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VEGAN RETAILERS

Eternal Abundance Grocery | 1025 Commercial (Grandview) | 604-707-0088
eternalabundance.ca | Daily: 9am-9pm (Su: to 8pm)

Nice Shoes | 3568 Fraser @ E 19th (Riley Park) | 604-558-3000 | niceshoes.ca
Mo-Sa: 11am-6pm, Su: 12pm-5pm

Vegan Supply | vegansupply.ca | Online (See main section for retail store)

VEG-FRIENDLY RETAILERS

Bonjour Marketplace | 8496 Granville (Marpole) | 778-889-6865

Choices Markets | Abbotsford | Burnaby Crest | Burnaby Marine Way | Cambie Commercial Dr | Kelowna | Kerrisdale | Kitsilano | North Vancouver | South Surrey | Yaletown | choicesmarkets.com

Greens Market | 1978 W Broadway (Kits) | 604-568-3079 | greensmarket.ca

Earth Market | 1722 Davie (W/End) | 778-379-0200 | earth-market.com

Happy Veggie World | 13988 Cambie (Richmond) | 604-278-5519
happyveggieworld.com

Sustainable Produce Urban Delivery | 604-215-7783 | spud.ca

Whole Foods Markets | W 8th @ Cambie (Fairview) | Robson @ Bidwell (W/End)
W 4th @ Vine (Kits) | Main @ Marine (West Van) | wholefoodsmarket.com

VEGAN ONLINE ORDERING

Hooray Truffles | hooraytruffles.com

Vogue Cakes | vogucakes.com

PlantBase Food and Natural Products | plantbasefood.com

VEGAN PRODUCTS

craveconscious.ca | daiyafoods.com | fieldroast.com | gardein.com
glutenull.com | livinglotus.net | myvega.com | onedegreeorganics.com
silverhillsbakery.ca | veganyarn.com | zimt.ca

GET SOCIAL | meetup.com/MeatlessMeetup | meetup.com/VegVan

FARMERS MARKETS | eatlocal.org | bcfarmersmarket.org

CLASSES

chefsinner.com | feedlife.ca | feelgoodguru.com | platesforplants.com
synergynutrition.ca | lowimpactlab.com

CAUSES, FRIENDS & MORE

animalvoices.org | barnivore.com | eleanorboyle.com | ethicalelephant.com
furbearerdefenders.com | gomaapp.com | govegan.net | laura-leah.com
liberationbc.org | meatlessmonday.ca | mercyforanimals.ca
nutrispeak.com | nutritionfacts.org | plantfoodsouncil.org | pcrm.org
vancouverhumanesociety.bc.ca | vancouverislandvegan.com | veg.ca
theveganproject.ca | theveganrd.com

EARTHSAVE CANADA

A VANCOUVER-BASED REGISTERED CHARITY HELPING
PEOPLE CHOOSE FOODS THAT BENEFIT OUR HEALTH,
THE ENVIRONMENT, AND THE LIVES OF ANIMALS.

earthsave.ca/vegdirectory

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Why more Veg?

BETTER HEALTH

The World Health Organization has found that a diet low in animal products, while also higher in vegetables and fruit, was associated with a lower risk of heart disease, stroke, osteoporosis, type 2 diabetes, and various cancers. A plant-based diet rich in fiber, folic acid, and antioxidants is also associated with lower cholesterol, blood pressure and body fat. From children to seniors, a more plant-based diet is a safe and highly recommended way of preventing chronic disease and maintaining a healthy weight. **Prevention is the best prescription.**

A SUSTAINABLE FUTURE

We can make an incredible impact on the environment and slow global warming simply by eating lower on the food chain. It requires an average of 6kg of plant protein to produce 1kg of animal protein, and 100 times more water. The UN reports that animal agriculture is responsible for 14%-25% of global warming emissions worldwide, with cattle ranches and feed production accounting for over 70% of deforestation in the Amazon. The growing livestock sector is the largest source of water pollution worldwide. **The time to act is now.**

