

VEGAN DINING GUIDE

for SANTA FE 2005



ASIAN

CHOW'S ASIAN BISTRO

720 St. Michael's Drive
☎ 471-7120; ☉ M-Sat 11:30-2; Sun-Thurs 5-9; Fri-Sat 5-9:30
Mixed Vegetables; Eggplant in Bean Sauce; Kung Pao Tofu; Old Lady Tofu; Crispy Tofu; Vegetarian Lo Mein; other vegan dishes (\$\$)

DARA THAI

1710 Cerrillos Road
☎ 995-0887; ☉ 11-2:30; 4:30-9
Tofu Special; Sweet and Sour Tofu; Teriyaki Tofu Deluxe; Jungle Tofu; Gaeng Ped Tofu (\$)

JINJA ASIA CAFÉ

510 North Guadalupe Street (De Vargas Center North)
☎ 982-4321; ☉ 11-10
Miso Soup; Singapore Noodles; Spinach & Tofu Salad; Endamame; Tokyo Tofu appetizer, w/o dipping sauce; Tofu Dishes that don't use egg noodles; note: Red Curry Sauce is only vegan sauce and would substitute for all sauces (\$\$)

KASASOBA

544 Agua Fria Road
☎ 984-1969;
☉ M-F 11:30-2; S-S 5:30-9
Yaki Udon made vegan; Yaki Soba made vegan; Sesame Spinach; teamed Persimmon; Vinegar Cucumbers (\$\$)

KOHNAMI

313 South Guadalupe Street
☎ 984-2002
☉ M-Sat 11:30-2:30; Daily 5-9:30;
Oshitashi; Dolsotbob, w/o egg; Spicy Noodle Soup; Miso Soup Avocado or Cucumber or Mixed; Vegetable Rolls; Vegetable Sukiyaki w/ Tofu; Steamed Endamame; Ramen w/Vegetables, w/o egg (\$\$)

MU DU NOODLES

1494 Cerrillos Road
☎ 983-1411;
☉ M-Sat. 5:30-9
Vegan Yaki Udon; Vegan Emerald Sauté; Vegan Jade Brn. Rice (\$\$)

YIN YANG

418 Cerrillos Road (Design Center)
☎ 986-9279;
☉ M-F 11-9; Sat-Sun 12-9
Vegetable Deluxe; Eggplant In Garlic Sauce; General Tao's Tofu; other vegan dishes (\$)

INDIAN

ANNAPURNA CHAI HOUSE

(opening 1/17/05)
903 West Alameda Street (Solana Center)
☎ 440-9502; ☉ M-Sat 8-6
Masala Dosa; Kitchari; Daily Lunch Special of Rice, Soup, Vegetable, Flatbread; 95% of dishes are vegan (\$)

INDIA HOUSE

2501 Cerrillos Road
☎ 471-2651;
☉ 11:30-2:30; 5-10
Mixed Vegetables; Yellow Lentil; Aloo Mutter; Okra; Aloo Sag (\$\$)

INDIA PALACE

227 Don Gaspar Avenue
☎ 986-5859;
☉ 11:30-2:30; 5-10
Sag Paneer, w/o cheese; Aloo Sag; Mixed Vegetables; Aloo Gobi; Baingan Bartha (\$)

ITALIAN

ANDIAMO!

322 Garfield Street

☎ 995-9595; ☉ Sun-Thurs 5:30-9; Fri-Sat 5:30-9:30
Baked Risotto w/ Portobello Mushrooms, White Truffle Oil, Caramelized Onions, w/o Parmesan; Penne w/ Caramelized Onions, Tomatoes, Spinach, Roasted Peppers; Aglio e Aglio; Polenta w/o cheese; Roasted Beet & Arugola Salad, w/o goat cheese; Vegetable Stock Soups; Grilled Portobello Mushrooms, w/o cheese (\$\$)

BACK ROAD PIZZA

1807 Second Street
☎ 955-9055; ☉ 11:30-9
Vegan Subs; Vegan Soup; Salads; Can make vegan pizza if customer brings vegan cheese (\$)

PIZZA, ETC.

