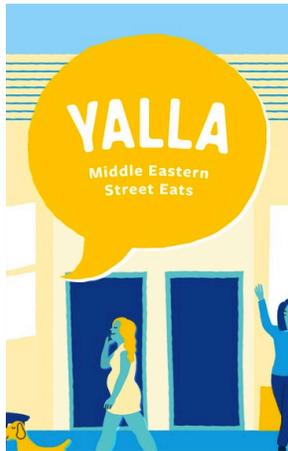




## LA TAQUERIA

[lataqueria.com](http://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](http://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](http://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

[fooramenbar.ca](http://fooramenbar.ca)  
769 Yates 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](mailto: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 partner Geri Kramer.

Visit us at **826 Fort Street.**

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



## TATTOO ZOO

[tattoofoo.net](http://tattoofoo.net)  
826 Fort St - 250-361-1952

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](mailto:sarah@govegan.net)

# SARAH'S 2020 VEGAN EATING GUIDE FOR DOWNTOWN VICTORIA!



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



## BE LOVE

[beloverestaurant.ca](http://beloverestaurant.ca)

1019 Blanshard St - 778-433-7181

BE LOVE (vegan friendly) is the sister restaurant to Bliss. Serving organic, local, plant based cuisine. Sit-down restaurant with a changing seasonal menu. Watch for eggs and honey on the menu.



## CAFE BLISS

[cafebliss.ca](http://cafebliss.ca)

556 Pandora Ave - 250-590-5733

Bliss (vegan friendly) 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.



## LA TAQUISA

[lataquiza.com](http://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!

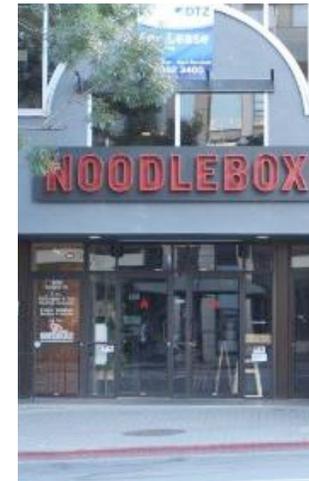


## FAMOSO

[famoso.ca](http://famoso.ca)

560 Johnson St - 250-590-2648

Menu has vegan friendly options. Their wood fired oven baked pizza crust is perfection. Fresh ingredients.



## NOODLE BOX

[noodlebox.ca](http://noodlebox.ca)

818 Douglas Street - 250-384-1314

Various locations in Victoria but downtown address listed above. Vegan friendly items menu. My fav is the Spicy Peanut on rice noodles.



## MO:LE

[molerestaurant.ca](http://molerestaurant.ca)

544 Pandora Ave - 250-385-6653

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



## 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](http://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.



## VERY GOOD BUTCHER

[verygoodbutchers.com](http://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.



## VIRTUOUS PIE

[virtuouspie.com](http://virtuouspie.com)

530 Pandora Ave - 250-590-2992

**100% VEGAN**

The BEST plant-based pizza in the city! Pro-Tip: make a reservation so you won't be disappointed.



## PURE LOVIN' CHOCOLATE

[purelovinchocolate.com](http://purelovinchocolate.com)

3 Fan Tan Alley - 250-590-0414

**100% VEGAN**

Vegan Chocolate shop! Locally made and consciously handcrafted from organic, Fair Trade chocolate. Gluten, Soy & Preservative Free.



## REBAR

[rebarmodernfood.com](http://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. I love the Tempheh Reuban!!