

Wild Ginger (ve) Pan-Asian. 380 Broome St (bet Mott & Mulberry). 212-966-1883/2669. Daily 12pm–11pm. Full-service with takeout and delivery available.

THE BRONX

H.I.M. Ital Organic Restaurant (V) Organic Caribbean. 754 Burke Ave. 718-653-9627. Daily 10:00am–9:00pm. Counter-service only.

Vegan's Delight (V) Organic Caribbean. 3565-C Boston Rd (@Tiemann). 718-653-4140. M–Sa 8:00am–6:30pm. Closed Su. Counter-service only.

BROOKLYN

Bliss Café (ve) Natural. 191 Bedford Ave (N. 6th & N. 7th). 718-599-2547. M–F 9am–11pm, Sa & Su 10am–11pm. Full-service with takeout.

Boneshakers (ve) Café. 134 Kingsland Ave (@Beadel). 718-963-0656. M–F 7am–10pm. Sa & Su 9am–9pm. Counter-service with seating. Delivery available.

Dao Palate (ve) Pan-Asian. 329 Flatbush Ave (bet Park & Prospect). 718-638-1995/1998. M–Th 12pm–11pm, F–Sa. 12pm–11:30pm, Su 12pm–11pm. Full-service with takeout and delivery available.

“D” Ital Shak (V) Caribbean. 305 Halsey St (Troop & Marcus Garvey). 718-573-3752. M–Sa 9am–9pm. Closed Su. Counter service.

“D” Ital Shak (V) Caribbean. 989 Nostrand Ave (Empire & Sullivan). 718-756-6557. Daily 24 hrs. Counter service.

Food Swings (V) Vegan Fast-Food. 295 Grand St. 718-388-1919. Closed M. Tu–Th 5pm–12am, F 5pm–2am, Sa 12pm–2am, Su 2pm–11pm.

Four Seasons (V) Caribbean. 2281 Church Ave (@Bedford). 718-693-7996. M–F 7:30am–10pm, Sa & Su 7:30am–12am. Counter service.

Imhotep (V) Organic West Indian. 734 Nostrand Ave (Park Pl & Prospect). 718-493-2395. Daily 9am–9pm. Self-service.

Natural Blend (ve) West Indian Juice Bar/Café. 769A Washington Ave (bet Sterling & Saint Johns). 718-783-1737. M–F 8am–10:30pm, Sat 9:30am–11pm, Sun 10am–7:30pm. Counter-service with seating available. Catering available.

Organic Heights (ve) Organic Café & Bakery. 460 Bergen St (bet Flatbush & 5th Ave). 718-622-4303. M–F 7am–10pm, Sa 9am–8pm, Su 9am–7pm. Counter-service with seating available.

Penny Licks (ve) Ice Cream Parlor/Café. 158 Bedford Ave. 718-384-0158. M–Th noon–11pm, F & Sa noon–12am, Su noon–11pm. Counter-service with seating available.

Rawstar (V) Organic Raw West Indian. 687 Washington Ave (bet St. Marks & Prospect). 718-975-0304. Tu–Sa 11am–11pm, Su 9am–10pm. Brunch menu weekends before 4pm. Full-service with takeout.

Rockin' Raw (ve) Raw Creole/Peruvian. 178 N 8th St (bet Driggs & Bedford). 718-599-9333. Tu–Th 2pm–10pm, F 2pm–11pm, Sa 2pm–9pm, Su 12pm–9pm. Closed M. Full-service with takeout available.

'sNice Brooklyn (ve) Café/Sandwich Shop & Bakery. 315 5th Ave (@3rd St). 718-788-2121. M–F 7:30am–10pm, Sa–Su 8am–10pm. Counter-service with seating. Takeout and delivery available.

Strictly Vegetarian (V) Caribbean. 2268 Church Ave (Bedford & Flatbush). 718-284-2543. M–Th 11am–10pm, F & Sa 11am–12am, Su hours vary. Counter service.

The V Spot Café (V) International. 156-5th Ave (bet Douglass & Degraw). 718-622-2275. Tu–Th 11am–10pm, F–Su 11am–10:30pm. Brunch F–Su 11am–4pm. Closed M. Full-service with takeout and delivery available.

Vegetarian Ginger (ve) Asian. 128 Montague St (@Henry), 2nd Fl. 718-246-1288. M–Th 11:30am–10:30pm, F–Sa 11:30am–11pm, Su 1pm–10pm. Full-service with takeout and delivery available.

(Continued on back panel)

At Friends of Animals, we believe that eating vegan is the most direct and life-affirming form of animal rights activism. The term that defines a plant-based diet and an animal-friendly outlook has, to date, been associated with what someone doesn't eat, however. This is understandable: Vegans often engage in lively discussion about how and why they made the change from animal products to a pure vegetarian lifestyle. From environmental degradation to health risks to the inequity inherent in industries that exploit animals for profit, reasons for change abound. When we take animals off the menu, however, we open doors to a whole new array of healthful and delicious foods. Simply put, vegan food tastes great!

New York is one of the best cities in the world for animal-friendly dining. From fine restaurants to funky diners and juice bars to lounges, there are eatery excursions here to suit every predilection and pocketbook.

Looking for gourmet cuisine that's also vegan and organic? You can have it all. Blossom, located in a Chelsea townhouse, is elegant by day, romantic at night. Its menu offers such gems as Porcini Crusted Seitan and Phyllo Roulade; but there's also a grilled pizza with soy cheese that will surprise you and have you coming back for more.