151 Paseo de Peralta (De Vargas Center)
☎ 986-1500;
☉ M-Sat 11-8; Sun 12-8
Greek Salad w/ vegan soy cheese; Pizza w/vegan soy cheese; Veggie Sandwich on Focaccia; Black Bean Soup (\$)

PRANZO ITALIAN GRILL

540 Montezuma Avenue
☎ 984-2645; ☉ M-Sat 11:30- 3; Sun-Thurs 5-10; Fri-Sat 5-11
Pesto Pizza, w/o cheese & chicken; Pomodoro Spinach; Salads, w/o cheese; Mushroom Pizza, w/o cheese (\$\$)

MIDDLE EASTERN

CLEOPATRA CAFE

418 Cerrillos Rd. (Design Center)
☎ 820-7381
☉ M-Thurs 11-9; Fri-Sat 11-9:30
Vegan Falafel; Egyptian Moussaka, w/o cheese; King Tut Plate sub. Tahini Sauce for traditional sauce; Dolmas; Baba Ghanoush; Hummus (\$)

SPANISH, NEW MEXICAN

BAJA TACOS

2621 Cerrillos Road;
☎ 471-8762;
☉ M-Sat 7AM-9PM; Sun 8AM-9PM
Tofu Burrito; Tofu Taco; Veg. Chile and Beans; Guacamole; Salsa (\$)

THE BURRITO COMPANY

111 Washington Avenue
☎ 982-4453; ☉ M-Thurs 7-3; Fri 7-5; Sat 7:30-5; Sun 8-3
Veggie Taco Salad/Burrito Plate, both w/o cheese & sour cream; Vegan Posole; Bean Taco (\$)

LA CHOZA

905 Alarid; ☎ 982-0909
☉ M-Thurs 11-8; Fri-Sat 11-9
Blue Corn Burrito; Bean Taco; All dishes can be made vegan. (\$)

DIEGO'S CAFÉ & BAR

193 Paseo de Peralta (De Vargas Center)
☎ 983-5101;
☉ M-Sat 11-9; Sun 12-6
Bean Burrito; Guacamole Salad; Refried Beans; Sopapillas; Rice & Beans (\$)

EL FAROL

808 Canyon Road
☎ 983-9912; ☉ 11:30-3; 5-10
Tapas: Sautéed Spinach w/ Bell Peppers, Raisins, Pine Nuts; Roasted Peppers, w/o feta cheese; Mushrooms w/ Garlic & Sherry; Patatas Bravas; Marcona Almonds; In Season: Chilled Gazpacho, Pimientos Padron (\$\$)

FELIPE'S TACOS

1711 Llano Street
☎ 473-9397;
☉ M-F 9-4:30; Sat 9-3:30
Rice & Beans Burrito; Bean Taco w/ Avocado Salad; Bowl of Rice & Beans

with Avocado & Salsa (\$)

MARIA'S NEW MEXICAN KITCHEN

555 West Cordova Road
☎ 983-7929; ☺ M-F 11-4, 5-10; Sat 12-4, 5-10; Sun 12-10
Bean Taco; Bean Burrito, w/o cheese; Vegetable Fajitas (request vegetable oil be used); Guacamole, Salsa w/ Chips (\$\$)

TOMASITA'S

500 South Guadalupe Street
☎ 983-5721; ☺ M-Sat 11-10
Vegetable Chalupas; Vegan Tamales; Sopapillas; Vegetable Mexican Plate; Combination Plate, w/o cheese; Vegetarian Green Chile (\$)

VARIETY

ATOMIC GRILL

103 Water Street
☎ 820-2866;
☺ M-F 10AM-3AM; Sat 9AM-3AM; Sun 9AM-1AM
Boca Vegan Burger (check to be sure); Pizza, w/o cheese; Atomic Pie, w/o cheese; Salads; Vegan Soup occasionally (\$)

BACK STREET BISTRO

513 Camino de los Marquez
☎ 982-3500;
☺ M-F 10-2:30; Sat 11-2
Vegan Soups (change daily): Vegan Veg., Sweet Creole Lentil, Vegan Curried Yam, Minestrone; Tofu Salad Sandwich; Salads (\$)

