy.com/shop/pristinesteen)

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## **Civil Engineer**

- **Eric Chow – US Army Corps of Engineers**  
- [nwd.usace.army.mil/missions/water/columbia](http://nwd.usace.army.mil/missions/water/columbia)

## **Contractor**

- **Reglaze-Tech**  
Specializes in refinishing bathtubs, cabinets, countertops, showers, tile etc.  
- 971-322-7994

## **Doulas – Labor and Postpartum**

- **Christy Hall**  
- [christythedoula.com](http://christythedoula.com)
- **Mel MacManiman – Sommessa**  
- [sommessa.com](http://sommessa.com)

## **Farms – Veganic**

- **Bonnie Hildebrand – Spoke and Leaf Farm**  
Offering home delivery CSA shares May through October and weekly veganic veggies at People's Co-op Farmers' Market, May through November.  
- [spokeandleaffarm.com](http://spokeandleaffarm.com)  
- [facebook.com/spokeandleaffarm](https://facebook.com/spokeandleaffarm)  
- [instagram.com/spokeandleaffarm](https://instagram.com/spokeandleaffarm)

## **Graphic Design and Animal Photography**

- **Beth Lily Redwood**  
- [bethlilyredwood.com](http://bethlilyredwood.com)

## **Graphic Design and Illustration**

- **Amy Hall-Bailey**  
- [thriving-creative.com](http://thriving-creative.com)
- **Renée Zmuda**  
- [reneezmuda.com](http://reneezmuda.com) • [facebook.com/reneezmudadesign](https://facebook.com/reneezmudadesign)

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## **Hair, Skin and Nails**

- **Akemi Salon**  
- *akemisalon.com*
- **Dapper Earth**  
- *dapperearth.com*
- **Face Envy**  
- *face-envy.com*
- **Oak Barbershop**  
- *oakbarbershop.com*
- **The Parlour**  
- *theparlourstjohns.com*

## **Home Inspector**

- **Brett Pidgeon – Fine Tooth Home Inspections**  
- *finetoothhome.com*

## **Hummus Company**

- **Roundhouse Hummus**  
- *roundhousefoods.com*

## **Life Coaching**

- **Maren Souders – Dream Into Change, Happy to Listen**  
Empathetic listening and sacred  
witnessing for culture shifters.  
- *dreamintochange.com*  
- *happytolisten.com*

## **Meal Service Delivery**

- **Work Lunch PDX**  
- Contact Jessica at 503-729-8173  
- *worklunchpdx.com*

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## **Medical Imaging**

- **Candace Parmer LMT CCT – Radiant Body Thermography**  
Infrared thermal imaging.  
- 503-775-1812  
- *radiantbodythermography.com*

## **Nutritionist and Running Coach**

- **Wilfredo Benitez, MSN, M.Ed. – On Pace Wellness**  
In-person and remote professional nutrition services including one-on-one coaching, dietary analyses, email consulting plans and more. Personalized training plans and certified coaching for running goals or general health also available.  
- 609-954-2620 • *wilfredo@onpacewellness.com*  
- *onpacewellness.com*

## **Pet and House Sitters**

- **Their Home Away Pet-Sitting**  
Located in NW Portland - *theirhomeaway.com*
- **Carissa Thorpe**  
Located in Vancouver, B.C. Happy to travel to Portland for house sitting.  
- *mouseandhome@gmail.com*  
- *carissa.thorpe@gmail.com*

## **Pet Sitter and Walker**

- **Downtown Doggies**  
Bringing the vegan message, by bicycle, to dogs and cats in downtown Portland (and beyond) in need of a dog walker or pet sitter (or both) who's armed with V-Dog and Rescue Chocolates.  
- *downtownpdx.dog*

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## Photographers

- **Alexander K. Harris**

Professional product, portrait and lifestyle photography and videography.

- [alexanderkharris.com](http://alexanderkharris.com)

- **Mel MacManiman**

Birth, baby family photography. Animal photography.

- [pnwcritterphotography.com](http://pnwcritterphotography.com) • [sommessa.com](http://sommessa.com)

- **Scott McNamara Photography**

Engagements, weddings and Trash the Dress-style weddings.

- [scottmcnamaraphoto.com](http://scottmcnamaraphoto.com)

- **Amit Zinman**

Professional portrait, event and wedding photography and motion graphics design.

- [amitziphotography.com](http://amitziphotography.com)

## Physical Therapist

- **Alison Klossner PT, DPT – Legacy Salmon Creek Hospital Outpatient Rehabilitation**

- Vancouver, WA • 360-487-3750

## Professional Organizer

- **Mickey Boille – Measure**

- [measure-online.com](http://measure-online.com)

## Real Estate Agents

- **Deanna Cintas – Portland Digs**

- 971-231-7414

- [deannacintasrealestate@gmail.com](mailto:deannacintasrealestate@gmail.com)

- [deannacintasrealestate.com](http://deannacintasrealestate.com)

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- **Michele Gila and Mark Wheeler – Roots Realty**

- 503-232-2475
- [michele@rootsrealty.com](mailto:michele@rootsrealty.com)
- [mark@rootsrealty.com](mailto:mark@rootsrealty.com)
- [rootsrealty.com](http://rootsrealty.com)

- **Heather Solano-Gibson – Habitat Resource Properties**

- 503-332-7813
- [habitatresourceproperties.com](http://habitatresourceproperties.com)
- [heathermichellepdx@gmail.com](mailto:heathermichellepdx@gmail.com)

## **Stores**

- **Faeries Dance**

Vegan-owned, online-only, eco-fashion superstore.

