

CINCINNATI AREA VEGAN FRIENDLY LOCATIONS

Abigail Street Mediterranean, Spanish wine and tapas bar. Kushari, spice green lentils, rice and chickpeas, Moroccan spiced broccoli, fattoush, Kung Pao chickpea tofu dish and more
1214 Vine St, Cincinnati, Ohio 45202

Akash India 24 E. 6th St. Cin., Ohio 45202

Aladdin's Eatery Mediterranean, very vegan friendly with all vegan and GF items labeled
3664 Edwards Rd Cincinnati 45208 9344 Union Centre Blvd., West Chester, OH 45069

Allyn's Café Cajun and Mexican cuisine 3538 Columbia Parkway, Cincinnati, 45226

Ambar India 350 Ludlow Ave. Cin., Ohio 45220

***Amma's Kitchen** Vegetarian Indian with many vegan options. Also features "Vegan Wednesday" 7633 Reading Rd. Cincinnati, Ohio 45237

Amol Indian Restaurant 354 Ludlow Ave. Cincinnati, Ohio 45220

Andy's Mediterranean Grille 906 Nassau St., Cincinnati, Ohio 45206

Apna Indian Restaurant 341 Ludlow Ave., Cincinnati, Ohio 45220

Arcade Legacy Vegan hot dogs, vegan nachos with black beans and guac, vegan 3 way coney.
3929 Spring Grove Ave, Cin., Oh 45223

Aquarius Star & Om Café offer many gluten free, vegan items, homemade soups that rotate daily and unique salads, sandwiches and wraps.
329 Ludlow Ave., Cincinnati, Ohio 45220

Baba India Restaurant Northern Indian cuisine with vegetarian/vegan 3120 Madison Road, Cincinnati, Ohio 45209

Ban Thai Surprising find in the Eastgate shopping complex for traditional Thai & sushi 792 Eastgate S Dr., Cincinnati, OH 45245

Bibibop Asian Grill Almost all items are vegan build your own with Organic Tofu, many different vegetables and special Asian inspired sauces. 210 Calhoun Street, Cin., Oh 45219

7616 Blake Street, Liberty Township, 45069 **Bite** Several vegan options – burger and quinoa bowl
1279 State Route 131, Milford, Ohio 45150

Blaze Pizza Pizza chain with vegan cheese
9341 Mason Montgomery Rd, Mason, OH 45040

Blue Gibbon Chinese food with mock meats
1231 Tennessee Ave. Cincinnati, Ohio 45229

Bombay Grocers Wide selection of spices, dahls, beans, flours, rices, and vegan products
11965 Lebanon Rd., Sharonville, Ohio 45241

Bridges Himalayan/Nepalese, Asian Fusion

Vegan soups & stews, samosas, dumplings
4165 Hamilton Ave, Cincinnati, OH 45223

Brij Mohan Indian restaurant 11277 Reading Rd., Cincinnati, OH 45241

Brown Dog Cafe Curried tofu, portabella burger

Bru Burger Bar Impossible burger with vegan cheese and vegan mayo. They also have a portobello sandwich. All of their buns are vegan
41 East 6th Street, Cincinnati 45202

Buona Vita A family-run Italian restaurant with stone-oven pizza. Marks veggie pizza, build your pasta served with Blue Oven Bread. 2513 Ritchie St, Crescent Springs, KY 41017

Cactus Pear – Mexican cuisine – vegan friendly
3215 Jefferson Avenue, Cincinnati., Ohio 45220

Cake Rack Bakery Vegan cakes, cupcakes and even vegan donuts inside Findlay Market (Vendor 6). 113 West Elder St, Cincinnati, Ohio 45202

Chipotle Have vegan organic tofu Sofritas filling National Mexican restaurant chain with many greater Cincinnati locations

Cilantro Vietnamese Bistro An inviting bistro with great banh mi, soup, and other Vietnamese comfort food 2510 Clifton Ave., Cincinnati, Ohio 45219

