

# LACTO-OVO VEGETARIAN, LACTO-VEGETARIAN & VEGAN RESTAURANTS & GROCERIES

## Recources In and Near Boston, MA

This listing does **not** account for allergies. **Double check** for Kosher, gluten-free and other descriptions. Listing based on internet reviews. Text has been modified to save space. Click underlined words for links. Listings include restaurants with vegetarian-friendly options.

SOURCE: google search Late Additions

### Wendy's

551 BOYLSTON STREET, BOSTON, MA

(617) 262-0727

Baked Potatoes, apples,  
salad can customize hours variable  
2 blocks from hotel

### Sweetgreen.com

Back Bay 659 Boylston St

Boston MA 02116

617-936-3464

Mon - Sun 10:30am - 11pm

Build your own & sides.

3.5 blocks from hotel

SOURCE: [http://www.tripadvisor.com/Restaurants-g60745-c40-Boston\\_Massachusetts.html](http://www.tripadvisor.com/Restaurants-g60745-c40-Boston_Massachusetts.html)

### Hamersley's Bistro

Travelers' Choice® 2012 Winner Restaurants

**Ranked #37** of 2,668 in Boston

201 reviews

- "Is the Price:Value Quotient Really The..." 06/11/2013
- "Great Bistro Fare" 06/10/2013  
Price: \$41 - \$80  
Cuisines: American, Mediterranean, Seafood, Vegetarian, Bistro  
[Map](#) | [Visitor photos \(13\)](#) | [Menu](#)

### FoMu

**Ranked #95** of 2,668 in Boston

6 reviews

- "Real ice cream for people with allergi..." 06/05/2013
- "A terrific surprise" 04/28/2013  
Cuisines: Vegan  
[Map](#) | [Visitor photos \(1\)](#)

### Brown Sugar Cafe

**Ranked #237** of 2,668 in Boston

74 reviews

- "Consistently good food and a step abov..." 05/11/2013
- "Great Thai Food" 05/06/2013  
Price: \$20  
Cuisines: Thai, Vegetarian, Vietnamese, Café  
[Map](#) | [Visitor photos \(4\)](#) | [Menu](#)

### Trident Booksellers & Cafe

**Ranked #278** of 2,668 in Boston

112 reviews

- "Quaint" 06/12/2013
- "great for brunch" 06/07/2013  
Price: \$20  
Cuisines: Vegetarian, Café  
[Map](#) | [Visitor photos \(7\)](#) | [Menu](#)

### Chilli Duck

**Ranked #282** of 2,668 in Boston

54 reviews

- "Low key dinner" 06/03/2013
- "Great Thai place!" 05/26/2013  
Price: \$21 - \$30  
Cuisines: Asian, Thai, Vegetarian  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### Max and Dylans

**Ranked #287** of 2,668 in Boston

57 reviews

- "Brits in Boston" 06/12/2013
- "Short notice but very accomodating" 05/14/2013  
Price: \$20 - \$25  
Cuisines: American, Vegetarian, Bar, Sandwiches  
[Map](#) | [Visitor photos \(6\)](#) | [Menu](#)

### [Centre Street Cafe](#)

**Ranked #330** of 2,668 in Boston

26 reviews

- "Good breakfast-who needs lunch??" 05/28/2013
  - "Great for a weekend brunch" 05/08/2013
- Price: \$30  
Cuisines: American, Vegetarian, Café  
[Map](#) | [Visitor photos \(2\)](#) | [Menu](#)

### [Mela](#)

**Ranked #332** of 2,668 in Boston

48 reviews

- "A bit crowded, but less so than my sto..." 03/15/2013
  - "Best Indian in Boston" 01/23/2013
- Price: \$15 - \$30  
Cuisines: Indian, Vegetarian  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### [King & I](#)

**Ranked #383** of 2,668 in Boston

40 reviews

- "ITS GOOD TO BE KING" 06/04/2013
  - "My Thai" 12/27/2012
- Price: \$20  
Cuisines: Asian, Thai, Vegetarian  
[Map](#) | [Menu](#)

