

Vegetarian Directory



Restaurants & Cafes

Descriptions are provided by the places listed. All are smoke-free, although some allow smoking outside. Restaurants with full service or fancy buffets have an R symbol, while casual eateries have a C symbol.

A-1 Sweets & Restaurant – closed Mon k
3300 McNicoll Ave (e. of McCowan), 416-299-9424

Alternative Grounds Coffeehouse & Roastery – k o c
333 Roncesvalles Ave, 416-534-5543
Freshly-roasted, certified organic, fair trade coffees and teas. Light lunches and desserts. Wholesale inquiries welcome! www.alternativegrounds.com

Ambale Ethiopian Restaurant – open late L d
1334A Danforth Ave (e. of Greenwood), 416-469-0888

Annapurna – hours vary k c d
1085 Bathurst St (s. of Dupont), 416-537-8513
Serving healthy, vegan/vegetarian South Indian and macrobiotic dishes since 1974. Soy, yogurt, fruit shakes, juices, our popular chai and desserts.

Bombay Palace – L d
71 Jarvis St (n. of King), 416-368-8048

Buddha's Vegetarian Restaurant – k
666 Dundas St W (e. of Bathurst), 416-603-3811
Chinese cuisine – gluten, noodles, rice, etc. Limited seating. Open 11am - 9pm or until the last person has finished. Closed Tuesdays.

Buddhist Vegetarian Kitchen – c d
3290 Midland Ave #9 (n. of Finch), 416-292-7095

Butler's Pantry Cafe – open late k L
591 Markham St, www.butlerspantry.ca, 416-535-9868
371 Roncesvalles Ave, 416-537-7750

Brar Sweets (Indian) – k
2646 Islington Ave (at Albion Rd), 416-745-4449
199 Advance Blvd (at Dixie), Brampton, 905-799-1625
755 Dundas Ave W (at Wolfedale), Miss., 905-848-3933

Cafe 668 Vegetarian Rest. (pan-Asian) – L
885 Dundas St. (at Claremont), 416-703-0668

Camros Organic Eatery – Mon-Fri O
25 Hayden St, www.camroseatery.com, 416-960-0723
Renowned selection of satisfying 100% organic vegetarian dishes and salads with aromatic Persian influence.

Camros Organic Eatery (at CCNM) – Mon-Fri O
1255 Sheppard Ave E, at Leslie subway, 416-960-0723

Commensal – k o L c d
655 Bay St (n. of Dundas, enter on Elm), 416-596-9364
Buffet of over 100 exotic and traditional dishes. A great place to eat deliciously and inexpensively. Breakfast café open from 7am. www.commensal.ca

Vegetarian Buffet from Around Our World
655 Bay St. at Elm St.
416-596-9364

Daily Apple Centre – k O
35 Lytton Blvd (at Duplex), 416-899-1990
Vegan meals, snacks, catering & classes – real food...great fun. www.dailyapple.ca

Free Times Cafe – open late o L c
320 College St (w. of Spadina), 416-967-1078
Lots of vegetarian options, vegetarian buffets and hors d'oeuvres for parties. Home made with fresh market produce. Middle eastern, Jewish and Canadian cuisine. New: Fair trade organic coffee.

Fresh on Bloor – open late k o L c d
326 Bloor St W, www.freshrestaurants.ca, 416-531-2635
Located steps from Yorkville, the Royal Ontario Museum, U of T and Chinatown. Award-winning boutique chain of vegetarian restaurants with two national best-selling cookbooks and a third just-released this year. Innovative, healthy and colourful dishes inspired by cuisines from around the world. Extensive gourmet juice bar with fresh squeezed fruit and vegetable juices, power shakes and energy elixirs. A favourite haunt for visiting celebrities. Weekend vegan brunch specials. Open 7 days a week until 10:30pm. Biodegradable take-out containers.

The Annex HodgePodge – d
258 Dupont St (e. of Spadina), 416-513-1333

Bacchus Roti – open late L c
1376 Queen St W (w. of Dufferin), 416-532-8191

The Beet Organic Café & Market – k o L
2945 Dundas St W (w. of Keele), 416-916-2368

The Big Carrot Café – O c d
348 Danforth Ave (Chester subway), 416-466-2129
Newly-renovated cafe inside a natural food market. Wide range of organic dishes sold by weight. Seating limited. TVA discount applies to the cafe's daily soup and weighed items.

