

2019/2020 RIVA FOOD GUIDE



Like no Udder



Garden Grille



by Chloe



The Grange



Rasoi

Rhode Island



Vegan Awareness



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Pictures and content by Laura Barlow

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Rhode Island Vegan Awareness Volunteers



Melodi, Jared and Jennifer volunteering at a public outreach table!



Zak and Andrea volunteering at the Walk For All Animals in October!



Walk For Animals! Pictured: Michelle, Jason, Charlene, Melodi and Holly!



Casandra, Laura and Melodi enjoying a night out!



Yoga For Animals! Melodi, Heather, Michelle, Laura, Jeff and Casandra



Allie & Laura volunteering at Like No Udder, Free Cone Day!



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If you know of a restaurant to include in our 2021 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

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,
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* and *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: 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 at the hashtag #RhodeIslandVeganAwareness or follow Laura @rivegan



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.

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!



Barrington

Bluewater Bar + Grill

32 Barton Ave, Barrington
401-247-0017

Vegan options marked on menu.

Tong-D

156 County Road, Barrington
401-289-2998

Vegan menu options available. Confirm options and allergies with your server.



Block Island / New Shoreham

Los Gatos Restaurante

(Yellow Kittens Tavern)

214 Corn Neck Road, Block Island
401-466-5855

Build your own burritos, tacos or bowls using a vegan falafel filling, vegan cheese and vegan sour cream. Other vegan options available.

Mohegan Cafe & Brewery

213 Water Street, Block Island
401-466-5911

Separate vegan menu available. Options include chili, nachos, hummus, salads, beyond burgers, pasta and more.

Persephone's Kitchen & Cafe

235 Dodge Street, Block Island
401-466-5070

Healthy eats including vegan smoothies.

The Harbor Grille & Orchid Lounge

41 Water Street, Block Island
401-466-2828

Vegan options include the beyond burger and salad. Other menu items can be veganized including a lunch wrap and a dinner pasta entree.

The Oar

221 Jobs Hill Road, Block Island
401-466-8820

The 2019 menu includes a vegan burger.



Winfield's

214 Corn Neck Road A, Block Island
401-466-5856
Offers a vegan dinner entrée.

Bristol

The Beehive Cafe

10 Franklin Street, Bristol
401-396-9994

Offers vegan options and specials. Confirm options with your server.



Cranston

A&J Bakery

1458 Park Ave, Cranston
401-228-8696

Bakery that focuses on allergy friendly treats and has a large 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, a vegan burger and smoothies.

Blaze Pizza

2 Chapel View Road, Cranston
401-859-2173

Build your own vegan pizza. Options include vegetables, vegan cheese and vegan chorizo.

***Coming Soon: Chaska**

Garden City, Cranston

Indian restaurant featuring a variety of vegan options. Brought to you by the owners of Rasoi, Rasa and Kabob & Curry.

Mai Thai Cuisine

1401 Pake Ave, Cranston
401-383-0089

Authentic Thai food and bar. A number of vegetable dishes can be made vegan upon request.



Pho Saigon and Bar

1106 Pontiac Ave, Cranston
401-780-0536

Authentic Vietnamese and Chinese food. There is a “Vegan Plates,” page in the menu. Vegan options include appetizers, salads, soups and entrees.

Poco Loco Tacos

2005 Broad Street, Cranston
401-461-2640

Menu features vegan chorizo.

Revival Tasty Room & Brewery

505 Atwood Ave, Cranston
401-944-0451

Brewery that features a “tasty room,” menu that offers vegan options. Currently running a “Meatless Monday” special.

Schastea

Pawtuxet Village
2170 Broad Street, Cranston
401-461-2170

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

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.