### [Tantric Indian Bistro](#)

**Ranked #442** of 2,668 in Boston

53 reviews

- "Nice Lunch Buffet." 05/29/2013
  - "Nice lunch....." 05/11/2013
- Price: \$21 - \$30  
Cuisines: Indian, Vegetarian, Bistro  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### [Peace o' Pie Gourmet Vegan Pizza](#)

**Ranked #443** of 2,668 in Boston

10 reviews

- "Best Place On Earth" 11/30/2012
  - "Amazing! Best Sauce!" 11/06/2012
- Price: \$10 - \$15  
Cuisines: Pizza, Vegan, Vegetarian  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### [Bertucci's Brick Oven Pizzeria](#)

**Ranked #474** of 2,668 in Boston

92 reviews

- "We were starving..." 06/12/2013
  - "Yum!" 04/07/2013
- Price: \$30  
Cuisines: Italian, Pizza, Vegetarian  
[Map](#) | [Visitor photos \(2\)](#) | [Menu](#)

### [Kashmir](#)

**Ranked #483** of 2,668 in Boston

99 reviews

- "Decent Indian Restaurant" 06/01/2013
  - "Good Indian food in Boston" 05/30/2013
- Price: \$30  
Cuisines: Indian, Vegetarian  
[Map](#) | [Visitor photos \(7\)](#) | [Menu](#)

### [Bertucci's Brick Oven Pizzeria](#)

**Ranked #490** of 2,668 in Boston

27 reviews

- "Close to the Hotel Commonwealth" 06/10/2013
  - "Good food and location" 03/27/2013
- Cuisines: Italian, Pizza, Vegetarian  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### [Yard House](#)

**Ranked #524** of 2,668 in Boston

30 reviews

- "Great beer selection" 05/28/2013
  - "Good, Crowded and Loud" 04/06/2013
- Cuisines: American, Asian, European, Vegetarian  
[Map](#) | [Visitor photos \(8\)](#) | [Menu](#)

### [Fajitas & 'Ritas](#)

**Ranked #714** of 2,668 in Boston

63 reviews

- "Good food - casual place" 06/08/2013
  - "Huge quesadillas and we can write on t..." 05/13/2013
- Price: \$20  
Cuisines: American, Southwestern, Mexican, Vegetarian  
[Map](#) | [Visitor photos \(2\)](#) | [Menu](#)

### [Channel Cafe](#)

**Ranked #813** of 2,668 in Boston

13 reviews

- “Good place for lunch” 07/09/2012
  - “Went for dinner, food was amazing and...”02/02/2012
- Price: \$15  
Cuisines: American, Mediterranean, Vegetarian, Healthy, Café  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### [Thornton's Fenway Grille](#)

**Ranked #870** of 2,668 in Boston

11 reviews

- “Nice Place For Lunch” 05/22/2013
  - “What a find!” 05/04/2013
- Price: \$21 - \$30  
Cuisines: American, Vegetarian, Eclectic, International  
[Map](#) | [Visitor photos \(1\)](#)

### [Bangkok Bistro](#)

**Ranked #878** of 2,668 in Boston

13 reviews

- “Some spice in the cooking oil makes it...”12/02/2012
  - “Excellent Thai option in Cleveland Cir...”10/15/2012
- Price: \$20  
Cuisines: Asian, Thai, Vegetarian, Bistro  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### [Singh's Roti Shop](#)

**Ranked #883** of 2,668 in Boston

1 review

- “Great food~” 12/15/2012
- Cuisines: Caribbean, Indian, Vegetarian  
[Map](#)

### [Grasshopper](#)

**Ranked #1,011** of 2,668 in Boston

30 reviews

- “Excellent Vegetarian Cuisine!” 06/27/2012
  - “Mixed” 06/01/2013
- Price: \$20  
Cuisines: Asian, Vegetarian, Vietnamese, Healthy  
[Map](#) | [Visitor photos \(2\)](#) | [Menu](#)

