



Support Earthsave Canada through a donation or an annual membership.

AS A MEMBER, YOU WILL ENJOY THESE BENEFITS:

- 10% discount when you visit the 70-plus businesses that are part of our Membership Discount Program (some are included in this directory, noted with "MDP").
- Free entry to Earthsave's vegetarian food festival, Taste of Health.
- Discounts at restaurant dine-outs.
- 10% discount at Earthsave's bookstore.
- Subscription to the *Canada Earthsaver*, our quarterly newsletter, featuring locally-written articles & Earthsave news.
- A Vegetarian Starter Kit that includes nutritional information, menu suggestions and recipes.
- Borrowing privileges at Earthsave's library, with hundreds of excellent books, magazines and videos.

ANNUAL MEMBERSHIP RATES:

Individual.....	\$36
Family	\$48
Senior / Low Income	\$24
Corporate	\$96
Student	\$12

3 EASY WAYS TO JOIN:

- 1 Visit www.earthsave.ca/signup
- 2 Call our office at 604-731-5885
- 3 Visit our office at 2150 Maple St, Vancouver, Tues-Sat 12-4pm

Your donations help us keep this directory free. Tax receipts are issued for donations of \$10 and over. Visit www.earthsave.ca/donate or call the office

Charitable # 12995 4707 RR0001

Earthsave Canada is a registered charity. We advocate the move toward a plant-based diet for better health, environmental sustainability, and compassion toward non-human animals.

SOME OF EARTHSAVE'S INITIATIVES:

TASTE OF HEALTH

Exhibit! Present! Attend! Volunteer! at Western Canada's largest meat-free food festival. Taste great products that are good for you and the earth. Watch cooking demos, pick up a book, listen to speakers.

Visit www.earthsave.ca to find out more details about our next Taste of Health.

MEATLESS MONDAY

Not ready to go completely meatless yet? Pledge to go meatless one day a week!

Visit www.meatlessmonday.ca

Visit www.meetup.com/Vancouver-Meatless-Meetup to find out more about our:

VEGAN DINE-OUTS

Join us twice a month at vegetarian and non-vegetarian restaurants to try the best of vegan cuisine.

VEGAN POTLUCKS

Join us each month at a different member's home as we enjoy a virtual all-you-can eat buffet. Make friends, learn new recipes and discover how great plant-based food can be.

VEGGIE DRINKS NIGHT

Join us once a month as we socialize with others in transition towards a more plant-based diet. Alcoholic and non-alcoholic drinks available, as well as veggie appetizers.



EARTHSAVE CANADA
2150 MAPLE STREET, VANCOUVER, BC V6J 3T3
PH: 604-731-5885 FAX: 604-731-5805
www.earthsave.ca



Why eat more vegetarian?

FOR YOUR HEALTH.

Fad diets come and go but no one disagrees that getting more fruits and vegetables into your diet has a protective effect against cancer, heart disease, diabetes and other illnesses. The recommended servings per day of fruit and veggies are hard to get when animal products make up a significant portion of your calories.

Animal products also contain much more fat than plant-based foods. Vegetarians are, on average, 10 to 20 pounds lighter than meat-eaters.

TO FIGHT GLOBAL WARMING.

Worldwide, animal agriculture exceeds transportation as the leading source of greenhouse gases. Cows produce a lot of methane, which has over 23 times the global warming power of CO2.

FOR THE EARTH.

There are more pigs than humans on this planet and nearly half of the water and 80 percent of the agricultural land in North America are used in the raising of animals for food. Topsoil loss from growing animal feed rivals global warming as a threat to our survival.

FOR COMPASSION.

While small family farms may be the exception to the rule, 97% of farm animals in Canada are raised on huge factory farms, where they live often hellish lives of intensive confinement for extended periods. Vote with your dollars and your fork not to support that cruelty.

TO PROTECT THE OCEANS.

