



where to dine VEGAN

in Northern California

2014

Look for the ★ to indicate Farm Sanctuary staff favorites.

Vegan Dining in Chico (30 miles east of Farm Sanctuary)

Aca Taco: 1000 W. Sacramento Ave., Chico; 530-343-0909; and 133 Broadway St., Chico; 530-894-0191. There's nothing quite like a burrito to curb late-night munchies. Try the Vegetarian Aca, with carrots, potatoes, onions, zucchini, beans, and rice. Sacramento Ave. location: Open Monday through Wednesday from 8:00 a.m. to 11:00 p.m., Thursday through Saturday from 8:00 a.m. to 3:00 a.m., and Sunday from 8:00 a.m. to 10:00 p.m.; Broadway St. location: Open Monday through Wednesday from 9:00 a.m. to 9:00 p.m., Thursday through Saturday from 9:00 a.m. to 10:00 p.m., and Sunday from 9:00 a.m. to 9:00 p.m. (\$–\$\$)

★ **Aonami Sustainable Sushi:** 1008 W. Sacramento Ave., Chico; 530-924-3168. Artisanal vegan sushi has found its way to Chico! Pumpkin, tempura asparagus, pineapple, avocado, mango, and daikon sprouts are just some of the incredible vegan fillings offered in this intimate setting. The spicy garlic edamame is very good, too. Open Monday through Thursday from 11:30 a.m. to 2:30 p.m. and 4:30 p.m. to 9:30 p.m., Friday and Saturday from 11:30 a.m. to 2:30 p.m. and 4:30 p.m. to 10:00 p.m., and closed on Sunday. (\$–\$\$)

Beatniks Coffee House & Breakfast Joint: 1387 E. 8th St., Chico; 530-894-2800. Create a healthy, colorful breakfast with sides of veggie hash, home fries, steamed greens, and a fruit bowl. By special request, staff will whip up a vegan breakfast burrito. Tofu scramble comes with eggs, so ask for the vegan version. Open Monday through Friday from 6:00 a.m. to 2:00 p.m. and Saturday and Sunday from 7:00 a.m. to 2:00 p.m. (\$–\$\$)

Burgers and Brew: 201 Broadway St. #150, Chico; 530-879-9100. A handful of vegan sandwich options, complete with Vegemise, are available here. Open Sunday through Wednesday from 11:00 a.m. to 12:00 a.m. and Thursday through Saturday from 11:00 a.m. to 3:00 a.m. (\$\$)

Café Coda: 265 Humboldt Ave., Chico; 530-566-9476. This is a great breakfast spot! “The Veggie” is a delicious dish of potatoes, mushrooms, spinach, tofu, and all kinds of other delightful flavors. Substitute tofu for eggs in many other breakfast dishes. Open daily from 7:00 a.m. to 2:00 p.m. (\$\$)

★ **Chada Thai Cuisine:** 117 W. 2nd St. #B, Chico; 530-342-7121. Chada offers a variety of vegan appetizers, soups, and entrées, including Tom Kha, yellow curry tofu, and pad kra pao. Open daily from 11:00 a.m. to 3:00 p.m. and 5:00 p.m. to 9:00 p.m. Hours often change, so call beforehand. (\$\$–\$\$\$)

* **Chico Natural Foods:** 818 Main St., Chico; 530-891-1713. A community-owned cooperative grocery store, Chico Natural Foods boasts a terrific deli case featuring vegan sandwiches, salads, soups, and other fresh, healthy snacks. The co-op also carries vegan cupcakes, cookies, and coconut bars created by Chico Baking Company. Open daily from 7:30 a.m. to 10:00 p.m. (\$–\$\$\$)

Gogi's Café: 230 Salem St., Chico; 530-891-3570. This cozy and affordable Indian café has plenty of vegan options that are clearly marked on the menu. Open Monday through Wednesday from 8:00 a.m. to 8:00 p.m., Thursday through Saturday from 8:00 a.m. to 9:00 p.m., and closed on Sunday. (\$)

House of Bamboo: 163 E. 2nd St., Chico; 530-893-8811. Using fresh produce from Chico's own Farmers Market, the House of Bamboo offers diverse, healthy dishes and a real taste of Southeast Asia. Open Tuesday through Saturday from 11:30 a.m. to 2:30 p.m. and 5:00 p.m. to 9:00 p.m., Sunday from 5:00 p.m. to 9:00 p.m., and closed on Monday. (\$-\$\$\$)