Clifton Natural Foods Grocery with organic and vegan options 336 Ludlow Ave., Clifton 45220

Cold Stone Creamery Vegan sorbets – Newport on the Levee 1 Levee Way #2104, Newport, KY

Comet Bar Vegan burritos, can add spiced tofu
4579 Hamilton Ave, Cincinnati, OH 45223

Conscious Kitchen Vegan hot dog with peppers, vegan chili, carrot fries, vegan cheese, veganaise and portabella mushrooms 2912 Vine St, Cincinnati, OH 45219

Corelife Eatery National chain with fresh whole foods, transfat and GMO free. Locations: 3804 Paxton Ave, Cin., OH 45209 6785 Houston Rd, Florence, KY 41042

Crzy Monk Asian fusion, Bao-Wich, Steamed vegan white bread sandwich with marinated tofu, shiitake mushrooms. The Turmeric Coconut Chicken Noodle Soup) can be veganized by adding tofu. 627 Main St. 45202

Currito A Chipotle-like restaurant with many more options for vegetarians. With five Cincinnati locations and one in Florence, Ky. They have organic tofu, baby kale, curried chick peas, hummus, Asian slaw, broccoli and quinoa.

Dean's Mediterranean Imports Foods from Greece, Italy, North Africa, and India 108 W. Elder St., Cincinnati, Ohio 45202 **Delhi Palace** Indian cuisine 7133 Montgomery Rd, Cincinnati, OH 45236 **Dojo Gelato** Ice cream parlor. Serves a vegan sorbetti, made with fresh fruits. 137 Elder Street, Cin. 45202 – Findley market **Dusmesh Indian Restaurant** 944 Ludlow Ave., Cincinnati, Ohio 45220

Elephant Walk Ethiopian and North Indian cuisine Many vegan and gluten free options 170 W McMillan St. (Clifton), Cincinnati, 45219

The Elusive Cow Cafe Veggie burger, wraps, tempeh slider, portabella sandwich, falafels and salads 519 Fairfield Ave, Bellevue, KY 41073

Essencha Teahouse Teashop with vegan salads and more 3212 Madison Road, Cincinnati, 45209 **Essen Kitchen** *Vegan* seasonally changing inventive, gourmet-like plant-based meals. Carry out only, breakfast M-S 8-11am, Lunch M-F 11 a.m.-2 p.m..Seasonally changing inventive, gourmet-like plant-based meals 1 Findlay St., Over-the-Rhine, 513-802-5013

Fresh Healthy Café Wraps, panini & salads in the Kenwood Mall food court 7587 Montgomery Rd., 45236.

Fresh Table Some local & organic, and compostable takeout containers. Vegan tofu salad, soup, tofu eggless salad and salads. Findlay Market, 1801 Race St, 45202

Fresh Thyme Farmers Market Similar to Whole Foods Market 82 Carothers Road, Newport , Ky 41071

Frida 602 Brussels Sprouts Tacos, Vegan Quesadilla 602 Main St., Covington, KY 41011

Floyd's Restaurant Traditional Middle Eastern food 127 Calhoun St., Cincinnati, Ohio 45219

Fuego Parrilla Mexicana Fast casual Mexican grill similar to Chipotle but much better. Bowl with Tofu, refried, black, or pinto, 13 house-made salsas. 1311 OH-131, Day Heights, OH 45150

Fusian Build-your-own sushi rolls & Japanese sides 3880 Paxton Ave, Cincinnati, OH 45209

2942 Wasson Road, Cincinnati, OH 45209

Gold Star Chili Cincinnati-style vegan chili Several Cincinnati and Kentucky locations

The Golden Tajine Mediterranean cuisine 3938 Spring Grove Avenue, Cincinnati, 45223

Gomez Salsa Turtle, A unique taco-burrito hybrid, which is the restaurant's signature item.

