

Vegetarian Dining in Worcester

Restaurants

Buddha Hut 508-459-0367 415 Chandler St.
This all-vegan Chinese restaurant has a wide variety of mock-meat dishes. Even the most adamant meat-eaters will enjoy Buddha Hut. Expect to pay about \$10-\$12 including appetizers and drinks. Just opened this Winter.

Da Lat 508-798-5577 425 Park Ave.
Great place for some Vietnamese food on the cheap. Good selection of tofu and vegetable curry dishes. Food comes quick! Priced around \$6.

Fantastic Pizza 508-798-5577 925 Main St.
Inexpensive Middle Eastern eatery priced from \$2.95 to \$5.95. Some of the best falafel in town.

India Cafe 508-754-2200 84 Boston Tpke., Shrewsbury
Small veg-friendly Indian place with great \$7 lunch buffet. Buffet selection changes daily, but consistently has veg options. Fantastic nan--traditional Indian bread.

Moe's Southwest Grill 508-459-6060 3 Stafford St.
This hip national burrito chain features a menu that's centered on fresh burritos, tacos, and fajitas. Build your own burrito with your choice of black or pinto beans, Spanish or brown rice, and vegan guacamole. Priced \$3-\$6.

Nancy Chang's 508-752-8899 372 Chandler St.
Healthy Chinese cuisine. Many mock-meat and tofu dishes. Substitute veg chicken for any chicken dish. Prices from \$7.95 to \$10.45.

One Love Café 508-753-8663 800 Main St.
Cozy veg-friendly Jamaican cafe. Buffet every Thursday night. Monthly vegan brunch. Call for details. Priced from \$2.00 to \$6.95.

Pho Dakao 508-756-7555 593 Park Ave.
This cozy Vietnamese restaurant features traditional Vietnamese Pho--noodle soup. Pho Dakao also offers a variety of **tofu and vegetable dishes**. The veg spring rolls make a great appetizer! Priced \$6 to \$10.

Quan Yin 508-831-1322 56 Hamilton St.
All-vegan Chinese and Vietnamese restaurant with **extensive mock-meat selection**. Dinner priced under \$7. Lunch special for less than \$5. Take-out available. **A local favorite.**

Red Lantern 508-795-0500 235 Shrewsbury St.
Chinese-American restaurant and sports bar. Good mock meat selection, including **sweet & sour veggie ribs**. Menu features **homemade faux meats**. Try the General Tso's Veg Chicken!

Sahara 508-459-0367 143 Highland St.
Upscale Middle Eastern restaurant with extensive vegetarian options. The Sahara occasionally features live music and local bands. All soups are meat-free, but some contain dairy. Priced from \$5.00 to \$18.00.

Sano Café 508-753-1896 232 Chandler St.
Seasonal and mostly organic café attached to the Living Earth grocery store. Menu includes sandwiches, wraps and burgers. Vegan brunch served on Sundays.

Shiraz 508-767-1639 259 Park Ave.
Armenian cuisine. Offers around 5 vegetarian dishes, including delicious falafel, baba ganoush, and hummus wraps. Prices range from \$6.25 to \$12.95.

Tortilla Sam's 877-EAT-SAMS 107 Highland St.
Mexican-American fare. Variety of chili, burritos, fajitas & Tofu Wings. **The unchicken fajitas are fantastic.** Take-out & delivery available. Priced from \$2.85 to \$8.95.

Udupi 508-459-5099 378 Maple Ave., Shrewsbury
All-vegetarian Indian fare. The chickpea curry and samosas hit the spot. Remember to ask for no dairy. Priced from \$7.95 - \$12.95.

Coffee Shops & Bakeries

Bagel Time 508-798-0440 194B Park Ave.
Fresh bagels, coffee and deli items. Features Toffutti non-dairy cream cheese. Often has vegan soup.

Bean Counter 508-754-3125 113 Highland Ave.
Locally owned coffee shop and bakery with many vegan baked goods. Grab a soy mocha and a vegan peanut-butter and chocolate chip cookie on your way to work.

The 'Q' Café 508-757-0411 362 Chandler St.
Great new vegan coffee shop and deli. A hip atmosphere with inexpensive fare. Have the barista build you a sandwich piled high with **soy cheese, vegan salami, egg-free mayonnaise, and veggies**. Prices around \$6.

Grocery Stores

ARTichoke Co-op 508-754-3125 800 Main St.
Worcester's best food co-op and Worcester's only **all vegetarian** grocery store! Mostly local and organic products. Buy in bulk to save!

The Living Earth 508-753-1896 232 Chandler St.
Locally-owned health food store with sizable vegan selection.

Find more veg-friendly places and read the blog at

VegWorcester.com