Peking Chinese Restaurant: 243 W. 2nd St. #4, Chico; 530-895-3888. Welcoming and accommodating, Peking offers an extensive vegan menu featuring vegan chicken and beef, seitan, tofu, and vegetables. Open Monday through Saturday from 11:00 a.m. to 9:30 p.m. and closed on Sunday. (\$\$)

Pluto's: 201 Main St., Chico; 530-343-0165. Nestled in the heart of downtown Chico, Pluto's offers salad and sandwich options featuring an extensive array of raw and roasted vegetables and grilled portobello mushrooms. Open Sunday through Thursday from 11:00 a.m. to 9:00 p.m. and Friday and Saturday from 11:00 a.m. to 10:00 p.m. (\$-\$\$)

Priya: 2574 Esplanade, Chico; 530-899-1055. Another delightful Indian café in downtown Chico, Priya does not disappoint, with a separate vegetarian menu and vegan choices available. Open daily from 11:30 a.m. to 2:30 p.m. and 5:00 p.m. to 9:30 p.m. (\$\$)

Sipho's: 1228 Dayton Rd., Chico; 530-895-1866. This authentic Jamaican restaurant offers curried tofu, ital stew, and fried plantains, although most vegans we've asked agree that the Rasta Pasta is Sipho's best dish. Open Tuesday through Sunday from 11:00 a.m. to 9:00 p.m. and closed on Monday. (\$\$-\$\$\$)

Sultan's Bistro: 300 Broadway St., Chico; 530-345-7455. Fast and casual, this Mediterranean joint features veggie wraps, falafel, gyros, salads, and a tempeh burger, all of which can be made vegan upon request. Open Monday through Saturday from 11:00 a.m. to 9:00 p.m. and Sunday from 11:00 a.m. to 7:00 p.m. (\$\$)

★ **T.:** 250 Vallombrosa Ave., Chico; 530-895-8100. An Asian tea bar and fusion café, T. is well-known for its tofu wraps and salads. They also serve delicious soy-based blended drinks. Open Monday through Saturday from 10:00 a.m. to 9:00 p.m. and Sunday from 11:00 a.m. to 8:00 p.m. (\$\$-\$\$\$)

Tres Hombres Long Bar & Grill: 100 Broadway St., Chico; 530-342-4848. Try the chipotle black bean burger or vegetarian burrito (hold the cheese on both). Special fresh fruit margaritas are served every day. Open Sunday through Wednesday from 11:30 a.m. to 10:30 p.m., Thursday from 11:30 a.m. to 11:00 p.m., and Friday and Saturday from 11:30 a.m. to 12:00 a.m. (\$\$)

★ **Woodstock's Pizza:** 166 E. 2nd St., Chico; 530-893-1500. This boisterous, student-oriented pizzeria has both typical and creative vegetable toppings and now offers vegan cheese! Open Monday through Wednesday from 11:00 a.m. to 1:00 a.m., Thursday through Saturday from 11:00 a.m. to 2:00 a.m., and Sunday from 10:00 a.m. to 12:00 a.m. (\$\$-\$\$\$)

Wild Oak Café: 196 Cohasset Rd., Suite 150, Chico; 530-343-4876. This bright, charming restaurant has outdoor seating and a menu filled with vegan sandwiches, salads, smoothies, and more. Some of their more creative vegan options include the teriyaki pineapple burger, the BBQ bacon burger, and the veggie meatloaf. Open daily from 7:00 a.m. to 8:30 p.m. (\$\$)

Vegan Dining in Orland (nine miles east of Farm Sanctuary)

★ **Farwood Bar & Grill:** 705 5th St., Orland; 530-865-9900. Farwood boasts a full vegan menu, including a variety of salads and pasta dishes. Simply ask for the separate vegan menu upon arrival. Farwood accepts reservations. Open Sunday through Thursday from 11:00 a.m. to 9:00 p.m. and Friday and Saturday from 11:00 a.m. to 10:00 p.m. (\$\$-\$\$\$)

* **Sav-Mor Foods:** 32 E. Walker St., Orland; 530-865-2112. A commercial grocery store, Sav-Mor sells frozen, refrigerated, canned, and boxed vegan products. They even carry Daiya cheese! Open daily from 6:00 a.m. to 11:00 p.m. (\$-\$\$\$)

