

Support the Toronto Vegetarian Association (TVA)

Donation \$20 \$50 \$100 \$ _____

With an annual donation (minimum \$20) you will receive a tax receipt, *Lifelines* and the opportunity to purchase our Discount Card. *Please note:* TVA does not issue membership cards.

Vegetarian Discount Card Only available to those who make a minimum \$20 donation. Not sold separately.

1 card, additional \$20 2 cards, additional \$35 Total \$ _____

cheque VISA MasterCard Signature _____

Card # Exp. date ____ / ____

Name (please print) _____

Address _____ City _____ Postal Code _____

Phone (_____) _____ — _____ Email _____

You can now renew on-line at veg.ca

Ordering (postage paid)

- \$33.50 Becoming Vegetarian
- \$28.50 Becoming Vegan
- \$8 Getting Started Series (three 16-page books of recipes, tips and nutritional info.)

Prices include postage and GST.

Interested in volunteering?

- Yes! Maybe — tell me more
- Sorry, no time

Would you like information about monthly giving?

- Yes, send me more information
- Not right now, thank you

Please send me periodic emails about events, restaurants and news.

Tax receipts will be issued for the full amount of your donation. Discount cards are not eligible for tax receipts. Please allow 3 or 4 weeks for processing. Charitable #11926 7532 RR0001. We do not sell or exchange our mailing list.

Discount List

TVA Discount cardholders get great savings when dining and shopping at the following places. Changes are in bold. For a full discount list, complete with descriptions, see veg.ca/discounts

VEGETARIAN RESTAURANTS AND CAFÉS

Annapurna 5%	1085 Bathurst St.	416-537-8513
The Annex HodgePodge 5%	258 Dupont St.	416-513-1333
Ayurveda Vegetarian Cooking 10%	North York	416-434-0180
Buddhist Vegetarian Kitchen 10%	3290 Midland Ave., #9	416-292-7095
Bo De Duyen 10% (Closed while they prepare their new location.)	1999 Dundas St. W.	416-703-1247
Fresh by Juice for Life 15% (Take-out excluding baked goods)	147 Spadina Ave.	416-599-4442
	894 Queen St. W.	416-913-2720
	326 Bloor St. W.	416-531-2635
Full Moon 5% (\$10 min)	638 Dundas St. W.	416-203-1210
Natural Bakery & Café 10%	460 Bloor St. W.	416-534-1294
King's Café 10%	192 Augusta Ave.	416-591-1340
Le Commensal 7% (\$9 min)	655 Bay St.	416-596-9364
Lotus Pond 10%	3838 Midland Ave.	416-412-3140
M & B Yummy 10% , 15% cakes	1263 Queen St. W.	416-516-2798
Pulp Kitchen 10%	898 Queen St. E.	416-461-4612
Pure Vegetarian Restaurant 10%	668 Dundas St. W.	416-815-7676
Simon's Wok Vegetarian Kitchen 10%	797 Gerrard St. E.	416-778-9836
Sunny Café (inside Noah's) 10%	322 Bloor St. W.	416-963-8624
The Big Carrot Deli 10% (weighed items)	348 Danforth Ave.	416-466-2129
Udupi Palace 10%	1460 Gerrard St. E.	416-405-8189
Vegetarian Haven 10% (5% credit cards)	17 Baldwin St.	416-621-3636

RESTAURANTS AND CAFÉS WITH VEGETARIAN OPTIONS

Ambasale Ethiopian Restaurant 10%	1334A Danforth Ave.	416-469-0888
Bombay Palace 15%	71 Jarvis St.	416-368-8048
By the Way Café 10%	400 Bloor St. W.	416-967-4295
Café Next Door		NOW CLOSED
Indian Flavour 10% (M.-Sat. dinner buffet)	123 Dundas St. W.	416-408-2799
Kama 15%	214 King St. W.	416-599-5262
Laila 10%	553 Bloor St. W.	416-588-0199
Le Café Vert 10%	946 Queen St. E.	416-778-1313
Magi Oven 10%	788 Broadview Ave.	416-466-0111
	127 Jefferson Ave.	416-539-0555
	270 Dupont St.	416-928-1555
	798 Danforth Ave.	416-462-0333
	6 Wellesley St. W.	416-929-7888
Papaya Island 10%	513A Yonge St.	416-960-0821
Queen of Sheba 15%	1051 Bloor St. W.	416-536-4162
Rikishi 10%	833 Bloor St. W.	416-538-0760
Sage Café & Catering 10%	166 McCaul St.	416-340-7345
Tov-Li Pizza & Falafel 10% (\$5 min)	5982 Bathurst St.	416-650-9800