COMPASSION FOR ALL

A kinder diet is the key to saving billions of animals. Much like humans, dairy cows carry a single calf for 9 months. Kept almost constantly pregnant, the mothers are cruelly separated from their calves after birth, and later slaughtered when milk production slows. The egg industry destroys millions of male chicks each year as they are not considered profitable. Pigs are routinely subjected to treatment that would certainly be illegal if inflicted upon a cat or dog. **Don't all creatures deserve compassion?**

COMMUNITY & SOCIAL JUSTICE

More can be fed on a plant-based diet: over 70% of grains and soy grown in North America feed livestock, not people. Over 65% of the adult population worldwide have trouble digesting lactose (dairy). By always providing well-labeled plant-based options, we ensure that everyone is welcome at the table. **Plant-based is the most equitable menu there is!**

EARTHSAVE CANADA

Mailing: 170 - 422 Richards Street, Vancouver, BC V6B 2Z4
604-731-5885 | office@earthsave.ca

Canadian Registered Charity # 12995 4707 RR0001

earthsave.ca/donate

VEG DIRECTORY

Metro
Vancouver
& beyond
2017

Vegan + Vegetarian
restaurants, retailers & more



Earthsave Canada

SAVE THE EARTH ONE BITE AT A TIME

earthsave.ca

Summer 2017

V - vegan | VT - vegetarian
VF - veg-friendly | L - licensed | D - delivery
NEW - new additions | V* - some honey

DOWNTOWN / YALETOWN / WEST END

Culver City Salads - V | (Truck)
Hastings @ Thurlow (D'town)
culvercitysalads.com | 604-306-0383
Tu-Fr: 11:30am-2pm

Indigo Age Cafe - V | 436 Richards
(D'town) | 604-622-1797
indigoagecafe.com
Mo-Sa: 10am-8pm, Su: 12pm-4pm

***NEW* Jusu Juice Bar - V**
518 Davie (Yaletown) | jusubar.com
Mo-Fr: 7:30am-7pm, Sa-Su: 9am-6pm

Loving Hut Express - V | (Truck)
Pacific @ Davie (Y'town)
604-780-1029 | lovinghutvancouver.ca
Th-Sa: 11:30am-4pm (weather pending)

Vegan Pudding Co - V | (D'town)
422 Richards | 778-379-0545
veganpuddingco.com
Mo-Sa: 11am-7pm (no seating)

Zend Conscious Lounge - V, D (Y'town)
1130 Mainland | 604-801-6107
We-Mo: 10am-9pm | zendlounge.com

***NEW* Chickpea Food Truck - VT**
(D'town) 884 W Cordova | 778-385-2382
ilovechickpea.ca | Hours and location vary

***NEW* Lucha Verde - VT** | (W/End)
1326 Davie | 604-669-8620
Tu-Su: 5pm - late | luchaverde.com

MELU Juice & Health Bar - VT
1110 W Pender (D'town) | melujuice.com
778-379-6358 | Mo-Fr: 7:30am-7:30pm,
Sa-Su: 10am-5pm

GASTOWN / CHINATOWN

The Juice Truck - V | 604-719-8861
-200 Abbott (G'town) | Mo-Fr: 11am-4pm
***NEW* -1022 Mainland (Y'town)**
Opens May, 2017 | thejuicetruck.ca

***NEW* Kokomo - V** | 611 Gore (C'town)
heykokomo.ca | 604-428-6599
Mo-Fr: 7am-3pm, Sa: 9am-3pm

MeET in Gastown - V, L | 12 Water
(G'town) 604-688-3399 | meetonmain.com
Su-Th: 11am-11pm, Fr-Sa: 11am-12am

***NEW* Umaluma Gelato - V**
235 E Pender (Chinatown) | 604-559-5862
Su-Th 11am-9pm, Fri-Sat: 11am-11pm
umaluma.com | Opens July, 2017

***NEW* Vegan Supply Retail - V**
250 E Pender (C'town) | 604-428-0863
vegansupply.ca | Mon-We+Fr: 10am-7pm,
Th: 10am-8pm, Sa-Su: 10am-6pm

***NEW* Virtuous Pie - V, D** | 583 Main
(C'town) | virtuouspie.com | Mo-Th:
11am-10pm, Fri: 11am-11pm, Sa: 10am-
11pm, Su: 10am-10pm | 604-620-0060

