

# Albuquerque Vegetarian Dining Guide



Some people have become vegetarians for health reasons, some because of the immense suffering to animals inherent in a meat-based diet, and others because of the widespread damage animal-based agriculture causes to our environment. In addition, because Animal Protection of New Mexico, Inc. is very concerned about the use of animals in medical exper-

iments, we promote vegetarianism as a major part of the preventative measures that we believe are the best assurances of good health. We hope this guide will make it enjoyable for you to experience new cuisines that are healthful, that do not involve cruelty to animals, and that do not contribute to the destruction of our precious planet.

## ASIAN

### Bamboo House Chinese

1745 Juan Tabo Blvd., NE 293-0183

### Bangkok Cafe

(Thai Cuisine)

5901 Central Ave., NE 255-5036

### Chen's Chinese Food

(will prepare vegan eggrolls)

235 Juan Tabo Blvd., NE 298-9214

### China Garden

(vegetarian eggrolls, health-conscious, no MSG)

4615 Menaul Blvd., NE 883-4455

### China Inn

9500 Montgomery Blvd., NE 293-4297

### China Kitchen

2218 Southern Blvd., SE

Rio Rancho 891-8171

### Four Joys Chinese

(will prepare vegetarian eggrolls)

- 6122 4th St., NW 345-5975

- 1016 Juan Tabo Blvd., NE 292-8222

### Japanese Kitchen

Park Square 884-8937

### Ko Palace

4208 Menaul Blvd., NE 884-2293

### May Café

111 Louisiana Blvd., SE 265-4448

### Mr. Sushi

2400 Juan Tabo, NE 298-3081

### Musashino Japanese

(ask for eggless sushi)

6205-B Montgomery Blvd., NE 880-0008

### New China Town

5001 Central Ave., NE 265-8859

### Pattaya Thai Restaurant

834 San Mateo Blvd., SE 255-5930

### Shogun Japanese

3310 Central Ave., SE 265-9166

### Teriyaki King

2235 Wyoming Blvd., NE 292-1779

### Thai House

106 Buena Vista Dr., SE 247-9205

### Huong Thao

(vietnamese)

(ask for rice noodles)

### India Palace

Wyoming and Montgomery

(Montgomery Crossing) 271-5009

### Punjab

4801 Central Ave., NE 255-9895

### Shalimar East Indian

8405 Montgomery Blvd., NE 275-7949

### Taj Mahal

1430 Carlisle Blvd., NE 255-1994

## ITALIAN

### Il Vicino

(vegan minestrone and pizza)

3403 Central Ave., NE 266-7855

### Mimmo's

3301 Coors Rd., NW 831-4191

### Paisano's Italian

1935 Eubank Blvd., NE 298-7541

### Scalo

(ask for eggless pasta)

3500 Central, SE 255-8781

### Romano's Macaroni Grill

(specify no chicken stock)

2100 Louisiana Blvd., NE 881-3400

### Tomato Cafe

(vegan posole and will make vegan pizza on request)

-1930 Juan Tabo, NE 293-5100

-5901 Wyoming Blvd., NE 821-9300

## EAST INDIAN

### Bodhi Buffet Restaurant

127 Harvard Dr., SE 260-0919

### India Kitchen

6910 Montgomery Blvd., NE 884-2333



## MEDITERRANEAN

### Barry's Oasis Restaurant

(vegetarian and vegan lasagne)  
5400 San Mateo Blvd., NE 884-2324

### Gyros Greek Diner

106 Cornell Ave., SE (University area)  
255-4401

### Koury's Deli

5850 Osuna Rd., NE 881-6212

### Michelle's Old World Cafe

(mostly mediterranean)  
6205 Montgomery Blvd., NE  
884-7938

### Olympia Café

2210 Central Ave., SE 266-5222

### Petra Café & Restaurant

(lentil soup and Jordanian salad are  
vegan)  
115 Harvard Dr., SE 266-2477

### Yanni's

(vegan lasagne and lentil soup)  
3109 Central Ave., NE 268-9250

## SPANISH, MEXICAN, NEW MEXICAN

### Camino Real de Ron

416 Yale Blvd., SE 255-0973

### Casa de Benavidez

(New Mexican)  
8032 4th St., NW 897-7493

### Catalina's Mexican Restaurant

(only red chili is meatless)  
400 San Felipe St., NW 842-6907

### Cervantes

(caters to vegans)  
5801 Gibson Blvd., SE 262-2253

### Christina's

515-A Wyoming Blvd., NE 255-7540

### El Bandido

2720 Central Ave., SE 255-6946

### El Patio de Albuquerque

142 Harvard Dr., SE 268-4245

### Fajita Factory

2004 Central Ave., SE 247-2574

### La Esquina Restaurant

(closes after 7 pm weekdays)  
First Plaza Galleria 242-3432

### La Placita

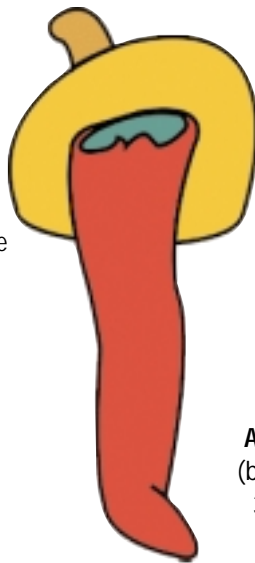
208 San Felipe, NW 247-2204

### Richard's Mexican Restaurant

(dinner only on Friday night-both chilis are  
meatless); 3301 Menaul  
Blvd., NE 881-1039

### Rudy's Vee Jay's Café

(spinach burrito, both  
chilis meatless, occa-  
sional vegan lasagne,  
hours 7-3); 2933 Monte  
Vista Blvd., SE 266-2595