The world's fisheries are grossly over-fished and depleted. Catches of wild fish are dropping by several million tons a year. Help the ocean regain its biodiversity by avoiding fish and seafood.

FOR SOCIAL JUSTICE.

There is a direct connection between the increasing desire for meat and the over 800,000 people starving worldwide, as more and more land is diverted to growing crops to feed animals.

Find out more at www.earthsave.ca/articles



VEGETARIAN DIRECTORY

Metro Vancouver, 2010-2011

www.earthsave.ca/vegdirectory

VEGETARIAN RESTAURANTS

VANCOUVER

3G Vegetarian Restaurant

– *fs, kf, MDP*
3424 Cambie St, 604-568-9008
Daily: 11am–3pm, 5pm–10pm

Annapurna – *fs, l*

1812 W. 4th Ave 604-736-5959
Daily: 11:30am–10pm

Bandidas Taqueria – *fs, l, kf, MDP*

2781 Commercial Dr, 604-568-8224
Sun-Thurs: 10am–10pm
Fri & Sat: 10am–midnight

Best Quality Sweets and Restaurant

– *fs, cs, c, kf, w, MDP*
7260 Main St, 604-324-6677
Daily: 9am–8:30pm

Bo Kong Vegetarian Restaurant

– *fs, kf, MDP (5%)*
3068 Main St, 604-876-3088
Weekdays: 11am–9pm
Weekends: 11am–9:30pm

Bodhi Choi Heung Vegetarian

Restaurant – *fs, se, w, c, MDP*
3932 Fraser St (at 23rd Ave)
604-873-3848
Mon & Wed–Sun: 11am–9pm
Tues: closed

Budgie's Burritos – *fs, cs, w, O, kf*

44 Kingsway, 604-874-5408
Daily: noon–10pm

Café Deux Soleils

– *fs, c, se, le, l, kf, w*
2096 Commercial Dr, 604-254-1195
Daily: 8am–midnight

Café du Soleil – *cs, w*

1393 Commercial Dr, 604-254-1145
Daily: 7am–4pm

Deserts on the Drive – *fs, kf, w*

905 Commercial Dr, 604-568-0776
Daily: 11am–midnight

Dharma Kitchen

– *fs, l, kf, w, O, V*
3667 W. Broadway, 604-738-3899
Daily: noon–10pm

Everybody Loves Veggies

– *fs, c, w, MDP, V*
555 W. 12th Ave (lower level
City Square Mall), 604-873-4417
Mon–Wed & Sat: 10am–6pm
Thurs & Fri: 10am–8pm
Sun: 12pm–5pm

Foundation Lounge – *fs, l, w*

2301 Main St, 604-708-0881
Daily: 12pm–1am, Fri & Sat: 12pm–2am

Gorilla Food

– *fs, c, cs, se, kf, R (all), O, V*
101-436 Richards St, 604-684-3663
Daily: 11am–8pm
www.gorillafood.com
Organic, Vegan, Raw Foods

Organic, Vegan, Raw Food



Greens and Gourmet

– *fs, b, c, se, kf, w, MDP*
2582 W. Broadway, 604-737-7373
Daily: 11am–9:00pm

Loving Hut

– *cs, c, se, del, w, kf, V*
546 W. Broadway, 778-554-0190
Daily: 11am–10pm
www.lovinghut.ca
Vegan fish, chips, burgers, nachos,
pizza, desserts and more!

My Local Café – *fs, cs, w, kf*

3772-10th Ave, 604-221-7088
Daily: 8am–4pm

OrganicLives

– *fs, cs, c, del, w, R (all), O, V*
1829 Quebec St, 778-588-7777
Daily, 9am–9pm
www.organiclives.org
Organic, Vegan, Raw Foods. Restaurant
and Vegetarian Product Retailers

Planet Veg Restaurant

– *fs, cs, c, MDP*
1941 Cornwall Ave, 604-734-1001
Daily: Summer: 11am–10pm,
Winter: 11am–8pm