East Greenwich

241 Main

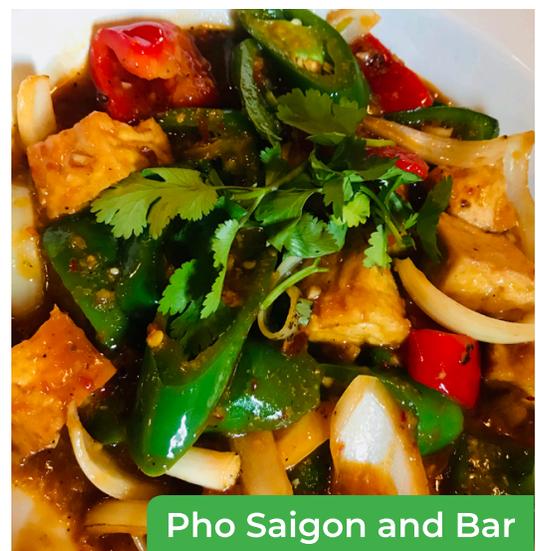
241 Main Street, East Greenwich
401-398-2412

Sports bar and grille that has clearly labelled vegan options including a vegan burger.

Besos Kitchen & Cocktails

378 Main Street, East Greenwich
401-398-8855

Dinner menu has a clearly labelled vegan vegetable board and roasted cauliflower.



Pho Saigon and Bar



Pizza Heaven

2554 S County Trail, East Greenwich
401-885-6800
Vegan cheese available for the pizza.

Rasa

149 Main Street, East Greenwich
401-398-2822
Indian restaurant featuring many wonderful vegan appetizers and entrees. Great service, craft cocktails and wonderful atmosphere! The Cauliflower 65 appetizer is not to be missed. A local favorite.
***Highly Recommended.**

Raw Bob's Organic Juicery (Vegetarian)

333 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.

Exeter

Celestial Cafe

567 S County Trail, Exeter
401-295-5559
Relaxed cafe and bar with a few vegan lunch and dinner options.

Foster

Tavern 19 at the Foster Country Club

67 Johnson Road, Foster
401-397-5990
Seasonal restaurant. The menu contains a clearly labelled vegan ravioli.

Greenville

Crepe Corner

3 Commerce Street, Greenville
401-349-5609
Creperie featuring a variety of vegan offerings.



Rasa



Johnston

The Punjab Indian Cuisine

1565 Plainfield Pike, Johnston
401-270-5687

Indian restaurant with a variety of vegan options including Gobi Masala, Baingan Bhartha and Tarka Daal.

Kingston

Flat Waves

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

Menu contains clearly labeled vegan Acai bowls.

Middletown

Diego's Barrio Cantina

116 Aquidneck Ave, Middletown
401-619-1717

Fresh Mexican & craft cocktails. Separate vegan menu features salads, tacos, quesadillas and bowls.

Flat Waves

1130 Aquidneck Ave, Middletown
401-847-9283

Menu contains clearly labeled vegan Acai bowls.

Sprout and Lentil - Vegan Kitchen

Carmen Foy Chef and Owner
796 Aquidneck Ave, Unit 3, Middletown
954-471-3412

Catering for large events, markets and festivals. Bespoke curated vegan food sold in retail location. Vegan culinary instruction private and group classes.

The Power Of Juice

1149 Aquidneck Avenue, Middletown
401-619-2021

Shop has a variety of vegan offerings that may include juices, nut milks, raw puddings and pesos. Call in advance for hours and offerings.



Narragansett

Chair 5

1208 Ocean Road, Narragansett
401-363-9820

Located at The Break Hotel. Menu features a variety of clearly labeled vegan options. Vegan options include starters, salads, bowls, flatbread and entrees.

Coast Guard House

40 Ocean Road, Narragansett
401-789-0700

Now offering the following items that “can be made vegan:” Brussel sprouts, spring pea risotto and penne pecorino.

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.**

Proof Prohibition Era Style Pub

140 Point Judith Road, Narragansett
401-792-4640
Hip pub with vegan options.

The Bike Stop Cafe

148 Boon Street, Narragansett
401-284-1414
Vegan options include tacos and pizza.

Newport

Brick Alley Pub & Restaurant

140 Thames Street, Newport
401-849-6334
Menu features a clearly labeled vegan burger.

CurryLand

163 JT Connell Hwy, Newport
401-619-8574
Indian restaurant that offers a separate vegan menu item list.



Crazy Burger



Diego's

11 Bowens Wharf, Newport
401-619-2640

Great Mexican food with an extensive cocktail list. Ask your server for the vegan menu. Vegan menu offers appetizers, tacos, salads, burritos and more.