Has tofu (marinated in teriyaki, citrus and cilantro, then cubed and flash fried), Tacos, burritos, and bowls. City Beat best burrito winner 107 East 12th Street, Cincinnati, OH 45202

Habanero – Latin-American food 358 Ludlow Ave., Cincinnati, Ohio 45220

****Happy Chicks Bakery** *A 100% vegan home based bakery and restaurant.* Soup, salad, sandwiches, desserts.

4035 Hamilton Ave., Cincinnati, OH 45223

House of Bangkok Thai Cuisine, vegan and gluten free options

4876 Dixie Hwy, Fairfield, OH 45014

Ichiban Has 9 options for vegan sushi rolls, spicy Pad Thai 1020 Delta Ave, Cincinnati, OH 45208

Ikea Vegan veggie balls with sweet potato sauce. Restaurant located on 2nd floor but sell vegan hot dogs near store entrance.

9500 Ikea Way, West Chester, OH 45069

Injoy traditional Indian cuisine with many plant-based, dairy-free options available 1400 Republic Street, Cincinnati, OH 45202

Iris Book Cafe Bookstore and coffee shop with veg. foods

1331 Main St., Cincinnati, OH 45202

Jagdeep's Indian Grocery

Large selection of curry, beans, and rice. 270 Ludlow Ave., Cincinnati, Ohio 45202

Jason's Deli Restaurant chain, has 240 locations in 28 states. Vegan options include organic vegetable soup, a spinach veggie wrap salsa, hummus, guacamole, and salad bar. Ask to ask about the vegan status of each of these dishes—it varies by location

3831 Edwards Road #400, Cincinnati, OH 45209,

Johnny Chan 2 Chinese. An extensive selection of meatless dishes.

11296 Montgomery Cincin. OH 45249

Jungle Jim's International Market

Features an extensive natural foods section as well as an entire acre of produce. 2 locations

5440 Dixie Highway, Fairfield, Ohio 45014

4450 Eastgate South Drive, Cincinnati 452545

Green Papaya Thai cuisine; many vegan choices

Kadai Indian Grill Dimmick Plaza
93536 Cincinnati-Columbus Rd. 45241

Kanak India
10040B Montgomery Rd, Cincinnati, OH 45242

Kaze Lemon Grass Pho, Garden of Delights
Sushi Roll - half-priced on Saturday. 1400 Vine St., Cincinnati, OH 45202

Kitchen 452 Several vegan options
2714 Woodburn Ave, East Walnut Hills, 45206

The Kitchen Factory Have vegan pizza, vegan "crack 'n cheese."
1609 Chase Avenue, Cincinnati, OH 45223

Kinneret Cafe Specializing in vegetarian & Mediterranean foods.
8316 Plainfield Rd. Cincinnati, Ohio 45236

Krishna Indian Carryout
Authentic North Indian cuisine 313 Calhoun St., Cincinnati, Ohio 45219

KungFood Me How Fun Noodles has a distinctive and delicious smoky flavor.
Many vegan options. Veggie spring roll
521 Madison Ave., Covington, KY 41011

Lemongrass Thai Restaurant with good veg/vegan options
2666 Madison Road, Cincinnati, Ohio 45208

****Loving Hut** All **vegan** restaurant
6227 Montgomery Road, Cincinnati, OH 45213

Mac's Pizza Pub Pizza pub that has vegan cheese on request.
205 West McMillan, Cincinnati, Ohio 45219

Maplewood Kitchen and Bar Falafel bowl, hummus, guac, healthy salads, cold pressed juices, veggie burger
525 Race St, Cincinnati, Ohio 45202

Marx Hot Bagels Homemade New York style bagel bakery.
9701 Kenwood Rd., Cincinnati, Ohio 45242

Masala Club Indian and Nepali restaurant
5232 Bardes Rd., Mason, Ohio 45040

Mediterranean King
3307 Clifton Ave, Cincinnati, OH 45220

Melt Eclectic Cafe American soup/sandwich shop with seitan as well as vegan-friendly brunch.
4100 Hamilton Ave, Cincinnati, Ohio 45223