EAST

***NEW* Chickpea - V** | 4298 Main
(Riley Park) 778-385-2382
ilovechickpea.ca | Opens summer 2017

Chomp Vegan Eatery - V, D
3586 Fraser (Riley Park) | 604-917-0201
chompveganeatery.com
We-Su: 11am-7pm

Eternal Abundance - V
1025 Commercial (Grandview)
604-707-0088 | eternalabundance.ca
Daily: 9am-9pm (Su: to 8pm)

Fairy Cakes - V | (Riley Park)
3586 Fraser | fairycakescupcakes.ca
604-442-9866 | We-Su: 11am-7pm

***NEW* Friendly SnackBar - V**
2408 Main (Riley Park) | 604-829-0219
Tu-Th: 10am-7pm, Fr-Sa: 10am-9pm,
Su: 10am-7pm, Tu-Su: 11am-9pm
friendlyvancouver.com

***NEW* Lupii Cafe - V** | 7743 Champlain
(K'mey) | lupii cafe.com | Mo-Fr: 10am - 3pm

MeET on Main - V, L | meetonmain.com
4288 Main (Mt Pleasant) | 604-877-1292
Daily: 11am-11pm (Fr-Sa: 12am, Su: 10pm)

***NEW* Panz Veggie - V, D** | (Riley Park)
3485 Fraser | 604-564-3485
Tu-Su: 11am-9pm | panzveggie.com

Vegan Pizza House - V, D (Kensington)
2119 Kingsway | veganpizzahouse.ca
604-248-5336 | Su-We: 3pm-10:30pm,
Th-Sa: 11am-10:30pm

The Acorn - VT, L | (Mt Pleasant)
3995 Main | theacornrestaurant.ca
604-566-9001 | Daily: 5:30pm-late,
Brunch Sa-Su: 10am-2:30pm

***NEW* The Arbor - VT, L** | (Mt Pleasant)
3941 Main | thearborrestaurant.ca
604-620-3256 | Daily: 11am-12am

Bandidas Taqueria - VT, L
2781 Commercial (Kensington)
604-568-8224 | bandidastaqueria.com
Su-Th: 9am-12pm, Fr-Sa: 9am-1am
NEW food truck, hours + location varies

Best Quality Sweets - VT | (Sunset)
7260 Main | Daily: 9am-8:30pm

The Black Lodge - VT, L | (Mt Pleasant)
630 Kingsway | blacklodgerestaurant.com
604-620-7070 | Daily: 5:30pm-12am
(Th: to 1am, Fr-Sa: to 2am)

Budgie's Burritos - VT, L | 44 Kingsway
(Mt Pleasant) | 604-874-5408
budgiesburritos.com | Daily: 11am-12am

Café Deux Soleils - VT, L | (Grandview)
2096 Commercial | cafedeuxsoleils.com
Mo-Fr: 8am-12am, Sa-Su: 9am-12am

Café Du Soleil - VT | 1393 Commercial
(G'view) | Mo-Fr: 8am-4pm, Sa-Su: 9am-5pm

Chau Veggie Express - VT, L | (Kensington)
5052 Victoria | 604-568-9508
chowatchau.ca | Tu-Su: 11am-9pm

Deserts on the Drive - VT
905 Commercial (Grandview)
604-568-0776 | Daily: 11:30am-10pm

Doan's Craft Brewing - VT | 604-559-0415
1830 Powell (G'view) | Mo-Th: 2pm-9pm,
Fr: 2pm-11pm, Sa: 12pm-11pm, Sun:
12pm-9pm | doanscraftbrewing.com

Lotus Seed - VT | (Renfrew) | lotusseed.ca
180-3665 Kingsway | 604-431-7789
Daily: 11am-9pm (8pm in winter)

Po Kong Vegetarian Restaurant - VT
1334 Kingsway (Kensington)
604-876-3088 | Daily: 10:30am-9/9:30pm
pokongvegetarian.ca

***NEW* Sun Bo Kong Vegetarian - VT**
1363 Kingsway (Kensington)
Daily: 11am - 9pm | 604-255-8927
sunbokong.com

Sweet Cherubim Restaurant - VT
1105 Commercial (Grandview)
604-253-0969 | sweetcherubim.com
Daily: 10am-10pm (Su: from 11am)