### [Wonder Spice Cafe](#)

**Ranked #1,089** of 2,668 in Boston

11 reviews

- “Lunch spot” 03/19/2013
  - “Homestyle Cambodian and Thai - great p...”07/30/2012
- Price: \$20  
Cuisines: Asian, Cambodian, Thai, Vegetarian, Café  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### [Bertucci's](#)

**Ranked #1,097** of 2,668 in Boston

1 review

- “I go for the rolls” 03/11/2013
- Cuisines: Pizza, Vegetarian, Pizza & Pasta  
[Map](#)

### [Tossed](#)

**Ranked #1,147** of 2,668 in Boston

8 reviews

- “If it was judged just for Salad bars i...”03/23/2013
  - “Good value” 03/20/2013
- Price: \$20  
Cuisines: Delicatessen, Vegetarian, Healthy  
[Map](#) | [Visitor photos \(2\)](#) | [Menu](#)

### [Wheeler's Cafe and Ice Cream Bar](#)

**Ranked #1,244** of 2,668 in Boston

1 review

- “Decent vegan option for dessert” 06/16/2010
- Cuisines: Vegan, Ice Cream, Café  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### [Original Buddha's Delight](#)

**Ranked #1,258** of 2,668 in Boston

3 reviews

- “My Thai is better, but this is a great...”04/28/2008
  - “It may seem a little sketchy from the...”04/20/2008
- Price: \$20  
Cuisines: Vegetarian  
[Map](#) | [Visitor photos \(1\)](#) | [Menu](#)

### Common Ground Cafe

**Ranked #1,261** of 2,668 in Boston  
2 reviews

- “Delicious and healthy food.” 01/23/2009
  - “Great healthy food.” 06/14/2008
- Cuisines: Vegetarian, International, Café  
[Map](#) | [Visitor photos](#) (2)

### Bhindi Bazaar

**Ranked #1,350** of 2,668 in Boston  
4 reviews

- “Decent Indian Food” 01/19/2012
  - “Decent Indian food for a...” 03/18/2008
- Price: \$20 - \$30  
Cuisines: Indian, Vegetarian  
[Map](#) | [Visitor photos](#) (1) | [Menu](#)

### Acapulco Restaurant

**Ranked #1,464** of 2,668 in Boston  
3 reviews

- “AWFUL mex food” 01/23/2012
  - “Traditional and good mexican food, wit...” 11/10/2007
- Price: \$15  
Cuisines: Mexican, Vegetarian  
[Map](#) | [Visitor photos](#) (1) | [Menu](#)

SOURCE: <http://www.bostonveg.org/restaurants/>

**These Massachusetts restaurants have committed to serving exclusively vegetarian foods (no meat, fowl, or fish). Many are vegan (no dairy, eggs, or honey). It is a good idea to call first to confirm hours.**

**[Metro Boston](#) | [Metro West](#) | [North of Boston](#) | [North Shore](#) | [Cape Cod](#) | [Central MA](#) | [Western MA](#)**

## **Metro Boston**

### Clover Outdoor Food Trucks:

obile food truck locations include MIT, Dewey Square near South Station T, Boston Common at Park St. T, City Hall Plaza, Longwood Medical Area, Boston University, Inman Square, SoWa Market (South End) and Boston Public Library. Locations and hours can change so check their website for details. Fresh, fast and friendly. Mostly organic seasonal menu.

### Clover Restaurants

6 Harvard Street in Brookline Village, Brookline  
MBTA: Brookline Village stop on the Green Line D trolley (Riverside Line) (opening soon...) and 7 Holyoke Street, Harvard

Square, Cambridge.

MBTA: Harvard Square stop on Red Line 7 Days, 7am – midnight (breakfast, lunch, dinner) 1075 Cambridge Street, East Cambridge, MA, 7 Days, 7am - 10pm and

354 Newbury Street

Back Bay, Boston MA 02116

MBTA: Green Line to Hynes station (opening soon...)

The same winning formula of delicious, vegan and vegetarian food made from fresh and mostly organic ingredients, quick and friendly service, and economical prices that has made the food trucks such a hit.

