### DINING GUIDE for Metro Orlando

**ALI BABA**  
1155 SR 434 West  
Longwood, 32759  
407-331-8680  
Persian/Lebanese  
not pure veg; veg/vegan options  
buffet with many veg/vegan options; hummus, tabouleh, eggless tofu salad, falafel, baba ganouch, fatouche, dinner show nightly  
www.alibabarestaurant.info

**AUSTIN COFFEE AND FILM**  
929 W Fairbanks Ave  
Winter Park, 32789  
407-975-3364  
Coffeehouse/Café  
not pure veg; veg/vegan options  
salads; sandwiches including hummus, eggless egg salad; tofu and tempeh; vegan quiche; vegan cheese and veganaise available; vegan baked goods including Fat Vegan Donuts; organic fair trade coffees and teas; commitment to organic, healthy eating; coffee roaster; WI-FI  
beer and wine; some organic  
www.austinscoffee.com

**BLACK BEAN DELI**  
325 S Orlando Ave  
Winter Park, 32789  
407-628-0294  
Cuban  
not pure veg; veg/vegan options  
authentic veg/vegan Cuban dishes incl. vegan empanadas, tamales, black beans, rice and tamales

**CAFÉ ANNIE**  
131 N Orange Avenue  
Orlando, 32801  
407-420-4041  
Middle Eastern  
not pure veg; veg/vegan options  
standard middle eastern food; veg/vegan options doubles as night club in evenings  
beer and wine