Vancouver Veggi Pizza - VT, D
7229 Main (Sunset) | 604-327-4445
Daily: 4pm-11pm (Fr-Sa: to 12am)

Veggiebowl - VT | 2222 Kingsway
(Kensington) | 604-620-7672
We-Mo: 11am/12pm-8pm/9pm

WEST

3G Vegetarian - V | (South Cambie)
3424 Cambie | 3g-Veg-restaurant.com
604-568-9008 | Daily: 11am-9:30pm

Dharma Kitchen - V, L | (Kits)
3667 W Broadway | 604-738-3899
dharmaikitchen.ca | Daily: 12pm-10pm

Edible Flours - V, D | edibleflours.ca
2280 W Broadway (Kits) | 604-734-8351
Tu-Sa: 10am-6pm, Su: 11am-4pm

***NEW* The Green Moustache - V**
3607 W 4th Ave (Kits) | 778-379-4433
greensemoustache.com | Daily: 9am-6:30pm

The Juice Truck (Cafe) - V
28 W 5th (Kits) | thejuicetruck.ca
604-719-8861 | Mo-Fr: 7:30am-6pm,
Sa-Su: 10am-4/5pm

Jusu Juice Bar - V
1867 W 1st (Kits) | jusubar.com
Mo-Fr: 7:30am-6pm, Sa-Su: 9am-6pm

***NEW* Chau Veggie Express - VT**
1689 Johnston (G/Island) | 778-379-9508
chowatchau.ca | Daily: 9am-7pm

Heirloom Juice Co - VT | (Fairview)
2861 Granville | heirloomjuiceco.ca
604-730-0022 | Daily: 7am-7pm

Heirloom Vegetarian - VT, L | (Fairview)
1509 W 12th | heirloomrestaurant.ca
604-733-2231 | Daily: 9am-late

***NEW* Josie Ours Taiwan - VT, L**
2708 West 4th (Kits) | 604-742-1717
josietaiwan.com | Tu-Su: 5pm-10pm

The Naam Restaurant - VT, L
2724 W 4th (Kits) | 604-738-7151
thenaam.com | Daily: Open 24hrs

***NEW* Olive and Ruby Cafe - VT**
2839 W Broadway (Kits)
604-801-9600 | oliveandrubycafe.com
Mo-Fr: 8am-10pm, Sa-Su: 9am-7pm

Planet Veg Restaurant - VT
1941 Cornwall (Kits) | 604-734-1001
Daily: 11am-10pm (8pm in winter)

Sejuiced - VT | 1958 W 4th (Kits)
604-730-9906 | sejuicedvancouver.com
Daly: 9am-8pm (Su-Mo: to 6pm)

Tera V Burger - VT, D | 2961 W Broadway
(Kits) | 604-336-3575 | teravburger.com
Daily: 11:30am-8/9pm

***NEW* Turf - VT** | 2041 W 4th (Kits)
ourturf.com | 604-428-9970
Daily: 7am-9pm

UBC Sprouts & UBC Seedlings - VT
6138 SUB Blvd & 6371 Crescent (UBC)
Mo-Fr: 9:30am-4pm

NORTH VANCOUVER

Buddha-Ful - V* | D | buddha-full.ca
-106 W 1st | Daily: 8am-8pm
604-973-0231
NEW - 2120 Dollarton | Opens Spring 2017

***NEW* Gaia Ma Food Truck - V**
gaiamafoods.com | Hours/location varies

Nut Tree Cafe - V | nuttree.ca
2114 Old Dollarton | 604-990-8885
Mo-Fr: 8am-7pm, Sa-Su: 9am-5pm

Tao Organics Cafe - V
210-150 W Esplanade | 604-971-5108
taoorganics.com | Daily: 8am-8pm

***NEW* Two Daughters Bakeshop - V**
121 E 1st | twodaughtersbakeshop.ca
604-836-2229 | Mo-Fr: 10am-6pm,
Sa-Su: 10am-4pm

The Workshop Vegetarian Cafe - VT
296 Pemberton | 604-973-0163
Mo-Sa: 8am-6pm | theworkshopvegetariancafe.com

