

██████████ \$ 1.1mi

Papa John's Pizza

Pizza, Italian

1754 Mount Hope Ave (Many other locations)
473-7000

The original pizza dough, the breadsticks and the regular pizza sauce are vegan. Cheese: the mozzarella contains vegetarian rennet; the parmesan contains animal rennet.

██████████ \$ 8.6mi

Pattaya Thai

Asian, Thai

1843 Penfield Road 383-6088

An entire page of the menu is devoted to vegetarian entrees. Try the Coconut lemon-grass soup.

██████████ \$ 2.0mi

The Pita Pit

Buffet, Deli

311 Alexander St (suite 100) 454-2510

1100 Jefferson Road (behind Krispy Kreme)

475-1040

Build your own pita with hummus, falafel, baba ganoush, etc. Open late. You can even order through their web site!

██████████ \$ 1.4mi

Sahara

Mediterranean

798 Clinton Ave South 442-4020

██████████ \$\$ 0.8mi

Savory Thyme Cafe & Catering

Cafe, Eclectic

220 Mount Hope Ave (corner of Hamilton St, near Flower City Glass) 423-0750

Takeout and catering only. Very veg*an friendly, with vegetarian and vegan items specifically noted on the menu.

██████████ \$ 2.3mi

Spot Coffee

Cafe

200 East Ave 613-4600

A few vegan wraps and pitas.

██████████ \$\$ 3.7mi

Sticky Lips Pit BBQ

Barbeque

625 Culver Rd 288-1910

Menu has a 'Vegetarian BBQ Dinners' section.

██████████ \$ 4.0mi

Tandoor of India

Asian, Chinese, Indian

376 Jefferson Rd 427-7080

Many vegetarian items can be made vegan upon request. Daily lunch buffet.

██████████ \$ 2.7mi

Wild Noodles

Asian, American, Italian

1635 E Henrietta Rd 427-0430

██████████ \$ 3.2mi

Yummy Garden

Asian, Chinese

579 Lake Ave. 647-1976

Key

█ **Vegan option:** contains virtually no ingredients of animal origin. (Vegan options also qualify as vegetarian.)

□ **Vegetarian option:** contains virtually no ingredients derived from animal flesh, but may contain products of animal origin (e.g., milk, eggs) or their derivatives.

🍷 **Discounts for UR students** through the "Rochester Every Day" (RED) program.

\$ **Prices:** \$ (inexpensive); \$\$ (mid-range); \$\$\$ (high end).

For **restaurants**, an "option" is an **entree**; for **cafes** it can be a **dessert**, **sandwich**, etc.

Approximate driving distances are measured from the UR River Campus.

Last modified 2007-06-22. Published by the University of Rochester Vegetarian Education Group (UR-VEG). For the latest updates, see <<http://urveg.org>>



Guide to Dining in Greater Rochester

██████████ \$ 1.9mi

Abundance Market Deli

Deli, Eclectic

62 Marshall Street (Inside Abundance Cooperative Market) 454-2667

Lots of freshly made wraps, burgers, and sandwiches are available at the deli at the front of the store. Seating and free wifi are available.

██████████ \$ 2.4mi

Abyssinia

Ethiopian

80 University Ave 262-3910

██████████ \$ 3.9mi

The Aja noodle company

Asian, Chinese, Japanese, Vietnamese, Thai

2602 Elmwood Ave (at 12 corners in Brighton)

244-1052

██████████ \$ 2.0mi

Aladdin's Natural Eatery

Mediterranean

646 Monroe Ave 442-5000

8 Schoen Pl, Pittsford 264-9000

██████████ \$ 2.2mi

Alexandria

Mediterranean

120 East Ave 232-6180

Few vegan options, but most vegetarian options can be made vegan.

██████████ \$ 4.4mi

Balsam Bagels

Bagels, Bakery

288 Winton Rd N 482-5080

Vegan options include 2 flavors of Tofutti cream cheese, vegan sausage, phyllo pocket (eggplant and roasted peppers) and a vegan chili. All the bagels except for the egg flavor are vegan. Most of the soups are vegetarian.

██████████ \$ 0.5mi

Bruegger's Bagels

Bagels, Bakery

1400 Mount Hope Ave (and various other locations)
442-4860

Many of the bagels are vegan (see ingredients lists on their website). For sandwiches, try the Hummus or Garden Veggie.

██████ 20.1mi

China Court

Asian, Chinese

6385 State Route 96, Victor (*Victor-Manchester Road*)
924-1930

Vegan options include mock meats. The sesame "chicken" is delicious!

██████ \$ 1.1mi

Dashen

Ethiopian

503 South Ave 232-2690

██████ \$ 2mi

Dogtown

American

691 Monroe Ave 271-6620

Gourmet veggie dogs, burgers and chili.