### Dosa 'n' Curry

447 Somerville Ave., near Market Basket, Somerville, MA 02143  
MBTA: Bus #87 to School St. or Loring St. About 1 mile from Porter Square stop on Red Line. 617-764-3152 Monday - Thursday, 11:30am-3:00pm & 5pm- 10pm Friday - Sunday, 11:30am to 10pm; luncheon buffet 11:30am - 3:30pm All-vegetarian Indian restaurant, strong vegan component. Popular for South Indian, North Indian and Indo-Chinese cuisine dishes.

### FoMu

481 Cambridge Street Allston (Boston), MA 02134 (in Union Square, near Grasshopper)  
MBTA: Allston Street stop on Green Line B trolley, then walk north on Allston St. 4/10 mile and turn left into Union Square. Or, Buses #57, #64, #66 stop in Union Square. 617-903-3276  
Sunday-Thursday, 11:30am - 10pm  
Friday and Saturday, 11:30am - 11pm and 617 Centre Street, Jamaica Plain (Boston) 617-553-2299  
MBTA: Orange Line to Green St. station, turn left and follow Green St. then turn right on Centre St.; or #39 bus from Copley Square  
Monday-Thursday, 11am-11pm; Friday, 11am - 11:30am; Saturday, 8am - 11:30pm; Sunday, 8am - 11pm  
Small batched, dairy-free hand-scooped "alternative ice cream." With a base of

coconut cream and sweetened with organic cane sugar or agave, many flavor choices. Sorbet soy-based soft serve, smoothie options, plus coffee and teas served hot or iced. Vegan muffins and baked goods.

### Grasshopper

One North Beacon St. (Union Sq., opp. Jackson Mann School & Twin Donuts) Allston (Boston)  
MBTA: Allston Street stop on Green Line B trolley, then walk north on Allston St. 4/10 mile and turn left into Union Square. Or, Buses #57, #64, #66 stop in Union Square. 617-254-8883  
Monday - Thursday, 11 AM - 10 PM  
Friday - Saturday, 11 AM - 11 PM  
Sunday, 12 noon - 10 PM  
All vegan Asian cuisine, extensive menu. Huge portions, great value, a restaurant with heart. Their faux meats are known to please even avid meat-eaters. Popular specials menu. Vegan deserts.

### Greater Boston Buddhist Cultural Center (Closed for the winter)

Vegetarian Restaurant/Tea House  
950 Massachusetts Avenue, half-way between Harvard Sq. and Central Sq., Cambridge  
MBTA: Harvard Sq. or Central Sq. stops/ Red Line 617-547-6670 \*Cash only  
Tuesday - Saturday, 11:30 AM - 5:30 PM; closed Sundays and Mondays.  
Variety of hot teas, bubble tea, or cold drinks; vegan appetizers. Luncheon Special

(served all day). Chinese Buddhist cuisine. Food is vegan; some beverages use dairy.

### **Life Alive**

765 Massachusetts Avenue  
Central Square, Cambridge  
MBTA: Central Square stop on Red Line  
617-354-5433

Monday - Saturday, 8 AM - 10 PM

Sunday, 11 AM - 7 PM

Dishes using unprocessed organic grains and vegetables. Side dishes, vegan soups, juices and smoothies.

### **My Thai Vegan Cafe & Bubble Tea Bistro**

3 Beach Street, 2nd floor, corner of  
Washington St., Chinatown, Boston  
MBTA: Chinatown stop/Orange Line,  
Boylston St. stop/Green Line  
617-451-2395

Sunday-Thursday, 11 a.m.-9:30p.m.

Friday-Saturday, 11 a.m.-10:30 p.m.

All-vegan Thai dishes, hot and cold  
beverages and an array of vegan desserts.

