

# 2018 VEGAN RESTAURANT GUIDE

Vegan Hotspots:  
Garden Grille  
Veggie Fun  
Wildflour  
The Grange  
Like No Udder  
and more!

Rhode Island



Vegan Awareness

# Meet the 2017-2018 Rhode Island Vegan Awareness Board of Directors



Cindy  
Lemoi

Laura  
Barlow

Heidi  
Carla

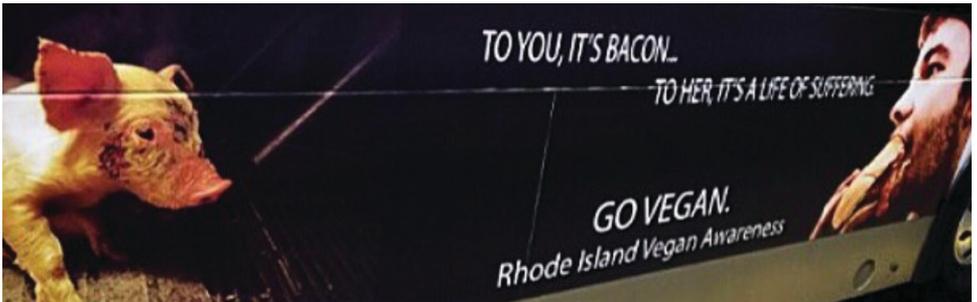
Melodi  
Landi

Kenny  
Nardozza

Lenore  
Montanaro

Zak  
Theis

## RIVA Bus Campaigns and Community Outreach Programs!





If you know of a restaurant to include in our 2019 Vegan Restaurant Guide, would like to make a donation or if you'd like to become an official RIVA member, please contact us at: [RIVA@veganawareness.org](mailto:RIVA@veganawareness.org)

**ALL LIFE  
SHOULD BE**

*Celebrated*

Vegan desserts for all your  
special occasions

[www.celebrated.co](http://www.celebrated.co)



## RIVA Mission Statement:

*Rhode Island Vegan Awareness* is a non-profit organization dedicated to advocating veganism for a more peaceful and just world for all life.

## *We actively work to:*

### ***Inspire justice and true respect for other species and the earth.***

Our television PSA, bus advertisements, film screenings, Ask a Vegan tables, Pay-Per-View programs, library displays and more, have exposed compelling reasons to choose vegan. Featuring vegan cuisine at events helps people see how easy and delicious being vegan can be.

***Educate the public with critical information.*** Since 2001, RIVA has reached thousands through outreach tables, workshops, guest speakers, and the distribution of free literature.

***Support the local community.*** Our website, Facebook page, monthly meetings, annual events, fundraisers, and special events are all additional ways that RIVA creates a vegan friendly community.

---



**Vegan Awareness**



## Why Vegan?

By: Laura Barlow,

Rhode Island Vegan Awareness President

A vegan is a person who does not eat or use animal products. More people than ever are making the switch to a vegan lifestyle that is healthier and more compassionate for themselves, our planet and our fellow earthlings. It has never been easier to go vegan! This article provides you with three of the main reasons that people choose veganism. Please consider watching the following films to learn more: Earthlings, Forks Over Knives and Cowspiracy: The Sustainability Secret.

# 2018 VEGAN RESTAURANT GUIDE

**Health:** The World Health Organization recently found that one's consumption of meat could lead to cancer. The link between consuming animal products and disease doesn't end there. An invaluable resource, The China Study by T. Colin Campbell is a great place to start when researching the connection between the consumption of animal products and the development of chronic illnesses. The China Study is the most comprehensive study of nutrition ever conducted. By watching Forks Over Knives, you may learn for yourself that a healthy vegan diet can help you fight the leading causes of disease such as cancer, heart disease, and diabetes.

**Environment:** Animal agriculture is the greatest contributor to deforestation, water consumption, and global warming. You can reduce your impact and make a difference today by going vegan. Cowspiracy: The Sustainability Secret is a must-watch environmental documentary for anyone interested in learning more about the environmental impact that animal agriculture has on our planet.