**CAFÉ 118**  
153 E Morse Avenue  
Winter Park, 32789  
407-389-2233  
Living/Raw & Juice Bar  
100% vegan  
creative, eclectic living and raw cuisine utilizing locally sourced organic ingredients including chili rellenos and shiitake mushroom lasagna; juice bar; “milk” shakes, raw ice cream and other desserts  
beer and wine COMING SOON  
www.cafe118.com
<table>
<thead>
<tr>
<th>Name</th>
<th>Cuisine</th>
<th>Options</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td><strong>CEDAR’S</strong></td>
<td>Lebanese</td>
<td>not pure veg; veg/vegan options</td>
<td>7732 W Sand Lake Road</td>
<td>407-351-6000</td>
<td>M-F 11:30-3pm, 5-10pm, Sa noon-2am</td>
<td><a href="http://www.cedarsoforlando.com">www.cedarsoforlando.com</a></td>
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<td></td>
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<td>many veg/vegan options; vegan baklava made w/sugar syrup (not honey) for dessert</td>
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<td>beer, wine and limited full liquor</td>
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<td><strong>CROOKED BAYOU</strong></td>
<td>American/Cajun</td>
<td>not pure veg; veg/vegan options</td>
<td>50 E Central Blvd</td>
<td>407-839-5852</td>
<td>M-F 11am-2am, Sa noon-2am, closed Sundays</td>
<td><a href="http://www.crookedbayou.com">www.crookedbayou.com</a></td>
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<td></td>
<td></td>
<td>vegan options include veggie burger, hummus wrap, beans &amp; rice; fries, tater tots and fried pickles fried separately from meat and in trans-fat-free oil</td>
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<td></td>
<td></td>
<td>beer, wine and full liquor</td>
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<tr>
<td><strong>DANDELION COMMUNITEA CAFÉ</strong></td>
<td>Teahouse/Cafe</td>
<td>100% veg; vegan options</td>
<td>618 N Thornton Ave</td>
<td>407-362-1864</td>
<td>Su-Sa 11am-11pm, closed Mondays</td>
<td><a href="http://www.dandelioncommunitea.com">www.dandelioncommunitea.com</a></td>
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<td></td>
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<td>creative, fresh/fresh/ mostly raw salads, wraps, hummus, chili, etc. every thing is vegan but can add cheese or vegan cheese/feta; vegan fluffernutter; vegan baked goods; lots of teas and elixirs; committed to organics and local community; GREEN CERTIFIED; WI-FI</td>
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<td>beer and wine; some organic</td>
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<tr>
<td><strong>DESIGNER GREENS</strong></td>
<td>Salad Bar</td>
<td>not pure veg; veg/vegan options</td>
<td>464 N Alafaya Tr #106</td>
<td>407-282-8588</td>
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<td></td>
<td></td>
<td>design your own salad</td>
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<tr>
<td><strong>DRUNKEN MONKEY COFFEE BAR</strong></td>
<td>Coffeehouse/Café</td>
<td>not pure veg; veg/vegan options</td>
<td>444 North Bumby Av</td>
<td></td>
<td>M-Th 7am–9pm, F 7am–midnight, Sa 9am–midnight, Su 9am–9pm</td>
<td><a href="http://www.drunkenmonkeycoffee.com">www.drunkenmonkeycoffee.com</a></td>
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<td></td>
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<td>creative daily soup and sandwich specials with many veg/vegan options; wide selection of vegan/non-vegan baked goods; coffee/tea with many alternative milks; vegan cheese, veganaise; WI-FI</td>
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<tr>
<td>Vegetarian + Theater/Cafe</td>
<td>Address</td>
<td>Phone</td>
<td>Hours</td>
<td>Food Notes</td>
<td>Website</td>
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<tr>
<td><strong>ENZIAN THEATER</strong></td>
<td>1300 S Orlando Ave Maitland, 32751 407-629-1088</td>
<td>check show times</td>
<td><strong>Arts Cinema/Café</strong></td>
<td>not pure veg; veg/vegan options</td>
<td>beer and wine; full liquor served in patio bar</td>
<td><a href="http://www.enzian.org">www.enzian.org</a></td>
</tr>
<tr>
<td><strong>ETHOS VEGAN KITCHEN</strong></td>
<td>1235 N Orange Ave #101 Orlando, 32804 407-228-3899</td>
<td>M-Sa 11am-10pm Su 10am-3pm (brunch only)</td>
<td><strong>Intercontinental/Homestyle 100% vegan</strong></td>
<td>light bites, soups, salads, sandwiches, pizza, main dishes, and house-made vegan baked goods; Sunday brunch; indoor and patio seating; WI-FI</td>
<td>no alcohol</td>
<td><a href="http://www.ethosvegankitchen.com">www.ethosvegankitchen.com</a></td>
</tr>
<tr>
<td><strong>FALAFEL CAFE</strong></td>
<td>12140 Collegiate Way #175 Orlando, 32817 407-382-6600</td>
<td>M-F 11am-8pm</td>
<td><strong>Middle Eastern</strong></td>
<td>not pure veg; veg/vegan options</td>
<td>hummus, baba ghannouj (not vegan), grace leaves, falafel, rice and beans, salad, spinach pie, zaatar, tabbouleh</td>
<td><a href="http://www.falafelcafe.com">www.falafelcafe.com</a></td>
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<tr>
<td><strong>FLORIDA HOSPITAL CAFETERIA</strong></td>
<td>601 E Rollins Street Orlando, 32803 407-897-1793</td>
<td></td>
<td><strong>Buffet</strong></td>
<td>not pure veg; veg/vegan options</td>
<td>cafeteria food; buffet and short order grill; many products contain egg whites and/or dairy; ask what’s vegan</td>
<td>no alcohol</td>
</tr>
<tr>
<td><strong>GARDEN CAFE</strong></td>
<td>810 W Colonial Dr Orlando, 32805 407-999-9799</td>
<td>Tu-F 11am-10pm Sa-Su noon-10pm closed Mondays</td>
<td><strong>Chinese 100% veg; vegan options</strong></td>
<td>extensive menu of &quot;traditional&quot; dishes; lots of meat substitutes; no garlic or onion in ANYthing</td>
<td>no alcohol</td>
<td><a href="http://www.gardencafevege.com">www.gardencafevege.com</a></td>
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<tr>
<td>Restaurant</td>
<td>Type</td>
<td>Details</td>
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<tr>
<td>GREEN DAY CAFE</td>
<td>Fast Food “Eco-Café”</td>
<td>not pure veg; veg/vegan options</td>
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<tr>
<td>1515 Lee Rd</td>
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<td>limited menu of sandwiches, wraps, soups and sides; plates, cups, etc.</td>
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<tr>
<td>Orlando, 32810</td>
<td></td>
<td>are corn- or sugar-based, made from recycled materials and/or compostable</td>
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<tr>
<td>407-704-7877</td>
<td></td>
<td>no alcohol</td>
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<td><a href="http://www.greendaycafe.com">www.greendaycafe.com</a></td>
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<tr>
<td>INFUSION TEA - College Park</td>
<td>Teahouse/Café</td>
<td>100% veg; vegan options</td>
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<tr>
<td>1520 Edgewater Drive, Suite A</td>
<td></td>
<td>light fare including sandwiches, soups, salads; desserts; extensive tea menu; commitment to organics; WI-FI</td>
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<tr>
<td>Orlando, 32804</td>
<td></td>
<td>no alcohol</td>
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<tr>
<td>407-999-5255</td>
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<td><a href="http://www.infusionorlando.com">www.infusionorlando.com</a></td>
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<td>866-346-5135</td>
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<td>INFUSION TEA - Thornton Park</td>
<td>Teahouse/Café</td>
<td>100% veg; vegan options</td>
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<tr>
<td>located in Urban Think Bookstore</td>
<td></td>
<td>light fare including sandwiches, soups, salads; desserts; extensive tea menu; commitment to organics; WI-FI</td>