### **Red Lentil Vegetarian and Vegan Restaurant**

600 Mount Auburn Street, Watertown  
MBTA: Red Line to Harvard Square, then  
bus #71 (Watertown Sq.) 617- 972-9189  
Monday-Thursday, Lunch 11 AM-5 PM,  
Dinner 5 - 9:30 PM; Friday, Lunch 11 AM-5  
PM, Dinner 5-10 PM; Saturday & Sunday,  
Brunch 9 AM - 3 PM, Dinner 5 - 10 PM  
Locally grown organic produce world

cuisine. International entrees. Vegan  
soups, salads and daily specials. Fresh  
vegetable juices, smoothies. **Most menu  
items are vegan, and gluten-free.**

Moderate prices, friendly, attentive service  
that **will cater to individual dietary  
requests.**

### **Taco Party Food Truck**

Rotating locations at B.U.West,  
Northeastern, Back Bay, Chinatown,  
Dorchester (Ashmont T), SOWA  
This menu with Mexican roots. Shiny green  
truck travels around town.

### **Trader Joe's GROCERY**

899 Boylston St, Boston, MA  
(617) 262-6505

### **Trader Joe's GROCERY**

748 Memorial Dr, Cambridge, MA  
(617) 491-8582

### **Trader Joe's GROCERY**

211 Alewife Brook Pkwy, Cambridge, MA  
(617) 498-3201

### **True Bistro**

1153 Broadway, Teele Square, Somerville  
MBTA: Davis Square stop on Red Line.  
Then take #88 bus or walk 1/2 mile up  
Holland St. to Teele Square. Buses #87,  
88, and 89/93 will stop at front door upon  
request. 617-627-9000  
Monday- Thursday, Dinner 5 PM - 9 PM  
Friday, Dinner 5 PM - 10 PM  
Saturday/Sunday, Brunch 10 AM - 3 PM,

Dinner 5 PM - 10 PM (Sunday -9 PM)  
Upscale Vegan cuisine.

### **Veggie Galaxy Diner and Vegan Bakery**

450 Massachusetts Avenue  
Central Square, Cambridge  
MBTA: Central Square stop on Red Line,  
#1 bus 617-497-1513  
Monday - Thursday, 7am-3pm; 5pm-10pm  
Friday, 7am - 3pm; 5pm - 11pm  
Saturday, 9am - 3pm; 5pm - 11pm  
Sunday, 9am - 3pm; 5pm - 10pm  
Bakery remains open 3 - 5pm  
Retro style diner. Items that don't  
specifically mention eggs or cheese are  
vegan, and any item can be made vegan  
by substituting tofu eggs and/or  
housemade vegan cheese. All desserts are  
vegan. Breakfast, served all day.

### **Veggie Planet** at Club Passim

47 Palmer Street downstairs (off Church  
Street, near movie theater and Borders  
Cafe), Harvard Square, Cambridge  
MBTA: Harvard Sq. stop on Red Line  
617-661-1513  
Open daily, 11:30 a.m. - 10:30 p.m.;  
Sunday Brunch 11 a.m. - 3 p.m.  
Meat-free and dairy-free gourmet pizzas

and innovative meals over rice, their  
extensive menu includes a homemade  
vegan soup, salad, and dessert-of-the-  
week

### **Walnut Grille**

1203 Walnut Street,  
Newton Highlands MA 02461  
MBTA: 1 block from Newton Highlands stop  
on Green Line D trolley (Riverside Line)  
617-964-1029  
Monday - Friday, 11am - 10pm  
Saturday & Sunday, 9am - 10pm  
Vegetarian and vegan cuisine with an  
upscale touch. Daily specials, weekend  
brunch, vegan desserts, smoothies. **A free  
parking lot behind the restaurant.** (On  
google shows as *Christina's* they took it  
over-by corner of Centre.)

### **Whole Foods Market, Charles River\***

**GROCERY** [wholefoodsmarket.com](http://wholefoodsmarket.com)  
181 Cambridge St, Boston  
(617) 723-0004 Google Search Added

### **Whole Foods Market, Symphony\***

15 Westland Ave., Boston  
(617) 375-1010 Google Search Added

### **Whole Foods Market, Brighton**

15 Washington St., Brighton  
(617) 738-818 Google Search Added

## **Metro West**

### **Clover Trucks Burlington**

100 Burlington Mall Road, see page 4.

### **Dosa Temple**

59 Pond St. (Rt. 126 South, in the Pond  
Plaza Shopping Center, next to Market

Basket); Ashland, MA 508-879-6800  
Monday - Friday, 11:30 AM - 2:30 PM; 5 -  
10 PM for dinner  
Saturday and Sunday, 11:30 AM - 10 PM;  
Lunch Buffet 11:30 AM - 3:30 PM

All vegetarian South Indian Cuisine at low prices. Ask for vegan.