BERT'S BURGER BOWL

25 North Guadalupe Street
☎ 982-0215; ☺ M-F 7AM-7:45PM; Sat 10:30AM-7:45PM; Sun 10:30AM-5:45PM
Veggie Frito Pie, w/o cheese; Bean Burrito, w/o cheese (\$)

CAFÉ OASIS

526 Galisteo Street
☎ 983-9599; ☺ Sun-Wed 9AM-midnight; Thurs-Sat 9AM-2AM
Tempeh Reuben w/ vegan soy cheese; Organic Oatmeal w/ soy milk; Falafel & Mediterranean Plate; Oriental Veggie Stir Fry w/ Tempeh over Rice or Noodles; Soups; Appetizers (\$)

CHOCOLATE MAVEN

821 West San Mateo Road
☎ 984-1980;
☺ M-F 7:30-5:30; Sat 9-4; Sun 9-3
Malibu Sandwich; Tofu Grill, w/o cheese; Cheeseless Pizza; Santa Fe Scramble (Tofu); Veggie BLT; Vegan Soups regularly; Vegan Breakfast Burrito (\$)

CLOUD CLIFF BAKERY

1805 Second Street
☎ 983-6254
☺ M-F 7:30-2:30; Sat-Sun 8-2:30
Tofu Stir Fry; Vegetarian Fajitas; Salads; Veggie Wraps (\$)

COUNTER CULTURE CAFÉ

930 Baca Street
☎ 995-1105;
☺ M-Sat 8-3; Sun 8-2
Fall Salad with Roasted Beets, w/o blue cheese; Portobello Mushroom Sandwich, w/o cheese; Vegetarian Spring Rolls, w/o egg; Sesame Noodles; Hummus; Vegan Soups, ie., Curried Coconut Vegetable w/ Dal, occasionally (\$)

COWGIRL BBQ

319 South Guadalupe Street
☎ 982-2565; ☺ M-F 11-midnight; Sat 8:30-midnight; Sun 8:30-11
Vegetarian Chili, w/o cheese; Boca Vegan Burger (check to be sure); Jerk Tofu Salad sub. Vinaigrette Dressing for Caesar; Side Dishes: Black-eyed Peas Salsa, Rice and Beans, Red and Green Chile, Sweet Potato Fries, Collard Greens (\$\$)

EATERY

919 West Alameda Street
(Solana Center)
☎ 466-8424; ☺ M-Sat 8-3
Buddha Bowl; Falafel Burger; Thai Yellow Curry w/ Tofu; Homemade Vegan Garden Burger; Salads; Soups; Can be made vegan: Tofu Rancheros, Tofu Burrito, Vegan Pad Thai, Fried Rice Bowl with Tofu, Frito Pie with Vegetarian Beans (\$)

FUEGO AT LA POSADA

330 East Palace Avenue
☎ 986-0000; ☺ 5:30-9
Grilled Vegetable Indulgence on menu; Call for vegan meal (\$\$\$)

HARRY'S ROADHOUSE

96-B Old Las Vegas Highway
☎ 989-4629; ☺ 7AM-10PM
Roasted Acorn Squash stuffed w/ Rice & Black Bean Chile topped w/ Mole, w/o feta cheese; Vegan Tostada, w/o chicken or cheese; Salads; Vegan Soup often (\$)

JOE'S DINER

2801 Rodeo Road
☎ 471-3800; ☺ Sun & Tues-Thurs 11-8:30; Fri-Sat 11-9:30
Focaccia, w/o cheese; Black Bean Soup; Trifolati (3 Mushrooms) Pizza, w/o cheese; Joe's Magic Mushroom Burger; Pizza, w/o cheese (\$)

O'KEEFFE CAFE

217 Johnson Street
☎ 946-1065
☺ Daily 11-3; Wed-Sun 5:30
Upon request, not on menu: Vegan Portobello Mushroom Napoleon; Israeli Couscous w/ Roasted Red Bell Pepper w/ Rosemary Coulis w/ Vegetable Relish; Salads (\$\$)

THE OLD HOUSE AT THE ELDORADO

309 West San Francisco
☎ 995-4508; ☺ 5:30-10
Upscale Vegetable Platter that can be made vegan (\$\$\$)

ORE HOUSE ON THE PLAZA

50 Lincoln Avenue
☎ 983-8687; ☺ 11-9:30
Steamed Vegetables & Rice; Gazpacho; Guacamole; Salsa & Chips; Stuffed Portobello Mushroom, w/o cheese; Salads (\$\$)