Gas Lamp Grille

206 Thames Street, Newport
401-845-9300

Vegan options include pasta primavera, tacos and a "Buddha bowl."

Ristorante Lucia

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

Restaurant offers a separate vegetarian menu which includes vegan options. The selection of vegan dishes includes two seitan dishes.

Root (Vegetarian)

6 Broadway, Newport
401-847-2727

Juice bar and eatery featuring breakfast bowls, smoothies, toast, juices and more.

Salvation Cafe

140 Broadway, Newport
401-847-2620

Current vegan options include a grilled tempeh curry and a pad thai that can be veganized.

The Mooring

1 Sayers Wharf, Newport
401-846-2260

This restaurant features a separate vegetarian menu with a few options that can be made vegan upon request, including a seared tofu dish.

North Kingstown

Alma Juice Bar + Market

2 Main St, North Kingstown
401-294-4750



Salvation Cafe



Menu contains clearly labeled vegan options.

Rome Point Cafe

820 Boston Neck Road, North Kingstown
401-294-2122

Seasonal specials include a vegan breakfast option.

Shayna's Place

45 Brown Street, North Kingstown
401-294-8740

Cafe and juice bar. Healthy eats including smoothies and Tofutti cream cheese for bagels.

The Inside Scoop

30 Ten Rod Rd, North Kingstown
401-294-0091

Rotating 4 flavors of vegan ice cream.

Wickford on the Water

83 Brown Street, North Kingstown
401-294-7900

Beyond meat vegan burger available on the lunch and dinner menu.

North Providence

Howie's

1525 Smith Street Suite 7, North Providence
401-353-0500

Breakfast restaurant featuring vegan tacos.

Providence Bagel

1480 Mineral Spring Ave, North Providence
401-421-2222

Menu features vegan cream cheese and a vegan egg sandwich.

Pawtucket

Antonio's Pizza By The Slice

727 East Ave, Pawtucket
401-725-0808

Vegan cheese available for pizza. Call ahead to confirm availability.

**Francesca's Restaurant**

526 Pawtucket Ave, Pawtucket
401-724-9900

Menu includes a few vegan options including a vegan reuben sandwich and a homemade burger.

Fully Rooted

560 Mineral Spring Avenue, Pawtucket
401-753-4930

Smoothie and juice bar specializing in cold-pressed juices, kombucha, mylks and other nourishing goods.

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, raw heaven salad, a scrumptious tofu blt or gluten free macaroni & cheese. Head over to Wildflour Vegan Bakery after dinner for dessert!

***Highly Recommended.**

Harvest Kitchen

2 Bayley St, Pawtucket
401-335-3766

Menu contains vegan options.

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. Rasoi also offers a special budget friendly vegan menu for two every Monday and Tuesday evening. A local favorite.

***Highly Recommended.**

Wildflour Vegan Bakery (Vegan)

727 East Avenue, Pawtucket



Rasoi



401-475-4718

Offers a wide variety of vegan options including desserts, snacks, coffee, juices, smoothies, salads, toasts and raw eats. Proudly 100% vegan and kosher. A local favorite. ***Highly Recommended.**

Portsmouth

Sydney Portsmouth

8 Russo Road, Portsmouth

401-648-4994

Cafe offering a few vegan options and plant based milks. Current vegan offerings include jackfruit tacos and overnight oats.

The Green Grocer

934 E Main Road, Portsmouth

401-683-0007

Market featuring a large variety of vegan items, including prepared foods to-go.

The Gulf Stream Bar and Grille

1 Lagoon Road, Portsmouth

401-293-0930

Located at the East Passage Yachting Center. Clearly labeled vegan options include a veggie burger, salads, tofu and more.

Providence

Aleppo Sweets

107 Ives St, Providence

401-533-9019

Vegan Options. Call ahead to confirm availability.

