



# WHERE TO EAT VEGAN

## Restaurant Guide





## CONTENTS

How to eat vegan at any restaurant	2
How to read vegan symbols on a menu	6
Easy Food Swaps	7
Helpful Apps	8
Dealing with colleagues and co-workers who disagree with your choice	9
Tips For Finding Vegan Restaurants and Eating Out	10
Vegan-friendly world cuisine guide	11
Conclusion	13



In a perfect world, we would never have to eat out anywhere but at vegan restaurants. There is nothing like being able to relax and order whatever sounds good on the menu and not have to ask a thousand questions about the ingredients.

Sadly, we don't live in a vegan world (yet) and sometimes we are going to find ourselves in mainstream eateries. While more and more restaurants are becoming sensitive to dietary restrictions, allergies and ethical food choices, it's getting easier to eat out and have delicious animal-free food.

Mostly, it comes down to making your needs known in advance, communicating clearly and making smart choices. Here are some helpful tips on how to order a delicious vegan meal at any restaurant – and don't worry, you won't have to just eat salad.

In this book I will share my best tips for how to eat vegan at any restaurant (and not order salad).



# HOW TO EAT VEGAN AT ANY RESTAURANT

In a perfect world, we would never have to eat out anywhere but at vegan restaurants. There is nothing like being able to relax and order whatever sounds good on the menu and not have to ask a thousand questions about the ingredients. Sadly, we don't live in a vegan world (yet) and sometimes we are going to find ourselves in mainstream eateries. While more and more restaurants are becoming sensitive to dietary restrictions, allergies and ethical food choices, it's getting easier to eat out and have delicious animal-free food.

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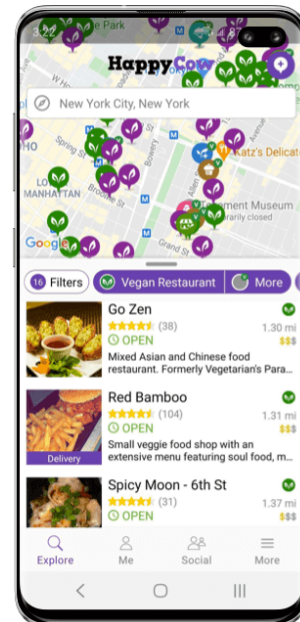
## CHECK OUT THE RESTAURANTS ONLINE

As soon as you know which restaurant you're going to, take a look at their website.

Most places have websites and post their menus online.

See if they offer any accidentally vegan dishes or vegetarian dishes that can be easily veganized (i.e. leave the cheese off).

If you have an idea of what the restaurant offers, it will be easier than being faced with a strange menu minutes before you have to order.





## CALL AHEAD OF TIME

Even if you can look at the menu online, it's a good idea to call ahead to the restaurant, for you and for them. If you call and let them know your dietary needs, they get a heads up to prepare something great. From their point of view, it's hard to be super-busy with customers and then receive a special request out of the blue from someone seated at a table. If they know in advance, they can coordinate with the chef and come up with something much better than if it were on the fly.

For you, calling ahead can let you know whether they can accommodate you and whether they think a plate of steamed veggies will keep you happy (and then you can go somewhere else).

When you call, you can ask specific questions about dishes, how they are prepared and whether any can be veganized.

If the restaurant really doesn't have any vegan options, you can change your plans, (although I have never had that response before). It also lets the chef know ahead of time that you are coming so if they want to prepare something special they have the time to do so.

Then when you get to the restaurant you can relax because you already know the options. I have even called a restaurant and been thrilled and surprised when I was told they had a separate vegan menu! I wouldn't have known that unless I asked. You can also try looking the menus up online, but it can sometimes not be clear if items are actually vegan, so I always suggest a call.



## BE CLEAR

When I first made the switch, I hated saying the dreaded word "vegan" as I was somehow worried chefs would get mad at me. This isn't true. I have heard from both chef and waiter friends that they much prefer someone being clear in their limitations so they can address it correctly and without confusion. When you first walk into a restaurant, if you haven't called ahead, ask the greeter about vegan options. They will be able to tell you before you even sit down. If there is no greeter, ask the server right away. The last thing you want to happen is that you already have your drinks, everyone places an order and then you realize there is nothing for you to eat. Asking as soon as possible ensures a relaxing dining experience.