**Animals:** Our society treats animals like commodities, beings on an assembly line existing solely for profit. Humans slaughter animals at an unconscionable rate: over 68 billion farmed animals every year with no regard for their life or treatment. We unnaturally pump these animals with hormones and chemicals and confine them in tiny, filthy cages. We cut off their body parts while they are fully alert, scald them alive in boiling water, rip their babies from them at birth and often dismember them while they are fully conscious. It is very hard to comprehend the cruelty we inflict on animals because it is hidden from us and masked with propaganda and advertising. Connecting to animals and expanding your circle of compassion is one of the most beautiful things a human being can do. If you still consume animal products please take some time to watch the films Earthlings or Unity.

- In addition to all of these great resources, there are many local people and resources available to help you transition to a vegan diet!
- For more local information or resources on going vegan please contact your local organization: Rhode Island Vegan Awareness (RIVA). RIVA hosts monthly meetings and various events throughout the year.

Find us online: <http://www.veganawareness.org> and on social media. Join our Facebook group and follow us on Instagram by using the hashtag #RhodeIslandVeganAwareness

## *Vegan Tips for Dining Out:*

More and more restaurants are adding vegan options at the request of their customers. Use social media or call your favorite restaurants and ask them for more vegan options. Choosing vegan food is easier than ever and with some simple tips it is sure to be a breeze! Try Asian, Indian, Italian, Middle Eastern and other ethnic restaurants which will almost always have something to suit your needs. If you're out of town and are having a hard time locating a restaurant visit websites such as happycow or vegdining for markets and restaurants throughout the world. Here are some tips that may help you have an enjoyable dining experience:

- Do not be shy when ordering your food! Most restaurants can and will accommodate your requests and adjust dishes to accommodate your preferences.
- Watch out because some restaurants will mislabel an item as vegan or vegetarian when it is not. Items may be made in fish, beef, or chicken broth and it is always good to confirm. Some examples of this may include: vegetable curry dishes that contain fish sauce, rice and beans that were cooked in animal products and salad dressings, sauces and pasta dishes that contain dairy and eggs.
- Join Rhode Island Vegan Awareness on Facebook for weekly tips on local vegan dining and for daily vegan inspiration and recipes!



## **Lucia Italian Restaurant**

**Authentic Northern Italian Cuisine**

*Fine Food in  
Charming Surroundings*



**186B-190B Thames Street, Newport**  
(Across from Brick Market)

**401-846-4477 401-847-6355**

**[www.luciarestaurant.com](http://www.luciarestaurant.com)**

# 2018 VEGAN RESTAURANT GUIDE

## RHODE ISLAND RESTAURANTS WITH VEGAN OPTIONS

This guide is proud to feature restaurants that have a clearly labeled vegan offering on the menu or offer clearly labeled vegan specials. In addition to those restaurants listed below there are also many restaurants throughout Rhode Island that offer vegan options that are not labeled. For example, many Middle Eastern restaurants offer vegan options that are not labeled vegan and for that reason they may not be listed in this guide.

Please keep in mind that this is a yearly publication. Throughout the course of the year it is possible that some of these restaurants may change their menu or even go out of business. It is always a good idea to call ahead to confirm that the vegan options are still available.

Happy Vegan Dining!

### Providence:

#### ***The Grange (Vegetarian)***

116 Broadway, Providence  
401-831-0600

Vegetarian restaurant where almost everything can be made vegan. Great vegan lunch, brunch and dinner options.

Delicious vegan desserts.

*\*Highly Recommended.*



#### ***Veggie Fun (Vegan)***

123 Dorrance Street, Providence  
401-270-4700

A Pan-Asian vegan restaurant in Downtown Providence. Featuring a crowd pleasing menu including desserts and cocktails.

Kosher certified.

*\*Highly Recommended.*

# 2018 VEGAN RESTAURANT GUIDE

## **India**

1060 Hope Street, Providence  
401-421-2600

Dine in a beautiful atmosphere with a very vegan friendly menu. The menu contains a wide variety of vegan options including appetizers, soups, salads, entrees, and curries. Over 30 vegan dishes available. *\*Highly Recommended.*



## **Nice Slice Pizza**

767 Westminster St, Providence  
401-453-6423

Hip pizza shop that offers specialty pizza and a build your own vegan pizza section. *\*Highly Recommended*

## **Ogie's Trailer Park**

1155 Westminster St, Providence  
401-383-8200

Vegan options include a homemade veggie burger for dinner and vegan French Toast at Sunday brunch.



## **The Pizza Gourmet**

357 Hope Street, Providence  
401-751-0355

Limited vegan options. You can order a delicious pizza called: "The Vegan."