- [faeriesdance.com](http://faeriesdance.com) • [service@faeriesdance.com](mailto:service@faeriesdance.com)

## **Tattoos**

- **Ritual Arts Tattoo** - [ritualartspdx.com](http://ritualartspdx.com)

- **Scapegoat Tattoo** - [scapegoattattoo.com](http://scapegoattattoo.com)

## **Travel Agents**

- **Ilene Klang**

Tutoring and Educational Consultant.

- [travelbyilene.com](http://travelbyilene.com)

- **Desi Pritchard**

Specializing in learning differences.

- [desipritchard@rocketmail.com](mailto:desipritchard@rocketmail.com)

## **Video, Cinematography, Editing and Music Composition**

- **Nick Brown – QuickHitRecord Media**

- [quickhitrecord.com](http://quickhitrecord.com)

- **Sean Conley – Human Drive Productions**

- [seanrconley@gmail.com](mailto:seanrconley@gmail.com)



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- **Alexander K. Harris – Chainsaw Mouth Productions**

Musical compositions for films and games.

Video and cinematography.

- *alexanderkharris.com*

## **Website Design, Development and Digital Strategy**

- **Jesse Keyes**

Front-end web development.

Specializing in WordPress.

- *jessekeyes.com*

- **Michelle Lagos, MBA – Lagos Consulting**

Mobile optimized websites – WordPress, SquareSpace and Shopify. Coding, design, UX/UI, content, visual, branding and SEO.

- 503-957-9522

- *mlagosconsulting@gmail.com*

- *lagosconsulting.com*

## **Writing Services**

- **Carissa Thorpe**

Business, technical, marketing and creative.

Located in Vancouver, B.C. but can telecommute.

- *mouseandhome@gmail.com*

- *carissa.thorpe@gmail.com*

## **Yoga Instructors**

- **April MacKay**

*altlifeyoga.com*

- **Seage / BlackMoon**

Yoga, meditation, reiki, sound baths,

vegan small batch candles, bath and home.

- *blackmoon.yoga*

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## **Non-Profit Groups and Community Events**

New to Portland and need friends? New to veganism and need friends who get it? Join Portland's vibrant vegan community by getting involved with one of these organizations. Or take part in the many events the city has.

### **Green Acres Farm Sanctuary**

- Silverton, OR • [greenacresfarmsanctuary.org](http://greenacresfarmsanctuary.org).

The mission of Green Acres Farm Sanctuary is to prevent cruelty to, and the commercialization of, animals. Especially farmed animals. They put this mission into action by providing shelter, care and board to abused, abandoned and unwanted farm animals. As the largest farm animal rescue in Oregon, they're home to over 200 animals, including pigs, cows, horses, chickens, sheep and goats.

#### **Events**

- **Work Parties**

Bimonthly volunteer days where visitors can help care for the rescued animals and perform farm chores.

- **Educational Tours**

Held four times a year during spring and summer months.

- **Anniversary Open House**

Free celebration, the first weekend in June.

- **Pumpkin Patch and Vegan Bake Sale**

Annual fundraiser, early October.

- **Tree, Wreath and Craft Sale**

Annual fundraiser, early December.

### **Lighthouse Farm Sanctuary**

- Scio, OR • [lighthousefarmsanctuary.org](http://lighthousefarmsanctuary.org)

Dedicated to the rescue, rehabilitation and, when appropriate, rehoming of abused and neglected farmed animals. Home

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to over 200 animals, including pigs, cows, horses, chickens, sheep, and goats. Through facilitating meaningful relationships between people and the animals they care for, shines a light on the realities of animal agriculture and leads the way to a more compassionate world.

## **Events**

Events vary from year to year. Follow on social media for the most up-to-date information. Past events have included: Pig Yoga, Gentle Thanksgiving, Anniversary Open House, Easter Egg Hunts (vegan of course) and Wine and Music at the Farm.

## **NW Animal Foundation**

- Portland, OR • [facebook.com/nwanimalfoundation](https://facebook.com/nwanimalfoundation)

An organization that raises funds to support animal rescues, sanctuaries and other organizations that address or prevent abuse. They're currently doing this through pop-up thrift stores and pop-up bake sales.

## **Events**

- **Pop-up shops and bake sales.**

Check social media for the next up coming event.

## **NW Veg**

- Portland Metro Area • [nwveg.org](https://nwveg.org)

Founded in 2003. Dedicated to bringing awareness to the power of a plant-based, vegan lifestyle and helping support people in their transition toward making healthier, more sustainable and compassionate food choices.

## **Events**

Free potlucks with educational presentations. Held monthly at multiple locations in Portland, Gresham and Vancouver.

- **Race for the Animals**

A 5k/10k fun held in summer.

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- **Northwest Health and Nutrition Conference**

Professional presentations held the Friday before VegFest.