AS220 FOO(D)

115 Empire Street, Providence

401-831-3663

Most of this very extensive and creative menu can be ordered vegan. A local favorite for delicious vegan eats, casual atmosphere and cold drinks.

***Highly Recommended.**



AS220 FOO(D)



Black Sheep

397 Westminster Street, Providence
401-274-5061
American restaurant with a variety of vegan offerings.

Blue State Coffee

300 Thayer Street, Providence
401-383-8393
Vegan options include a balsamic roasted tofu sandwich, chickpea salad sandwich, quinoa salad and chickpea hummus plate.

Brickway on Wickenden

234 Wickenden Street, Providence
401-751-2477
Lunch menu contains a clearly labeled vegan sandwich option.

Brooklyn Coffee Tea & Guest House

209 Douglas Avenue, Providence
401-345-9099
Menu features a vegan quesadilla.

by Chloe (Vegan)

223 Thayer Street, Providence
401-213-8798
Fast and casual dining. Features a large menu with salads, burgers, pasta, sandwiches, grab and go, ice cream, treats, weekend brunch and more!
***Highly Recommended**

Dave's Coffee

341 S Main St, Providence
401-521-1973
Vegan baked goods are labeled. Call ahead to confirm daily offerings.

Federal Hill Pizza

Providence Location
1039 Chalkstone Ave, Providence
401-331-3310
Vegan menu coming soon! Call ahead to confirm.





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.**

Fully Rooted

159 Weybosset Street, Providence
401-753-4930

Smoothie and juice bar specializing in cold-pressed juices, kombucha, mylks and other nourishing goods.

Good Game Grille

53 Weybosset St, Providence
401-537-7174

Menu contains vegan options.

Hemenway's Restaurant

121 S Main Street, Providence
401-351-8570

The current menu offers a "Vegan grilled rutabaga steak."

Hudson Street Deli

68 Hudson Street, Providence
401-228-8555

Vegan options include build your own scrambles, sandwiches and more. Vegan options include tofu, cream cheese, tempeh bacon, vegan cheeses, spreads, veggies and more.

India

1060 Hope Street, Providence
401-421-2600

Dine in a beautiful atmosphere with a vegan friendly menu. The menu contains a wide variety of vegan options including appetizers, soups, salads, entrees, and more. Also featuring craft cocktails, margaritas and patio. A local favorite. ***Highly Recommended.**

Julian's

318 Broadway, Providence
401-861-1770

Hip brewpub with a selection of vegan options for brunch and dinner.



India



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.**

KhaoSan Thai Street Food

332 Warren Ave, East Providence
401-438-5227

Menu features many clearly labeled vegan items.



Knead Doughnuts

Downtown: Open Daily
32 Custom House Street, Providence
Westside: Open Saturday and Sunday
55 Cromwell Street, Providence
East Side: Open Daily
135 Elmgrove Ave, Providence
All locations: 401-865-6622

Doughnut shop with vegan offerings. Vegan options, hours and availability vary by location. Please call ahead to confirm the vegan offerings.

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 is also a storefront. This entirely vegan shop features 12 flavors of housemade scooped ice cream in addition to soft serve. They also sell a variety of unique and delicious vegan products and treats. Make sure to visit both the shop and the ice cream truck. A local favorite! Please Note: Seasonal Hours

***Highly Recommended**

Louis Family Restaurant

286 Brook Street, Providence
401-861-5225

Vegan options available upon request.



Luxe Burger Bar

5 Memorial Blvd, Providence
401-621-5893 (LUXE)
Menu has a clearly labelled “Vegan Veggie”
Burger.

Malachi’s Cafe

134 Ives Street, Providence
401-273-4619
Offers vegan options including sandwiches and
soup. Try a vegan grilled cheese sandwich. Soy
and almond milk available for coffee.



Mare Rooftop

229 Waterman Street, Providence
401-336-6273
Features late-night food, dinner and outdoor seating. The menu contains
a variety of items that can be veganized and a clearly labeled vegan pizza,
topped with fresh vegan shredded mozzarella.