## **Rosalina**

50 Aborn St., Providence  
401-270-7330

Menu contains at least one vegan option. The current option is a seared cauliflower "steak." Call in advance to confirm vegan options.





# India<sup>®</sup>

*We add spice to your life...*

**Over 30 Vegan Dishes Available**

1060 Hope St. Providence, RI 401-278-2000

[indiarestaurant.com](http://indiarestaurant.com)

# 2018 VEGAN RESTAURANT GUIDE

## **Trinity Brewhouse**

186 Fountain Street,  
Providence  
401-453-2337

Maintains one rotating vegan entrée on the menu. Call to confirm.



## **Wara Wara**

776 Hope St, Providence  
401-831-WARA

Menu features Japanese cuisine with vegan options and vegan options upon request. Vegan options include salads, ramen, noodle dishes and vegetable tapas.



## **Not Just Snacks**

833 Hope St, Providence  
401-831-1150

Casual Indian food restaurant. Vegan options are labeled with a "V." Menu has 5 vegan entrée options. Other vegan options include appetizers, bread, soup and more.



## **Flatbread Company**

161 Cushing Street, Providence  
401-273-2737

Options include salads and woodfired vegan pizzas made with organic ingredients in traditional clay ovens.

*\*Highly Recommended.*



## **White Electric Coffee**

711 Westminster Street, Providence  
401-453-3007

Menu offers a vegan hummus sandwich and bagels with vegan butter or vegan cream cheese as possible toppings.



# 2018 VEGAN RESTAURANT GUIDE

## ***Kabob and Curry***

261 Thayer Street, Providence  
401-273-8844

A unique Indian Restaurant that offers several clearly labeled vegan options including a variety of delicious appetizers.  
***\*Highly Recommended.***



## ***AS220 FOO(D)***

115 Empire Street, Providence  
401-831-3663

Wonderful selection of delicious vegan options! Fun casual atmosphere and goods drinks. Fresh, seasonal menu that includes plenty of vegan options.  
***\*Highly Recommended***

## ***Julian's***

318 Broadway, Providence  
401-861-1770

Hip brewpub with a selection of vegan options.



## ***Taste of India***

230 Wickenden Street, Providence  
401-421-4355

Warm-hued Indian fixture featuring a variety of vegan options including soup, breads, salads, appetizers and entrees.

## ***Pizza J***

967 Westminster Street, Providence  
401-632-0555

Vegan cheese is available for pizzas and there is a small selection of additional vegan options.



# 2018 VEGAN RESTAURANT GUIDE

## ***Malachi's Cafe***

134 Ives Street, Providence  
401-273-4619

Offers vegan options including sandwiches and soup. Try a vegan grilled cheese sandwich.



## ***The Cheesecake Factory***

94 Providence Place (Mall),  
Providence  
401-270-4010

Large menu includes a variety of items that can be veganized and a clearly labeled vegan cobb salad.



## ***The Duck & Bunny***

312 Wickenden Street, Providence  
401-270-3300

Menu contains a few vegan offerings including a vegan brown rice bowl and vegan pancakes.



## ***PVDonuts***

79 Ives Street, Providence  
Vegan donuts available on Wednesday and Sunday only. Opens at 8am and sells out fast! Please Note: Limited Hours and Availability.



## ***Tea In Sahara***

69 Governor St, Providence  
401-709-3252

Moroccan Café with a variety of clearly labeled vegan options including hummus, falafel and grape leaves.



# 2018 VEGAN RESTAURANT GUIDE

## ***Like No Udder (Vegan)***

170 Ives Street, Providence  
401-419-8869

In addition to having the world's first all vegan soft serve ice cream truck, Like No Udder now has a wonderful new storefront! This entirely vegan storefront features 12 flavors of house made dairy free scooped ice cream in addition to soft serve. The store also sells a variety of unique and delicious vegan products and treats. Make sure to visit both the shop and the ice cream truck. Both sell candy bars, meatless jerky, shakes, floats and more! A must stop in Rhode Island! Please Note: Seasonal Hours *\*Highly Recommended*



## ***Schastea***

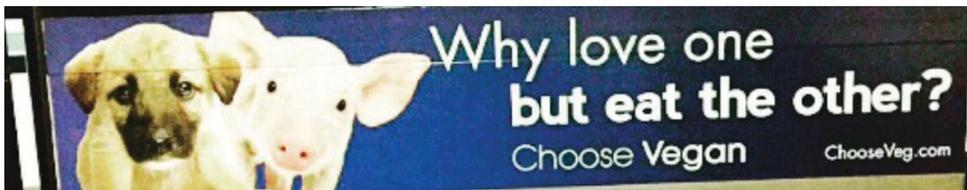
West End  
300 Broadway, Providence  
401-432-7202

Menu offers the option to, "substitute gluten free/vegan crepes."