### **Masao's Kitchen**

581 Moody Street, Waltham  
Commuter Rail: Waltham station on Fitchburg line, then walk 6/10 mile south on Moody St. 781-647-7977  
Monday - Saturday, 12 noon - 7:30 PM.  
Closed Sunday.

All vegan, macrobiotic cuisine; fresh, whole, organic ingredients. Desserts with no refined sugar.

### **Ritu ki Rasoi**

207E Cambridge Street (by Burlington Auto Supply, rear), Burlington

781-229-8349  
Tuesday – Thursday, Lunch 11:30am - 2:30pm; Dinner 5pm – 9pm  
Friday, 11:30am - 2:30pm; 5pm - 9pm  
Saturday, 12 noon – 3pm; 5pm - 9:30pm  
Sunday, 12 noon - 3pm; 5pm - 9pm  
Fresh vegetarian South Indian & Indo-Chinese entrees; breads, and appetizers.

### **Udupi Bhavan**

378 Maple Avenue, Shrewsbury,  
508-459-5099  
Monday & Wednesday - Friday, 11:30 AM - 3 PM and 5 - 9:30 PM  
Saturday & Sunday, 11:30 AM - 9:30 PM;  
closed Tuesday  
South Indian Cuisine

## **North of Boston**

### **Green Street Natural Food GROCERY**

164 Green St., Melrose; 781-662-7741  
Monday - Friday, 9 a.m. - 6 p.m.  
Saturday, 9 a.m. - 5 p.m.; Sunday closed  
All-vegetarian market since 1975. All organic produce. Their grocery section offers frozen, refrigerated, packaged and canned foods that are organic whenever possible. Their bulk section includes beans, grains, nuts, seeds, herbs, dried fruits, and pasta. Their personal care products are organic whenever possible and never tested on animals. Family owned.

### **Life Alive**

194 Middle Street; Lowell, MA  
978-453-1311  
Monday - Wednesday, 10 AM - 8 PM  
Thursday - Friday, 10 AM - 9 PM  
Saturday 10 AM-8 PM; Sunday noon-6 PM  
See page 6.

### **Udupi Bhavan**

1717 Middlesex Street, Lowell, MA  
978-654-6653  
Tuesday - Friday, 11:30 AM - 3 PM and 5 - 9:30 PM; Saturday & Sunday, 11:30 AM - 9:30 PM; closed Monday  
South Indian specialties.

## North Shore

### Life Alive

281 Essex Street

Salem 01970

Commuter Rail: Take

Newburyport/Rockport Line to Salem

Depot. Then walk 1.5 blocks.

978-594-4644; Monday - Saturday, 8 AM -

10 PM; Sunday, 11 AM - 7 PM

See page 6.

### Mandarava

46 Inn Street; Newburyport, MA 01950

978-465-7300 Hours change seasonally.

Please check website.

All vegan, organic, and **certified Kosher**,

whole foods nutrition. Freshly squeezed  
juices and smoothies. Vegan Deserts,

**some gluten-free**, round out the  
offerings.

### Organic Garden Café

294 Cabot Street (next to Cabot Cinema,  
opp. Hess gas station), Beverly 01915 (Rt.

62 off Rt. 128)

Commuter Rail: Take

### Green Lotus Café

349 Main St.; Hyannis 02601

Commuter Rail: South Station to Hyannis

508-775-1067; Tuesday - Sunday, 7am -

7pm; closed Monday

Newburyport/Rockport Line to Beverly

Depot. Then a 10 minute walk to

restaurant. Walk up the hill from Rantoul

St., turn left on Cabot St. and walk approx.

1/3 mile. 978-922-0004

Tuesday - Thursday, 9am - 8pm

Friday & Saturday, 9am - 9pm

Sunday, 9am - 7:30pm; closed Monday

All **vegan, organic, raw** cuisine entrees,  
soups, salads, wraps, full juice bar,  
desserts.