Nice Slice Pizza

767 Westminster Street, Providence
401-453-6423
Hip pizza shop that offers specialty pizza and a build your own vegan pizza
section.
***Highly Recommended**

Not Just Snacks

833 Hope Street, Providence
401-831-1150
Casual Indian food restaurant. Vegan options are labeled and include
appetizers, entrees and more.

Ogie’s Trailer Park

1155 Westminster Street, Providence
401-383-8200
Vegan options include a homemade veggie burger for dinner and vegan
French toast at Sunday brunch.

Olive del Mondo

Olive Oils, Vinegars, and Vegan Mini Mart
815 Hope Street, Providence
401-383-5733



Family-run olive oil and vinegar tasting bar and vegan mini mart. Market includes a selection of healthy olive oils, vinegars and vegan products that proudly support independent producers and local makers.

Pizza J

967 Westminster Street, Providence
401-632-0555

Vegan cheese is available for pizzas. Other vegan options include wings and a cauliflower po'boy.

Plant City Providence (Vegan)

334 S Water Street, Providence
401-429-2029

Plant-based food hall & market featuring a large variety of vegan dining options.

Level 1: New Burger: A casual dining concept and classic dishes including burgers, salads and fries. **Make Out:** Described as everyday plant food featuring sandwiches, toast, bowls and smoothies. Level 1 also contains a coffee bar and marketplace.

Level 2: Double Zero Pizza: Bringing a healthy perspective to vegan pizza, pasta and more. **Bar Verde:** Featuring Mexican and Latin inspired cuisine. Menu features nachos, tacos, enchiladas, quesadillas and more. A local favorite. ***Highly Recommended**

Providence Bagel

685 North Main Street, Providence
401-421-2222

Menu features vegan cream cheese and a vegan egg sandwich.

PVDonuts

79 Ives Street, Providence
Vegan donuts available daily. Check the website to confirm hours and flavors.

Rebelle Artisan Bagels

110 Doyle Ave, Providence
401-349-1263

Menu features vegan cashew cream cheese and a vegan sandwich option.

Rosalina

50 Aborn Street, Providence
401-270-7330



Plant City



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

Seven Stars Bakery

Locations:

-East Side: 820 Hope Street, Providence

-West Side: 342 Broadway, Providence

-East Providence: 20 Newman Avenue

401-521-2200 (all locations)

Lunch menu contains a clearly labeled vegan sweet potato sandwich.

Please note: limited quantities.

Sin

1413 Westminster Street, Providence

401-369-8427

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

Small Point Cafe

230 Westminster Street, Providence

401-228-6999

Menu states, “We have vegan options.”

Sydney Providence

400 Exchange Street, Providence

401-648-4994

Cafe offering a few vegan options and plant based milks. Current vegan offerings include jackfruit tacos and overnight oats.

Taste of India

230 Wickenden Street, Providence

401-421-4355

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

Thailand PVD

292 Atwells Ave, Providence

401-272-0882

Thai food served in a modern, BYOB eatery. Many of the items on the menu

can be made vegan including a variety of curries. Offering vegan ice cream for dessert.



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.

Tori Tomo

68 Washington Street, Providence
401-409-2077

Offering vegan ramen.

The Duck & Bunny

312 Wickenden Street, Providence
401-270-3300

Current menu contains a vegan hummus and pesto sandwich and a vegan cupcake.

The Glow Cafe & Juice Bar (Vegan)

398 Admiral Street, Providence
401-421-7000

Plant based cafe serving juices, smoothies, fruit bowls, vegan Jamaican patties and more.

The Grange (Vegetarian)

116 Broadway, Providence
401-831-0600

Vegetarian restaurant where almost everything can be made vegan. Locally sourced and seasonal ingredients used. Great vegan lunch, brunch and dinner options. Brunch served daily. Also features delicious vegan desserts and craft cocktails. Closed Tuesdays. A local favorite.