## BE NICE

When you ask, just be polite. You don't have to shout at the world, don't make a million demands, and don't try to deconstruct the ingredient list, just ask if there are any vegan friendly options with a smile on your face. Not everyone understands what vegan is, so if they don't know, help them out by just telling them what you don't eat. No animal cruelty talk here, this isn't the place or time. If you're nice, people will be nice right back.





## HOW TO READ VEGAN SYMBOLS ON MENUS



Do you ever find yourself thinking “Is it vegan or not?” when reading food labels? It’s an odd sensation when you realise you don’t actually know what’s in most of the foods you eat. You start to question even the most obvious things and your local supermarket may feel like uncharted territory.

Menus often have little icons next to items that indicate which items are vegan or vegetarian, just like they do if it is spicy. Sometimes it's a little "v", sometimes a leaf, or other fun icons. Just look for the guide so you can know what they stand for.

The list is ever growing, these are ones that I have seen this year:

**VEG** = vegetarian / vegan

**VN** = vegetarian / vegan

**VE** = vegetarian / vegan

**VT** = vegetarian

**VEGT** = vegetarian

**E** = vegan

**W** (maybe VV) = vegan

**CBVegan** = can be vegan

**VM** = vegetarian with modification

**VNR** = vegan by request

**EA** = vegan available





## EASY FOOD SWAPS

Most menus have vegetarian options which can easily be made vegan. Just ask if the dairy or egg can be removed from the dish to make it vegan friendly.

Sometimes when you remove an ingredient the dish might need something else to boost it up a notch, so what I like to do is peruse around the menu and if I see another ingredient I think would be great, I might ask for a substitution.

A good example of this is if I am ordering a veggie burrito, I would ask for the cheese and sour cream to be removed, and instead replace it with guacamole. Saying the word sub or replace is key because then hopefully they don't charge you extra!

Sometimes if there are no main dishes that are easily made vegan, I will look to the sides.

Often there are lots of side dishes that are vegan friendly, or can be adapted, so I will order a big plate of those



## HELPFUL APPS

There are lots of great apps or websites that will help you find great veg friendly restaurants near you. This can be especially great for travel. My favourites are Happy Cow and Vegman, which find restaurants in your area that are vegan friendly, and VeganXpress which helps you find vegan options on popular chain restaurant menus.

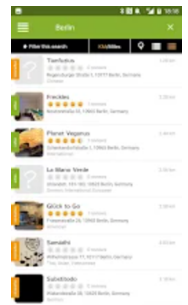
### Happy Cow

In today's world, there is a high-quality vegan equivalent for every animal product. Just a quick scan of the HappyCow recipes will demonstrate the wide variety of vegan options representing virtually every cuisine one could crave.



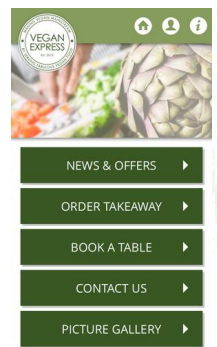
### Vegman

Animals: Friends. Not food. Eating out has never been easier for vegetarians and vegans as the number of restaurants catering to us continues to grow.



### Vegan Express

VeganXpress which helps you find vegan options on popular chain restaurant menus.



## DEALING WITH COLLEAGUES AND CO-WORKERS WHO DISAGREE WITH YOUR CHOICE

The thing about people you work with is that they don't have to agree with you, applaud you or even remember that you're a vegan, and you have no choice but to deal with that.

In some cases, you'll be confronted with a coworker who simply wants to share, say, the donuts and danish they brought in for everyone. Some will confront you and call you out on your veganism, arguing that it's not 'scientifically proven' or that eating meat is natural for humans.



Just like with your family and friends, you feel the desire to 'fit in' at work, especially since you spend a lot of hours of your life there, but here's a fact; if you decide to be a vegan, you're going to get pushback from these people, and might even be the subject of scorn, gossip, and derision. Here's what to do if and when that happens;

- 🌿 Suck it up. These people don't own you, so don't let them take your power
- 🌿 Lead by example. In time, some might even come to you for advice
- 🌿 Bring in some vegan food you've made and share it with everyone
- 🌿 Stick to your guns. If you give in, even for a single bite, you'll never hear the end of it

## Tips For Finding Vegan Restaurants and Eating Out

OK, so we've given you some great tips on dealing with social pressure after making the decisions to become a vegan (or after being vegan for months or years).