Mirage Mediterranean Restaurant
11379 Montgomery Rd., Cincinnati, Ohio 45249

Moe's Southwest Grill – Mexican food chain, organic tofu. 3 locations
8260 Arbor Square Dr., Mason, OH 45240
7426 Beechmont Ave, Cincinnati, OH 45255

2881 Dixie Hwy, Crestview Hills, KY 41017

Mod Pizza crust is vegan, you can get Daiya cheese at no extra charge!
3208 Vandercar Way, Cincinnati, OH 45209
442 Ohio Pike, Suite 110, Cincinnati, OH 45255

Motr Pub with vegan bacon and a vegan BLT
1345 Main St., Cincinnati, OH 45202

Muse Vegan mac & cheese, Cyprus grain salad with vegan yogurt, vegan dessert
1000 Delta Ave., Cincinnati 45208

Natural Life Nutrition Shops Organic items and produce, grains, beans, nuts/seeds, herbs, meat and dairy alternatives.
2946 Wasson Rd., Cincinnati, Ohio

New Amber Indian/Pakistani restaurant with vegan options
6 W. Corry St., Cincinnati, Ohio, 45219

New Krishna Indian Cuisine Offers delicious regional specialties.
11974 Lebanon Road, Sharonville, Ohio 45241

Niva Grocers Indian Grocery Store
6182 Tylersville Road, Mason, OH 45040

Noodles and Company National restaurant chain with about 9 Cincinnati locations. Several vegan items.

Off the Vine Juice Bar Cold pressed juice bar.
1218 Vine St. Cin. 45202.

Olive Garden Unlimited Soup, Salad & vegan bread sticks, The Minestrone Soup and the The house salad is vegan, Create Your Own Pasta - Cucina Mia! National chain restaurant

Pacific Kitchen Asian Fusion with many creative vegan and GF dishes that are labeled on menu and faux meat selections. 8300 Market Place Ln., Montgomery 45242.

P. F. Chang's China Bistro Offering many vegan options
2633 Edmondson Rd., Cincinnati, Ohio 45209

Peace Street Bakery All **vegan** bakery. Vegan baked goods sold at various Cincinnati retail outlets and markets
3306 Greenway Avenue, Cincinnati, OH 45248

Phoenician Taverna A spectacular Mediterranean restaurant specializing in Lebanese cuisine. Hommus , M'hammara , and Warak Inab Bil Zeitk, Taverna falafel served over roasted eggplant, fresh made warm pita.
7944 Mason-Montgomery Rd, Mason

Pho Lang Thang – Vietnamese, Pho Chay (Vegan Soup) a generous portions for the price. Banh Mi Chay (fried tofu).
114 W. Elder St. Cin. 45202 (Findley Market)

Piology offers Daiya cheese at select locations. Its red sauce, olive oil, and barbecue sauce as well as its gluten-free crust are all vegan

128 W. McMillan Street, Ste.514A Cin. 45219

Poke Hut Build a poke bowl: Options include sushi rice, brown rice, mixed greens, or zucchini noodles. Protein- Tofu Veggies (tofu, marinated shiitake, edamame), or Beyond Sausage® Italian (not on printed menu). Pick your toppings. Tons of fresh veggies. Four vegan sauces.

1509 Race St., Cincinnati, OH 45202

Piper's Cafe Vegan burger and several other options. 520 West 6th Street, Covington 41011

Quán Hapa Asian fusion. Mushroom Ramen Cauliflower Hapa Sandwich, Papaya Salad 1331 Vine St.,Cincinnati, OH 45202

Primavista Italian with a vegan menu 810 Matson Place Cincinnati, OH 45204

Raja Indian

6188 Tylersville Rd, Mason, OH 45040

Rancheros Veggie Chile Relleno, Fajitas 7578 Beechmont Ave, Cincinnati, OH 45255

Red Robin Ancient-grain-and-quinoa vegan patty, with fresh tomato bruschetta salsa, avocado slices, and shredded romaine wrapped in a lettuce bun. Impossible™ Burger Served with bottomless fries or broccoli.