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<tr>
<td>625 East Central Blvd.</td>
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<td>beer and wine</td>
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<tr>
<td>Orlando, FL 32801</td>
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<td><a href="http://www.infusionorlando.com">www.infusionorlando.com</a></td>
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<td>407-849-5004</td>
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<tr>
<td>K RESTAURANT &amp; WINE BAR</td>
<td>Eclectic/Wine Bar</td>
<td>not pure veg; veg/vegan options</td>
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<td>2401 Edgewater Dr</td>
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<td>some veg items on menu; usually many veganizable; chef’s choice veg/vegan plate available daily call ahead and they will supposedly have extra vegan options on hand</td>
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<tr>
<td>Orlando, 32804</td>
<td></td>
<td>beer and wine</td>
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<tr>
<td>407-872-2332</td>
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<td><a href="http://www.krestaurantwinebar.com">www.krestaurantwinebar.com</a></td>
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<tr>
<td>Restaurant</td>
<td>Cuisine</td>
<td>Vegetarian Options</td>
<td>Notes</td>
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<tr>
<td>KHASIYAT</td>
<td>Indian</td>
<td>100% veg; vegan options</td>
<td>all-you-can-eat lunch buffet and full menu</td>
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<tr>
<td>852 Lancaster Rd</td>
<td>Indian</td>
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<td>Orlando, 32809</td>
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<td>407-888-2147</td>
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<td>Cell: 407-617-1596</td>
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<tr>
<td>Kohinoor</td>
<td>Indian</td>
<td>not pure veg; veg/vegan options</td>
<td>lunch buffet; good selection of vegetarian dishes</td>
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<tr>
<td>249 W SR 436</td>
<td>Indian</td>
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<tr>
<td>Altamonte Springs, 32714</td>
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<tr>
<td>407-788-6004</td>
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<tr>
<td>LAC VIET</td>
<td>Vietnamese</td>
<td>not pure veg; veg/vegan options</td>
<td>full vegetarian menu; summer rolls with tofu, curry soup, fried rice,</td>
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<tr>
<td>2021 E Colonial Dr</td>
<td>Vietnamese</td>
<td></td>
<td>mock meats, and other creative southeast asian dishes</td>
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<td>Orlando, 32802</td>
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<td>407-228-4000</td>
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<td>beer, wine and liquor</td>
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| MELLO MUSHROOM      | Pizza              | not pure veg; veg/vegan options| pizza crust is vegan (ask for no butter, no parm); lots of toppings incl.
<p>| 2015 Aloma Ave      | Pizza              |                                | tempeh and tofu; also has sandwiches, salads and calzones stop by Whole Foods (just up the road on Aloma) and pick up a block of vegan cheese--they will put it on your pizza! |
| Winter Park, 32792  |                    |                                |                                                                      |
| 407-657-7755        |                    | beer, wine and liquor          |                                                                      |
|                     |                    |                                |                                                                      |
| NILE ETHIOPIAN      | Ethiopian          | not pure veg; veg/vegan options| traditional Ethiopian; Orlando's ONLY Ethiopian; all veg items are vegan except honey wine and baklava (honey) |
| 7040 International Dr | Ethiopian        |                                |                                                                      |
| Orlando, 32819      |                    |                                |                                                                      |
| 407-354-0026        |                    | beer and wine                  |                                                                      |
|                     |                    |                                |                                                                      |
| OLE GOURMET ISRAELI CAFÉ | International | not pure veg; veg/vegan options| mostly vegetarian (some fish) Israeli, Mexican and Italian cuisine  |
| 7800 S Hwy 17-92, Suite 194 | International |                                |                                                                      |
| Main Street Square  | International       |                                |                                                                      |
| Casselberry, Fl 32730 |                    |                                |                                                                      |
|                     | mostly vegetarian (some fish) Israeli, Mexican and Italian cuisine |                                |                                                                      |
|                     | no alcohol          |                                |                                                                      |
|                     | <a href="http://www.kosherfoodinorlando.com">www.kosherfoodinorlando.com</a> |                                |                                                                      |</p>
<table>
<thead>
<tr>
<th>Name</th>
<th>Type</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>O’NATURALS</strong></td>
<td>Café</td>
<td>not pure veg; veg/vegan options</td>
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<tr>
<td>located in Downtown Eats</td>
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<td>franchise café featuring build your own flatbread sandwiches (flatbread is gluten-free but contains honey), soups, salads and noodle bowls; tofu available; vegan caesar dressing; organic when possible; WI-Fi</td>
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<tr>
<td>44 E Central Blvd</td>
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<td>local/organic beer and wine</td>
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<tr>
<td>Orlando, 32801</td>
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<td></td>
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<tr>
<td>407-872-7422</td>
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<tr>
<td>Downtown Eats hours:</td>
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<tr>
<td>M-Th 6am-9pm</td>
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<td>F 6am-3am</td>
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<td>Sa 7am-3am</td>
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<td>Su 7am-9pm</td>
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<tr>
<td><strong>POM POM’S TEAHOUSE &amp; SANDWICHERIA</strong></td>
<td>Teahouse/Café</td>
<td>not pure veg; veg/vegan options</td>
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<tr>
<td>67 Bumby Ave</td>
<td></td>
<td>extensive tea &amp; sandwich menu; build your own sandwich with many veggie options; owner is knowledgeable and flexible</td>
</tr>
<tr>
<td>Orlando, 32803</td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td>407-894-0865</td>
<td></td>
<td></td>
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<tr>
