

Fun



TATTOO ZOO

826 Fort Street
250-361-1952

Victoria's most excellent tattoo shop (if I do say so myself)! Vegan owned and operated by my husband Gerry Kramer. Get a tattoo. They're fun!



LA TAQUISA

1017 Blanshard Street
(250) 889-5803

Fantastic Tacos & burritos. I eat here 3-4 times a week (not kidding). The Tacos are amazing but my fav is the vegan Rajas Burrito with guacamole!

Food



FOO & FOO RAMAN BAR

769 Yates St & 762 Broughton Street
250-590-7946

Only a few things on the menu are vegan but what they have is EXCELLENT!!



BE LOVE

1019 Blanshard Street
778-433-7181

Be Love is the sister restaurant to Bliss. Fantastic vegan friendly food!! Not 100% vegan. Watch out for bee products. Ask your server for a list of what's bee-free on the menu.

What is a Vegan?

A vegan is someone who does not use or consume animal products. That means they don't eat any dead animals or use anything that is a byproduct of animals.

Vegans also don't wear animal skins or use any products that contain animal ingredients or have been tested on animals.

I noticed Horse and Buggies in downtown... Is that vegan?

Not vegan! These poor horses have to spend their day nose to tail pipe dragging around tourists.

Please send the Mayor of Victoria a quick e-mail and let him know you'd like the city to ban the horse drawn carriages: mayor@victoria.ca

Parking?

Downtown Victoria is very foot-friendly. You can walk from one end of downtown to another without breaking a sweat.

Leave your car at home ... and wander the weird wonderful streets of Victoria. You never know what you might find!

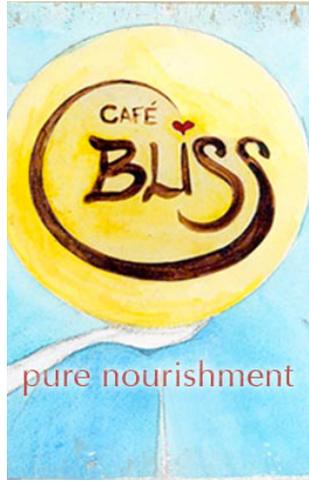


Sarah's Vegan Guide To Downtown Victoria!



A wee list of Sarah's favourite places to visit downtown ...

Food



SKINNYTATO
615 Johnson Street
250-590-6550

Skinnytato Polish Restaurant serving traditional, slow-cooked, home-made food. The Mushroom Sauerkraut Potato Pancake is THE BEST!

BLISS
556 Pandora Avenue
250-590-5733

One of my fav places to eat lunch! Raw menu. Gluten free. Not 100% vegan. Watch out for bee products. Ask at counter for what's bee-free.

Food



APPLE CAFE
2031 Store Street
250-590-6177

A great little vegan friendly cafe tucked in the corner of Ingredients Healthfood Store. Lots of gluten free, vegan options. Great raw pizza!

Food



FAMOSO
#128 - 560 Johnson Street
250-590-2648

Menu has vegan friendly options. Their wood fired oven baked pizza crust is perfection. Fresh ingredients. The Primavera with Daiya is my fav!



TIBETAN KITCHEN
680 Broughton Street
250-383-5664

Lots of delicious vegan friendly items on the menu. The Watermelon Salad is delish. As is the Vegan Curry. Yum!



SOLSTICE CAFE
529 Pandora Avenue
250-475-0477

Great organic fair trade coffee, tea and vegan friendly light meals. Their soup is always vegan and delicious!!



LOTUS POND
617 Johnson Street
250-380-9293

100% Vegan Buddhist cuisine. Lots of "mock" meats. Open for lunch and dinner. Buffet at lunch is 1/2 price after 2:30pm.



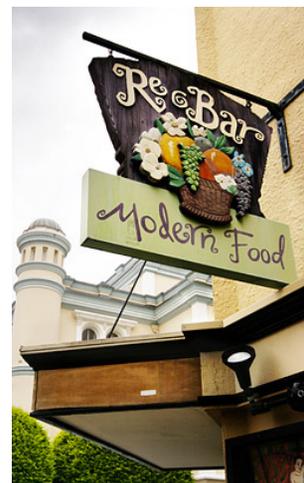
GREEN CUISINE
560 Johnson Street (Market Square)
250-385-1809

100% Vegan. Green Cuisine has been around for 20+ years! Buffet style restaurant. All food is priced by weight and they have fabulous desserts.



MO:LE
544 Pandora Avenue
250-385-6653

A good selection of vegan and raw food dishes. Mo:Le serves creative and lovingly prepared food, Delish!!



REBAR
50 Bastion Square
250-361-9223

A small but yummy selection of vegan friendly items. Open for lunch and dinner.



THE PINK BICYCLE
1008 Blanshard Street
250-384-1008

A good selection of vegan friendly veggie burgers!



LADY MARMALADE
608 Johnson Street
250-381-2872

All day breakfast! Great tofu scramble.