The Big Carrot Organic Juice Bar – O c
348 Danforth Ave (Chester subway), 416-466-2129 x231
Freshly-squeezed organic juices, coffee, salads, sandwiches and ice cream. Located at the front of Carrot Common. Newly renovated!

- Vegetarian
- Vegan or can be
- k – kid friendly
- O – organic emphasis
- o – some organic

- Restaurant
- Cafe/Take-out
- L – licensed (beer/wine)
- c – wheelchair accessible
- ç – washrooms accessible

- Food store
- ★ – Special place
- d – discount for TVA cardholders
- etc – on a map

Fresh on Crawford – open late k o L c d
894 Queen St W, www.freshrestaurants.ca, 416-913-2720
Award-winning location for architectural design and wheelchair accessibility featuring the same colourful and diverse menu as Fresh on Bloor and Fresh on Spadina. Beautiful full-service garden patio at s.w. corner of Trinity Bellwoods Park in the West Queen West gallery and loft district. Open 7 days a week until 10:30pm. Biodegradable take-out containers.

Fresh on Spadina – k o L c d
147 Spadina Ave, www.freshrestaurants.ca, 416-599-4442
Located in the fashion district, close to the Scotia-bank movie theatre, Four Seasons Opera Centre, Royal Alexandra theatre and major hotels. Innovative, healthy and colourful dishes inspired by cuisines from around the world. Gourmet juice bar, power shakes and energy elixirs. Weekend vegan brunch featuring fresh-fruit granola, pancakes, tofu scramble and breakfast burritos. Patio. Open 7 days a week until 9pm. Biodegradable take-out containers.

Fressen – open late O L c
478 Queen St W (w. of Spadina), 416-504-5127
Modern American Herbivorous Cuisine. Imaginative creations and succulent sauces combine with an inviting atmosphere and a great wine list to provide vegans with an urban oasis. The tapas-style menu allows guests to sample a variety of dishes. Open daily for dinner at 5:30pm and also offering Toronto's best vegan weekend brunch, 10am-3pm.

fressen

478 Queen St. W. Toronto

416-504-5127

modern herbivorous cuisine

Full Moon Vegetarian Restaurant – k L c d
638 Dundas St W (at Denison), 416-203-1210
Over 90 delicious vegan Asian dishes! Closed Wed.

Get Real! Café – closes early o c
135 Ossington Ave, www.getrealcafe.com, 416-532-4564
Internationally inspired homestyle cooking with a gourmet flare. Vegan soups and entrees, eclectic salads, grilled sandwiches, organic coffees. Cozy, casual garden patio. Weekend brunch.

Get Real!

Café

the art of eating well



Golden Thai Restaurant – open late L c
105 Church St (at Richmond), 416-868-6668

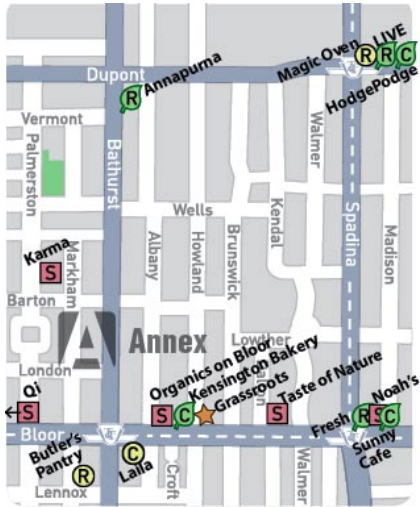
Gourmet Vegetarian Restaurant – open late k o c
280 West Beaver Creek Dr, Richmond Hill, 905-886-0680
Chinese regular vegetarian dishes.

Graceful Vegetarian Restaurant – late k c
7131 Kennedy Rd, www.agveg.ca, Markham, 905-479-8381

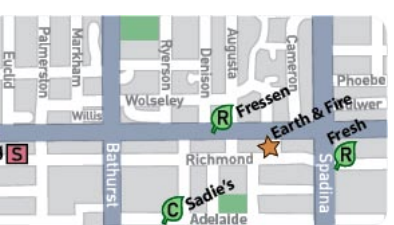
Green Earth Vegetarian Cuisine
385 Broadview Ave (n. of Gerrard), 416-778-9199
Pure multi-ethnic vegan cuisine at an affordable price. Open Mon-Sat 11am-9pm, Sun 2pm-8pm.

