

Best of the Triangle Vegan Dining Guide

Ⓥ indicates an all vegan establishment.

(919) area code for phone numbers unless otherwise stated.

Compiled by Piedmont Farm Animal Refuge (piedmontrefuge.org). Last updated January 2020.

Apex/Cary/Morrisville

Neomonde Mediterranean · 10235 Chapel Hill Rd #400, 466-8100. Mediterranean cuisine. Vegan and GF labeled.

Ⓥ **Pure Juicery Bar** · 716 Slash Pine Dr, 234-1572. Juices, smoothies, and vegan eats, including breakfast fare. GF opts.

Ⓥ **Cinnaholic** · 1209 Parkside Main St, 650-1407. Gourmet cinnamon rolls.

Sassool · 1347 Kildaire Farm Rd, 300-5586. Lebanese & Mediterranean cuisine. Vegan and GF labeled.

Udupi · 590 E Chatham #112 & #114, 465-0898. South Indian food. Lunch buffet and dinner menu. Ask staff which dishes contain dairy.

Ⓥ **Vegan Community Kitchen** · 803 E Williams St, 372-5027. Authentic Mediterranean dishes. Housemade seitan and burgers, cold salads, and desserts (incl. vegan baklava). GF labeled.

Chapel Hill/Carrboro

Carrburritos · 711 W Rosemary St, 933-8226. Burritos, tacos, and tostadas. Vegan fillings available: guacamole, vegetales asados, and jalapeño tofu (only Tuesdays).

Coco Bean Coffee Shop & Cafe · 1114 Environ Way, 883-9003. Coffee and tea drinks with many vegan milk options (no upcharge). Specify vegan as some sauces contain dairy. Large selection of baked goods and light fare, all 100% vegan.

Ⓥ **Coco Bean Vegan Market** · Same as above. Dry goods, refrigerated and frozen foods, gourmet sauces, oils and spices, and hard-to-find vegan products.

Heavenly Buffaloes · 407 W Franklin St, 914-6717. Vegan wings and waffle fries (Idaho and sweet potato). Vegan sauces and seasonings labeled.

Mediterranean Deli · 410 W Franklin St, 967-2666. Deli with cold and prepared foods. Foods in deli case labeled with ingredients. GF opts.

Sage Vegetarian Cafe · 1129 Weaver Dairy Rd X, 968-9266. Dishes based on Persian influences & other world cuisine. Most dishes are or can be made vegan. GF labeled.

Ⓥ **Soul Cocina** · 306 W Franklin St #G (Blue Dogwood Market), 559-0255. Latin-inspired. Tamales, arepas, pasteles de yuca, and tacos. Brunch special on Sundays. All food GF.

The Spotted Dog · 111 E Main St, 933-1117. American-style fare. No cross-contamination with separate grills and fryers. Majority of menu can be made vegan but upcharge for veganizing.

Ⓥ **Vegan Flava** · 306 W Franklin St #G (Blue Dogwood Market), 960-1832. Vegan soul food from mostly raw or living ingredients, such as barbeque jackfruit, "fish" cakes, and collard wraps. Sunday brunch. All food GF.

Vimala's Curryblossom Cafe · 431 W Franklin St #16, 929-3833. Authentic South Indian cuisine. All vegetarian items can be made vegan, except for saag paneer, naan, and bhatura. Specify vegan when ordering. GF opts.

Weaver Street Market · (2 locations) 101 E Weaver St, 929-0010 & 716 Market St, 929-2009. More options at E Weaver St location. Hot bar always has vegan options. All ingredients listed. GF opts.

Yaya Tea · 157 E Franklin St, 914-6302. Bubble tea. Many labeled vegan onigiri rice balls. GF opts.

Durham

Dos Perros · 200 N Mangum St, 956-2750. Vegan menu available all day Sun & Mon and lunch only Wed-Fri. A couple vegan options on normal menu. GF labeled.

Durham Co-op Market · 1111 W Chapel Hill St, 973-1707. Hot bar always has vegan options. All ingredients listed. All vegan hotbar every Monday 4-8pm. \$3 dinners every Thursday 4-8pm with a vegan option. GF opts.

🌱 **Earth to Us Vegan Comfort Food** · 1720 Guess Rd #18, 908-1000. American and Latin vegan comfort food including cauliflower wings, loaded nachos, and arepas. Sunday brunch. GF labeled.

Goorsha · 910 W Main St, 588-4660. Ethiopian food. Vegan section on menu. GF opts.

Heavenly Buffaloes · 1807 W Markham Ave, 237-2358. Vegan wings and waffle fries (Idaho and sweet potato). Vegan sauces and seasonings labeled.

Juju Durham · 737 9th St #210, 286-3555. Asian fusion tapas. Vegan labeled.

Luna Rotisserie & Empanadas · 112 W Main St, (984) 439-8702. South American cuisine. Vegan and GF labeled. No vegan empanadas.

The Parlour · 117 Market St, 564-7999. Always have 2+ vegan ice cream/sorbet flavors. Vegan soft (seasonal).

Parts & Labor (Motorco) · 723 Rigsbee Ave, 901-0875. Global street food. Vegan and GF labeled.

Pompieri · 102 City Hall Plaza, 973-1589. Some vegan pizzas on menu or can build your own. House made vegan mozzarella.

🌱 **Soul Good Vegan Cafe** · 4125 Durham-Chapel Hill Blvd, (984) 219-6050. Vegan soul food. Wraps, salads, sandwiches, and platters. Sunday brunch (ask about beignets).

Raleigh

Bella Monica · 3121 Edwards Mill Rd #103, 881-9778. Ask for vegan menu. Fresh, house made pasta, pizza, and flatbreads.

Fiction Kitchen · 428 S Dawson St, 831-4177. Globally inspired vegetarian food. All dishes can be made vegan. Sunday brunch. Small and popular restaurant. Arrive before they open to minimize wait time. GF labeled.

Fresh Levant Bistro · 8450 Honeycutt Rd #106, (984) 200-3999. Mediterranean eatery serving brunch, lunch, and dinner. Vegan labeled. All food GF.

Gringo A Go Go · 100 N Person St, 977-1438. Casual Mexican serving up tacos, burritos, and tortas. Vegan pollo, vegan carnitas, potatoes, and nopales. Specify no cheese or sour cream.

Irregardless Cafe · 901 W Morgan St, 833-8898. Locally sourced fare for brunch, lunch, and dinner. Vegan and GF labeled.

Little Shop · 222 N Bloodworth St, 758-3565. Treats spot with sweets and coffee from Anisette, doughnuts from Lousy Hunters Doughnuts, and sustainable goods from Sustain Market.

Neomonde · 3817 Beryl Rd, 828-1628. Mediterranean cuisine. Vegan and GF labeled.

The Original Flying Burrito · 4800 Grove Barton Rd, 785-2734. Mexican restaurant with enchiladas, burritos, bowls, and tacos. Ask for vegan menu. GF options if request corn tortillas.

The Remedy Diner · 927 W Morgan St, 835-3553. Weekend brunch. Permanent menu other times. Vegan options labeled. All desserts are vegan.

Sassool · (2 locations) 9650 Strickland Rd, 847-2700 & 411 W Morgan St, 300-5064. Lebanese & Mediterranean cuisine. Vegan and GF labeled.

Sitti · 137 S Wilmington St, 239-4070. Lebanese cuisine. Vegan options labeled.