Vegan Dining on the 5

Heading North on the 5:

RED BLUFF (about 30 miles north of Orland)

New Asian: 628 Main St., Red Bluff; 530-529-9888. This Chinese restaurant offers a few vegetarian and vegan options. Open Sunday through Friday from 11:00 a.m. to 9:00 p.m. and Saturday from 5:00 p.m. to 9:00 p.m. (\$\$)

REDDING (about 60 miles north of Orland)

The Best Little Sandwich Shop: 2255 Eureka Way, Redding; 530-227-6590. Accommodating and veg-friendly, this sandwich shop offers 10 gourmet vegetarian sandwiches with faux-meat and soy cheese options such as vegan turkey, meatballs, bacon, cheddar, and more. Open Monday through Thursday from 9:30 a.m. to 8:00 p.m., Friday and Saturday from 9:30 a.m. to 9:00 p.m., and Sunday from 11:00 a.m. to 7:00 p.m. (\$\$)

Orchard Nutrition Center*: 221 Locust St., Redding; 530-244-9600. For a variety of natural and organic foods, with a deli counter offering vegan and vegetarian sandwiches to-go, this store is a great option. Open daily from 8:00 a.m. to 9:00 p.m. (\$-\$\$)

The Savory Spoon: 1647 Hartnell Ave., Unit 1, Redding; 530-222-7200. The Savory Spoon offers comfort food with a healthy twist. They feature some great vegan and vegetarian options, including a tofu scramble, hearty oatmeal, a veggie burger, and stuffed acorn squash. Open Monday from 12:00 p.m. to 4:00 p.m., Tuesday through Saturday from 9:00 a.m. to 8:00 p.m., and Sunday from 9:00 a.m. to 2:00 p.m. (\$\$)

Sky Mediterranean Café: 1715 South St., Redding; 530-215-3500. This restaurant boasts many vegan and vegetarian Mediterranean classics, including several different flavors of hummus, falafel, veggie kebabs, and more! Open Monday through Saturday from 11:00 a.m. to 8:00 p.m. and closed on Sunday. (\$)

Sky's Pure Food: 2471 Athens Ave., Redding; 530-229-7701. Sky's Pure Food is a juice and smoothie bar that also offers raw, vegan, and gluten-free pies as well as coffee and kombucha. Open Monday through Friday from 9:00 a.m. to 5:00 p.m., Saturday from 9:00 a.m. to 3:00 p.m., and closed on Sunday. (\$)

Heading South on the 5:

DAVIS (about 90 miles south of Orland, 10 miles off the 5)

Delta of Venus: 122 B St., Davis; 530-753-8639. This energetic, eclectic spot offers an array of vegan options for breakfast, lunch, and dinner as well as a selection of baked goods. Open Monday through Wednesday from 8:00 a.m. to 10:00 p.m., Thursday and Friday from 8:00 a.m. to 12:00 a.m., and Saturday and Sunday from 8:00 a.m. to 2:00 p.m. (\$\$)

Ding How: 640 W. Covell Blvd., Davis; 530-753-3590. Ding How is a Chinese restaurant with a separate vegetarian menu that includes faux-meat choices. Open Monday through Saturday from 11:30 a.m. to 9:30 p.m. and Sunday from 12:00 p.m. to 9:30 p.m. (\$\$)

Farmer's Kitchen Café: 624 4th St., Davis; 530-756-1862. This veg-friendly, gluten-free café is attached to a natural food store. Its menu boasts a healthy array of salads, sandwiches, and smoothies made to order. If you are in a rush, they also offer grab-and-go items. Open Monday through Saturday from 12:00 p.m. to 7:00 p.m. (\$-\$\$)

Monticello: 630 G St., Davis; 530-792-8066. Monticello offers a more upscale dining experience with vegetarian and vegan options. The menu changes weekly, depending on what is in season. Open Tuesday through Saturday from 5:30 p.m. to 9:00 p.m., Friday from 11:30 a.m. to 2:00 p.m. for lunch, and Sunday from 10:00 a.m. to 2:00 p.m. (\$\$\$)

Namaste Nepal: 825 Russell Blvd., Suite 30, Davis; 530-792-7321. This Nepalese and Indian fusion restaurant has an authentic atmosphere and a great vegan thali as well as several other veg-friendly selections. They also have an inexpensive lunch buffet. Open daily from 11:00 a.m. to 10:00 p.m. (\$–\$\$)