Radha Yoga & Eatery

– *fs, c, se, O, l, kf, MDP, V*
728 Main St, 604-605-0011
Wed-Sat: 6pm–10pm
www.radhavancouver.org

Saravanaa Bhavan

– *fs, cs, w, c, l, kf, b*
955 W. Broadway, 604-732-7700
Daily: 11:30am–3pm, 5pm–10pm

Sejuiced – *cs, kf, MDP*

1958 W. 4th Ave, 604-730-9906
Tues–Sat: 9am–8pm
Sun & Mon: 9am–6pm

Sweet Cherubim Restaurant

– *cs, c, se, kf, w, MDP*
1105 Commercial Dr (at Napier)
Daily: 11am–8pm
604-253-0969
Daily: 10am–10pm

The Naam Restaurant

– *fs, le, l, kf, w*
2724 W. 4th Ave, 604-738-7151
Daily: 24-hours
www.thenaam.com

Vancouver Veggi Pizza – *l, del, cs*

7229 Main St, 604-327-4445
Daily: 4pm–11pm

BURNABY

Paradise Vegetarian Noodle House

– *fs, c, w, MDP*
8681–10th Ave, 604-527-8138
Mon–Fri: 11am–3pm and 5pm–9pm
Sat: 11am–9pm, Sun & Holidays: closed

Lulu Veggies – *cs*

2127-4500 Kingsway (Crystal Mall)
778-371-4867
Mon-Sat: 11 am–7pm

RICHMOND

Bo Kong Vegetarian Restaurant

– *fs, kf, MDP (5%)*
80-8100 Ackroyd Rd, 604-278-1992
Weekdays: 11am–9pm;
Weekends: 11am–9:30pm

Bo Lin Vegetarian Food – *fs, kf, w*

1385-4380 No. 3 Rd (at Parker Place)
604-273-8110
Sun–Thurs: 11am–7pm
Daily, 9am–9pm
www.organiclives.org

Purity Vegetarian Restaurant

– *fs, w, kf*
1111-3779 Sexsmith Rd, 604-276-8328

Simply Vegetarian – *fs*

Check www.earthsave.ca/vegdirectory
for new location

Spicy Vegetarian Cuisine – *fs, kf*

132-4200 No. 3 Rd, 604-304-3538
Daily: 11:30am–3:00pm
and 5:30pm–9:30pm

SURREY

Delta Pizza

108-12921 84 Ave, 604-596-3372
Daily: 11am–midnight

Mahek Chaat House – *fs, MDP*

106-8556 120th St, 604-597-3835
Wed–Mon: 9am–9pm, Tues: closed

Mayuri Indian Foods – *fs, c, se, kf, w*

102-12677 80th Ave, 604-572-3255
Mon–Thurs: 11am–9:30pm,
Fri, Sat & Sun: 11am–10pm

Veggie Garden Pizza and Coffee Shop

– *fs, del, kf, w*
103-8383 A 128th St, 604-507-3003
Sun–Wed: 10am–10:30pm
Thu–Sat: 10am–11pm

VEGETARIAN-FRIENDLY RESTAURANTS

VANCOUVER

Afro Canadian Restaurant

– *fs, c, cs, se, l, b, w*
324 Cambie St, 604-682-2646
Daily: 11am–midnight

All India Sweets and Restaurant

– *fs, b, c, l, kf, w*
6507 Main St, 604-327-0891
Daily: 9:30am–10:30pm

Aphrodite's Organic Café and Pie Shop

– *fs, l, O, kf*
3598 W. 4th Ave, 604-733-8308
Mon–Sun: 10am–9:30pm

Atithi Indian Cuisine

– *fs, c, del, w, O, l, b, kf*
2445 Burrard St, 604-731-0221
Mon–Fri lunch and buffet: 11:30am–2:30pm
Dinner daily: 5pm–10pm