### Revitalise Café

The Tannery Mall, 50 Water Street,

Newburyport, 978-462-0639

Monday - Saturday, 9am - 7pm

Sunday, 9am - 5pm

All **vegan, raw, and gluten-free** entrees,  
using locally grown and organic  
ingredients. Salads, smoothies, and  
desserts. **No gluten, soy, refined sugar,  
honey, mushrooms or animal products  
are to be found in the menu items.** All  
packaging is compostable or reusable.

## Cape Cod

Vegan sandwiches, soup, deserts, create-  
your-own salad of fresh local produce, and  
breakfast foods (served until 11am). Teas  
and locally roasted coffee . Outdoor tables.

## Central MA

### **Belmont Vegetarian Restaurant**

157 Belmont St, Worcester (on Rte 9, corner Eastern Ave., near UMass Memorial); 508-798-8898  
Tuesday - Saturday, 11am - 8pm  
Closed Sunday and Monday  
Daily changing vegan, Jamaican / Caribbean menu; mainly take-out, with two booths for eating in. Order Free parking on the street. He may be out of town, so need to call first. If you have special dietary needs, call in advance and he will make it for you.

### **Evo (Awards)**

234 Chandler Street, Worcester, MA 0160  
508-459-4240 Google Search Added  
Tues - Thurs - 11AM - 10PM (kitchen closes 9PM); Fri - 11AM - 11PM(kitchen closes 10PM); Sat - 8AM - 11PM(kitchen closes 10PM); Sun - 8AM - 10PM (kitchen closes 9PM). Salads, some lacto-veg. One vegan and gluten-free.

### **Living Earth GROCERY**

232-234 Chandler St, Corner of Rt.9

### **Bela Vegetarian Restaurant**

68 Masonic Street, Northampton  
413-586-8011  
Tuesday - Saturday, 12 noon - 8:30 PM

(Park Ave.) & Rt.122, Worcester, MA 01609  
508 753-1896

### **Loving Hut, In Chandler**

415 Chandler Street, Worcester; 508-459-0367  
Monday - Thursday, 11 AM - 9 PM  
Friday - Saturday, 11 AM - 10 PM  
Closed Sunday. All vegan, Asian cuisine

### **In Hamilton**

56 Hamilton Street, Worcester  
508-831-1322  
Tuesday - Saturday, 11 AM - 9 PM  
Sunday, 12 noon - 9 PM; closed Monday  
Vegan Asian cuisine.

### **V Organic Café**

62 Main St. (Rt. 140); Upton MA 01568  
508-529-2900  
Tuesday - Friday, 7:30am - 2pm  
Saturday, 9am - 3pm  
Closed Sunday and Monday  
All vegan, organic baked goods Organic coffee, tea, cider, hot cocoa, smoothies. Breakfast and lunch.

## Western MA

Closed Sunday & Monday; **cash only**  
Variety entrees, salads, and desserts.

### **Café Evolution**

22 Chestnut St., Florence (Northampton),

MA, 413-586-0200

Monday - Wednesday, 7:30am - 4pm

Thursday, 7:30am - 6pm

Friday, 7:30am - 8pm

Saturday, 9am. - 9pm

Sunday, 10am - 2pm Brunch

All vegan, mostly organic, entrees,

Salads, soups, chili, sandwiches

(homemade organic sunflower oat bread),

specials, and baked goods. Sunday brunch.

### **Haymarket Café**

185 Main Street, Northampton

413-586-9969

Monday - Thursday, 7am - 10pm

Friday and Saturday, 7am - 11pm

Sunday, 8am - 10pm

Coffee shop on the main level and a cafe on the lower level. Cafe menu of international entrees, soup, salads, sandwiches, specials.

### **Soup**

221 Main St; Greenfield, MA 01301

413-512-0631; Monday - Friday, 11am - 4pm; Closed weekends

All vegan, this takeout **gluten-free** fresh soups from local produce and are served with bread.