WEST VANCOUVER

***NEW* The Good Karma Cafe - VT**
6750 Keith Rd (Ferry) | 604-922-2203
Mo-Th: 6:30am-8:30pm, Fr-Su: 5:30am-9:30pm

ABBOTSFORD & LANGLEY

Gypsy Trunk - V, D | (truck)
604-340-6015 | gypsypassionproject.com

***NEW* Veggie Bob's Comfort Food**
V | 9044 Glover (Fort Langley)
604-888-1223 | veggiebobs.ca
Tu-Su: 11am-8pm (Fr + Sa to 9pm)

Delta Pizza & Vegetarian Delite Bakery - VT, D | 2610 Cedar Park (Abbotsford)
604-746-3737 | Daily: 9am-7pm

BURNABY

Paradise Vegetarian Noodle House
V | 8681-10th | 604-527-8138
Tu-Sa: 12pm-9pm

The Ladle - VT | SFU's MBC Food Court
Mo-Fr: 10am-4pm (to 5pm in the fall)

COQUITLAM

***NEW* Nulife Living Food Cafe - V**
108-2957 Glen | 778-807-7292
livingfoodcafe.com | Daily: 9am-5pm

RICHMOND

4 Stones Vegetarian Cuisine - VT
7771 Westminster Hwy | 604-278-0852
Tu-Su: 11am-10pm

Veggie Bunch Restaurant - VT, D
6611 Buswell | 778-297-6380
We-Mo: 11am-8:30pm

SURREY

Akal Veggies - VT | 12788 - 76A
604-592-2223 | Th-Tu: 11am-9pm

GNJ Vegetarian Bistro - VT | 7310 120th
778-565-2020 | gnjvegetarianbistro.com
Daily: 11am-9pm (Mo: 12pm, Fr-Sa: 10pm)

Mahek Chaat House - VT | 8556-120th
604-597-3835 | We-Mo: 11:30am-9pm

Vancouver Veggie Pizza - VT, D
8140-128th | 778-565-3200
Tu--Su: 4pm-10pm

Vege Garden Pizza - VT, D | 604-507-3003
8383a-128th | Daily: 10am-11pm

Vegetarian Delite Bakery - VT
13140-80th | Daily: 10am-7pm



Make friends with the complete, searchable directory
earthsavve.ca/vegdirectory
(hours may change, phone ahead or check online)

ASHCROFT

***NEW* The Secret Garden - VT**
322 Railway | 250-453-9009

HOPE

***NEW* Jungle Juice Co - VT** | 604-869-3363
259A Wallace | junglejuicecompany.com
Mo-Fr: 7am-7pm, Sa: 9am-6pm, Su: 9am-5pm