## ***Hudson Street Deli***

68 Hudson Street, Providence  
401-228-8555

Vegan options include cream cheese, tempeh bacon, fruit bowl, the Hudson Melt (make it vegan) and vegan cheeses and tofu available for substitutions.



# 2018 VEGAN RESTAURANT GUIDE

## **Blue State Coffee**

300 Thayer St, Providence  
401-383-8393

Vegan options include balsamic roasted tofu sandwich, chickpea salad sandwich, quinoa salad and chickpea hummus plate.



## **The Village**

373 Richmond St. Providence  
401-228-7222

Call ahead to confirm weekly specials.  
Vegan options are limited.  
Dinner menu includes a vegan bean dip.

## **Knead Doughnuts**

32 Custom House Street, Providence  
401-865-6622

Vegan options are now offered daily.  
Call ahead to confirm daily flavors.



## **KhaoSan Thai Street Food**

332 Warren Ave, East Providence  
401-438-5227

Many options and items can be made  
vegan upon request.

## **Louis Family Restaurant**

286 Brook St, Providence  
401-861-5225

Vegan pancakes labeled and tofu  
scramble available.



# 2018 VEGAN RESTAURANT GUIDE

## ***Teas and Javas***

199 Wayland Ave, Providence  
401-621-7700

Menu contains vegan options and has  
A separate section labelled,  
“vegetarian / vegan options.”



## ***Dave's Coffee***

341 S Main St, Providence  
401-521-1973

Vegan baked goods are labeled with  
a bold, “V.” Call ahead to confirm  
daily offerings.



## ***Sin***

1413 Westminster St, Providence  
401-369-8427

Sin is a coffee shop and bakery. Call  
ahead to confirm daily vegan offerings.  
They also offer custom vegan cakes.



## ***Sydney Providence***

400 Exchange St, Providence  
401-648-4994

Cafe offering a few vegan options  
and plant based milks.

Call ahead to confirm availability of  
vegan options and vegan baked goods.



## ***Brickway on Wickenden***

234 Wickenden St, Providence  
401-751-2477

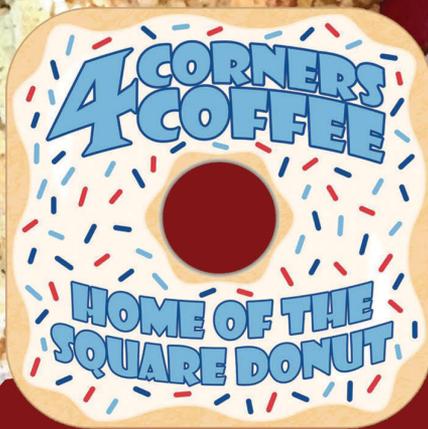
Lunch menu contains a clearly labeled  
vegan sandwich option.





# VEGAN DONUTS

ENJOY THEM ON  
**WED . SAT + SUN**  
+ VARIOUS PASTRIES GOODIES



**63 AIRPORT RD. WARWICK RI**  
**401-921-6464 / 4CORNERSCOFFEERI.COM**

# 2018 VEGAN RESTAURANT GUIDE

## **UMELT**

Two locations:  
129 Weybosset St, Providence  
401-383-6732  
267 Thayer St, Providence  
401-521-0105  
A grilled cheese store that offers the option to "Make your sandwich Vegan!"



## **Luxe Burger Bar**

5 Memorial Blvd, Providence  
401-621-5893 (LUXE)  
Menu has a clearly labelled "Vegan Veggie" Burger that you can add a variety of vegetable toppings to. During the summer months, pets are welcome on the outdoor patio.



## **Seven Stars Bakery**

3 Locations:  
-East Side: 820 Hope St, Providence  
-West Side: 342 Broadway, Providence  
-East Providence: 20 Newman Avenue  
401-521-2200  
Lunch menu contains a clearly labeled vegan sandwich option.



