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**Rhode Island  
Vegan Awareness**

# **2017**

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# **VEGAN**

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# Meet the 2017 Rhode Island Vegan Awareness Board of Directors



CINDY LEMOI



LAURA BARLOW



HEIDI CARLA



MELODI LANDI



KERNEN NARDOZZA



LENORE MONTANARO



ZAK THEIS



RIVA 2016 (below) and 2017 (above) Bus Campaigns  
RIVA Community Outreach (left)



RIVA Summer Fundraiser



Rhode Island  
Vegan Awareness

# 2017 VEGAN RESTAURANT GUIDE

If you know of a restaurant to include in our 2018 Vegan Restaurant Guide or if you'd like to become an official RIVA member, please contact us at: [RIVA@veganawareness.org](mailto:RIVA@veganawareness.org)



Find us on Facebook!

All This & More Available At the  
**Wildflour Vegan  
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## **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.

# Why Vegan?

*By: Laura Barlow, RIVA 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.

**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, however. 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:** Our planet suffers from overpopulation of humans and nonhumans. 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 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.

Find us online: <http://www.veganawareness.org> and on social media including Facebook!



*If you know of a restaurant to include in our 2018 Vegan Restaurant Guide or if you'd like to become an official RIVA member, please contact us at: [RIVA@veganawareness.org](mailto:RIVA@veganawareness.org)*



Find us on Facebook!

## Vegan Tips for Dining Out:

More and more restaurants are adding vegan options at the request of their customers. Use social media and the telephone to contact 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!

# 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.*

*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 with a very nice atmosphere in Downtown Providence. Rhode Island's only vegan restaurant featuring a crowd pleasing, large and diverse menu including delicious desserts and cocktails. Kosher certified. A local favorite.

\*Highly Recommended.



## 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.*

\*Highly Recommended.

## Nice Slice Pizza

267 Thayer Street, Providence  
401-453-6423

*Hip pizza shop that offers a vegan specialty pizza menu that has over 15 choices and a build your own vegan pizza section. Vegan sandwiches also available.* \*Highly Recommended

## The Pizza Gourmet

357 Hope Street, Providence  
401-751-0355

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

## The Fertile Underground

1577 Westminster Street,  
Providence

401-365-4FUG

*A natural foods co-op that has a small selection of vegan options. Call ahead to confirm daily offerings.*

## 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.*

## Trinity Brewhouse

186 Fountain Street,  
Providence

401-453-2337

*Maintains one rotating vegan entree 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, noodle dishes and vegetable tapas.*

## Flatbread Company

161 Cushing Street, Providence  
401-273-2737

*Options include salads and wood-fired 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.*

## 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

*Serves up a fresh and constantly changing menu that includes a great selection of vegan dishes.*

## 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 vegan grinders.*

## 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.*

## Healthy Heaven

1531 Smith Street, North  
Providence  
401-353-5676

*Casual counter service featuring a rotating menu that includes several healthy vegan options.*

## 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.*

## PVD Donuts

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.*

## 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*

## 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 available for substitutions.*

*Coming Summer 2017 to Providence:  
by CHLOE. A vegan eatery to open on  
Thayer St. Please call ahead to confirm  
opening date.*

## Narragansett:

### The Bed and Bistro

83 Narragansett Avenue,  
Narragansett  
401-284-3535

*Local Bed and Bistro that is open for dinner and brunch. Please call ahead for days, hours and availability. Guests are welcome to reserve a room and spend the night. Menu features several clearly labeled and creative vegan dishes.*

## 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.*

## Pawtucket:

### Garden Grille Café (Vegetarian)

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

A local vegetarian fixture and favorite with 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.

\*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 including desserts, snacks, coffee, juices, smoothies, and raw eats.

\*Highly Recommended.

In 2016, Rhode Island Vegan Awareness celebrated our 15 year anniversary with a giant party! Happy Anniversary RIVA!

## 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.

## 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. \*Highly Recommended.*

## Ristorante Lucia

186B-190B Thames Street,

Newport

401-846-4477

*Restaurant offers a separate vegetarian menu which includes two delicious seitan dishes.*

