



# Veggie Toronto

Where to find delicious vegetarian and vegan food on and off campus

**Kensington Market** is the most veg-friendly neighbourhood in Toronto. 🌱 **Urban Herbivore** at 256 Augusta Ave is a vegan sandwich hotspot with a green roof. Across the street, 🌱 **Wanda's Pie in the Sky** sells slices of pie, pizza, soup and more. 🌱 **Hibiscus** at 238 Augusta is a laid-back place specializing in crêpes. Further south on Augusta is 🌱 **King's Cafe** with creative Asian offerings.

In **Chinatown**, try 🌱 **Buddha's** at 666 Dundas for their inexpensive, generous portions. Next door are two more Chinese places: 🌱 **Pure Vegetarian** and 🌱 **Full Moon**.

**Near Uoft**, check out 🌱 **Vegetarian Haven** at 17 Baldwin, a good spot for lunch or a romantic night out. To the east at Bay and Elm is 🌱 **Commensal**, a fancy buffet spot, and 🌱 **Camros** at 25 Hayden St serves delicious Persian dishes.

**Queen West** features gourmet 🌱 **Fressen** at 478 Queen and trendy 🌱 **Fresh** at 899 Queen and 147 Spadina.

🌱 **Fresh** also has a location in the **Annex** at 326 Bloor. Next door is 🌱 **Sunny Cafe**, inside **Noah's Natural Foods**. At 264 Dupont, check out 🌱 **Live**, a cool raw food place.

At **York U**, the York Animal Rights Group's top picks are the **Grad Lounge**, **Indian Flavour** and **The Underground**.

🌱 – Veg restaurant (tip 15%) 🌱 – Veg cafe (tip ±10%)

See [veg.ca/campus](http://veg.ca/campus) for more information.



## Fast food fix

Falafel sandwiches are good and cheap vegan fare.

- Most pizza places offer veg options.
- A&W, Burger King and Harvey's offer a veggie burger, but Lick's Nature Burger is the best.
- Also try Taco Bell, Teriyaki Experience, Spring Rolls and Burrito Boyz.

See [veg.ca/fastfood](http://veg.ca/fastfood)

# VEGGIE CHALLENGE

Try going meat-free for a week!

**We make it easy!** You will receive one email every day for seven days. Each message includes meal suggestions, recipes, nutrition information and tips. There is a chance to win prizes too! > [veggiechallenge.com](http://veggiechallenge.com)

## Tips on going vegetarian

- Pick up a copy of the 2009 Vegetarian Directory to find veg-friendly restaurants and stores. > [veg.ca/toronto](http://veg.ca/toronto)
- Find shortcuts to vegetarian cooking, basic meal ideas and recipes. > [veg.ca/tips](http://veg.ca/tips)
- Hummus, avocado, nut butters and veggie deli slices all make quick sandwich fillings. > [veg.ca/lunch](http://veg.ca/lunch)
- Come down to our Resource Centre (17 Baldwin, Wed 6-9 pm and Sat 1-4 pm) and borrow some cookbooks or DVDs. > [veg.ca/rc](http://veg.ca/rc)
- Learn about protein, calcium, iron and B<sub>12</sub>. > [veg.ca/nutrition](http://veg.ca/nutrition)
- Take a vegetarian cooking class. > [veg.ca/classes](http://veg.ca/classes)
- Also, check out our weekly podcast, list of veggie groups and links for finding a veggie roommate. > [veg.ca/campus](http://veg.ca/campus)



This card was created by **Toronto Vegetarian Association**, a volunteer-driven charitable organization devoted to providing information and support to people interested in making healthier, greener, more peaceful food choices. Supporters may purchase our **Vegetarian Discount Card** and obtain up to 15% off at over 70 restaurants and food stores. Find out more at [veg.ca/tva](http://veg.ca/tva)

Toronto  
**Vegetarian**  
Association

[veg.ca](http://veg.ca)  
416-544-9800



## Eating for the Earth

*Eating meat causes more environmental damage than all of transportation combined – representing 18% of all globally released greenhouse gases that cause climate change.*

– Food and Agricultural Organization of the United Nations  
[veg.ca/environment](http://veg.ca/environment)



Don't miss the **Annual Vegetarian Food Fair** at Harbourfront, a free weekend celebration that attracts over 15,000 people!  
– Sept 5, 6 & 7, 2008  
> [veg.ca/foodfair](http://veg.ca/foodfair)