National restaurant chain with Kenwood, Westchester and Mason location

Red Sesame A counter-serve spot inside Jungle Jim's for Korean BBQ with Mexican accents.

Bulgogi Noodle, tacos, bowls, quesadillas, and burritos. All can be veganized by no cheese. 4450 Eastgate South Dr, Cincinnati, OH 45245

Riverside Korean Korean foods with vegan options and tofu.

512 Madison Ave, Covington, KY 41011

Rollin' Bowls Vegan food truck All **Vegan** food truck at various locations in Cincinnati and Northern Kentucky. Can also cater and event. Contact them at rollinbowlstruck@gmail.com.

Rooted Juicery and Kitchen

All **vegan** except honey organic juicery, smoothies, entrees, salads and desserts.

3010 Madison Road Oakley,45209

6844 WOOSTER PIKE, CINCINNATI, OHIO 45227

6400 E GALBRAITH RD CINCINNATI, OH 45236

17 E 6TH STREET, CINCINNATI, OHIO 45202

Ruthai's An inexpensive hidden treasure for outstanding Thai and sushi. Pad Wood Sen with Tofu, Vegetable Roll, Pad Thai with Tofu. 3162 Linwood Av., Cincinnati, OH 45208

Ruth's Parkside Café Several vegan options with tofu and tempeh.

1550 Blue Rock St., Cincinnati, 45223 **Saigon**

Market Carries a large selection of meat substitutes, from veggie burgers, Tuno to Asian imports mock chicken / duck and vegetable chop suey

119 W. Elder St., Cin. Ohio, Findley Market

3501 Seoul Restaurant

Vegetarian Soup - Vegetable dumplings, tofu, onion, mushroom, zucchini, broccoli, red bell pepper, and sweet potato noodles in a vegetable broth. The dish is accompanied an interesting and tasty collection of small sides dishes (e.g., kimchi). Also sushi

3501 Erie Ave, Cincinnati, OH 45208

Shaan Indian Cuisine

3880 Paxton Ave. Cincinnati, Ohio 45209

Shanghai Mama's Offers vegan spinach ravioli, homemade flatbread, tofu, noodle bowls and soups

216 E. 6th St. Cincinnati, Ohio 45202

Sichuan Chili

10400 Reading Rd, Evendale, OH 45241

Sidewinder Coffee and Tea

4181 Hamilton Ave., Cincinnati, Ohio 45223

Coffees with soy milk and vegan baked goods

Sitwell's Act II All vegetarian /vegan eating and drinking cafe. International fare with fresh salads and grain salads, wraps, and soups including vegan chili, Vietnamese phở. 324 Ludlow Ave., Clifton (513) 281-7487

Sleepy Bee Café Serving breakfast and lunch, vegan options include tofu scramble and vegan sausage

3098 Madison Road, Oakley, Cincinnati, 45209

Smoothie King Vegan protein smoothies, vegan cookies

National smoothie chain with many greater Cincinnati locations

Stone Bowl Korean food

Veggie Stone Bowl with delicious house sauce, Vegan Ramen , Dumplings

3355 Madison Rd, Cincinnati, OH 45209

Susan's Natural World A health food store with a smoothie and lunch bar

8315 Beechmont Ave., Cincinnati, Ohio 45255

Suzy Wong's on Madison Asian restaurant

1544 Madison Rd., Cincinnati, OH 45206

Swad Indian Restaurant

1810 W Galbraith Rd, North College Hill, 45239

Sweet Basil Thai food with vegan options
2520 Hazelwood Rd, Crescent Springs, KY
41017

Szechuan Garden Crispy Vegetarian Ribs, Tofu
Miso Soup. A large vegetarian section full of tofu
and vegetable dishes that are also vegan 1504
Dixie Hwy, Park Hills, KY 41011

Taj Indian Anderson Towne Center Cincinnati,
Ohio 45255

Taj Mahal Indian restaurant with vegan options.
8592 Winton Rd, Finneytown OH 45231

Tandoor India Restaurant
8702 Market Place Ln. Montgomery, Ohio 45242
voted "Best Indian" by Cincinnati Magazine

Taqueria Mercado Authentic Mexican food
Several selections that can be made vegan
800 Walnut St. Cincinnati 45202

Thai Express Offers various vegan dishes such
as Pad Thai.