<td>hours:</td>
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<tr>
<td>M-Sa 8am-8pm</td>
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<tr>
<td>Su 8pm-6pm</td>
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<tr>
<td><strong>POWER HOUSE CAFE</strong></td>
<td>Middle Eastern/Healthy</td>
<td>not pure veg; veg/vegan options</td>
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<tr>
<td>111 E Lyman Ave</td>
<td></td>
<td>vegetarian-owned; large smoothie menu; sandwiches, soups, and standard Middle Eastern fare</td>
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<tr>
<td>Winter Park, 32789</td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td>407-645-3616</td>
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<td>hours:</td>
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<tr>
<td>M-F 8am-7pm</td>
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<tr>
<td>Sa 8am-5pm</td>
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<tr>
<td>closed Sundays</td>
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<tr>
<td><strong>RUBY JUICE</strong></td>
<td>Juice Bar/Café</td>
<td>not pure veg; veg/vegan options</td>
</tr>
<tr>
<td>101 W. First St.</td>
<td></td>
<td>juices, smoothies, sandwiches, soups and snacks; WI-Fi</td>
</tr>
<tr>
<td>Sanford, Florida 32771</td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td>407-322-3779</td>
<td></td>
<td><a href="http://www.rubyjuice.com">www.rubyjuice.com</a></td>
</tr>
<tr>
<td>call for hours</td>
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<tr>
<td><strong>SAH NEVAEH</strong></td>
<td>Mobile Food Cart</td>
<td>100% vegan</td>
</tr>
<tr>
<td>N Orange Ave near Washington</td>
<td></td>
<td>vegan hot dog cart with many toppings including vegan cheese, chili, spinach/artichoke, mushrooms</td>
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<tr>
<td>Orlando</td>
<td></td>
<td>Cash only</td>
</tr>
<tr>
<td>407-644-3868</td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td>hours:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>usually Tu-Sa 9pm-3:30am</td>
<td></td>
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</tr>
<tr>
<td>Restaurant</td>
<td>Address</td>
<td>Cuisine</td>
</tr>
<tr>
<td>------------------------</td>
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</tr>
<tr>
<td>S.E.A. THAI</td>
<td>3812 E Colonial Dr</td>
<td>Thai</td>
</tr>
<tr>
<td></td>
<td>Orlando, 32803</td>
<td></td>
</tr>
<tr>
<td></td>
<td>407-895-0985</td>
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</tr>
<tr>
<td>STARDUST VIDEO AND COFFEE</td>
<td>1803 E Winter Park Rd</td>
<td>Coffee</td>
</tr>
<tr>
<td></td>
<td>Winter Park, 32803</td>
<td></td>
</tr>
<tr>
<td></td>
<td>407-623-3393</td>
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</tr>
<tr>
<td>SWEET TOMATOES</td>
<td>4678 E Colonial Dr</td>
<td>Buffet</td>
</tr>
<tr>
<td></td>
<td>Orlando, 32803</td>
<td></td>
</tr>
<tr>
<td></td>
<td>407-896-8770</td>
<td></td>
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<tr>
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</tr>
<tr>
<td>SWEET TOMATOES</td>
<td>6877 S Kirkman Rd</td>
<td>Buffet</td>
</tr>
<tr>
<td></td>
<td>Orlando, 32819</td>
<td></td>
</tr>
<tr>
<td></td>
<td>407-363-1616</td>
<td></td>
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<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td>SWEET TOMATOES</td>
<td>474 W S R 436</td>
<td>Buffet</td>
</tr>
<tr>
<td></td>
<td>Altamonte Springs, 32714</td>
<td></td>
</tr>
<tr>
<td></td>
<td>407-869-5550</td>
<td></td>
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<tr>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
| Restaurant          | Cuisine          | Type                        | Location                      | Phone                        | Hours                                           | Vegan Options
|--------------------|------------------|-----------------------------|-------------------------------|-------------------------------|------------------------------------------------|----------------
| **TASTE**          | Eclectic Tapas/Wine Bar | not pure veg; veg/vegan options | 717 W Smith St, College Park (Orlando), 32804 | 407-835-0646 | M-F 11:30am-2:30pm; M 5:30pm-10pm; Tu-Sa 5:30pm-2am; live music 10pm-2am | tapas restaurant/art space/wine bar/live music; a few vegan (or veganizable) options; owner/chef knowledgeable so don’t be afraid to call ahead and ask what they can do. *beer, wine and liquor*
|                    |                  |                             |                               |                              |                                                 | [www.taste cp.com](http://www.taste cp.com) or [www.myspace.com/tasteorlando](http://www.myspace.com/tasteorlando)
| **THAI HOUSE**     | Thai             | not pure veg; veg/vegan options | 2117 E Colonial Dr, Orlando, 32803 | 407-898-0820 | M-F 11am-2pm; M-Th 5pm-9pm; F-Sa 5pm-10pm | most items can be prepared vegetarian but be sure to ask [www.thaihouseoforlando.com](http://www.thaihouseoforlando.com)
| **TONY'S DELI**    | Middle Eastern   | not pure veg; veg/vegan options | 1323 N Mills Ave, Orlando, 32803 | 407-898-6689 | M-Sa 10:30am-8pm; closed Sundays | family owned. lots of veg/vegan options incl hummus, tabouli, baba ganoush, spinach pies, falafel and a variety of daily veg/vegan specials. *no alcohol*
| **UDIPI CAFÉ**     | South Indian     | 100% veg; vegan options     | 1275 S. Highway 17-92, Longwood, FL 32750 | 407.696.7775 | M-F 11:30am-3pm; 5pm-10pm; Sa-Su 11:30am-10pm | lots of vegan options although some dishes are made with ghee so vegans should ask; management is very helpful; buffet has few vegan options–better for vegans to order off the menu. *no alcohol*
|                    |                  |                             |                               |                              |                                                 | [www.woodlands-usa.com](http://www.woodlands-usa.com)
| **WHITE WOLF CAFE**| Eclectic         | not pure veg; veg/vegan options | 1829 N Orange Ave, Orlando, 32804 | 407-895-9911 | M 11am-4pm; Tu-Th 11am-10pm; F-Sa 11am-11pm; closed Sundays | eclectic antique store/café; vegan options include mango-nut tabouli pita; veggie plate with black bean hummus, mango-nut tabouli, dried fruits, fresh veggies; black bean soup; lots of sandwich options; salads; veggie burger (maybe vegan). *beer and wine*
|                    |                  |                             |                               |                              |                                                 | [www.whitewolfcafe.com](http://www.whitewolfcafe.com)
<table>
<thead>
<tr>
<th><strong>WOODLANDS</strong></th>
<th><strong>South Indian</strong></th>
<th><strong>100% veg; vegan options</strong></th>
</tr>
</thead>
</table>
| 6040 S Orange Blossom Tr  
Orlando, 32809  
407-854-3330 | lots of vegan options although some dishes are made with ghee so vegans should ask; management is very helpful; buffet has few vegan options—better for vegans to order off the menu | |
| hours:  
Su-Th 11:30-9:30pm;  
F-Sa 11:30-10pm;  
closed Mondays | | |
| **Z-COFFEE** | **Deli/Café** | **not pure veg; veg/vegan options** |
| located in Orlando Public Library  
101 E Central Blvd at Rosalind  
Orlando, 32801  
321-277-1213 | wide selection of veg/vegan items  
sandwiches incl hummus, tempeh, veg/vegan burgers, vegan deli meats, bratwurst, etc.; vegan cheese & veganaise; veg hot dogs; vegan pizzas; vegan baked goods; daily specials; coffee roaster w/ 50 types of coffee. Smoothies | |
| hours:  
M-Th 9am-9pm; F-Sa 9am-6pm;  
Su 1pm-6pm | no alcohol | no alcohol |
| | www.woodlands-usa.com | www.z-coffee.com |
### HEALTH FOOD MARKETS for Metro Orlando