## VARIETY

### Annie's Soup Kitchen

(breakfast and lunch only)  
3107 Eubank Blvd., NE  
296-8601

### Assets Grille

(grilled portobello mushroom)  
6910 Montgomery Blvd., NE  
889-6400

### Cafe au Lait

(breakfasts, sandwiches. Lots  
of veggie options, substitu-  
tions no problem)  
Central Ave. and 6th St.  
248-0707

### Cafe Broadway

(A Taste of Spain; vegetarian gaspacho  
soup; vegetarian paella; garden burgers)  
606 Broadway, SE 842-9998

### Double Rainbow Gourmet Ice Creams

(tempeh burgers, vegan soup and sorbets)  
- 3416 Central Ave., SE 255-6633  
- 4501 Juan Tabo Blvd., NE 275-8311

### Fred's Bread & Bagel

(hummus sandwiches, bagels)  
3009 Central Ave., NE 266-7323

### Indian Pueblo Cultural Center

(Native American)  
2401 12th St., NW 843-7270

### Java Joe's

(vegan soup)  
906 Park Ave., SW 764-9999

### Mannie's

(veggi grill and burritos)  
2900 Central Ave. SE 265-1669

### Monte Vista Fire Station

(grilled vege. egg rolls; will cater to veg-  
ans); 3201 Central Ave., NE 255-2424

### O'Neill's

(Laura's weird sandwich)  
3211 Central Ave. NE 256-6564

### Owl Cafe

(creamy green chili; vegetarian quesadillas;  
cater to vegans)  
800 Eubank, NE 291-4900

### Souper Salad

- 1606 Central Ave., SE 243-9751  
- 4411 San Mateo Blvd., NE 888-9534  
- 2225 Wyoming Blvd., NE 294-7585

NOTE: "Vegan" food means dishes  
containing no meat, fish, fowl,  
eggs, or dairy products.  
"Vegetarian" dishes may contain  
eggs or dairy, but no meat, fish, or  
fowl.



## THE BEST OF THE BEST

### La Montanita Co-op Supermarket Deli

(tempting deli delights, & now you can buy  
vegan pies, cookies, and pastries!)  
3500 Central Ave., NE 265-4631

### Wild Oats Market & Deli

(loads of luscious vegan food)  
- 6300 San Mateo Blvd., NE 823-1933  
- 11015 Menaul Blvd., NE 275-6660

**China Dragon**

(wonderful eggrolls, soup, tofu dishes)  
2842 Carlisle Blvd., NE 888-0203

**Sweet Tomatoes**

(a huge salad and potato bar, plus vegan penne & marinara)  
- 4901 San Mateo Blvd. NE 888-6131  
- 10126 Coors Blvd. NW 898-2171

**NATURAL FOOD STORES**

These stores offer healthy food and groceries, as well as a selection of cruelty-free cosmetics & household products.

**BK's Health Pantry**

(organic produce) SW 243-0370

**Co-op Supermarket**

(organic produce) SE 265-4631

**Fountain of Health**

NE 256-7871

**The Herb Store**

(no household products)  
SE 255-8878

**Keller's Farm Store**

(organic produce) NE 294-1427  
& NW 898-6121

**Moses Kountry Health Foods**

NW 898-9763

**Twenty Carrots**

(organic produce)  
SE 242-1320

**Wild Oats Market**

(organic produce) NE 823-1933  
& NE 275-6660

NOTE: "Vegan" food means dishes containing no meat, fish, fowl, eggs or dairy products.

(Caution: Many restaurant staff do not have a clear understanding of what it means to be vegetarian. It is best always to inquire specifically about each dish whether it contains meat, chicken or seafood; or broth, lard or similar animal products. Similarly, vegans should ask specifically about dairy products, eggs, honey, etc. Many dishes containing dairy products can also be prepared without them and most of the restaurants listed are willing to do so on request.)

The Mexican restaurants listed were chosen because they claim not to use lard, bacon fat, etc. in their beans, and they offer vegetarian chilis (please verify with restaurants). Asian restaurants were selected based on their offering at least four vegan dishes. Italian restaurants listed were selected because they offered at least one vegan dish, for example, spaghetti with marinara (meatless) sauce.

More and more people are becoming aware that a vegetarian diet makes the most sense for their health, the health of the planet, and of course the well-being of other animals. Won't you help us make positive changes for the health of all animals, human and non-human, by supporting our progressive campaigns? Please consider joining Animal Protection of New Mexico, Inc. Learn how your individual choices and actions can and will make a difference in the world!

The restaurants listed in this guide have varied menus, all featuring some vegetarian dishes. Many will prepare additional vegetarian and vegan dishes if you ask. Letting the restaurant owner know that you visited his or her establishment especially for a vegetarian meal may encourage an expanded vegetarian menu in the future.

This is the second issue of the Santa Fe area Vegetarian Dining Guide, offered by Animal Protection of New Mexico, Inc. We hope that we have included your favorite vegetarian restaurants, but if not, please let us know for future editions. This guide will grow as more eating establishments feel a demand for vegetarian/vegan food from their customers. Please contact us if you know of a business that would like to help us distribute this guide to their patrons. This guide has been designed to provide you with a variety of dining choices. It is by no means inclusive of all restaurants offering vegetarian fare. We have included our favorites, along with many restaurants specializing in ethnic dishes or specialty foods. We've also included a list of natural food stores in the Santa Fe and Los Alamos areas, to make your natural food/vegetarian grocery shopping easier. Telephone numbers have been provided so that you can call to check on menu selections and operating hours of stores and restaurants.

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