213 W. McMillan St., Cincinnati, Ohio 45219

Thai Namtip – Thai restaurant that has a wide
variety of noodle dishes, stir-fry entrees and
curries, all of which can be made vegan with or
without tofu

5461 North Bend Rd., Cincinnati, Ohio 45247

Tickle Pickle
Vegan black bean burger, vegan ice cream.
4176 Hamilton Ave, Cincinnati, OH 45223

Tom & Chee National grilled cheese sandwich
chain with soup, salad &vegan cheese

133 E Court St., 45202

1 Levee Way, Newport, KY 41071

9328 Union Centre Blvd, West Chester, 45069

420 walnut St, Cincinnati, OH 45202

Total Juice +

Offers vegan wraps, Falafel Wrap, Veggie
Heaven Wrap, and Stuffed Grape Leaves. 631
Vine St., Cincinnati, Ohio 45202

Trader Joe's Grocery, organic produce and
vegan items and more.

7788 Montgomery Rd., Montgomery, 45236

Tucker's

American diner food with vegan options 1637
Vine Street, Cincinnati, OH 45202

The Veg Head

Offers tofu and tempeh dishes and more 920
Loveland Maderia Rd, Loveland, OH 45140

The Weekly Juicery

Cold pressed juices, smoothies, salads, raw
dishes, fermented beverages, wheatgrass shots
2727 Erie Avenue, Cincinnati, Ohio 45208

White Castle

Hamburger restaurant chain with many greater
Cincinnati locations. Now have Impossible
burger with vegan bun.

Whole Bowl Walk-Up Window (no seating)
Vegetarian/vegan GF bowls, vegan cookies.
364 Ludlow Ave. Cincinnati, OH 45220

Whole Foods Market

2693 Edmondson Rd., Cincinnati, Ohio 45209

5805 Deerfield Boulevard, Mason, Ohio 45040

Wild Ginger Asian Bistro Several tofu dishes,
veggie roll, sushi.

3655 Edward Rd., Cincinnati, Oh 45208

Yardhouse

Have many options with vegan Gardein 95 E
Freedom Way, Cincinnati, OH 45202

York Street Cafe

Coffee shop with Middle Eastern veg. options
738 York Street, Newport, KY 41071

IMPORTANT NOTE ABOUT INDIAN RESTAURANTS

Apparently almost all Indian restaurants put
ghee (clarified butter) in their rice dishes and
most breads, so they are not vegan. Amma's
Kitchen and Dusmesh do not and maybe a few
other also. Please ask them if their rice and
bread are vegan, maybe if enough people
request this they will make it for everyone.

VEGAN GROUPS

Cincinnati Vegan Meetup Group

Meet and socialize with other vegans in Cincinnati

Cincinnati Raw Vegan Meetup Group

VeganEarth - VeganEarth teaches and supports ways to eat and live that are healthful, sustainable, and compassionate toward animals, people and the Earth. We have a monthly potluck and program usually on 3rd Sunday of each month. To join the VeganEarth e-mail list and also receive The Flying Carrot newsletter, e-mail VeganEarth@RoadRunner.com; To receive The Flying Carrot only, e-mail swimchessveg@gmail.com

Veganporkopolis.com

Cincinnati remains a meat-centric city. Steak houses, BBQ joints, and meat markets are everywhere. But it's harder to find vegan-friendly restaurants and businesses.

So, we've made it our mission to make it easy for fellow vegans. We scour the city to uncover and share all of our favorite places—beyond the obvious to the obscure. We'll tell you where to go, what to get, and why we love it so much. Also you are able to give them restaurants that you would like them to add to the list.