THE PANTRY RESTAURANT

1820 Cerrillos Road
☎ 986-0022; ☺ M-Sat 6:30AM-9PM; Sun 7AM-9PM
Vegan Burrito w/ Vegetarian Chile and Beans (\$)

SANTA FE BAKING CO. CAFÉ

504 West Cordova Road
☎ 988-4292
☺ M-Sat 6AM-8PM; Sun 6AM-6PM
Bean Burrito; Taos Quesadilla with Spinach, Bell Peppers, Mushrooms; Veggie Wrap; Vegan Soups occasionally (\$)

SANTACAFE

231 Washington Avenue
☎ 984-1788; ☺ M-Sat 11:30AM-2PM; Daily 5:30PM-9PM
Salads; Vegan Soups occasionally; Call ahead and a vegan meal will be prepared for you. (\$\$\$)

SECOND STREET BREWERY

1814 Second Street
☎ 982-3030; ☺ M-Thurs 11-10; Fri-Sat 11-11; Sun 12-9
Roasted Red Pepper Hummus; Vegan Veggie Burger; Salads; Onion Rings; French Fries; Portobello Mushroom Sandwich; Rice & Beans; Vegan Soups occasionally (\$)

SOL CAFÉ

802 Canyon Road
☎ 989-1949; ☺ M-Thurs 10-8; F-Sat 9-9; Sun 9-8
Portobello Burger on Lettuce Wrap; Cavatelli Pasta in Spinach & Garlic Sauce, w/o cheese; Side Dishes: Asian Cole Slaw, French Fries & Sweet Potato Fries; Mixed Green Salad; Vegan Soups

occasionally (\$)

SOUPER SALAD

2428 Cerrillos Road
(College Plaza South)
☎ 473-1211; ☺ M-Thurs 10:30-9; F-Sat 10:30-9:30; Sun 11-8:30
Salad bar w/ +40 Vegetables; Potatoes; Vegan Soups 3 or 4 times a week (\$)

STEERING

(formerly LONGEVITY CAFÉ)
112 West San Francisco Street
(Plaza Mercado)
☎ 986-0403;
☺ M-Sat 11-11; Sun 12-7
Organic Vegetables w/ Tofu & choice of sauce; Enchanted Valley Platter (raw food); Red Miso Soup; Wolfberry Cherry Pie (\$)

TECOLOTE CAFÉ

1203 Cerrillos Road
☎ 988-1362
☺ Tues-Sun 7AM-2PM
Posole and Beans; Bean Burrito; Oatmeal; Bowl of Chile; Salads; Fried Potatoes (\$)

TULIPS

222 North Guadalupe Street
☎ 989-7340; ☺ Tues-Sat 6PM
Call ahead for vegan meal, ie, Butternut Squash Quinoa Chile Rellenos w/ Tomatillo Sauce; Vanilla Tofu Napoleon (\$\$\$)

WHOLEBODY CAFÉ

333 Cordova Road
☎ 986-0362; ☺ 7AM-8PM
Asian Curry Bowl; Collard Green Burrito; Raw Lasagna; Salads; Vegan Soups that change daily (\$)

ZIA DINER

326 South Guadalupe Street
☎ 988-7008; ☺ 7AM-10PM
Hummus & Pita Plate w/ Calamata Olives; Spaghetti w/ Marinara Sauce, w/o Parmesan
cheese; Guacamole w/ Yellow & Blue Corn Tortilla Chips; Side Dishes of Rice, Vegetables, Black Beans (\$) Sesame Noodles; Hummus; Vegan Soups, ie., Curried Coconut Vegetable w/ Dal, occasionally (\$)

NATURAL FOOD STORES

THE MARKET PLACE NATURAL GROCERY

913 West Alameda Street
☎ 984-2852;
☺ M-Sat 7:30-9; Sun 9-8
Vegan items at carry-out

deli include: Vegan Soup; Veggie Sandwiches w/ Eggless Mayonnaise; Beet & Walnut Salad; Roasted Bell Peppers w/ Sesame