██████████ \$\$ 🌱 2.8mi

Esan Thai Restaurant

Asian, Thai

696 Park Ave 271-2030

Serves about 20 vegan entrees! The tofu dishes are exceptionally good.

██████████ \$ 1.39mi

Flavors of Asia

Asian, Chinese, Thai, Vietnamese

831 Clinton Ave S 256-2310

Owners are very accommodating; almost every entree can be made vegan. Try the Tofu Vegetable Soup and the Scallion Pancakes.

██████████ \$\$ 2.5mi

Golden Dynasty

Asian, Chinese

1900 Clinton Ave South (*Loehman's Plaza*) 442-6340

Has separate vegetarian menus for lunch and dinner. Many entrees!

██████████ \$\$ 15mi

Golden Phoenix

Asian, Chinese, Thai, Vietnamese

7323 Pittsford Palmyra Rd, Fairport 223-4539

Has separate vegetarian menus for lunch and dinner.

██████████ \$ 2.1mi

Golden Port Dim Sum

Asian, Chinese, Thai, Vietnamese

105 East Ave 256-1780

Besides the vegan entrees, many of the Dim Sum appetizers are also vegan.

██████████ \$ 🌱 2.1mi

House of Sushi

Asian, Japanese, Sushi

101 East Ave 546-2480

⚠️ *Some of the entrees are garnished with fish eggs unless you request otherwise.*

██████ \$ 2.0mi

Hunan Wok

Asian, Chinese

642 Monroe Ave 244-2550

██████████ \$\$ 🌱 1.6mi

India House Restaurant

Indian

998 Clinton Ave South 461-0880

7343 State Route 96, Victor 742-2359

██████ \$\$ 🌱 2.8mi

Jines Restaurant

Diner

658 Park Avenue 461-1280

Vegan options marked with a double-asterisk. Tofu scramble available by request.

██████████ \$ 1.6mi

John's Tex-Mex Eatery

Mexican

489 South Ave 232-5830

Very vegan-friendly.

██████████ \$ 2.3mi

K. C. Tea & Noodles

Asian, Chinese, Japanese

360 Park Ave 271-7880

The soups often contain chicken broth, but they'll happily substitute vegetable broth if you ask.

██████████ 4.0mi

The King & I

Asian, Thai

1475 E Henrietta Road 427-8090

██████ \$ 2.4mi

The Little Theatre Cafe

Cafe, Eclectic

240 East Ave 258-0403

Soups, salads, quiche and sandwiches.

██████████ \$ 3mi

Lori's Natural Foods Deli

Deli, Eclectic

900 Jefferson Road (*Inside Lori's Natural Foods*

Market) 424-2323

No in-store seating, but lots of freshly made wraps, burgers, and sandwiches are available at the deli at the front of the store.

██████████ \$\$ 2.0mi

Mex

Mexican, Southwestern

295 Alexander St 262-3060

Fillings for many entrees (enchiladas, tostados, etc.) include vegetables, tofu and seitan. Great vegan brownies, if you leave off the whipped cream.

██████ \$ 🌱 1.4mi

Ming III

Asian, Chinese, Thai

831 Clinton Ave South (*at Meigs Street*) 271-1120

Separate vegetarian menu section. Many entrees not specifically labeled as vegetarian come with the option of vegetables and/or tofu instead of meat.

██████ \$ 🌱 1.7mi

Ming's Noodles

Asian, Chinese, Japanese

1038 Clinton Ave South 244-0920

1132 Monroe Ave 271-7267

Has a separate vegetarian menu.

██████ \$ 🌱 0.5mi

Mykonos Express

Mediterranean

1330 Mount Hope Ave 271-5220

Some vegetarian entrees can be made vegan w/o cheese.

██████████ \$ 1.6mi

Natural Oasis Cafe

Cafe, Eclectic

288 Monroe Ave (*Inside the Natural Oasis Market*)

325-1831

All vegetarian; lots of vegan options. Sunday brunch from 10-3.

██████████ \$ 1.3mi

New Health Cafe

Cafe, Eclectic

133 Gregory St 301-4095

██████ \$ 1.1mi

Open Face Sandwich Eatery

American, Eclectic

651 South Ave 232-3050

At least one completely vegan option. Several vegetarian options can probably be made vegan w/o cheese.

██████████ \$ 8.9mi

Organic Alley

Cafe, Eclectic

7 Schoen Place, Pittsford 264-9150

Both a cafe and market. Very vegan-friendly.

██████████ \$ 1.4mi

Paola's Burrito Place

Mexican, Southwestern

1921 South Ave (*Corner of E. Henrietta*) 271-3655

A few vegan options. Vegetarian options can probably be made vegan w/o cheese or sour cream.