<table>
<thead>
<tr>
<th><strong>CHAMBERLINS</strong></th>
<th><strong>Market &amp; Café</strong></th>
<th>not pure veg; veg/vegan options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter Park Village</td>
<td></td>
<td></td>
</tr>
<tr>
<td>430 N Orlando Ave</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter Park, 32789</td>
<td></td>
<td></td>
</tr>
<tr>
<td>407-647-6661</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winn Dixie Plaza</td>
<td></td>
<td>eat-in deli/café with veg/vegan options; organic produce, vitamins/herbs, groceries, health and beauty products; good selection of organic wine and some organic beer for sale</td>
</tr>
<tr>
<td>1086 Montgomery Rd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Altamonte Springs, 32701</td>
<td></td>
<td></td>
</tr>
<tr>
<td>407-774-8866</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Albertsons/Town Corral Ctr</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1114 N John Young Pkwy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kissimmee, 34741</td>
<td></td>
<td></td>
</tr>
<tr>
<td>407-846-7454</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Market Place</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7600 Dr Phillips Blvd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orlando, 32819</td>
<td></td>
<td></td>
</tr>
<tr>
<td>407-352-2130</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oviedo Market Place Super Store</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1170 Oviedo Market Place Blvd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oviedo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>407-359-7028</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grove Park Shopping Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1529 US Hwy 98 S</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lakeland, 33803</td>
<td></td>
<td></td>
</tr>
<tr>
<td>863 687-8413</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ESSENTIAL HEALTH MARKET</strong></th>
<th><strong>Market &amp; Deli</strong></th>
<th>not pure veg; veg/vegan options</th>
</tr>
</thead>
<tbody>
<tr>
<td>1035 Academy Drive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Altamonte Springs, 32714</td>
<td></td>
<td></td>
</tr>
<tr>
<td>407-869-0000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>hours: Su 8am-7pm; M-Th 8am-8pm; F 8am-5pm; closed Saturdays</td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.essentialhealthmarket.com">www.essentialhealthmarket.com</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
WHOLE FOODS