PRINCETON

***NEW* Cool Bean Coffee House - VT**
136 Taptown | 250-295-6224
Mo-Fr: 7am-5pm, Sa: 8am-4pm

PENTICTON

***NEW* Pure Gym & Juicery - VT** |
21 W Lakeshore | 778-476-5746
Mo-Fr: 7am-7pm, Sa-Su: 8am-4pm

KELOWNA

***NEW* Bare Taco - V** | 515 Bay
250-575-8577 | Mo-Th & Sa: 11am-
6:30pm, Fr: 11am-4pm, Su: 12pm-4pm

***NEW* Gratitude Cafe - V** | 585 Osprey
778-478-9090 | gratitudecafe.ca
Tu-Sa: 11:30am-7pm

***NEW* Naked Cafe - V** | 571 Lawrence
nakedcafekelowna.com
Daily: 9am-9pm | 778-484-5640

***NEW* King's Vegetarian - VT**
Kelowna Farmer's Market | 250-860-7268
We+Sa: 8am-1pm (Ap-Oct)
kingsvegetarianfood.com

***NEW* Lake Tai - VT** | 1958 Kirschner
778-478-9931 | @LakeTaiVegetarianRestaurant
Mo-Fr: 11am-9pm, Sa-Su: 12:30am-9pm

NELSON

***NEW* Appy Cafe - V** | appycafe.com
4596 Crescent, Hwy 3A | 250-551-3017
Fr-Su: 11am-7pm

***NEW* How Shang Shway Teahouse - VT**
112 Vernon | 250-352-5266
Tu-Fr: 11am-6pm

***NEW* Jagannatha Express - VT**
660 Baker | 250 354-1084
Daily: 8am-4/7pm | jagannathaexpress.ca

***NEW* Kootenay Bakery Cafe - VT**
377 Baker | kootenaybakerycafe.com
250-352-2274 | Mo-Sa: 7:30am-6pm

SALT SPRING ISLAND

***NEW* Morningside Cafe - V** | (Fulford)
107 Morningside | morningsideorganic.com
250-653-4414 | Daily: 9am-7pm

SICAMOUS

***NEW* Mighty Melon Food Truck - V**
1330 Maier | 250-938-0382
Mo-Su 9am-6pm

SPENCES BRIDGE

***NEW* Monkey in the Garden - VT**
8820 Highway 8 | 250-458-2420
Daily: 10am-8pm (May-Sept. only)

SQUAMISH

***NEW* The Green Moustache - V**
38114 2nd | 604-898-1134
Mo-Sa: 8am-5pm, Su: 11am-5pm

ISLAND (VICTORIA)

Cafe Bliss - V* | D | 556 Pandora
250-590-5733 | cafebliss.ca | Daily: 11am-6pm

Green Cuisine - V
560 Johnson | 250-385-1809
greencuisine.com | Daily: 10am-8pm

Lotus Pond Restaurant - V
617 Johnson | 250-380-9293
Tu-Su: 11:30am/12pm-3pm & 5pm-8/9pm

Power House Living Foods - V
3671 Uptown Blvd | 778-265-3893
powerhouseliving.ca
Daily: 10am-6pm (We-Sa: to 8pm)

Pure Lovin Chocolate - V
102-3 Fan Tan Alley | 250-590-0414
purelovinchocolate.com
Daily: 11am-6pm (Su: to 5pm)

Rawthentic Eatery - V, D | 778-432-4800
4440 W Saanich | Mo-Fr: 8am-8pm,
Sa: 9:30am-7:30pm, Su: 10am-6pm

***NEW* Vegan Hippie-Chik Cafe - V**
1034 Fort | veganhippiechick.com
778-265-8224 | Mo-Sa: 10am-5pm

***NEW* The Very Good Butchers - V**
1701 Douglas | verygoodbutchers.com
250-465-1542
Mo-Sa: 10am-6pm, Su: 11am-5pm

Be Love - VT, L, D | 1019 Blanshard
778-433-7181 | belovedrestaurant.ca
Su-Th: 11am-9:30pm, Fr-Sa: 11am-10pm

Venus Sophia - VT | 540 Fisgard
250-590-3953 | venussophia.com
We-Su: 11am-6pm

ISLAND (NANAIMO)

Power House Living Foods - V
Daily: 10am-6pm | powerhouseliving.ca
-200 Commercial | 250-591-7873
-6560 Metral | 250-933-3733

Rawmbas - VT | 6581 Aulds
250-933-1729 | rawmbas.ca
Mo-Sa: 7am-5pm, Su: 9am-5pm

ISLAND (DUNCAN)

***NEW* Cafe La Vie - V** | 171 Canada
250-597-8168 | Mo-Sa: 8am - 6pm

Power House Living Foods - V
177 Kenneth | 250-732-9366
powerhouseliving.ca | Daily: 10am-6pm

***NEW* Duncan Garage Cafe - VT**
330 Duncan | 250-748-6223
Mo-Sa: 7am-6pm, Su: 8am-5pm

ISLAND (OTHER)

The Bandwagon Food Truck - V
(Denman Island + Comox Valley)
604-665-1796 | Hours and location vary

Rawthentic Eatery - V, D | (Courtenay)
407b-5th | 250-338-0571 | Mo-Fr: 8am-
6:30pm, Sa: 9am-6:30pm, Su: 10am-5pm

Earth Mama - VT | 150 - 4th (Tofino)
earthmamalove.com | We-Su: 10am-4pm

Teaz Me Teas - VT | 4662 Margaret
(Port Alberni) | 778-421-0899
Tu-We: 10:30am-8pm, Th-Sa: 10:30am-9pm