Now comes the best part of this book, Tips on how to find great locations to eat out as a vegan, and enjoy the delicious, nutritious and vitality-loaded benefits leading a vegan lifestyle can bring.

### Ask other vegans where they go to eat.

You may not know others in your direct social circle, but with today's social media finding out where the best vegan food joints are located in your town is only a Facebook post away.

### Search the web for vegan hotspots

The internet is a handy tool, no doubt, and can easily lead you to restaurants, cafes and food joints where they serve vegan food, either exclusively or as a side service.

### Think Outside The American Food Box

There are a lot more choices in the typical city or town than American food, including Asian, Ethiopian, Indian, Caribbean and Ital (Rastafarian) food, all of which prepare all or most of their dishes vegan. Yes, some of them might have animal products, so you need to ask, but many will be 100% vegan, making your choices more varied and easier.



Want Meal Plans & Tips? Try this book  
Tap/Scan the QR code or [CLICK here to download the eBook](#)



## VEGAN-FRIENDLY WORLD CUISINE GUIDE



Some restaurants are easier than others to make vegan-friendly, but I've learned some tips and tricks for pretty much all cuisine



### ASIAN RESTAURANTS

Italian can be tricky with all the cheese but totally doable. Most pastas don't contain egg, but be sure to ask just to be sure. Pastas with marinara sauce, vegetable pastas, veggie flatbreads with no cheese, bruschetta, bean salads, bread with olive oil and balsamic.

Just be sure to clarify no cheese/parmesan just to be sure it doesn't make it on the dish as a garnish.



### ITALIAN RESTAURANTS

Italian can be tricky with all the cheese but totally doable. Most pastas don't contain egg, but be sure to ask just to be sure. Pastas with marinara sauce, vegetable pastas, veggie flatbreads with no cheese, bruschetta, bean salads, bread with olive oil and balsamic. Just be sure to clarify no cheese/parmesan just to be sure it doesn't make it on the dish as a garnish.



### AMERICAN RESTAURANTS

American restaurants can also be difficult, but there are usually a couple options to choose from. Of course, french fries, potato wedges, onion rings, and now even veggie burgers. Just be sure to ask about cheese, mayo, and eggs in the ingredients.



## BBQ & STEAKHOUSE RESTAURANTS

Believe it or not, I've had a great meal at a steakhouse and didn't feel deprived at all. No, there's generally nothing on the main menu, but this is where the sides are your friends. Baked potato, sweet potato, broccoli, beans, french fries, vegetable chili, fried pickles. Just be clear that you don't want any cheese, sour cream, butter, mayo, and make sure none of their batters have buttermilk. Also ask if the veggies or beans have been cooked with bacon or bacon fat.



## MEXICAN RESTAURANTS

Gah I LOVE me some Mexican food, and it can be really easy to veg out. Salsa, guacamole, chips, veggie or bean burritos, fajitas, veggie tacos, veggie nachos. Just be sure to watch for cheese, sour cream, and lard. Ask if their rice is made with chicken broth as well.



## INDIAN RESTAURANTS

Lentil dishes, curries, veggie samosa, naan bread, channa masala, and a lot of other great veg dishes. You'll just want to be sure they aren't made with butter, ghee, yogurt, or cream



## MIDDLE EASTERN RESTAURANTS

This is another super easy cuisine to order vegan. Hummus, falafel, pita bread, Greek salad, grilled veggie wraps, roasted eggplant, grilled veggies, couscous, tabouleh, rice. Just be sure to ask for no cheese or yogurt.



## THIA RESTAURANTS

Naturally, I'm starting with Thai because it's my all-time favorite cuisine, and I feel like it's uber easy to make vegan friendly. I love a good curry or lemongrass soup. Vegetable curry. Pad Thai. Vegetable rice dishes with tofu. Often, you can choose your protein for any of the dishes, and tofu is always available. Just be sure to ask if the dish contains egg, fish sauce, and if the curry paste is vegetarian.

## Conclusion

Congratulations! You've made the switch to a healthier lifestyle and you should feel good about that decision. Hopefully, we've given you plenty of 'ammunition' to defend your choice and stay on the vegan path.

Keep in mind however that you don't need to prove anything to anyone except yourself. You're the boss of you and your decision to eat what you want is yours alone. If you can do that with dignity, grace and respect for the choices others make, the social pressure from being vegan will slowly and surely fade.