Gurulukshmi – hours vary
2555 Erin Centre Blvd #3, Mississauga, 905-803-8310
South Indian cuisine. Crowded on weekend nights.

Healthy Vegetarian Restaurant – k o c
3203 Dufferin St (n. of Lawrence), 416-780-1688



Il Forno – open late L
Nine locations across the GTA, including 1560 Yonge St 416-920-7347, Bayview Village 416-227-1271, 576 Danforth Ave 416-466-2931, Queen's Quay Terminal 416-861-1028. (Also see maps and)
Our delicious Alternative Menu offers wheat-free, meat-free, lactose-free, yeast free and gluten-free dishes. Speltz pizza crust, gluten-free pasta and pizza crust. Alternative cheese choices include soy cheese, goat cheese or sheep's feta. Please see our website for more info: www.ilforno.com or call 416-920-9410.



Hibiscus – closes early o
238 Augusta Ave (s. of College), 416-364-6183

Jean's Vegetarian Kitchen – c
1262 Danforth Ave (at Greenwood), 416-778-1388

Karine's Vegetarian & All Day Breakfast
113 McCaul St (Village by the Grange), 416-591-0863

Kensington Natural Bakery & Cafe – L d
460 Bloor St W (e. of Bathurst), 416-534-1294

King's Cafe – k c d
192 Augusta Ave (s. of Baldwin), 416-591-1340

Komala's Restaurants – k c
5651 Steeles Ave E Unit 1 (at Middlefield), 416-913-5898
Pure Indian vegetarian restaurant. www.komalasweb.com

Laila – open late L d
553 Bloor St W (e. of Bathurst), 416-588-0199

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Note: See part 2 for catering, meal delivery, organic markets, cooking classes, vacations, and more.



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Toronto, Ontario M5T 1L1
416.544.9800, Fax: 416.544.9094
veg.ca

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LIVE - Organic Food Bar - O L
264 Dupont St (at Spadina), 416-515-2002
Open daily. www.livefoodbar.com



live
organic food bar

- Fresh Vegan Cooked & Raw Food
- Gourmet • Gluten-free options
- Sinless Sugar-free Desserts
- Patio • Catering available • L.L.B.O

Lotus Pond Vegetarian Restaurant - c d
3838 Midland Ave, #121 (s. of Steeles), 416-412-3140

M & B Yummy - Classic Ethiopian food! - d
1263 Queen St W (at Brock), 416-516-2798

Magic Oven - open late o L d
270 Dupont St (at Spadina), 416-928-1555

6 Wellesley St W (w. of Yonge), 416-929-7888

360 Queen St E (at Parliament), 416-703-3555

798 Danforth Ave (e. of Pape), 416-462-0333

788 Broadview Ave (at Danforth), 416-466-0111

127 Jefferson Ave (Liberty Village), 416-539-0555

Exceptional pizza menu with innovative healthy pastas and salads. Focus on quality ingredients with offerings to please vegan, lactose intolerant, vegetarian, gluten-free and wheat-free diets. Check out our complete menu online at www.MagicOven.com or come in for a personalized slice of Vegetarian Organic Speltz Pizza.



Magic Oven
Nothing Artificial
Hand crafted Pizza & Pasta
www.magicoven.com

Mela Italian Vegetarian Restaurant - early o c
7A Yorkville Ave (w. of Yonge), 416-833-1851

Mirch Masala - Indian Bistro - hours vary k c
Jaipur Gore Plaza, The Gore Rd, Brampton, 905-794-0852

Moonbean Coffee Company - L d
30 St Andrew St (at Kensington), 416-595-0327

Toronto's largest selection of certified fair trade organic shade-grown coffees, roasted on-site. Available in-house or as beans to take home. Huge selection of loose-leaf tea. Juice bar, ice-coffee bar, smoothie bar, soups and light food. Front and back patio. Wholesale.