- [nwveg.org/healthconference](http://nwveg.org/healthconference)

- **Portland VegFest**

A two day food and lifestyle event, autumn.

- **Compassionate Thanksgiving Potluck**

The Sunday before Thanksgiving.

- **Tofurky Trot**

Fun run held on Thanksgiving morning.

- **Master Veg Program**

An intensive, eight week class that examines veganism from the perspectives of health, environment, social justice and our relationship to animals.

## **Out to Pasture Sanctuary**

- Estacada, OR • [outtopasturesanctuary.org](http://outtopasturesanctuary.org)

Provides a loving, permanent home to animals rescued from abuse, neglect or slaughter. This includes farmed animals, laboratory animals, feral cats and others.

## **Events**

- **Open House and Vegan BBQ**

Free Celebration – July.

- **Cider Squeeze and Work Party**

Free Event – late September.

- **Trick or Treat for the Animals**

Annual Fundraiser – the weekend before Halloween.

- **Work Parties**

Previously held monthly, now on a more intermittent basis. Contact the sanctuary for more information.

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## **Portland Vegans of Color**

- Portland, OR • [pdxvoc.org](http://pdxvoc.org)

Connecting vegans of color with each other locally and world-wide. Promoting more intersectional organizing around vegan politics. Inspiring more people of color to go vegan. Confronting the perceived mainstream vision of veganism as a white movement.

### **Events**

This group hosts a number of social events, including frequent potlucks. Contact the organization directly or follow them on social media for the most up-to-date information.

## **Try Vegan PDX**

- Portland, OR • [tryveganpdx.org](http://tryveganpdx.org)

We offer education and resources, events and support and activism opportunities in Portland, Oregon, and beyond. We champion for the animals, those interested in a compassionate lifestyle and the larger vegan community.

### **Events**

#### **• Saturday Sessions**

Social or educational (or both) events typically held the third Saturday of every month. Past events have included: VegQuest, Vegan in the New Year, Vegan Prom and the Ugly Holiday Sweater Bar Crawl.

#### **• Mentoring Program**

Sign up to receive a mentor who will support you in your transition to veganism. Or share your experience with others by becoming a mentor.

## **Vegan Iron Chef**

- Portland, OR • [veganironchef.org](http://veganironchef.org)

Celebrates creative culinary achievements, brings attention to food justice issues and unites the ever-expanding vegan community through events and programming.

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## Events

- Large and small-scale culinary competitions
- Community cook-offs
- Fundraisers and restaurant partnerships
- The podcast “Mystery Ingredient”
- Open planning meetings

## Wildwood Farm Sanctuary

- Newberg, OR • [wildwoodfarmsanctuary.org](http://wildwoodfarmsanctuary.org)

Provides lifelong refuge and rehabilitation for abused and abandoned farm animals while lovingly protecting the property’s native plants, wetlands, woodlands and wild animals.

## Events

- **Barnyard Bingo**  
Annual fundraiser, early August.
- **Work Parties**  
Previously held monthly, now on a more intermittent basis. Contact the sanctuary for more information.



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## Unaffiliated Events

### Great American Meatout

- First Day of Spring • [meatout.org](http://meatout.org)

An international observance helping individuals evolve to a wholesome, compassionate diet of fruits, vegetables and whole grains. The purpose is to expose the public to the joys and benefits of a plant-based diet while also promoting the great selection and availability of meat and dairy alternatives currently in mainstream grocery stores, restaurants and catering operations. Participants are asked to “kick the meat habit” and explore a wholesome, nonviolent diet of fruits, vegetables and whole grains.

### Food Fight Anniversary

- September • [foodfightgrocery.com](http://foodfightgrocery.com)

A party to celebrate our beloved all-vegan grocery store! Once a huge block party, this event has toned down a little but is still a great chance to meet other vegans and give thanks for our awesome homegrown vegan haven.

### World Farm Animals Day

- October 2nd • [dayforanimals.com](http://dayforanimals.com), [farmusa.org](http://farmusa.org)

Begun in 1983 and dedicated to exposing and memorializing the needless suffering of animals raised and slaughtered for food. This is an international day of activism, with events all over the world. There’s no regularly scheduled event for Portland so this is a great opportunity for grassroots organizing. Materials can be obtained, for free, from the Farm Animal Rights Movement (FARM).

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## **Fur Free Friday**

- Black Friday (day after Thanksgiving)
- [peta.org/action/fur-free-friday](http://peta.org/action/fur-free-friday)

An annual event aimed at educating people about the horrors suffered by fur-bearing animals. Held on the biggest shopping day of the year. Organized originally in 1986 by grassroots activists to abolish the fur trade, it has grown to be one of the most widely attended annual demonstrations of the animal rights movement. Through protests, education and promotion of cruelty-free fashion, this event gives a voice to millions of animals who suffer and die each year.

## **The Vegan Kitchen**

These days, being vegan couldn't be easier. Although that's true all over the country, it's especially true here in Portland. We've a vegan restaurant to satisfy almost any craving. And new choices are added every year.

That said, you don't have to live in Portland—or any other vegan mecca—to enjoy your old childhood favorites. Anyone can make amazing vegan alternatives to their favorite foods right at home if they have access to a health food store like Whole Foods, a locally-run co-op or even one of the many mainstream grocery stores that has a natural foods section.