1989 Aloma Avenue
Winter Park
407-673-8788

8003 Turkey Lake Road
Orlando 32819
407-355-7100

hours:
everyday 8am-10pm

Market & Café

not pure veg; veg/vegan options

organic produce, vitamins/herbs, groceries, health and beauty products; deli, hot bar, salad bar, bakery

extensive selection of beer and wine, some organic

www.wholefoods.com
## Additional VEG-/ECO-Friendly Shops and Services

<table>
<thead>
<tr>
<th><strong>EVOLVE</strong></th>
<th>Sustainable Lifestyle Store</th>
</tr>
</thead>
<tbody>
<tr>
<td>604 N Thornton Ave</td>
<td>local, organic, vegan and earth friendly resources for home, health, garden, pets, education and clothing</td>
</tr>
<tr>
<td>Orlando, 32803</td>
<td>evolve-store.com</td>
</tr>
<tr>
<td>407-595-3731</td>
<td></td>
</tr>
<tr>
<td>hours:</td>
<td></td>
</tr>
<tr>
<td>Th-Sa 12-7; Su 12-5</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>HOMEGROWN CO-OP</strong></th>
<th>Local, Organic Food Co-Op</th>
</tr>
</thead>
<tbody>
<tr>
<td>located in Evolve</td>
<td></td>
</tr>
<tr>
<td>604 N Thornton Ave</td>
<td>local/organic produce and limited grocery items including vegan desserts and cheese, local dairy, bulk dry goods and bulk laundry/dish soap; memberships preferred but not required</td>
</tr>
<tr>
<td>Orlando, 32803</td>
<td></td>
</tr>
<tr>
<td>407-595-3731</td>
<td><a href="http://www.holisticlivingschool.org/coop">www.holisticlivingschool.org/coop</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ORLANDO BREWING</strong></th>
<th>Organic Brewery</th>
</tr>
</thead>
<tbody>
<tr>
<td>1301 Atlanta Ave</td>
<td>Florida’s only CERTIFIED ORGANIC brewery with 11 organic house brews on tap plus other microbrews; wine also available; organic coffee roaster; no food but area restaurants deliver here, just ask bartender for menu book</td>
</tr>
<tr>
<td>Orlando, FL 32806</td>
<td></td>
</tr>
<tr>
<td>407-872-1117</td>
<td>evolve-store.com</td>
</tr>
<tr>
<td>hours:</td>
<td></td>
</tr>
<tr>
<td>M-Th 3pm to 10pm</td>
<td></td>
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<tr>
<td>F-Sa noon-late</td>
<td></td>
</tr>
<tr>
<td>Su noon-9pm</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ORLANDO ORGANICS</strong></th>
<th>Organic Produce Delivery Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>PO Box 1138</td>
<td>membership required; organic produce and limited grocery items delivered</td>
</tr>
<tr>
<td>Orlando</td>
<td></td>
</tr>
<tr>
<td>407-522-1502</td>
<td><a href="http://www.orlandoorganics.com">www.orlandoorganics.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ALL-NATURAL DRY CLEANING</strong></th>
<th>Dry Cleaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1300 Brookhaven Dr</td>
<td>environmentally friendly process; no harsh chemicals/heat</td>
</tr>
<tr>
<td>Orlando</td>
<td></td>
</tr>
<tr>
<td>407-894-6600</td>
<td><a href="http://www.hangersorlando.com">www.hangersorlando.com</a></td>
</tr>
<tr>
<td>161 W Fairbanks</td>
<td></td>
</tr>
<tr>
<td>Orlando</td>
<td></td>
</tr>
<tr>
<td>407-478-0020</td>
<td></td>
</tr>
<tr>
<td>7589 W Sandlake</td>
<td></td>
</tr>
<tr>
<td>Orlando</td>
<td></td>
</tr>
<tr>
<td>407-264-0264</td>
<td></td>
</tr>
<tr>
<td>FLORIDA ORGANICS</td>
<td>Organic Lawn Service</td>
</tr>
<tr>
<td>-----------------------------</td>
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</tr>
<tr>
<td>407-677-8689</td>
<td>uses natural and biological practices</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NATURE'S BEST SERVICE</th>
<th>Organic Pest Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>407-489-0811</td>
<td></td>
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</tbody>
</table>
The Magic Kingdom is, surprisingly, very accommodating to the veg/vegan diet. All full service restaurants can prepare SOMETHING, although it might be whatever the chef feels like at the time. For full service VEGAN dining, it is suggested that you call ahead and let your dietary needs be known; you will also want to reiterate it for your hostess and wait staff.