Pulp Kitchen Juicebar & Eatery - daytime k o d
898 Queen St E (at Logan), 416-461-4612

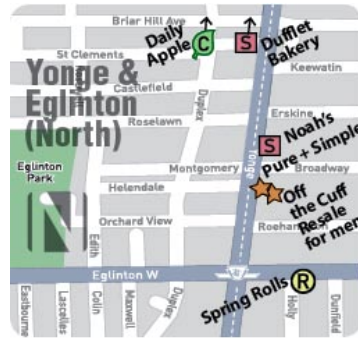
Pure Vegetarian Restaurant - closed Mon c d
668 Dundas St W (e. of Bathurst), 416-815-7676

Queen of Sheba - open late L c d
1051 Bloor St W (e. of Dufferin), 416-536-4162

Rajdhani (Indian)
2658 Islington Ave (at Albion Rd), 416-748-7108

Rajwadi Foods & Sweets (take-out) - daytime
3520 McColl Ave, #10 (e. of Markham Rd), 416-850-0046

Rawlicious - Hours vary O
3092 Dundas St W (w. of Keele), rawlicious.ca, 416-551-3161
A living foods (raw) cafe, featuring an organic, vegan and very tasty menu. Dine in or take away.



Rice Bar - O L c
319 Augusta Ave, www.ricebar.ca, 416-922-7423
Create your own rice bowl in our funky casual atmosphere - many vegetarian, vegan and organic options. Our menu allows for all diets and allergies to be accommodated. We serve organic beer and wine, fresh fruit, vegetable juices and smoothies. We use biodegradable takeout containers. Enjoy summer dining on our boulevard patio.



RICE BAR
RICE BOWLS WICH?
A SANDWICH BAR

Sadie's Diner & Juice Bar - o
504 Adelaide St W (e. of Bathurst), 416-777-2343
www.myspace.com/sadiesdiner



Sadie's Diner AND JUICE BAR
Now Open For Dinner!

Shayona Foods (Indian)
46 Claireville Dr (Hwy 427 and Finch), 416-987-5097

Siddhartha Pure Vegetarian Cuisine - late L c
1411 Gerrard St E (w. of Coxwell), 416-466-9777

Simon's Wok Vegetarian Kitchen - d
797 Gerrard St E (at Logan), 416-778-9836



PULP KITCHEN
JUCY & HEALTHY EATER
www.PulpKitchen.ca
898 Queen Street E. (416) 461-4612
Breakfast Brunch Lunch Take-Out Eat-In Great Staff Open daily 10am-4pm

SARAVANAA BHAVAN
The Original Taste of South India
Vegetarian Restaurant
Mississauga: 905.290.0769
Scarborough: 416.293.7755
Vancouver: 604.732.7700
Dine In • Take Out • Tandoori Delights
Weekend Breakfast Buffet • Catering
www.saravanaabhavan.ca

Soy-n-Joy & Mango-Joy "Ice Creams" - k o
664 Finch Ave E (e. of Bayview), www.soyjoy.net, 416-218-0255

Strictly Ital Restaurant - closes early
1720 Eglinton Ave (e. of Dufferin), 416-784-1466

Sunny Cafe - closes early O d
322 Bloor St W (inside Noah's), 416-963-8624
Sold by weight - 20 dishes every day. Homemade desserts, fresh juices, sandwiches, burgers, spring rolls and soup. NO sugar, eggs or dairy.

Tea Family Clan Vegetarian Tea House
116 Bronte Rd (n. of Lakeshore), Oakville, 905-827-3159

Three Peppers - daytime c
250 Dundas St W (w. of University), 416-348-8999
Mediterranean cuisine, Italian & organic coffee, gourmet salads, quiches, quesadillas and sandwiches.

Tinto (Latin American) - k O L
89 Roncesvalles Ave, www.tinto.ca, 416-530-5885

Udupi Palace - o L c d
1460 Gerrard St E (w. of Coxwell), 416-405-8189

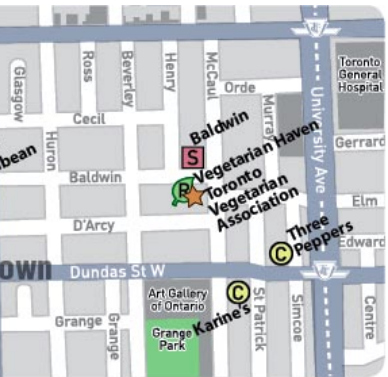
Urban Herbivore - hours vary o
64 Oxford St (at Augusta), www.herbivore.to, 416-927-1231
Vegan cafe, catering and prepared take-away foods. The cafe features fresh sandwiches, green salads, fresh squeezed juices and baked goodies. Great food on the go for the herbivore in a hurry. Open daily 9am-sunset.