***Highly Recommended.**

Trattoria Zooma

245 Atwells Ave, Providence
401-383-2002

Upscale Italian restaurant featuring clearly labeled vegan options including pizza, pasta and risotto.

Trinity Brewhouse

186 Fountain Street, Providence
401-453-2337

One of the first brewpub restaurants here in Rhode Island. Current vegan options include chili, a burger and a bolognese entree.



Twelve Plants

225 Westminster St, Providence
401-500-5189

Inspired plant based cuisine. Weekly pop-up.
Hosted at Vinya Test Kitchen, PVD, Mondays. Call for Reservations.
Hosted by Chef Pete Carvelli

UMELT

129 Weybosset Street, Providence
401-383-6732

A grilled cheese store that offers the option to
"Make your sandwich Vegan!"

Veggie Fun (Vegan)

123 Dorrance Street, Providence
401-270-4700

A Pan-Asian vegan restaurant featuring a large and diverse menu, including desserts and cocktails. ***Highly Recommended.**

Wara Wara

776 Hope Street, Providence
401-831-WARA

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

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.

Xaco Taco

370 Richmond Street, Providence
401-228-8286

Mexican street food offered up in a casual atmosphere. Vegan options include an appetizer, taco and bowl.

Yoleni's Providence

292 Westminster St, Providence
401-500-1127

Vegan options are clearly labeled.





Saunderstown

Plum Point Bistro

1814 Boston Neck Road, Saunderstown
401-667-4999

Bistro featuring a variety of vegan offerings. Selections include shareables, pasta dishes, potato gnocchi, burger and a vegan country board.

Smithfield

Blackie's

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

Menu contains a large variety of vegan options including nachos, tacos, hummus platter, salads, ramen and more.

Condesa Mexican Scratch Kitchen

970 Douglas Pike, Smithfield
401-349-3935

Vegan options made fresh upon request.

Mai Thai Cuisine

115 Pleasant View Ave, Smithfield
401-231-7647

Authentic Thai food and bar. A number of vegetable dishes can be made vegan upon request.

South Kingstown

Tong-D

50 South County Commons Way, South Kingstown
401-783-4445

Vegan menu options available. Confirm options and allergies with your server.

Wakefield

Auntie's Kitchen

237 Robinson Street, Wakefield
401-783-2800

Breakfast and lunch restaurant with a variety of vegan options. Vegan



Zambrero

1000 Bald Hill Road, Warwick
401-615-3465

Mexican with a Mission. According to the menu, “all meals have vegetarian or vegan options.”

Warren:

Rhody Roots

511 Main St, Warren
401-903-9159

Menu contains clearly labeled vegan options.

Westerly

Bridge

37 Main Street, Westerly
401-348-9700

Riverside American restaurant with a variety of vegan options and options that can be made vegan upon request.

High Tide Juice Co.

55 Beach Street, Westerly
401-596-1736

Health food restaurant featuring juices, smoothies and salad.

West Greenwich

The Woods Tavern

45 Nooseneck Hill Road, West Greenwich
401-392-1314

The current clearly labeled vegan options include a veggie stir fry and buffalo cauliflower tacos.

West Kingstown:

Tilly's Cheesesteaks

3711 Kingstown Rd, West Kingstown
401-783-7711

Menu contains vegan options.





General Location

Barrett's Garden (Vegan)

barrettsgardenfood@gmail.com

www.barrettsgardenfoods.com

"Cultivating Culinary Compassion We make delicious vegan food that everyone can enjoy. Non gmo, minimal ingredients-just like we make at home. Do no harm and honor all life! Do it deliciously!"

Blush Bakeshop (Vegan)

www.blushbakeshop.com

Blushbakeshoppvd@gmail.com

Bakery featuring donuts, breakfast pastries, poptarts, cookies, and more. Check out the events page of their website, or social media to find out where they will be next.

Celebrated (Vegan)

www.celebrated.co

401-743-3537

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 more.