Raja's Tandoor: 207 3rd St., Davis; 530-753-9664. Vegan-owned, Raja's Tandoor offers a plethora of vegan Indian staples such as naan, pakora, aloo gobi, and chana masala. Open Monday through Friday from 7:00 a.m. to 4:00 p.m. and 5:00 p.m. to 9:00 p.m., Saturday from 10:00 a.m. to 4:00 p.m. and 5:00 p.m. to 9:00 p.m., and closed on Sunday. (\$\$)

Sunrise Restaurant: 229 G St., Davis; 530-753-5750. Boasting a large menu, this fun Vietnamese restaurant has vegan alternatives to classic Asian cuisine. Open Monday through Saturday from 9:00 a.m. to 10:00 p.m. (\$)

Woodstock's Pizza: 219 G St., Davis; 530-757-2525. This California pizza chain makes a hearty, "cheesy" vegan pizza with lots of vegetable toppings available and the option of gluten-free crust. Open Monday through Wednesday from 11:00 a.m. to 1:00 a.m., Thursday through Saturday from 11:00 a.m. to 2:00 a.m., and Sunday from 11:00 a.m. to 12:00 a.m. (\$\$)

SACRAMENTO (about 100 miles south of Orland)

24K Café: 2331 K St., Sacramento; 916-476-3754. Located within the Ancient Future Urban Sanctuary, 24K Café serves international cuisine, with some vegan options. Outdoor seating is available. Open for lunch Wednesday through Friday from 11:00 a.m. to 2:30 p.m., dinner Friday and Saturday from 5:00 p.m. to 9:00 p.m., and brunch Saturday and Sunday from 10:00 a.m. to 2:30 p.m. (\$\$)

Andy Nguyen Vegetarian: 2007 Broadway, Sacramento; 916-736-1157. This busy Vietnamese restaurant offers Southeast Asian classics with a vegetarian spin. Faux-meat options are available as well as a plethora of fresh veggie dishes. Open Sunday and Monday from 12:00 p.m. to 9:00 p.m. and Tuesday through Saturday from 11:00 a.m. to 9:00 p.m. (\$\$)

Anna's Vegan Café: 3500 Stockton Blvd., Sacramento; 916-451-6842. All menu items are 100 percent vegan at this quaint, Asian influenced café. Open Tuesday through Saturday from 11:30 a.m. to 2:00 p.m. and 5:00 p.m. to 8:00 p.m. and Sunday from 5:00 p.m. to 8:00 p.m. (\$)

Broderick Roadhouse: 319 Sixth St., West Sacramento; 916-372-2436. Run by the same owners of Wicked 'Wich, this restaurant offers a selection of hearty vegan and vegetarian pub food. Try their veggie burger, BBQ tofu sandwich, or no-egg salad sandwich. Open Monday through Wednesday from 11:00 a.m. to 11:00 p.m., Thursday and Friday from 11:00 a.m. to 12:00 a.m., Saturday from 10:00 a.m. to 12:00 a.m., and Sunday from 10:00 a.m. to 11:00 p.m. (\$\$)

Café Capricho: 3269 Folsom Blvd., Sacramento; 916-457-3916. This Mexican restaurant features a vegetarian-friendly menu, which includes a Swiss chard and black bean burrito, butternut squash enchiladas, and a veggie burger. Open Monday through Friday from 11:00 a.m. to 9:00 p.m. and Saturday and Sunday from 9:00 a.m. to 9:00 p.m. (\$\$)

Dad's Kitchen: 2968 Freeport Blvd., Sacramento; 916-447-3237. Specializing in American comfort food, this eatery is not lacking in vegetarian options. Try their fresh salads, craft beers, and satisfying quinoa burgers. Open Tuesday through Friday from 11:00 a.m. to 9:00 p.m., Saturday from 8:00 a.m. to 9:00 p.m., Sunday from 8:00 a.m. to 8:00 p.m., and closed on Monday. (\$\$)

Downtown's Kitchen BBQ vs. Vegan: 2333 S St., Sacramento; 916-455-4100. As the name suggests, this restaurant appeases both vegan and non-vegan diets. But fear not: the vegan food is prepared separately, so there is no risk of contamination. This inexpensive eatery has a charming dive bar atmosphere and is open late. Try their famous potato tacos. Open daily from 5:00 p.m. to 1:00 a.m. (\$)

