

## 5 TIPS for finding vegan options at restaurants:

1. Call ahead and speak to a manager about the restaurant's vegan options. (Try to call in the off-hours when they will have more time to help.)
2. Ask if the restaurant has a special vegan menu or if substitutions can be made. (There may be an extra charge for this.)
3. Ethnic restaurants, such as those serving Thai, Japanese, Indian, Mexican and Chinese food, can often easily make dishes vegan if those options aren't already on the menu.
4. Verify that menu items appearing to be plant-based are indeed vegan. Hidden ingredients such as butter, milk, cream, eggs, lard, cheese or honey may not be listed on the menu, especially for breads, pastas, salad dressings, and desserts.
5. Remember to thank your server for helping you find plant-based options.

Get more tips at  
[www.EugeneVeg.org](http://www.EugeneVeg.org)

## About EVEN

**Eugene Veg Education Network (EVEN)** is an official 501(c)(3) non-profit organization based in Eugene, Oregon.

**EVEN is a vegan education & outreach group, serving as a vegan resource since 2005, for those seeking information on a healthful vegan lifestyle.**

EVEN works to inform, educate and encourage members, as well as the larger community, by providing information on veganism and its positive impact on the health of the planet and all its inhabitants.

**...Non-violence**

**...Compassion**

**...Sustainability**

**All life is interconnected.**

A whole-food, plant-based diet benefits the earth, non-human animals, and the individual.

**Go vegan & no BODY gets hurt.**

[www.EugeneVeg.org](http://www.EugeneVeg.org)

## VEG EATS

Eugene • Springfield



### A Quick Guide to Vegan Dining Options

Brought to you by

**Eugene Veg Education Network (EVEN)**

More at [www.EugeneVeg.org](http://www.EugeneVeg.org)

**Be the change  
you wish to see  
in the world.**

Mahatma Gandhi

## 100% Vegan

### **Cornbread Café**

1290 W. 7th Ave., Eugene (541) 505-9175

### **Lotus Garden**

810 Charnelton St., Eugene (541) 344-1928

### **Viva! Vegetarian Grill**

1171 Willamette St., Eugene (541) 636-5826

## Vegetarian with Vegan Options

### **Govinda's Vegetarian Buffet**

1030 River Rd., Eugene (541) 461-0093

### **Morning Glory Café**

450 Willamette St., Eugene (541) 687-0709

### **Pizza Research Institute**

325 Blair Blvd., Eugene (541) 343-1307

## Vegan-Friendly

### **Bagel Sphere**

810 Willamette St., Eugene (541) 341-1335  
4089 W. 11th Ave., Eugene (541) 868-1072

### **Café Yumm**

730 E. Broadway Ave., Eugene (541) 344-9866  
1801 Willamette St., Eugene (541) 686-9866  
130 Oakway Center, Eugene (541) 465-9866  
1005 Green Acres Rd., Eugene (541) 684-9866  
3340 Gateway St., Springfield (541) 747-9866

### **Chao Pra Ya Thai Cuisine**

580 Adams St., Eugene (541) 344-1706

## Vegan-Friendly

### **Chapala**

68 W. 29th Ave., Eugene (541) 683-5458  
136 Oakway Center, Eugene (541) 434-6113  
*Request their vegan menu*

### **Chipotle**

460 Coburg Rd., Eugene (541) 687-5220

### **Evergreen Indian Restaurant**

1525 Franklin Blvd., Eugene (541) 343-7944

### **Glenwood**

2588 Willamette St., Eugene (541) 687-8201  
1340 Alder St., Eugene (541) 687-0355

### **Jade Palace**

906 W. 7th Ave., Eugene (541) 344-9523

### **Laughing Planet**

760 Blair Blvd., Eugene (541) 868-0668  
2864 Willamette St., Eugene (541) 505-5399

### **McMenamin's**

1243 High St., Eugene (541) 345-4905  
1485 E. 19th Ave., Eugene (541) 342-4025  
22 Club Rd., Eugene (541) 343-5622

### **Mezza Luna Pizzeria**

933 Pearl St., Eugene (541) 684-8900  
2776 Shadow View Dr., Eugene (541) 743-2999  
115 S. 5th St., Springfield (541) 653-8661

### **New Day Bakery**

449 Blair Blvd., Eugene (541) 345-1695

### **Noodle Bowl**

860 Pearl St., Eugene (541) 686-1114

### **Poppi's Anatolia**

992 Willamette St., Eugene (541) 343-9661

More info at [www.EugeneVeg.org](http://www.EugeneVeg.org)

## Vegan-Friendly

### **Share Small Plate Bistro**

66 E. 6th Ave. (Eugene Hilton) (541) 342-6658

### **Sizzle Pie**

910 Willamette St., Eugene (541) 683-7437

### **Soup Nation**

525 High St., Eugene (541) 683-1999

### **Steelhead Brewery**

199 E. 5th Ave., Eugene (541) 686-2739

### **Sushi Domo**

2835 Oak St., Eugene (541) 484-7008  
1020 Green Acres Rd., Eugene (541) 343-0935

### **Sweetwaters**

1000 Valley River Way, Eugene (541) 341-3462

### **Tacovore**

530 Blair Blvd., Eugene (541) 735-3518

### **Ta Ra Rin**

1200 Oak St., Eugene (541) 343-1230  
1410 Mohawk Blvd., Springfield (541) 505-8987

### **Taste of India**

2495 Hilyard St., Eugene (541) 485-9560

### **Tasty Thai**

8 E. 29th Ave., Eugene (541) 302-6444

### **Townshend's / Radical Wraps**

41 W. Broadway Ave., Eugene (541) 654-4284

### **Wandering Goat Coffee Co.**

268 Madison St., Eugene (541) 344-5161

### **Vanilla Jill's**

298 Blair Blvd., Eugene (541) 345-2466