

## Shopping



**SARAH'S PLACE**  
560 Johnson Street (Market Square)  
250-590-7946

**TATTOO ZOO**  
1215 Wharf Street  
250-661-4659

**Sarah's Place has MOVED!** It's now located inside Market Square directly above Green Cuisine! Sarah has all kinds of vegan goodies: cookbooks, clothing, chocolate...etc

Victoria's best tattoo shop (if I do say so myself)! Vegan owned and operated by my husband Gerry Kramer.



**INGREDIENTS HEALTH FOOD**  
2031 Store Street  
250-590-6177

**VSHOEN**  
620 Broughton Street  
250-590-7463

Vegan friendly grocery store in downtown core. Fantastic bulk section. Perfect place to grab some goodies to take back to your hotel.

Vshoen Boutique (pronounced "V-shun") is Victoria's first 100% vegan shoe boutique. Also carry purses, accessories, etc.

## F.A.Q.

### What is a Vegan?

A vegan is someone who doesn't 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 visit Sarah's Place and sign the petition to end the horse drawn carriages in Victoria or visit [www.TheVictoriaVegan.com](http://www.TheVictoriaVegan.com) for more info.

### 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!

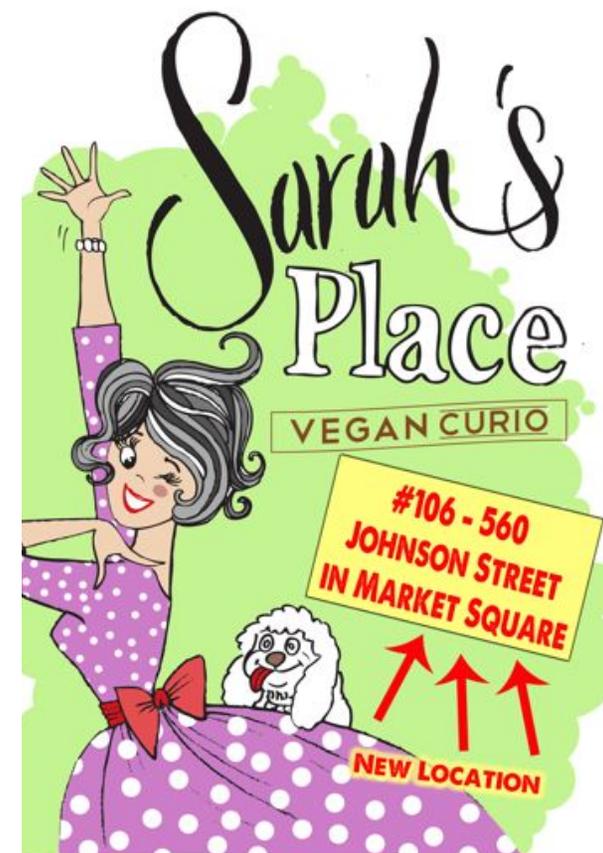
### What is Sarah's Place?

Sarah's Place (#106-560 Johnson Street) is nestled in the heart of Market Square (directly above Green Cuisine) and is Sarah Kramer's vegan curio shop. Sarah is the international best selling cookbook author of *How It All Vegan*, *The Garden of Vegan*, *La Dolce Vegan* and *Vegan A Go-Go*.

Sarah's Place has lots of neat trinkets, knickknacks, pottery, purses, belts, beauty products, clothing, delicious goodies and of course Sarah's best selling cookbooks. For online shopping you can check out Sarah's store at [www.GoVegan.net](http://www.GoVegan.net)



# Sarah's vegan guide to downtown Victoria!



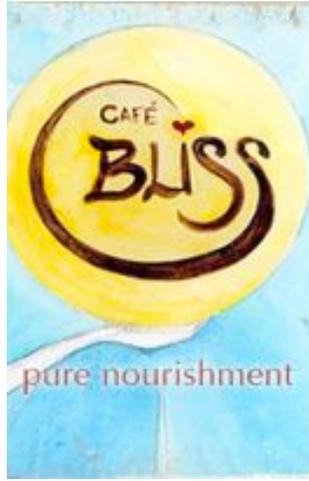
A wee list of Sarah's favourite places to visit downtown ...

# Food



**HERNANDEZ**  
735 Yates Street  
250-884-5313

The BEST veggie burritos and black bean tacos in the world!! I love this place. Vegan friendly - just ask for no sour cream.



**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



**THE JOINT**  
1219 Wharf Street  
250-389-2226

Fabulous vegan friendly pizza shop with lots of vegan and gluten free choices. Located right beside Tattoo Zoo.



**PEMBA'S 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.