Field Roast Celebration; Grilled Vegetable Sandwich w/ Hummus on Ciabatta Bread; Grilled Tofu w/ various sauces

VITAMIN COTTAGE NATURAL GROCERS

3328 Cerrillos Road
 ☎ 474-0111; ☎ M-F 9-8:04; Sat 9-7:04; Sun 11-6
 Hummus Sandwich; many frozen Vegan Entrees

WILD OATS MARKET

1090 South San Francisco Drive
 ☎ 983-5333;
 ☎ Winter 7-10; Summer 7-11
 Vegan items at carry-out deli include: Vegetable Biryani; Saag Baag; Spicy Thai Tempeh; Seared Kale w/ Toasted Almonds

WHOLE FOODS MARKET

753 Cerrillos Road
 ☎ 992-1700; ☎ M-Sun 7:30-10
 Vegan items at carry-out deli include:

Restaurant Guide Key:

- \$ most entrees under \$10
- \$\$ most entrees under \$20
- \$\$\$ most entrees over \$20

WHY THIS IS A VEGAN GUIDE

More and more people are becoming vegans. Some are switching for health reasons, others because of the immense suffering to animals inherent in an animal-based diet, and still others are becoming vegans because of the widespread damage animal-based agriculture causes to our environment. In addition, because Animal Protection of New Mexico, Inc. (APNM) is opposed to the use of animals in medical experiments, we promote pure vegetarianism (veganism) as a major part of the preventative measures that we believe are the best assurances of good health. We encourage people to adopt a vegan diet and experience the delicious new cuisines that are healthful, that do not involve cruelty to animals, and that do not contribute to the destruction of our precious planet.

“Vegan” food means dishes that contain no meat, fish, or fowl, and are not prepared with nor do they include any animal products or byproducts, such as eggs, dairy products, honey or lard.

This is the third issue of the Santa Fe Dining Guide offered by APNM. In times past, our guide listed vegetarian-friendly restaurants, that is, restaurants that served a few dishes that contained no animal body parts but did contain animal products such as cheese, eggs or cream. This year, the public’s growing awareness of the horrors of factory farming coupled with our own commitment to vegan dining for ethical, health and environmental reasons caused us to include only those restaurants that are vegan-friendly, that is, that serve at least a few vegan dishes. This guide will grow as more eating establishments feel a demand for vegan food from their customers. Please contact us if you would like to be included in our next guide or if you know of a business that would like to help us distribute this guide to their patrons.

(Caution: This guide is meant as a reference point only. To be sure a dish is vegan, it is always best to ask specific questions of the wait staff at the time you place your order.)

In addition to the vegan dishes listed with each restaurant, more may be available upon request. For example, many dishes containing dairy products can also be prepared without them. Letting the restaurant owner know that you visited his or her establishment especially for a vegan meal may encourage an expanded vegan menu in the future.

This guide has been designed to provide you with a variety of dining choices. It is by no means inclusive of all restaurants offering vegan fare. We hope that we have included your favorite vegan-friendly restaurants, but, if not, please let us know for future editions. Please also let us know if any restaurants or dishes listed here do not meet your standards.

We’ve also included a list of natural food stores where you may obtain not only natural foods, vegan groceries and prepared vegan dishes, but also a selection of cruelty-free cosmetics and household products.

Please fax any questions, additions, or comments about this Vegan Dining Guide to :
 APNM at 505.212.0116 or email: tammy@apnm.org. Thank you.



PLEASE JOIN US

Now that more people are becoming aware that a vegan 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

by supporting our progressive campaigns? Please consider joining APNM. Learn how your individual choices and actions can and will make a difference in the world! Visit our web site for membership information, for links to vegan web sites, and for information about our twenty-five year history as well as our current efforts on behalf of New Mexico’s animals.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Telephone _____
 Email _____

MEMBERSHIP CATEGORY:

- Individual 20.00
- Family 25.00
- Limited Income 8.00
- Student/Youth 4.00
- Extra Gift: _____
- Sponsor 50.00
- Donor 100.00
- Patron 200.00
- Life 1000.00

Please return with payment to:
 APNM, P.O. Box 11395, Albuquerque, NM 87192
 Or join online: www.APNM.org