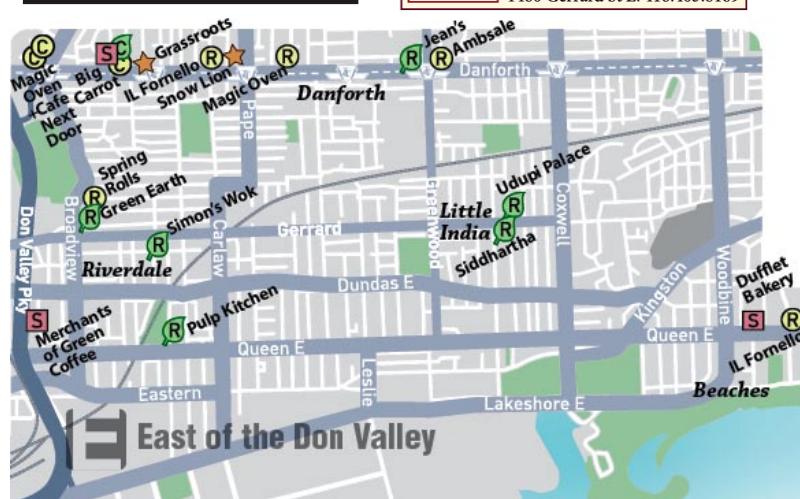
(Urban) Herbivore
www.herbivore.to 416-927-1231
64 Oxford St. Kensington Mkt.



UDUPI PALACE
Vegetarian Indian Cuisine
www.udupi.palace.ca
1460 Gerrard St E. 416.405.8189




HIBISCUS
Fine Foods & Gifts • In-store Eatery
238 Augusta Ave. 416.364.6183



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...continued

© **VEDA - Healthy Indian Eatery & Takeout** - o L
874 Yonge St (Yorkville) & 506 Church St (The Village)
Delivery hotline: 416-961-9797, www.vedatakeout.com
Eating healthy vegetarian fast food has never tasted this good. Veda's unique Indian creations will leave you wanting more. Eat-in, takeout and delivery.

VEDA
HEALTHY INDIAN EATERY AND TAKEOUT
Toronto Delivery Hotline: 416.961.9797

Vegetarian Haven - o c d
17 Baldwin St, www.vegetarianhaven.com, 416-621-3636
"Asian Fusion" cuisine. Impressive selection of over 100 flavourful vegan dishes. Inviting summer patio, cozy dining room and friendly service. Experience dining that nurtures your body and soul.

Vegetarian Haven
A Vegan Restaurant
416.621.3636

© **Wanda's Pie in the Sky** - closes early o c
287 Augusta Ave (s. of College), 416-236-7585
Pies, cakes, cookies, squares, and pizza, sandwiches and soup. Vegan lunch and dessert options. Organic Dark City coffee. Patio. www.wandaspieinthesky.com

© **World Class Bakers** - open late
690 St Clair Ave W (at Christie), 416-654-0606
Bakery/café; Veggie dishes, salads, soups and buffet.

© **Yasi's Place** - daytime k O
299 Wallace Ave, www.yasisplace.ca, 416-536-9888
Extensive lunch and brunch menus, fresh juice, fair trade coffees. Queer/Trans+. Patio and community garden.

Zen Gardens - d
6980 Maritz Dr (n. of 401, near 10), Miss. 905-461-2498

Natural Food Stores

Ambrosia Natural Foods - O
55 Doncaster Ave, Thornhill, 905-881-7811
16925 Yonge St., Newmarket, 905-898-5262

Baldwin Naturals - O d
16 Baldwin St, 416-979-1777
Full service organic / natural food market. Open daily.

The Big Carrot Natural Food Market - O
348 Danforth Ave (Chester subway), 416-466-2129
Specializing in organically grown, GMO-free + environmentally safe products. Toronto's largest Canadian worker-owned co-op since 1983. Newly expanded and renovated!