Chelo's Hometown Bar & Grille

Visit: 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 option. Please Note: Menu is subject to change, please confirm vegan options with specific location prior to dining

Chipotle Mexican Grill

www.chipotle.com

Chipotle Mexican Grill has a variety of locations in Rhode Island. They expanded the menu to include a clearly labeled vegan bowl option made with sofritas, rice, beans, salsa and more.

Like No Udder (Vegan)*

*Please view listing under Providence

Miss Vegan (Vegan)

www.facebook.com/missvegan

Vegan bakery serving RI through popups and custom orders. Treats



include cakes, donuts, bars, and much more. Info on events and ordering can be found on their webpage.

Uno Pizzeria & Grille

Locations in Warwick, Providence, Smithfield
Offers a separate vegan menu with salads, a vegan burger and vegan pizza with cheese.

Vurrito (Vegan)

www.vurrito.com
Vurrito is “Rhode Island’s first Mexican inspired, whole food, plant-based, food services company.” Keep up to date by following Vurrito on Facebook and visiting the website.

Become a member!

Rhode Island Vegan Awareness (RIVA) is an all volunteer run non-profit organization. We could not remain active without the support of donations from caring individuals and our valuable members! Your contribution directly funds RIVA’s outreach programs and events. Informing the public about the compelling ethical reasons to adopt a vegan lifestyle and providing the support to do so is strongly needed in the Rhode Island community.

Note: Rhode Island Vegan Awareness is a public charity and a 501(c)(3) nonprofit organization. Your donations are tax deductible to the extent allowed by law.

Membership Levels

- Playful Piglets.....\$25
- Happy Hens.....\$50
- Merry Moos.....\$100
- Grand Geese.....\$250 and above

To join Rhode Island Vegan Awareness, simply fill out the form online at **www.veganawareness.org** and submit your donation electronically.

You can also send a check made payable to Rhode Island Vegan Awareness:

RIVA
P.O. Box 6786
Warwick, RI 02886



Rhode Island Vegan Awareness Celebrates Halloween!

On Saturday, October 28, 2019 Rhode Island Vegan Awareness hosted our second annual Halloween party! This event was a great success with many members of the community coming out to have a fun time and support our cause. There was delicious food, a live band, dancing, trivia, raffles, contests, vendors and more! We followed this up with our annual Trunk-or-Treat on Halloween! See you in October!





VEGAN MENU FOR TWO

MONDAY & TUESDAY 5-9PM



Rasoi's Full Menu & Vegan Options  at

RasoiRestaurant.com

727 East Ave, Pawtucket, 401-728-5500

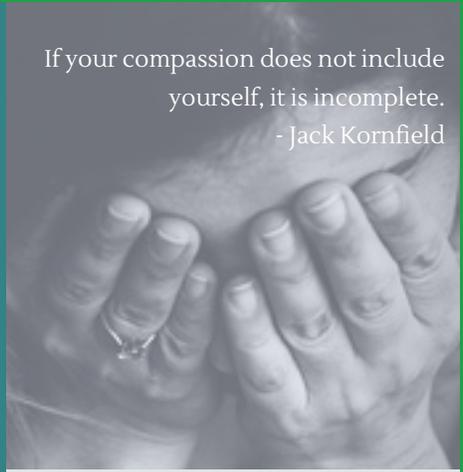
 View Vegan Menu on Rasoi's FB page

COMPASSION FATIGUE

Therapy & Support

Compassion Fatigue is endemic within the animal rescue and advocacy communities yet it goes largely unrecognized and untreated.

If your compassion does not include yourself, it is incomplete.
- Jack Kornfield



Some symptoms of CF include:

- Anxiety
- Depression
- Anger
- Grief
- Fatigue/Low Energy
- Negative World View
- Hopelessness
- Gastrointestinal Issues

Our programs are specifically designed to address the needs of those in the animal rescue and animal advocacy communities.

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Find out more at www.integrativeaddictionrecoveryne.com/compassion-fatigue

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2019/2020 RIVA FOOD GUIDE



AS220 FOO(D)



Plant City (Bar Verde)



Veggie Fun



Wildflour Vegan Bakery

Rhode Island



Vegan Awareness



India