MISO Japanese Cuisine: 1517 Broadway, Sacramento; 916-444-9400. This welcoming Japanese restaurant offers noodles, soup, and sushi, with some veg-friendly items available. Open Monday through Thursday from 11:00 a.m. to 9:30 p.m., Friday from 11:00 a.m. to 11:00 p.m., and Saturday and Sunday from 12:00 p.m. to 10:00 p.m. (\$\$)

Mother: 1023 K St., Sacramento; 916-594-9812. A completely vegetarian restaurant, Mother offers wholesome, meat-free southern cooking. Try their hearty collards and chicken-fried mushrooms or their fresh salads and bean burgers. Open Monday through Friday from 11:00 a.m. to 4:00 p.m., Tuesday and Wednesday from 5:00 p.m. to 9:00 p.m., Thursday through Saturday from 5:00 p.m. to 10:00 p.m., and for brunch on Saturday and Sunday from 10:00 a.m. to 2:00 p.m. (\$-\$)

N Street Café: 2022 N St., Sacramento; 916-491-4008. This coffee shop also serves as a nice breakfast or lunch spot. The vegetarian fare includes veggie sandwiches, salads, bagels, and some vegan baked goods. Open Monday through Friday from 6:30 a.m. to 6:00 p.m. and Saturday and Sunday from 8:00 a.m. to 3:00 p.m. (\$)

Noble Vegetarian: 5049 College Oak Dr., Sacramento; 916-334-6060. This restaurant boasts a completely vegan menu, with a strong Vietnamese influence. They offer a multitude of inexpensive and filling dishes with some convincing faux-meat options. Open Monday through Saturday from 11:00 a.m. to 8:30 p.m. (\$)

The Plum Café & Bakery: 2315 K St., Sacramento; 916-706-3302. This lovely, little café is completely vegan and offers delicious panini, burgers, pastries, and an all-you-can-eat brunch on Sundays. They have cozy outdoor seating, a wonderful bakery selection, and house-brewed kombucha. Open Monday through Thursday from 8:00 a.m. to 8:00 p.m., Friday and Saturday from 8:00 a.m. to 9:00 p.m., and Sunday from 10:00 a.m. to 8:00 p.m. (\$\$)

Queen Sheba: 1704 Broadway, Sacramento; 916-446-1223. For inexpensive Ethiopian, this restaurant serves many vegan dishes and offers a weekday vegan buffet. Open Monday through Thursday from 11:30 a.m. to 9:00 p.m., Friday from 11:30 a.m. to 10:00 p.m., Saturday from 12:00 p.m. to 10:00 p.m., and Sunday from 12:00 p.m. to 9:00 p.m. (\$)

Shine: 1400 E St., Sacramento; 916-551-1400. Shine is a lively coffeehouse with plenty of vegan options, including several types of nondairy milk and cheese. On Sundays, they offer vegan, gluten-free waffles. Open Monday and Wednesday from 7:00 a.m. to 6:00 p.m., Tuesday, Thursday, and Friday from 7:00 a.m. to 11:00 p.m., Saturday from 8:00 a.m. to 11:00 p.m., and Sunday from 8:00 a.m. to 4:00 p.m. (\$)

Wicked 'Wich: 545 Downtown Plaza, Food Court, 2nd Floor, Sacramento; 916-324-9424. This food-truck-turned-restaurant has an array of quick vegetarian and vegan sandwiches on its eclectic menu. Some vegan options include the BBQ tofu sandwich, vegan patty, and portobello mushroom burger. Open Monday through Saturday from 10:00 a.m. to 8:00 p.m. and Sunday from 11:00 a.m. to 6:00 p.m. (\$)

*indicates a health store or grocery store

Cost Guide: \$ = about \$5/meal \$\$ = \$5-\$10/meal \$\$\$ = more than \$10/meal

Please note that these restaurants are not exclusively vegan.

To guarantee a vegan meal, please inform your server. Menus are subject to change at any time.

Thank you for supporting vegan options in our local community!

Please don't forget to mention that you're visiting Farm Sanctuary! It shows area merchants that we are an asset to the community and that our visitors care about compassionate dining.



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rescue • education • advocacy

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