Vegans living in Portland have a myriad of options for stocking their kitchens. We'd love to explore some of the possibilities with you. We hope to show you how to shop at local businesses and how to find budget-friendly vegan foods at any grocery store that's near you and affordable.

## **Store Tours**

Store tours with an experienced vegan mentor are available. Send us an email to schedule: [info@tryveganpdx.com](mailto:info@tryveganpdx.com).



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## **Produce**

What can we say except, eat more of it! If you've not been a big fresh produce eater, you need to start. This is where disease prevention and optimal wellness begins. Get some cookbooks (or raw books) and start using them. Go to farmers' markets, co-ops, join a CSA, sign up for Organics to You delivery service or an Imperfect Produce Box, grow your own, whatever — just eat your veggies!

## **Finding the Good Stuff**

Which products are good? Which ones are not so good? The best way to decide which products to try, if you're a new vegan, is to consult with an old vegan. Hang out with one of our mentors for a while until you feel confident about your product choices.

New vegan foods come out all the time. In Portland it doesn't take long for word to get around about whether they're good or bad. Also, the people at Food Fight! grocery will be happy to tell you about the best vegan products.

## **Breakfast Protein**

- Field Roast – Apple Maple Sausage
- Sweet Earth – Benevolent Bacon
- Light Life – Gimme Lean Sausage

## **Egg Replacer**

- Basic Items:
  - Aquafaba (bean liquid)
  - Extra-firm tofu
  - Ground flaxseed (for baking)
- Follow Your Heart – VeganEgg
- Ener-G – Egg Replacer

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## **Fancy Cheese**

- Cultured Kindness
- Miyoko's
- Vtopia Artisan

## **Ice Cream**

- Luna & Larry's – Coconut Bliss
- Nada Moo

## **Main Course Protein**

- Field Roast
- Beyond Meat
- Gardein
- Nate's – Meatless Meatballs
- Sophie's Kitchen – Tofu, Jackfruit
- Tofurky
- Upton's – Seitan

## **Non-Dairy Milks**

- Califa Farms – Almond Milk
- Ripple – Pea Milk

## **Other Great Products**

- AVIV – Gonzo Humus
- Earth Balance – Sour Cream & Onion chips
- Kite Hill – Ricotta
- Rising Moon Organics – Ravioli
- StarLite Cuisine – Taquitos (find these at Food Fight!)
- Tofutti – Better than Cream Cheese,  
Better than Sour Cream
- Victoria Vegan – Vodka Sauce

## **Sandwich Slices**

- Field Roast
- Tofurky

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## **Shredded and Sliced Cheese**

- Follow Your Heart
- VioLife

## **Sweets**

- Chocolate Dream
- Cocomel
- Dandies
- Endangered Species
- Go Max Go
- Little Secrets
- Missionary Chocolates
- Rescue Chocolate
- Sjaak's
- Theo
- Unreal

## **Veggie Burgers**

- Amy's
- Beyond Burger
- Field Roast

## **Yogurt**

- Kite Hill – Almond Yogurt
- Nancy's – Soy Yogurt

There are too many amazing treats to list them all in this guide. The best way to find your favorites is to get out there and start trying things for yourself!

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## **Vegan Recipes**

Some of our favorite recipes can be found on these sites:

### **Blissful Basil**

*blissfulbasil.com*

### **Brand New Vegan**

*brandnewvegan.com*

### **Chef Chloe**

*chefchloe.com*

### **Gentle Chef**

*gentlechef.com*

### **Isa Chandra**

*isachandra.com*

### **Minimalist Baker**

*minimalistbaker.com*

### **Oh She Glows**

*ohsheglows.com*

### **The Buddhist Chef**

*thebuddhistchef.com*

### **The Full Helping**

*thefullhelping.com*

### **Vegan Richa**

*veganricha.com*

## **On a Budget?**

### **Plan your Meals**

Buy whole-food ingredients in bulk and make big batches that will last a few days. For example, cook a pot of beans using bulk dried beans and make a pot of brown rice. This is your canvas for three or more days. You can have beans and rice on the first day, burritos on the second day and chili on the

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third. Or, you can make eight to ten burritos and freeze most of them. With only a few additional ingredients you have three days worth of meals.

Also, as mentioned before, utilizing discount stores helps keep food costs low. Ellen Jaffe Jones' cookbook, *Eat Vegan on Only \$4 a Day*, is a great resource for cheap, delicious meals.

## **Buy Bulk Foods**

Many vegan staples are available in large quantities. Examples of items you can usually find in bulk are: flours, dried fruits, nuts, seeds, legumes, pastas, grains, coffee, teas, oils, vinegars, sweeteners, snacks, spices. Some stores even carry things like falafel mix, dry soup mixes, veggie burger mixes, tofu, olives, vegan cream cheese and sea veggies.

The reasons to buy in bulk are huge. You'll save money, drastically reduce the amount of packaging you consume and eat a more healthful, whole-foods-centered diet. Bulk items are found just about everywhere now, even in the big chain grocery stores, as demand has increased.