NATURAL FOOD STORES

Baldwin Naturals 5%	16 Baldwin St.	416-979-1777
Daya Health Foods 10%	8236 Yonge St.	905-881-0454
Don Valley Health Foods 10%	3060 Don Mills Rd.	416-491-5160
Essence of Life 10% (bulk and produce)	50 Kensington Ave.	416-506-0345
Etherea Natural Foods 10%	1151 Davenport Rd.	416-916-1894
Evergreen Natural Foods 5%	161 Roncesvalles Ave.	416-534-2684
	513 St. Clair Ave. W.	416-536-2932
Health Valley 5- 10%	390 Bloor St. W.	416-963-9695
Kosher Food Warehouse 10% (bulk items)	75 Doncaster Ave. (Thornhill)	905-764-7575
Natural Life Health Mkt 10% (not on produce)	7700 Bathurst St. (Thornhill)	905-707-3350
Nature's Loft Bulk & Nat. Foods 10% (most items)	205 Don Head Village Blvd. (Richmond Hill)	905-737-1661
Noah's Natural Foods 10% (not on produce)	322 Bloor St. W.	416-968-7930
	2395 Yonge St.	416-488-0904
	667 Yonge St.	416-969-0220
	9121 Weston Rd. (Vaughan)	905-850-2873
Olive Tree 10%	366 Bloor St. E.	416-920-5003
Optimum Natural Foods 5%	2146 Queen St. E.	416-693-5328
Organic Abundance 5%	3066 Bloor St. W.	416-234-5258
Sugar & Spice 10%	265 Augusta Ave.	416-593-1664
Sunrise Health Foods 10%	5 Roslin Ave.	416-487-1210
Taste of Nature 10%	380 Bloor St. W.	416-925-8102
The Health Shoppe 10% (\$10 min)	1375 Yonge St.	416-968-1225
The Natural Food Depot 10% (bulk and produce)	2075 Lawrence Ave. E.	416-640-0234
The Source Health Foods 10%	3887 Don Mills Rd.	416-497-2270
Veggie Paradise 10%	5915 Atlantic Dr #1, Mississauga	905-362-2388

COOKING AND FOOD PREP CLASSES

Ayurvedic Indian Vegetarian Cooking 10%	• www.indiancooking.ca	416-593-7546
Get Healthy! Resource Centre 10%	Newmarket, www.hacres.ca/gethealthy	905-853-7014
Healthy Gourmet Indian Cooking 10%	• Oakville, www.hgic.ca	905-842-3215
Macrobiotics Plus 10%	• Group and personalized classes	416-964-8885

VACATION SPOTS

Cozy Corners Veggie B&B 10%	• www.cozycornersveggiebb.com	519-925-1919
Hidden Valley Farm 10%	• www.hiddenvalleymarket.com	1-888-624-0315
Hotel Lands in Love 10%	• Costa Rica, landsinlove.com	408-351-2656
Maple Ki Forest 5%	• www.mapleki.com	613-379-2227
New Life Retreat 7%	• www.newlifetreat.com	613-259-3337
The Roosters Inn 10%	• torontobandb.com	905-986-9843
Sahayoga 5%	(near Belleville) • sahayoga.com	613-471-1000
Shanti B&B and Yoga Retreat 10%	• www.shantiretreat.ca	613-471-1662
Spirit of the Earth 5% , 10%	• www.thelivingcentre.com	519-652-0230
Sugar Ridge 5% retreats	• www.sugarridge.ca	1-866-609-1793
Thirteen Moons Retreat for Women 10%	• www.thirteenmoons.ca	705-652-9329

OTHER STORES AND SERVICES

Active Yoga - Bikram Method 10% (activeyoga.ca)	2281 Dundas St. W.	416-538-1628
Fertile Ground Bookstore, 10% enviro books, 11 Irwin Ave.		416-964-0161
Jivamukti Yoga 10% (jivamuktinyoga.ca) ... 5 Shuter St.		416-530-0039
Kim Simons, PTS (personal trainer) 10% , vegitfiness@gmail.com		647-200-5423
Left Feet (www.leftfeet.ca) 10%	88 Nassau St.	416-360-5338
LPK's Culinary Groove 10%	718 Queen St. E.	416-461-6440
Moksha Yoga 10% classes		
Nine locations in the GTA including: Danforth, downtown, Bloor West, Uptown, Richmond Hill and Vaughan. (www.mokshayoga.ca)		
Moonbean Coffee Company 10% (beans) 30 St. Andrews St.		416-595-0327
Off The Cuff 11%	5 Broadway Ave.	416-489-4248
Pure + Simple 10% (www.pureandsimple.ca) ... 4 locations		647-841-8260
Snow Lion 10%	708 Page Ave.	416-461-1611
Sweets From The Earth complimentary box of cookies with an order of 10" cake (www.sweetsfromtheearth.com)		
Toronto Vegetarian Association (TVA) 10% (books and other merchandise)		

Note: Please present a valid discount card when ordering.

Discounts apply to vegetarian foods only, and may exclude specials and alcohol. Cannot be used in conjunction with other discount offers. Some places may restrict cardholders from making purchases for others, and some may require a minimum purchase.

AFFILIATE PROGRAM

A new way to help TVA. See veg.ca/shop for more information.

- >> **Amazon.com** TVA receives a referral fee for any book sales that are initiated from veg.ca (amounts to around 5 per cent).
- >> **Downbound.com** (vegetarian shopping) Click on a link from veg.ca and TVA will receive 10 per cent of your purchase dollars for a year.