Below are some highlights and suggestions from personal experience. A full detail of everything veg/vegan at the Magic Kingdom can be found at [http://allears.net/din/dining.htm](http://allears.net/din/dining.htm). While not the official Magic Kingdom dining guide, this is by far the best and most extensive. All menus for all restaurants can also be found on this site as well as a breakdown of veg/vegan counter service and full service dining options.

### BROWN DERBY
**MGM studios**

**FULL SERVICE DINING**

- Continental cuisine
  - Excellent thai noodles w/coconut crusted tofu on the menu
- Full liquor bar

### SUNSHINE SEASONS
**EPCOT, The Land**

**COUNTER SERVICE**

- Healthy Deli/Café food
  - Several veg/vegan options including 3 dishes at Asian counter
- No alcohol

### SAN ANGEL INN
**EPCOT, Mexico**

**FULL SERVICE DINING**

- Mexican cuisine
  - Veg plate; standard mex fare
- Full liquor bar; decent margaritas

### CANTINA DE SAN ANGEL
**EPCOT, Mexico**

**COUNTER SERVICE**

- Mexican cuisine
  - Standard mex options: chips, salsa, guac, refried beans are ok
- Beer and frozen margaritas

### LOTUS BLOSSOM CAFE
**EPCOT, China**

**COUNTER SERVICE**

- Chinese cuisine
  - Good veg lo mein and/or sesame noodles, salad, fruit
- Beer and wine