## **Vegan Lifestyle**

Living the vegan lifestyle means considering more than what you eat, it means avoiding animal products in all forms. It also means avoiding any items that have been tested on animals. That includes clothing, accessories, furniture, etc. made from leather, wool, silk and other animal-produced materials.

Lifestyle vegans may also choose to limit their consumption to products that are produced sustainably. And to only patronize companies that treat their employees ethically.

In this section we'll cover some tips for shopping vegan for goods and personal care items. When shopping for clothes, shoes, furniture and other household items, it's important to pay attention to the labels, especially those that show what the product is made from.

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## **Clothing**

Most articles of clothing have a label that states the makeup of the garment. Fabrics such as cotton, acrylic, nylon, spandex, denim and linen are usually safe for vegans. However some of these fabrics can be mixed in with other non-vegan items such as wool, silk, leather, felt or mohair so be sure to check the entirety of the label.

When shopping for jackets and coats there's usually a tag in the left lower lining of the garment that will describe the contents. Some heavier coats may have one on the outer shell and the inner lining. Many jackets made for colder weather contain down feathers.

## **Furniture and Household items**

When shopping for furniture, you want to avoid any leather furniture. There are some nice faux leather options these days if you're into that look. Carpets and throw rugs can be made of synthetic fibers or wool so try to check the label on the back (usually in a corner) to see which fibers were used. If you're into decorating and throw pillows you know it can be difficult to find pillows not filled with down feathers.

## **Shoes**

Shoes can be tricky to shop for as there are multiple components of the shoe. First there's the material used to build the top portion, then the material for the sole, the laces and the adhesive used to hold it all together. Luckily, more companies are using synthetic glues rather than animal-based ones. If you're unsure, it never hurts to contact the company.

Like clothing, most shoes have a label, either stamped inside or on the sole of the shoe, that describes the contents. Sometimes they use symbols for materials. Watch out for ones that look like a shield or a hide. Be careful about rain boots, sometimes they have leather soles.

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## Ingredients to Avoid

There are numerous, lesser-known, ingredients that are not vegan. You find them in food, cosmetics and other items. Be sure to check labels.

**Albumen (or albumin)** – Another name for egg whites. Used as a coagulating agent. Often found in products like baked goods, candies. Also used in some wines.

**Allantoin (also alcloxa and aldioxa)** – Usually derived from uric acid in mammals. Often found in cosmetics and anti-bacterial cleansers.

**Alpha-hydroxy acids** – Often derived from milk. Used in skin formulas.

**Ambergris** – Found in sperm whale intestines. Sometimes used in perfumes as well as flavoring in foods and beverages.

**Angora** – Rabbit fur. Used in clothing.

**Animal hair** – Used in brushes, false eyelashes and hair extensions. Many false eyelashes and extensions are made of HUMAN hair but mink eyelash extensions are becoming more and more popular, so be cautious.

**Beeswax** – There's such a thing as synthetic beeswax, but it will be specified as such. Beeswax is common in lip products, eyeliners and primers.

**Biotin (also Vitamin H or Vitamin B factor)** – Derived from milk. Used in supplements to increase hair growth.

**Bone Char** – From cow bones. It's one of the most common ingredients used to refine white sugar.

**Carmine or CL 75470** – Obtained from boiled insects. Rampant in the cosmetic industry. Look for this in everything from candy to lipstick. It's a red colorant but beware, it can be in any-color product; particularly browns, purples and blacks. It's often listed under the "May Contain" list of ingredients.

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**Casein (also caseinate or sodium caseinate)** – Milk protein. Found in foods and cosmetics. Be careful of soy cheeses as they may contain milk proteins (not all soy cheese is vegan).

**Cashmere** – Goat Hair. Used in clothing.

**Castoreum** – Derived from the genitals of muskrats and beavers. Used in perfumes and incense.

**Catgut** – Animal intestines. Used in surgical sutures, tennis rackets and musical instruments.

**Cholesterol** – A steroid alcohol derived from animal fat, tissue and blood.

**Civet** – Musk obtained from the genital region of this cat-like mammal. Used in perfumes.

**Collagen** – Obtained from animal tissue and elastin, a protein found in cow tendons.

**Cortisone** – Steroid hormone derived from pig adrenal glands. Used to treat a variety of ailments.

**Diglycerides (also monoglycerides and glycerin)** – Usually derived from animal fat. A by-product of soap manufacture. Used in foods, cosmetics, soaps, medicines, toothpastes, gum and plastics.

**Estrogen** – Derived from female horse urine. Primarily found in birth control pills.

**Fish scales or fish enzymes** – Used especially in lipsticks.

**Gelatin** – Made from boiled hooves and hides.

**Glycerin or glycerol** – Often derived from animal fat. Used in food as a sweetener and humectant. Also in pharmaceuticals.

**Keratin** – Obtained from ground hooves, horns, quills and hair of various animals. A protein common in hair care products.

**Lactose** – A sugar found in mammal milk. Used in food products and cosmetics.



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**Lanolin** – Made from the wool of sheep who don't live happily ever after.

**Pepsin** – A clotting agent found in pig stomachs. Used in cheese production.

**Propolis** – Produced by bees. Used in personal care products, including some toothpastes.

**Rennet** – A coagulant found in cow stomachs. Used in cheese production and for other coagulated dairy foods, like yogurt and custard.