Regaling out-of-town visitors with a preference for raw foods? Get the glow! Delight your friends with a boost of energy from the raw cuisine at Pure Food & Wine, where the lasagne is made from zucchini, golden tomatoes and basil-pistachio pesto. The Biryani with Coconut Curried Vegetables is served on a bed of jicama and pine nuts, and your special guests can toast the occasion with young coconut juice served in their shells.

Seeking a space where dining is treated as a spiritual experience? Explore the meditative atmosphere of Hangawi, where you and your guests will remove your shoes at the door and slip into tables lowered into the floor. Refresh your palate with iced green tea. Indulge in Korean dishes from the feisty to the sublime, from an exquisite dumpling soup, to garden-fresh avocados served on lettuce as autumn rolls, to bean curd with kimchi and vegetables in spicy sauce. Finish with a cantaloupe sorbet.

And the next time someone asks “but what do you eat?,” hand them this guide and treat them to lunch and a learning experience for which their taste buds—and the animals—will thank you.

Many vegetarian dishes can be prepared vegan; be sure to inquire. Many restaurants deliver; call them for details. Please call restaurants before visiting to confirm hours, wheelchair access and methods of payment.

Friends of Animals has a new, all-vegan cookbook, *The Best of Vegan Cooking*, featuring 84 delicious recipes. To purchase this book, visit our Website at www.friendsofanimals.org

Friends of Animals 

Friends of Animals is an international animal advocacy organization supported by members. Please visit us at: www.friendsofanimals.org

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KEY: V=vegan ve=meatless with vegan options
K=Kosher

(Brooklyn restaurants continued)

Vegetarian Palate (ve) Chinese. 258 Flatbush Ave (Prospect Pl & St Marks). 718-623-8808/09. Su–Th 11:30am–11pm, F & Sa 11:30am–12am. Full-service with takeout.

Wild Ginger (ve) Pan-Asian. 112 Smith St (bet Dean & Pacific). 718-858-3880. M–Th 11:30am–11pm, F–Sa 11:30am–11:30pm, Su 12pm–11pm. Full-service with takeout and delivery available.

Wild Ginger Brooklyn (ve) Pan-Asian. 212 Bedford Ave (North 5th St). 718-218-8828. Su–Th 12pm–11pm, F–Sa 12pm–11:30pm. Full-service with takeout.

Zen Vegetarian House (ve) Chinese. 773 Flatbush Ave. 718-282-2255. Full-service with takeout and delivery available.

QUEENS

Annam Brahma (ve) Indian. 84-43 164th St, Jamaica. 718-523-2600. M, Tu, Th–Sa 11am–10pm, W 11am–4pm, Su 12pm–10pm. Full-service with takeout.

Buddha Bodhai (ve) Asian. 42-96 Main St, Flushing. 718-939-1188. M–F 11am–11pm, Sa & Su 10:30am–11pm. Full-service with takeout.

Dosa Hutt (ve) South Indian. 45-63 Bowne St, Flushing. 718-961-5897. Daily 10am–9pm. Counter service.

Happy Buddha (ve) Chinese. 135-37 37th Ave, Flushing. 718-358-0079. Daily 11am–10pm. Full-service.

Linda's Natural Kitchen & Market (ve) International. 81-22 Lefferts Blvd, Kew Gardens. 718-847-2233. M, Tu, Th, F 10am–7pm, W 10am–8pm, Sa 10am–6pm, Su 11am–5:30pm.

Oneness Fountain Heart (ve) International. 157-19 72nd Ave (@Parsons Blvd), Flushing. 718-591-3663. Su–Tu, Th–Sa 11:30am–9pm. Closed W. Full-service with takeout.

Sai Organics (ve) Organic International Café & Juice Bar. 30-21 30th Ave. 718-278-1726. Open Daily 8am–10pm. Self-service with seating available. Takeout and delivery available.

Smile of the Beyond (ve) International. 86-14 Parsons Blvd, Jamaica. 718-739-7453. M–F 7am–4pm, Sa 7am–3pm. Closed Su. Counter service.

Veggie Castle II (V) Caribbean. 132-09 Liberty Ave (off Van Wyck Expwy). 718-641-8342. Daily 10am–10pm. Counter-service with takeout.

NASSAU COUNTY

Green Melody (V/K) Kosher. 519 N Broadway, Jericho. 866-443-5596/516-681-5715. M–Th 11am–10pm, F 11am–11pm, Sa 11:30am–11pm, Su 12pm–10pm. Full-service with takeout and delivery available.

House of Dosas (ve) South Indian. 416 S. Broadway, Hicksville. 516-938-7517. Daily 11:30am–10pm. Full-service with takeout. Catering available.

Witches Brew (ve) Coffee House/Cafe. 311 Hempstead Turnpike, West Hempstead. 516-489-9482. M–F 10am–1am, Sa 11am–1am, Su 1pm–1am.

STATEN ISLAND

Victory Bhavan (ve/K) Indian. 1180 Victory Blvd. 718-442-7750. Su–Th 11:30am–10:30pm, F–Sa 12pm–11:30pm. Full-service with takeout and delivery available.

If you know of an all-vegetarian or vegan restaurant in the New York area that we have missed, contact us at edita@friendsofanimals.org

Vegan Restaurant Guide TO NEW YORK CITY 2010