Essence of Life Natural Foods - O d
50 Kensington Ave (in the market), 416-506-0345

Harmony Whole Foods Market - O
163 First St, Orangeville, 519-941-8961
www.harmonymarket.com, info@harmonymarket.com

The Health Shoppe - O d
1375 Yonge St (s. of St Clair), 416-968-1225
Friendly staff and services, large selection of organic foods and vitamins.

Karma Co-op (member-owned) - O
739 Palmerston Ave, www.karmacoop.org, 416-534-1470
Toronto's only member-owned grocery store, since 1972. Specializing in locally and co-operatively produced, organically grown, fair trade, minimally-packaged and environmentally-friendly products. Membership is open to all.

Merchants of Green Coffee - O
2 Matilda St (Broadview & Queen),
www.merchantsofgreencoffee.com, 416-741-5369
Toronto's most unique coffee shop. Passionate staff reveal the secrets to the perfect cup of coffee. Learn how home roasting, fair trade, organics and sustainability lead to an incredible coffee experience. Open Tue-Sat 10am-6pm, Sun 11am-4pm. Closed Mon.

The Natural Food Depot - O d
2075 Lawrence Ave E (at Warden), 416-640-0234

Nelakee Vegetarian Food -
200 Silver Star Blvd, #330, nelakee@yahoo.ca, 416-335-4388
Large selection of frozen vegetarian foods.

Noah's Natural Foods - O d
322 Bloor St W (at Spadina), 416-968-7930 -
667 Yonge St (s. of Bloor), 416-969-0220
2395 Yonge St (n. of Eglinton), 416-488-0904
9121 Weston Rd (at Rutherford), Vaughan, 905-850-2873
Extensive range of bulk and packaged foods.

Olive Tree Organics - O d
366 Bloor St E (w. of Sherbourne), 416-920-5003

Organic Abundance - O d
3066 Bloor St W, 416-234-5258
Large variety of certified organic products, including produce, dairy, bulk, grocery and supplements. We also carry Earth-friendly cleaning and body care products. We are one block west of Royal York subway station.

Organics on Bloor - O
468 Bloor St W (e. of Bathurst), 416-538-1333
A one-stop organic store with an excellent selection of fresh local produce and groceries. Weekly food box delivery now available. www.organicsonbloor.com

Qi Natural Food - o
710 Bloor St W (e. of Christie), 416-539-0459
1001 Eglinton Ave W (w. of Bathurst), 416-784-0459

Sugar & Spice - o d
265 Augusta Ave (s. of College), 416-593-1664

Taste of Nature - o d
380 Bloor St W (w. of Spadina), 416-925-8102
Good selection of organic foods. Weekly specials. Open till 9pm most days.

Veggie Paradise - d
5915 Atlantic Dr #1, Mississauga, 905-362-2388
Healthy meat alternatives! www.veggieparadise.com

Whole Foods Market - O ©
87 Avenue Rd (n. of Bloor), 416-944-0500
Offering the very best fresh, natural and organic food, free of artificial ingredients. In-house bakery, prepared foods, bulk foods and cafe.

Ying Ying Soy Food - Organic Gourmet Tofu -
St Lawrence Market, 92 Front St, www.yingyingsoyfood.ca
Wholesale and retail. Tue-Sat 8am-5pm. 905-847-5592



While promoting vegetarian food choices is one of the best things anyone can do for the environment (see back panel), several businesses are doing even more.

• Businesses committed to using and selling **locally-grown foods** include: farmers' markets, Sunny Cafe, Il Fornello, Veda, Yasi's, Vegan Delights and Hearty Catering. Places that are mostly **organic** have an "O" symbol in the Vegetarian Directory.

• Alternative Grounds, The Big Carrot's deli and cafe, Fresh, Live, Rawlicious, Rice Bar, Sadie's, Sunny Cafe, Vegetarian Haven and Yasi's Place are some of the restaurants using **compostable take-out containers** in place of styrofoam, plastic and aluminum.



• Whole Foods has banned **plastic bags**, offering paper bags instead. The Sweet Potato uses biodegradable bags. The Big Carrot has plans to do the same, plus charge a fee for bags. Karma Coop reuses bags and containers that shoppers bring in.



• Heart on **bullfrogpower** Your Sleeve, LPK's Culinary Groove bakery and Frog Pond Winery use **green energy**.

• Urban Herbivore has a living **green roof**. Big Carrot has solar panels installed over their juice bar.

For more information see: veg.ca/green-tips

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