**Royal jelly** – Produced by bees.

**Silk** – Produced by silkworms to make cocoons. Used for clothing and in cosmetics.

**Stearic acid (or anything ending in “stearate”)** – Found in both animal and vegetable fats but it's cheaper and easier to obtain from animal fat. Unless specified as “vegetable,” assume it's not vegan.

**Squaline or squalene oil** – Obtained from shark liver. Used in high end skin creams. There are vegetable-derived versions which will usually be labeled as such

**Tallow** – Rendered animal fat. Used in a variety of food products, cosmetics and personal care items. Also used in crayons, paints, wax paper, rubber and lubricants.

**Vitamin D-3** – Obtained from a variety of sources, including fish liver oil and egg yolks. Used in vitamin supplements and personal care products.

**Whey** – Milk protein. Found in a variety of foods as well as protein supplements.

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## Cosmetics and Personal Care

Vegans understand that they need to read food labels to avoid consuming animal products but what about personal care items and beauty products? Do you have to eschew makeup to be vegan? Definitely not! There are many vegan-friendly cosmetics and personal care items on the market. Cosmetics range from super light and natural looking to dark and dramatic to bright neon shades – there’s something for everyone.

And don’t forget the environment. Just because a cosmetic doesn’t contain animal ingredients doesn’t mean it’s good for the planet. Some customers even try to avoid petroleum ingredients and keep on top of which companies concern themselves with sustainability. Remember, the minerals that color many products and create pretty, glittery effects come from the earth.

### All-Vegan, Cruelty-Free Brands

**Beauty Without Cruelty** – *beautywithoutcruelty.com*

**Cover FX** – *coverfx.com*

**Ecco Bella** – *eccobella.com*

**Elixery** – *elixery.com*

**Gabriel** – *gabrielcosmeticsinc.com*

**Kat Von D Beauty** – *katvondbeauty.com*

**Lime Crime** – *limecrime.com*

**Pacifica** – *pacificabeauty.com*

**Zuzu Luxe** – *gabrielcosmeticsinc.com/brand/zuzu-luxe*

### Cruelty-Free Brands with Vegan Options

**100% Pure** – *100percentpure.com*

**bareMinerals** – *bareminerals.com*

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**bh** – [bhcosmetics.com](http://bhcosmetics.com)

**Earth Diva** – [earthdivacosmetics.com](http://earthdivacosmetics.com)

**E.L.F.** – [elfcosmetics.com](http://elfcosmetics.com)

**Jane** – [janecosmetics.com](http://janecosmetics.com)

**L.A. Girl** – [lagirlusa.com](http://lagirlusa.com)

**NYX** – [nyxcosmetics.com](http://nyxcosmetics.com)

**Physicians Formula** – [physiciansformula.com](http://physiciansformula.com)

**Sugarpill** – [sugarpill.com](http://sugarpill.com)

**Tarte** – [tartecosmetics.com](http://tartecosmetics.com)

**Urban Decay** – [urbandecay.com](http://urbandecay.com)

**Wet n Wild** – [wetnwildbeauty.com](http://wetnwildbeauty.com)

## **Resources for Cruelty-Free Beauty Products**

**Care2** – [care2.com/greenliving/vegan-beauty-products.html](http://care2.com/greenliving/vegan-beauty-products.html)

**Cruelty Free Kitty** – [crueltyfreekitty.com](http://crueltyfreekitty.com)

**Leaping Bunny** – [leapingbunny.org](http://leapingbunny.org)

**Natch Beaut** – [natchbeaut.com](http://natchbeaut.com)

**PETA** – [features.peta.org/cruelty-free-company-search/index](http://features.peta.org/cruelty-free-company-search/index)

**PETA** – [peta.org/living/beauty-and-personal-care](http://peta.org/living/beauty-and-personal-care)

**Vegangela** – [vegangela.com/vegan-beauty-products](http://vegangela.com/vegan-beauty-products)

## **Vegan Beauty Box Subscriptions**

If you're new to vegan beauty products, you might want to try a few sampler boxes to check out new products without the full investment.

**Love Goodly** – [lovegoodly.com](http://lovegoodly.com)

**Medusa Makeup** – [medusasmakeup.com/pages/monthly-box](http://medusasmakeup.com/pages/monthly-box)

**Petit Vour** – [petitvour.com](http://petitvour.com)

**Vegan Cuts** – [vegancuts.com/beautybox](http://vegancuts.com/beautybox)

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## Internet Resources

Portland vegan blogs and personal websites.

### **Back to Eden**

Vegan bakery.

- *backtoedenbakery.com*

### **Barnivore**

Vegan alcohol guide.

- *barnivore.com*

### **Elizabeth Miller**

Portland-based designer and artist.

- *innerstate.org*

### **Food Fight!**

Vegan-only grocery store.

- *foodfightgrocery.com*

### **Isa Chandra Moskowitz**

Vegan recipes.

- *isachandra.com*

### **Julie Hasson**

Cookbook author, *Everyday Dish*

host and Native Bowl cart owner.

- *Juliehasson.com*

### **Like Words Together**

The continuing adventures of a Yogini in PDX.