## 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.*

## Wakefield:

### South County Food Coop

344 Main St, Wakefield

401-789-2240

*Local coop offering vegan options including sandwiches and soups.*

### Tong-D

50 South County Commons

Way, South Kingstown

401-783-4445

*Chef's specials include a Tofu Royal (Vegan Special).*

## East Greenwich:

### Rasa

149 Main Street, East

Greenwich

401-398-2822

*Indian restaurant featuring many wonderful vegan appetizers and entrees.*

*\*Highly Recommended.*

## Raw Bob's (Vegetarian)

249 Main Street, East

Greenwich

401-884-1491

*Vegetarian juice bar. Offers juices, wheatgrass shots and organic snacks.*

## Pizza Heaven

2554 South County Trail, East

Greenwich

401-885-6800

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

## Phil's Main Street Grille

323 Main Street, Wakefield

401-783-4073

*Lunch and dinner menus contain a vegan burger and vegan chili.*

## Cranston:

### b. good

Garden City Center

62 Hillside Road, Cranston

401-270-6300

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

## Lil Rhody Pizza

1860 Broad Street, Cranston

401-432-6367

*Vegan pizza is offered with vegan cheese, vegan meatballs and more.*

## 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.*

## The Elephant Room

2170 Broad Street, Cranston

401-461-2170

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

## Westerly:

### Maize n Manna (Vegetarian)

40 High Street, Westerly

401-596-1680

*Vegan take-out, spices and more. Call ahead for menu options and availability.*

## The Bridge

37 Main Street, Westerly  
401-348-9700

*Perched over the Pawcatuck River, this restaurant features many dishes that can be made vegan upon request.*

## Misquamicut Sandwich Co

57 Shore Road, Westerly  
401-637-4910

*Sandwich shop that features a vegan veggie wrap.*

## Middletown:

### Eva Ruth's Specialty Bakery

796 Aquidneck Avenue,  
Middletown  
401-619-1924

*Offers vegan baked goods. Call ahead to confirm availability.*

## The Brix

909 East Main Road,  
Middletown  
401-848-5161

*Offers vegan selections upon request.*

## The Power Of Juice

796 Aquidneck Avenue, Unit 4R, Middletown  
617-875-8437

*Shop has a variety of vegan offerings that may include juices, nut milks, raw puddings and pestos. Limited days / hours: Closes at 4pm and closed on Saturday.*

## Smithfield:

### Condesa Mexican Scratch Kitchen

970 Douglas Pike, Smithfield  
401-349-3935

*Menu features a variety of clearly labeled vegan offerings including a vegan burrito.*

## Barrington:

### Tong-D

156 County Road, Barrington  
401-289-2998

*Restaurant offers a tofu (vegan special) option.*

## Warren:

### Eli's Kitchen

40 Market Street, Warren  
401-245-1809

*Traditional American restaurant featuring a variety of clearly labeled vegan options including a veggie burger, Thai curry and a vegan tastings plate.*

## Scituate

### Suzy-Q's Place

Plainfield Pike, Scituate  
401-943-7668

*Shop offers vegan ice cream and may have other available vegan selections such as chili. Please call ahead to confirm daily offerings. Please Note: Seasonal hours.*

## 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.*

## Rhode Island, General Location:

### 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.*

### 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 "Seasonal Menu" to include a clearly labeled vegan option. The chain has also introduced meatless meats to the "Seasonal Menu." Please Note: "Seasonal Menu" is subject to change, please confirm vegan options with specific location prior to dining.*

### Like No Udder (Vegan)\*

*\*Please view listing on page 11.*

# We Want You! Join RIVA Get Involved & Support Our Mission

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**A big thank you to the following restaurants for supporting our Rhode Island Vegan Awareness 2017 Vegan Restaurant Guide!**



Kabob & Curry  
261 Thayer Street  
Providence RI 02906

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

WEEKEND BUFFET

## EXPERIENCE REGIONAL INDIA



Rasa  
149 Main Street  
East Greenwich RI 02818

Saturday 11:30 am to 3 pm  
Vegan & Gluten Free Buffet

Sunday 11:30 am to 3 pm

Mixed Buffet (Vegetarian & Non Vegetarian)  
7 Hot Choices

BUFFET SERVED AT



Rasoi | 727 East Ave | Pawtucket RI 02860 | 401-728-5500



Visit Rhode Island's Premiere Vegan  
Restaurant...

# VEGGIE FUN

Pan-Asian Vegan Kosher  
Restaurant

123 Dorrance Street, Providence, RI  
| Tel. (401) 270-4700

[WWW.VEGGIEFUNRI.COM](http://WWW.VEGGIEFUNRI.COM)

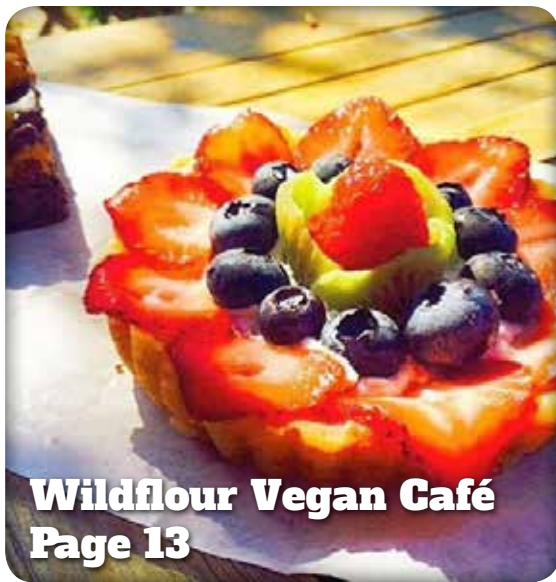




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