## **by CHLOE. (Vegan)**

223 Thayer St, Providence  
401-213-8798  
100% Vegan! Highly Recommended!  
Fast and casual dining. Features large menu with salads, burgers, pasta, sandwiches, grab and go, treats, weekend brunch and so much more!



## **Wild Colonial Tavern**

250 South Water St, Providence  
401-621-5644  
Classic pub with drinks and small bites. Options are chips w/vegan chili or hummus



# 2018 VEGAN RESTAURANT GUIDE

## Cranston:



### **A&J Bakery**

1458 Park Ave, Cranston

401-228-8696

Bakery that focuses on allergy friendly treats and has a selection of vegan friendly baked goods.

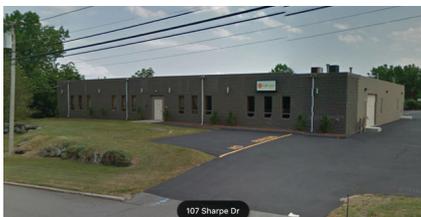
### ***b. good***

Garden City Center

62 Hillside Road, Cranston

401-270-6300

Counter-serve chain featuring grain bowls, salads, vegan burger and smoothies



### ***The Juice Bar at Raffa Yoga***

19 Sharpe Drive, Cranston

401-463-3335

Hip yoga studio that features a juice bar offering a variety of vegan options. Call ahead to confirm availability and hours.

### ***Schastea***

Pawtuxet Village

2170 Broad Street, Cranston

401-461-2170

Menu offers the option to, "substitute gluten free/vegan crepes."



Coming Soon to Cranston (Garden City):

***Blaze Pizza***. Vegan Pizza option.

Please call ahead to confirm opening date.

# 2018 VEGAN RESTAURANT GUIDE

## Narragansett:



### **Amalfi's Bed and Bistro**

83 Narragansett Avenue, Narragansett  
401-284-3535  
Bistro Coming Soon!  
Call ahead to confirm opening date  
and vegan options.

### **Crazy Burger**

144 Boon Street, Narragansett  
401-783-1810

Contains a large selection of vegan options and specials including specialty vegan burgers, breakfast items, and smoothies. A local favorite.  
*\*Highly Recommended.*



### **Markos Kabob**

126 Boon Street, Narragansett  
401-783-9083

Casual restaurant serving up Greek, Mediterranean and Middle Eastern food with a selection of delicious vegan entrees.



### **Ocean View Chinese**

140 Point Judith Rd, Narragansett  
401-783-9070

Restaurant offers a very large and separate vegetarian menu that contains many items that can be made vegan.



### **Proof Prohibition Era Style Pub**

140 Point Judith Rd, Narragansett  
401-792-4640

Dinner menu contains vegan hummus appetizer and lunch menu has a "Vegetarian Cheese Steak" that is clearly marked vegan.



### **Fuel Coffee Bar**

904 Boston Neck Rd, Narragansett  
401-792-FUEL (3835)

Menu shows vegan matcha green tea and coconut muffins. Call for availability.



# 2018 VEGAN RESTAURANT GUIDE



## **Gansett Wraps**

70 Point Judith Rd, Narragansett  
401-792-9292

"Vegan Friendly" Website states the staff is trained on creating many vegan options.

## **The Bike Stop Cafe**

148 Boon St, Narragansett  
401-284-1414

Vegan options include tacos and pizza.



## **Pawtucket:**



## **Garden Grille Café (Vegetarian)**

727 East Avenue #7, Pawtucket  
401-726-2826

A local vegetarian fixture and favorite w/ plenty of delicious and creative vegan options. Guests can dine on local favorites like a tower of tasty nachos, chipotle seitan, a scrumptious tofu blt or gluten free macaroni & cheese. In the same plaza as Wildflour Vegan Bakery! *\*Highly Recommended.*

## **Wildflour Vegan Bakery (Vegan)**

727 East Avenue, Pawtucket  
401-475-4718

Rhode Island's only vegan bakery. Offers a wide variety of vegan options inc. desserts, snacks, coffee, juices, smoothies, and raw eats. *\*Highly Recommended.*



## **Rasoi**

727 East Avenue, Pawtucket  
401-728-5500

This restaurant maintains a very large and creative menu that offers many delicious vegan options. The Cauliflower 65 appetizer is not to be missed. Special all you can eat vegan and gluten free lunch buffet brunch every Saturday from 11:30am to 3pm. *\*Highly Recommended.*