- *pdxxyogini.com*

### **Nicole J. Georges**

Portland artist, illustrator and pet portrait artist.

- *nicolejgeorges.com*

### **Subfictional Studios**

Blog of software engineer and geek, Christine Koehler.

- *subfictional.com*

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## **Vegan Iron Chef**

Portland's annual Vegan Iron Chef competition.

- [veganironchef.org](http://veganironchef.org)

## **Veganland**

An online directory of businesses and restaurants in Portland.

- [veganland.net](http://veganland.net)

# **Frequently Asked Questions**

## **What does vegan mean?**

A vegan is someone who consumes no animal products, including flesh foods, dairy products or eggs. Vegans refrain from eating honey and from using animal products in non-food capacities—like leather shoes. Broadly, it means trying to live your life in a thoughtful, compassionate manner by taking non-human animals, the planet and other humans into consideration when making consumption choices.

## **Why would I want to be vegan?**

There are many reasons to go vegan! Many people are inspired to give up animal products when they learn about the atrocities committed against farm animals, laboratory animals and ocean life. Adopting a vegan diet and lifestyle is a refusal to participate in those industrialized systems.

Environmental concerns are another reason why many people choose a vegan lifestyle. A number of reports have been released in recent years that highlight the environmental effects of eating meat. A report titled “*Livestock's Long Shadow*,” by the Food and Agricultural Organization of the United Nations, concludes that livestock production is a major causes of some of the world's biggest problems, including loss of biodiversity, global warming, land degradation and air and water pollution.

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If the negative effects of animal products on our planet and its creatures aren't enough to convince you, consider your own health. According to the American Dietetic Association and Dietitians of Canada, vegetarians have been reported to have lower rates of death from ischemic heart disease; vegetarians also show lower blood cholesterol levels, lower blood pressure and lower rates of hypertension, type 2 diabetes and prostate and colon cancer.

### **How can a vegan diet be healthy? Doesn't it lack nutrients?**

A well-planned vegan diet contains more fruits and vegetables, more fiber and less saturated fat than the typical American diet. Since cholesterol comes only from animal sources, a vegan diet is automatically cholesterol-free.

While there's no nutrient that cannot be obtained from a vegan diet, it's true that vegans need to pay special attention to some of them to ensure adequate levels. Vitamin B12, which generally only occurs in animal products but is actually produced by microorganisms, is perhaps the most crucial. However, nutritional yeast, a favorite vegan ingredient, contains high levels, when fortified. Many foods, such as cereals, soy milk alternatives and meat analogs are often enhanced with B12. Those who are still concerned can take supplements.

### **Calcium is another nutrient that vegans should be worried about, right?**

The dairy industry would have us believe that milk is the only source of calcium in the world but that couldn't be further from the truth. In fact, leafy green vegetables, sesame seeds, almonds, tofu and fortified soy milk alternatives are some of the many sources of calcium in a vegan diet.

Vegans also need to pay attention to Vitamin D, which is rarely found naturally in foods; your skin will produce all you need with exposure to sunlight. Unfortunately, Portland's latitude makes it impossible to get enough sun for proper Vitamin D

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production. Most dairy products are fortified with Vitamin D so milk drinkers can make up that deficit without even thinking about it. Vegans, however, should consider taking a supplement during the winter.

Keep in mind that Vitamin D3 (cholecalciferol), the form that's in most generic supplements and many fortified foods, is not vegan. Vitamin D2 (ergocalciferol) is usually vegan and is often sold as "Dry Vitamin D" tablets. There are both vegan Vitamin D2 and D3 supplements available online or at Food Fight!.

### **Where do you get your protein?**

That's the question that might make some poor vegan's head explode. It turns out that vegans can, easily, obtain all their needed protein. The recommended dietary allowance, according to the Centers for Disease Control and Prevention, is 46 grams for adult women and 56 grams for adult men. One cup of pumpkin seeds has 39 grams!

There are plenty of vegan foods that are high in protein. Lentils have 18 grams per cup. Quinoa has eight grams per cup. In fact, almost every vegan food contains some protein. It's virtually impossible to eat a varied, calorically-adequate diet and not get enough protein. If you're still worried, eat plenty of tofu, beans, nuts, quinoa, nut butters, seitan, hummus, tempeh or lentils.

### **Why avoid milk and eggs? Eating those doesn't kill the cow or the chicken, so what's the problem?**

There are a lot of problems, actually. The egg and dairy industries are notoriously cruel. To the point that some committed vegans believe that eating meat but avoiding eggs and dairy, is a more compassionate choice than ovo-lacto-vegetarianism. Their argument is that, once they slaughter an animal for meat its suffering ends; chickens and dairy cows can be tortured for years. (Try Vegan PDX believes that avoiding all animal products is the most compassionate choice).

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Dairy cows are forced to live out most of their short lives inside a crowded milking shed with little or no access to the outdoors. They're typically kept constantly pregnant. When they give birth they're separated from their offspring, which causes visible distress to both cow and calf.

Female cows are treated less like living, feeling creatures than as profit-making, milk-production equipment. They're hooked up to machines that often cause painful irritations and infections to their teats. They're forced to produce several times more milk per day than they would naturally.