Café Kathmandu – *fs, se, w, O, l, kf*

2779 Commercial Dr (at 12th Ave)
604-879-9909
Mon–Sat: 4:30pm–10pm, Sun: closed

Chutney Villa – *fs, w, l, kf*

147 E. Broadway, 604-872-2228
Mon–Fri: 11:30am–3pm and 5pm–10pm
Sat: 10:30am–10pm, Sun: 10:30-9:00pm

East is East – *fs, c, l, le, b, kf, O*

1) 3243 W. Broadway, 604-734-5881
2) 4413 Main St, 604-879-2020
Daily: 11am–10pm
www.eastiseast.ca

Falafel Plus – *cs, c*

446 W. 8th Ave, 604-677-3985
Sun–Thurs: 11am–7pm
Fri: 11am–3pm, Sat: closed
www.vancouverkosher.ca

Green Lettuce – *fs, c, l*

1949 Kingsway, 604-876-9883
Daily

Nuba Café – *fs, cs, c, se, l, le, O, MDP*

1) B1-207 W. Hastings, 604-688-1655
Mon–Wed: 11:30am–10:30pm
Thurs–Sat: 11:30am–midnight, Sun: closed
2) 1206 Seymour St at Davie,
778-371-3266
Mon–Fri: 11:30am–10pm
Sat: noon–9:00pm, Sun: closed
www.nuba.ca

Nyala African Cuisine

– *fs, b, c, se, le, l, kf, w, O, MDP*
4148 Main St, 604-876-9919
Tues–Sun: 5pm–11pm, Mon: closed
Vegan buffet on Wednesdays 7pm–9pm,
\$15 for Earthsave members and guests by
reservation only www.nyala.com



Rocky Mountain Flatbread Co.

– *fs, se, w, l, O, kf, MDP*
1876 W. 1st Ave, 604-730-0321
Daily: 11:30am–10:00pm
www.rockymountainflatbread.ca

The Noodle Box – *cs, kf, l*

1867 W. 4th Ave, 604-734-1310
Mon–Thu: 11:30am–9pm
Fri–Sat: 11:30am–10pm, Sun: 11:30am–8pm
www.thenoodlebox.net
Most menu items vegetarian or vegan.
Composting available for boxes and
food waste.

The Tipper Restaurant & Review Room

– *fs, c, se, le, w, l, kf*
2066 Kingsway, 604-873-1010
Mon–Sat: 8am–10pm, Sun: 8am–9pm

Wild Rice – *fs, c, se, O, l, kf*

117 W. Pender St, 604-642-2882
Sun–Thurs: 5–11pm, Fri–Sat: 5pm–midnight
Fri Lunch: 11:30pm–5pm

NORTH VANCOUVER

Mumbai Masala – *fs, c, l, kf, del*

138 W. 16th St, 604-984-8888
Daily: 11:30am–2:30pm and 5pm–10pm

BURNABY

Nature's Garden Organic Deli

– *cs, O, c, se, del*
8968 University High St. (SFU), 604-299-0552
Mon–Thurs: 7am–7pm, Fri: 7am–6pm
Sat: 8:30am–5pm. Sun: closed
Gluten-free and vegan available
www.naturesgardenorganicdeli.ca

SURREY

Dakshin Indian Cuisine

– *fs, c, w, del, l*
102-8077 King George Hwy, 604-572-8066
Daily: Mon–Thurs: 11am–9:30pm
Fri, Sat & Sun: 11am–10pm

DELTA

Mirch Masala – *fs, c*

9545-120th St, 604-588-7795
Daily: 11:30am–10:30pm

BAKERIES

The Spelt Bakery

2141 E. Hastings (between Lakewood &
Templeton), Vancouver, 604-258-2726
Tues–Sun: 5pm–11pm, Mon: closed
Wed & Thurs: 12pm–5pm,
Fri & Sat: 10am–4:00pm, Mon & Tues: closed
www.thespeltbakery.ca
We bake with 100% organic
Canadian spelt flour

Sweet Cherubim Bakery

1105 Commercial Dr, Vancouver,
604-253-0969
Mon–Sat, 9:30am–8pm
Sun & Hol: 10am–8pm

VeganMania Kitchen – *MDP*

www.veganmania.com
778-908-5943
Vegan treats, both sweet and savoury.
Order online!