# 2018 VEGAN RESTAURANT GUIDE



## **Fully Rooted**

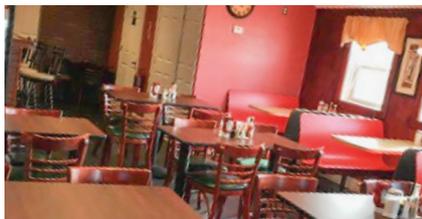
560 Mineral Spring Ave, Pawtucket  
401-753-4930

Juice company headquarters/juicery with juice on tap. Limited hours and days. Call ahead for availability.

## **Francesca's Restaurant**

526 Pawtucket Ave, Pawtucket  
401-724-9900

Menu includes a vegan reuben sandwich and a homemade vegan burger.



## **Newport:**



## **Raw Power Juice Bar and Kitchen**

(Vegetarian)

6 Broadway, Newport  
401-847-2727

Raw power features juices, smoothies, rice bowls, zucchini spaghetti bowls, & sandwiches/wraps. Many vegan options available. *\*Highly Recommended.*

## **Keenwah Super Food Eatery**

311 Broadway, Newport  
401-619-5266

Organic, natural, and locally-sourced health food with many delicious vegan options. Options include breakfast sandwiches, salads, burgers and more. Closes at 3pm. *\*Highly Recommended.*



## **Ristorante Lucia**

186B-190B Thames Street, Newport  
401-846-4477

Restaurant offers a separate vegetarian menu which includes vegan options. The large selection of vegan dishes includes two delicious Seitan dishes, one sautéed in a Madera Wine roasted Garlic and Mushrooms, and another baked with fresh Tomato, Red Onion, Olive Tapenade and Asparagus.

# 2018 VEGAN RESTAURANT GUIDE

## ***Jade Cricket***

472 Thames Street, Newport  
401-842-0300  
Menu features a vegan friendly  
Shabu Hot Pot.



## ***Diego's***

11 Bowens Wharf, Newport  
401-619-2640  
Vegan cheese and tofu available to  
substitute into menu offerings.



## ***Gas Lamp Grille***

206 Thames St, Newport  
401-845-9300  
Current vegan option is  
a "Buddha" Bowl.  
Other options may be available.



## **South Kingstown:**

## ***Tong-D***

50 South County Commons  
Way, South Kingstown  
401-783-4445  
Separate vegan menu available. Asian  
cuisine which also features Korean,  
Japanese and Chinese dishes. Confirm  
options and allergies with your server,  
even those options which are labeled  
vegan. Confirm vegan cheese or cream  
cheese before ordering these items.



PLEASE SUPPORT LOCAL  
VEGAN RESTAURANTS!

# 2018 VEGAN RESTAURANT GUIDE

## East Greenwich:

### *Rasa*

149 Main Street, East Greenwich  
401-398-2822

Indian restaurant featuring many wonderful vegan appetizers and entrees. Restaurant also offers delicious cocktails and a very nice atmosphere.

*\*Highly Recommended.*



### *Raw Bob's Organic Juicery (Vegetarian)*

249 Main Street, East Greenwich  
401-884-3331

Fresh juices and smoothies with loads of vegan options. Other vegan treats and snacks can be found as well.



### *Pizza Heaven*

2554 South County Trail, East Greenwich  
401-885-6800

Menu features "The Woodstock" a vegan cheese pizza with a variety of toppings.



## Kingston:

### *Flat Waves*

99 Fortin Rd, Kingston (URI)  
401-792-4622

Menu contains clearly labeled Vegan Acai bowls.



## Middletown:

### *Flat Waves*

1130 Aquidneck Ave, Middletown  
401-847-9283

Menu contains clearly labeled Vegan Acai bowls.



# 2018 VEGAN RESTAURANT GUIDE

## *The Power Of Juice*

1149 Aquidneck Avenue, Middletown  
401-619-2021

Variety of vegan offerings that may include juices, nut milks, raw puddings and pestos.  
Call in advance for hours and offerings.



## Smithfield:



## *Blackie's Bull Dog Tavern*

181 George Washington Hwy, Smithfield  
Route 116  
401-231-4777

Menu contains a clearly labeled vegan burger or build your own veggie plate.