When they're no longer "productive" they're sold for slaughter. While the natural lifespan of a dairy cow is around 20-25 years (the oldest recorded was actually 49 years old). Most dairy cows are typically slaughtered before they reach six or seven years.

The dairy industry has no use for male offspring. Many of the calves end up in veal crates, a practice whose cruelty shocks even dedicated meat-eaters.

Egg production is just as sad. Laying hens are usually confined to a cage too small for them to turn around or spread their wings. Many hens resort to pecking themselves, or others, as a result of the stress of living in such horrible conditions. Production facilities typically solve that problem, not by improving conditions but by searing off their beaks.

Battery hens are bred and manipulated to lay up to 300 times more eggs than they would naturally. They're killed when they can no longer produce at that rate. Most male chicks, being useless as egg layers, are killed shortly after hatching, either by being tossed alive into a grinder (to be used for meat products) or by being put in a plastic trash bag to slowly suffocate with hundreds of other chicks.

Since we've already established that it's possible to live a healthy life without supporting those sorts of practices, why should compassionate, thinking, informed people contribute to an industry that causes such suffering?



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## **I only buy cage-free or free-range eggs and organic milk, so that's OK, right?**

The problem is, there's very little regulation as to what those terms really mean. "Cage-free" hens might have a little more space than battery hens. Or, they might be crammed in just as tightly, only without cages. They still might be de-beaked. They're still killed after their productive egg-laying months are over (which is a small fraction of their natural lifespan).

Organic dairy products might still come from cows who have spent most of their lives in confinement, thanks to loopholes in the organic standards and to the agri-businesses who jump at the chance to exploit them.

Committing to purchasing only free-range eggs is a farce because the term "free-range" is misleading. According to The Daily Green, "the government only requires that outdoor access be made available for 'an undetermined period each day.'" The USDA considers five minutes of daily, open-air access adequate for use of the "free range" label. That means that the door to the co-op or stall could be opened for a mere five minutes a day. If the animals don't see the open door or chose not to leave, the farm could still qualify as "free range."

Even with small farms, which are truly cage-free or free range, only a limited number of male calves and chicks are necessary to continue breeding programs. This means that the male babies often meet the same fate as their non-free-range brethren. The females will live longer than their brothers but only as long as they keep producing eggs or milk. Once they stop producing value for the farmer — at an age far short of their natural lifespans — they're either killed or sold to the meat industry.

## **What about honey?**

Good question! Honey is sometimes seen as something of a gray area; many vegans avoid it but some don't. However, honey is produced by bees as an ideal food source for their own

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nutritional needs. The sugar-water solution that many commercial beekeepers replace it with (after helping themselves to the fruits of the bees' labor) is inadequate. Commercial beekeepers also often kill queen bees every year or two as a way to maintain their control over the hive. These practices point to the abuse and exploitation of bees, who are animals as important as any other; therefore, honey is not typically a part of a vegan diet.

### **Besides diet, what do vegans need to consider?**

Lifestyle vegans, as opposed to dietary vegans, avoid animal products in all forms. That includes clothing, accessories, furniture, etc. made from leather, wool, silk and other animal-produced materials. You might also be surprised at the number of animal by-products that turn up in common personal-care products such as lotions, soaps and makeup.

Lifestyle vegans check ingredient labels on all products carefully. They also avoid items that have been tested on animals. Lifestyle vegans may also choose to limit their consumption to products that are not produced sustainably. And to only patronize companies that treat their employees ethically.

### **How can you live your life worrying about all that?**

It seems really overwhelming at first but over time it does become habit, then second-nature. Also, keep in mind that there are no vegan police; no one will throw you out of the club if you forget to check a label and buy a wool-blend sweater.

The fact is, animal products are so widespread throughout our culture that there's no such thing as a "perfect" vegan. For example, almost all tires are made with animal products. But, even knowing that, vegans still need to get places, so we replace the tires on our cars and bikes or pay fares to transit agencies that spend the money on new bus tires.

Individuals must decide for themselves where their ethical standards lie and do their best to meet those standards. This

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isn't permission to eat a hunk of bacon and still call yourself vegan but rather an acknowledgment that we all practice veganism to the best of our abilities and we all mess up occasionally. When it happens, please be as compassionate to yourself as you are toward the animals.

## **Tips and Suggestions**

Try Vegan PDX always welcomes community help to keep this guide accurate and complete. We would greatly appreciate your input on:

- Restaurants, businesses and resources that are new or missing.
- Recommended dishes.
- Portland-related, or otherwise useful, vegan websites.
- Errors in the text.
- How to improve the guide.

**Email:** *tips@tryveganpdx.org*

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## Acknowledgments and Thanks

Try Vegan PDX, which formed in a coffee shop in 2007, is proud to continue offering VegQuest, Vegan in the New Year, cooking demos, presentations, and other events throughout the year. It's quite an undertaking to put on an event every month, to plan a scavenger hunt around the city and to collaborate with other organizations to keep the community and its members connected.

Many people have helped us along the way, either by volunteering their time to plan or present an event, contributing content to our guidebook, mentoring new vegans or donating space for our many classes, workshops and lectures. Thank you for supporting us all these years.

The following Try Vegan PDX committee members have spent countless hours providing and updating content:

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