### SOMMERFEST
**EPCOT, Germany**

**COUNTER SERVICE**

- German cuisine
  - Pretzel
- Beer and schnapps

### MARRAKESH RESTAURANT
**EPCOT, Morocco**

**FULL SERVICE DINING**

- Moroccan cuisine
  - Salad, veg couscous
- Beer and wine
<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Location</th>
<th>Cuisine Type</th>
<th>Special Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>TANGIERINE CAFE</td>
<td>EPCOT, Morocco</td>
<td>Moroccan cuisine</td>
<td>tabouleh mediterranean wrap (served with Tangierine Couscous salad and lentil salad); veg platter (served with Tangierine Couscous salad, hummus, tabouleh); side dishes of Tabouleh, Lentil Salad, Marinated Olives, Tangierine Couscous Salad, or French Fries</td>
</tr>
<tr>
<td>L'ORIGINALE ALFREDO DI ROMA</td>
<td>EPCOT, Italy</td>
<td>Italian cuisine</td>
<td>many veg options—a couple are vegan/veganizable</td>
</tr>
<tr>
<td>ROSE AND CROWN</td>
<td>EPCOT, England</td>
<td>British Pub/Restaurant</td>
<td>one or two veg options on menu; curry is not vegan</td>
</tr>
<tr>
<td>YORKSHIRE COUNTY FISH SHOP</td>
<td>EPCOT, England</td>
<td>British Pub fare</td>
<td>french fries—they are fried in separate oil from the fish</td>
</tr>
<tr>
<td>SPOODLES</td>
<td>EPCOT Resorts, Boardwalk</td>
<td>Variety</td>
<td>menu changes so there are veg/vegan options most of the time; this is hit or miss; i've had both good and bad meals here</td>
</tr>
<tr>
<td>BIG RIVER GRILLE AND BREWING WORKS</td>
<td>EPCOT Resorts, Boardwalk</td>
<td></td>
<td>salad, hummus, chips &amp; salsa</td>
</tr>
<tr>
<td>ESPN</td>
<td>EPCOT Resorts, Boardwalk</td>
<td></td>
<td>veggie burger, portobella sandwich</td>
</tr>
<tr>
<td>KIMONO SUSHI</td>
<td>EPCOT Resorts, Swan</td>
<td>Japanese cuisine</td>
<td>standard vegan sushi options; good quality but nothing too creative karaoke</td>
</tr>
<tr>
<td>GARDEN GROVE CAFE</td>
<td>EPCOT Resorts, Swan</td>
<td></td>
<td>soy burger, salads, maybe pasta primavera</td>
</tr>
<tr>
<td>Restaurant Name</td>
<td>Location</td>
<td>Service Type</td>
<td>Menu Options</td>
</tr>
<tr>
<td>---------------------------------------</td>
<td>-------------------------------</td>
<td>-----------------------------------</td>
<td>------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>YACHT CLUB GALLEY</td>
<td>EPCOT Resorts, Yacht Club</td>
<td>FULL SERVICE DINING</td>
<td>roasted portobella sandwich, salads</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td>PLAZA RESTAURANT</td>
<td>MAGIC KINGDOM, Main Street</td>
<td>FULL SERVICE DINING</td>
<td>veg burger upon request (maybe vegan, ask first!)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td>COLUMBIA HARBOUR HOUSE</td>
<td>MAGIC KINGDOM, Liberty Square</td>
<td>COUNTER SERVICE</td>
<td>veg chili</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td>LIBERTY TREE TAVERN</td>
<td>MAGIC KINGDOM, Liberty Square</td>
<td>FULL SERVICE DINING</td>
<td>salad, vegetables and grain dish</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td>COSMIC RAY'S STARLIGHT CAFE</td>
<td>MAGIC KINGDOM, Tomorrowland</td>
<td>COUNTER SERVICE</td>
<td>veg wrap, soup, boca burger</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td>TOMORROWLAND TERRACE</td>
<td>NOODLE STATION</td>
<td>COUNTER SERVICE</td>
<td>veg tofu noodle bowl</td>
</tr>
<tr>
<td></td>
<td>MAGIC KINGDOM, Tomorrowland</td>
<td></td>
<td>no alcohol</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CALIFORNIA GRILLE</td>
<td>MAGIC KINGDOM Resorts,</td>
<td>FULL SERVICE DINING</td>
<td>chef's choice veg/vegan plate; always excellent! beautiful presentation, as well</td>
</tr>
<tr>
<td></td>
<td>Contemporary Resort</td>
<td></td>
<td>also a few items on daily-changing menu may be vegan</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Restaurant is on the roof of the Contemporary Resort--nice view!</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>full liquor bar</td>
</tr>
<tr>
<td>BOATWRIGHT'S DINING HALL</td>
<td>Port Orleans</td>
<td>FULL SERVICE DINING</td>
<td>veggies and grilled tofu dish</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>full liquor bar</td>
</tr>
<tr>
<td>ARTIST'S PALETTE</td>
<td>Saratoga Springs Resort and Spa</td>
<td>FULL SERVICE DINING</td>
<td>roasted veg flatbread; roasted veg sandwich; salads</td>
</tr>
<tr>
<td>Restaurant</td>
<td>Cuisine Type</td>
<td>Vegetarian Options</td>
<td></td>
</tr>
<tr>
<td>--------------------------------</td>
<td>----------------------------------</td>
<td>-------------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>RAINFOREST CAFE</td>
<td>Animal Kingdom Lodge</td>
<td>veggie burger, salads, veggie stir-fry, &quot;plant&quot; sandwich</td>
<td></td>
</tr>
<tr>
<td>JIKO</td>
<td>Animal Kingdom Lodge</td>
<td>South African cuisine, excellent vegan appetizer, salad and entree</td>
<td></td>
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<tr>
<td>BOMA</td>
<td>Animal Kingdom Lodge</td>
<td>South African cuisine, all you can eat; many veg options</td>
<td></td>
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<tr>
<td>RAINFOREST CAFE</td>
<td>Downtown Disney Marketplace</td>
<td>veggie burger, salads, veggie stir-fry, &quot;plant&quot; sandwich</td>
<td></td>
</tr>
</tbody>
</table>