## *Condesa Mexican Scratch Kitchen*

970 Douglas Pike, Smithfield  
401-349-3935

Menu features a variety of clearly labeled vegan offerings.



## Warwick:



## *4corners Coffee*

63 Airport Rd, Warwick  
401-921-6464

Menu contains clearly labeled vegan donuts and other delicious treats. Vegan options are currently available on Wednesday, Saturday and Sunday. Call ahead to confirm availability.

## Barrington:



## *Tong-D*

156 County Road, Barrington  
401-289-2998

Separate vegan menu available. Asian cuisine which also features Korean, Japanese and Chinese dishes. Confirm options and allergies with your server, even those options which are labeled vegan. Confirm vegan cheese or cream cheese before ordering these items.

# 2018 VEGAN RESTAURANT GUIDE

## Westerly:

### *The Bridge*

37 Main St, Westerly  
401-348-9700

Perched over the Pawcatuck River, this restaurant features many dishes that are either vegan or can be made vegan.



### *Misquamicut Sandwich Co.*

57 Shore Rd, Westerly  
401-637-4910

Sandwich shop that features a vegan veggie wrap.

## Warren:

### *Eli's Kitchen*

40 Market Street, Warren  
401-245-1809

Traditional American restaurant with a variety of clearly labeled vegan options including Tofu Yellow Thai Curry and a vegan tastings plate (dinner menu) and a variety of sandwiches that can be made vegan upon request (dinner & brunch).



## Saunderstown:

### *Plum Point Bistro*

1814 Boston Neck Road,  
Saunderstown  
401-667-4999

This bistro featuring farm fresh cuisine has a variety of vegan offerings. Selections include pasta dishes, potato gnocchi and a vegan country board.



# 2018 VEGAN RESTAURANT GUIDE

## Wakefield:

### *Phil's Main Street Grille*

323 Main Street, Wakefield

401-783-4073

Lunch and dinner menus contain  
vegan burger and vegan chili.



## Bristol:



### *The Beehive Cafe*

10 Franklin St, Bristol

401-396-9994

Options that can be made vegan  
are labeled with a "V"

## Block Island / New Shorham:

### *Los Gatitos Restaurante*

214 Corn Neck Road, Block Island

401-466-5855

Build your own burritos, tacos or bowls  
using a vegan falafel filling.



## General Location:



### *Like No Udder (Vegan)\**

*\*Please view listing under the  
Providence section.*

### *Celebrated (Vegan)*

[www.celebrated.co](http://www.celebrated.co)

401-743-3537

[becky@celebrated.co](mailto:becky@celebrated.co)

Celebrated is a custom order dessert shop  
that caters to all your special event dessert  
needs! Offerings include celebration cakes,  
cupcakes, macarons, and much more.  
100% vegan and mostly organic.



# 2018 VEGAN RESTAURANT GUIDE



## **Budding Iris: Vegan Caterer**

401-368-8654

Budding Iris offers vegan food to local festivals in and around Rhode Island. They are vegan owned and everything they sell is 100% vegan.

## **Miss Vegan (Vegan)**

[www.facebook.com/missvegan](http://www.facebook.com/missvegan)

Vegan bakery serving RI through popups and custom orders. Treats include cakes, donuts, bars, and more. Info on events and ordering can be found on their webpage.



## **Chelo's Hometown Bar & Grille**

Visit: [www.chelos.com](http://www.chelos.com) for locations, hours and menus. Chelo's has a variety of locations in Rhode Island. They expanded the menu to include a clearly labeled vegan burger option. *Please Note: Menu is subject to change, please confirm vegan options with specific location prior to dining.*

## **VURRITO**

VURRITO is "Rhode Islands first Mexican inspired, whole food, plant-based, food services company." 100% Vegan! Keep up to date by following Vurrito on Facebook and visiting the website: [www.vurrito.com](http://www.vurrito.com)



**“The future depends on what we do in the present.” Gandhi**

# 2018 VEGAN RESTAURANT GUIDE



Erin, Michael, Bethany, Zane, and Carly



Kenneth, Heidi,  
& Lenore



Joseph &  
Casandra

## RIVA Halloween Party Fundraiser

On Saturday, October 28, Rhode Island Vegan Awareness hosted our first ever Halloween Party Fundraiser! The evening was a great success with many members of the community coming out to have fun and help support a great cause. There was food, live music, dancing, trivia, raffles, contests, vendors and more! We hope to see you all at the 2018 party! Thank you for supporting Rhode Island Vegan Awareness. Here are some of our volunteers and members in action.