NATURAL FOOD STORES

Capers Community Markets

– *c, se, w, O, kf*
www.wholefoodsmarket.com
Kitsilano 2285 W. 4th Ave, Vancouver
604-739-6676
Daily: 8am–10pm

Robson

1675 Robson St, Vancouver
604-687-5288
Daily: 8am–10pm

Cambie

510 W. 8th Ave, Vancouver
778-370-4210
Daily: 8am–10pm

Park Royal Village

925 Main St,
West Vancouver
604-678-0500
Daily: 8am–9pm

Choices Market – *c, se, w, O, kf*

www.choicesmarkets.com
Kitsilano 2627 W. 16th Ave, Vancouver
604-736-0009
Daily: 8am–11pm

Cambie

3493 Cambie St, Vancouver
604-875-0099
Daily: 8am–11pm

Kerrisdale

1888 W. 57th Ave, Vancouver
604-263-4600
Daily: 8am–10pm

Yaletown

1202 Richards St, Vancouver
604-633-2392
Daily: 8am–11pm

Burnaby-Park

6855 Station Hill Dr, Burnaby
604-522-0936
Mon–Sun, 8am–9pm

White Rock

3248 King George Hwy
South Surrey, 604-541-3902
Daily: 8am–10pm

Kelowna

1937 Harvey Ave, Kelowna
250-862-4864
Daily: 8am–9pm

Drive Organics – *O*

1045 Commercial Dr, Vancouver
604-678-9665
Daily: 9am–9pm

Sweet Cherubim Organic and

Natural Foods Store – *O*
1105 Commercial Dr, Vancouver
604-253-0969
Mon–Sat: 10am–8pm
Tues–Sat: 12–4pm
www.earthsave.ca

VEGETARIAN PRODUCT RETAILERS

Happy Veggie World – *MDP*

378–13988 Cambie Rd, Richmond
604-278-5519
Mon–Fri: 10am–5:30pm
Sat–Sun: 11am–5:30pm
www.happyveggieworld.com
Retail & wholesale vegetarian
food products. Great selection,
over 200 choices available.

Karmavore The Vegan Store

468 E. Columbia St, New Westminster
604.630.8656
Mon–Fri: 11am–7pm
Sat & Sun: 11am–5pm
www.karmavore.ca

MyOrganicFamily.com Organic

Products – *del, O, MDP*
Surrey, 604-599-1977

Natural, Organic, Raw, Vegan

PERSONAL CARE,
BEAUTY, BABY,
NUTRITION,
HOUSEHOLD

MyOrganicFamily.com

ORGANIC GROCERY DELIVERY

Green Earth Organics – *del, O, MDP*

604-708-2345
SAVE \$10 OFF YOUR FIRST DELIVERY!
Enjoy the benefits of fresh organic
produce delivered to your home. Sign up
today at www.greenearthorganics.ca and
type in "Vegetarian Directory \$10-off"
in the delivery instructions field of the
sign-up form to receive a discount.

SPUD! – *del, O, MDP*

www.spud.ca, 604-215-7783
Use code VEGGIE67 for \$25 off
over your first 4 orders!

Descriptions are provided by the businesses listed.
For the most up-to-date listings, in both English and Chinese,
visit our online Directory at www.earthsave.ca/vegdirectory

fs full service

cs counter service

fc in food court

del buffet

del delivery available

c catering available

se special events

le live entertainment

BOOKS

Earthsave Canada Bookstore

2150 Maple St, Vancouver
604-731-5885
Tues–Sat: 12–4pm
www.earthsave.ca
Earthsave's Bookstore prices are always
cheaper than regular retail prices and
Earthsave members get an additional
10% off. Gift certificates are available.
Books on health, animal ethics, the