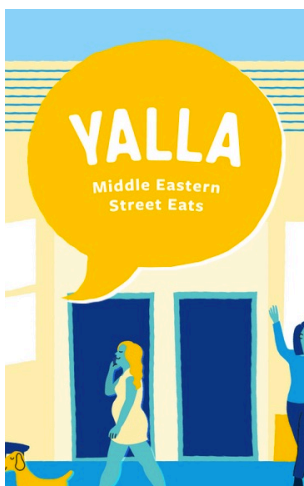




LA TAQUERIA

lataqueria.com
766 Fort St - 778-265-6255

3 vegan friendly tacos (ask for no cheese) The calabacitas, hongos con kale and my fav the frijoles charros. Yummy margaritas, guac and chips.



YALLA

letsgoyalla.ca
1011 Blanshard St - 250-384-0069

Middle Eastern Street Eats! Lots of vegan friendly choices. My fav is the Falafel Bowl or the Hummus Plate! Bonus: they have kombucha on tap!



THE PINK BICYCLE

pinkbicycleburger.com
1008 Blanshard St - 250-384-1008

A good selection of vegan friendly veggie burgers! My fav is the Moroccan Burger with truffle fries!!



FOO and FOO RAMAN BAR

fooramenbar.ca
769 Yates St & 762 Broughton St

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

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 them 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!

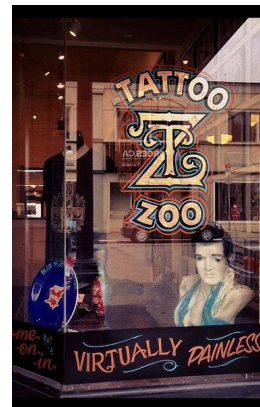
TATTOOS?

Make sure to visit Tattoo Zoo! It is Victoria's most excellent tattoo shop!

Vegan owned and operated by my husband Gerry Kramer.

Visit us at **826 Fort Street.**

I may or not be there - but pop by and say hi anyway! Get a tattoo while you're at it. They're fun! :)



TATTOO ZOO

tattoozoo.net
826 Fort St - 250-361-1952

Sarah's 2017 Vegan Eating Guide To Downtown Victoria!

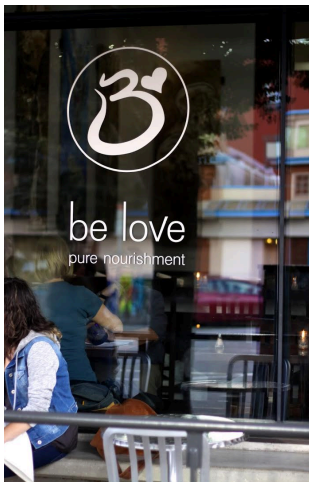


A wee list of Sarah's favourite places to visit downtown ...

If you see any errors in this pamphlet or have any recommendations for spots that I didn't mention please e-mail sarah@govegan.net

www.GoVegan.net

Food



BE LOVE

beloverestaurant.ca

1019 Blanshard St - 778-433-7181

BE LOVE (vegan friendly) is the sister restaurant to Bliss. Serving organic, local, plant based cuisine. A beautiful sit-down restaurant. Seasonal menu is always changing. Watch for eggs on the menu.



CAFE BLISS

cafebliss.ca

556 Pandora Ave - 250-590-5733

100% Vegan! Bliss is the sister restaurant to Be Love. Open for breakfast/lunch. Lots of yummy fresh organic, local plant based choices. My fav are the "mylk" shakes.

Food



LA TAQUISA

lataquiza.com

1017 Blanshard St - 250-889-5803

Fantastic Tacos & burritos. The Tacos are amazing but my fav is the vegan Rajas Burrito with guacamole!



FAMOSO

famoso.ca

560 Johnson St - 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!

Food



NOODLE BOX

noodlebox.ca

818 Douglas Street - 250-384-1314

Various locations in Victoria but downtown address listed above. Lots of delicious vegan friendly items on the menu. My fav is the Cashew Curry on rice noodles.



VERY GOOD BUTCHER

verygoodbutchers.com

1701 Douglas St - 250-465-1542

100% Vegan! Located on the edge of downtown in The Hudson Market. All kinds of plant-based meats. Also a sit-down cafe serving classic comfort food. Check out brunch menu on Sat/Sundays.



LOTUS POND

617 Johnson St - 250-380-9293

100% Vegan

Buddhist cuisine. Lots of "mock" meats. My fav are the turnip cakes and the Ginger B! Open for buffet lunch and sit down dinner.



GREEN CUISINE

greencuisine.com

560 Johnson St - 250-385-1809

100% Vegan. Green Cuisine has been around for 20+ years! Buffet style. All food is priced by weight. Fab desserts.



MO:LE

molerestaurant.ca

544 Pandora Ave - 250-385-6653

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



REBAR

rebarmodernfood.com

50 Bastion Sq - 250-361-9223

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



VEGAN HIPPIE-CHICK

veganhippiechick.com

1034 Fort Street - 778-265-8224

100% VEGAN! Serving hippie-inspired cuisine to nourish! 100% plant-based, raw vegan, organic.



MASALA BITES

masalabites.ca

1015 Fort St - 778-432-0786

I think they make the best Indian food in the city. Talk to your server about vegan-friendly options. Fav dish is the Navratan Korma - veggies a cashew based gravy.