Krystal



Ron & Elizabeth



Lenore & Melodi



Robert & Courtland



Jared & Laura



Lisa & Dean



Laura & Chrissy



Ryan & Meghan

# VEGAN Candles

for a Conscious  
Lifestyle.

A Portion of all sales  
are donated to an  
animal sanctuary  
in need!

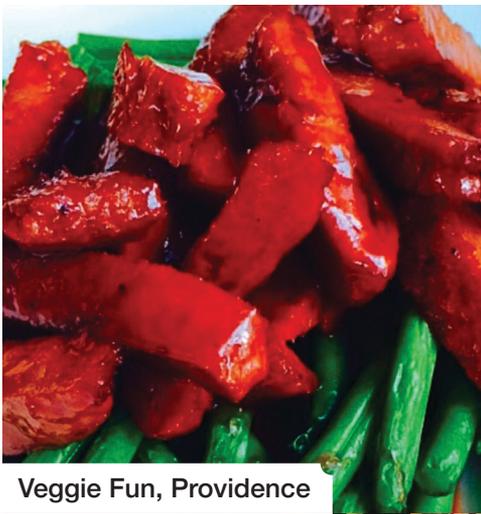


\*Sage & Citrine Scented

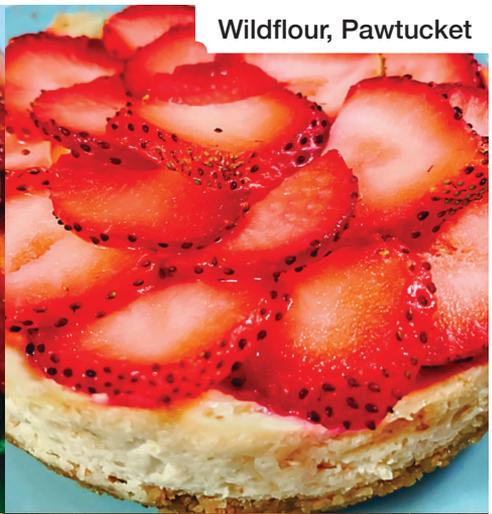


For more information or to place an order visit our website at:

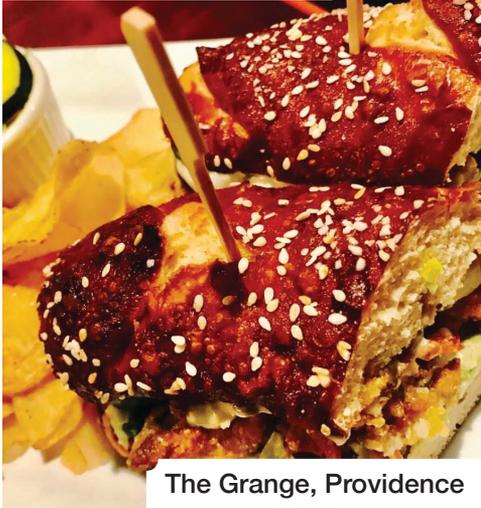
[www.ConsciousCowCandles.com](http://www.ConsciousCowCandles.com)



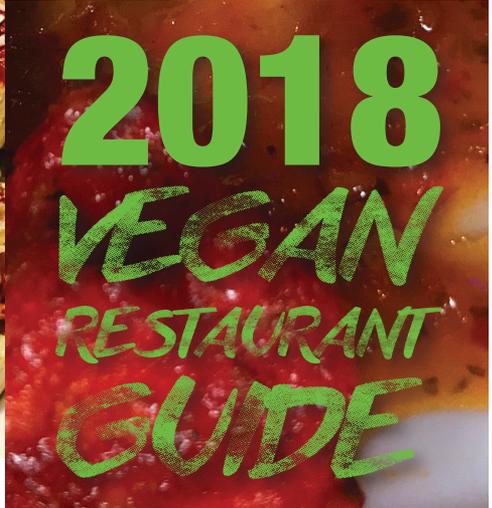
Veggie Fun, Providence



Wildflour, Pawtucket



The Grange, Providence



Like No Udder, Providence



Garden Grille, Pawtucket