

# ALBUQUERQUE VEGAN DINING GUIDE

## ASIAN

AH HY QUAN VEGETARIAN RESTAURANT  
[www.facebook.com/AnHyQuanVegetarianRestaurant](http://www.facebook.com/AnHyQuanVegetarianRestaurant)  
1405 Juan Tabo NE  
Albuquerque, NM 87112  
(505) 332-8565  
Tue-Sun 11am-9pm, Monday closed  
Vietnamese cuisine; everything is vegan except for a few items: deep fried egg rolls, won ton skins, and chow mein noodles all contain egg. (\$)

BAMBOO HOUSE CHINESE RESTAURANT  
1745 Juan Tabo Blvd., NE  
Albuquerque, NM 87112  
(505) 293-0183  
Mon-Wed-Thu 11am-9pm, Tue 4-9pm, Fri-Sat 11am-9:30pm, Sun 4:30-8:30pm  
Tofu and vegetable entrees. (\$)

BUDAI GOURMET CHINESE  
[www.budaigourmet.com](http://www.budaigourmet.com)  
6300 San Mateo NE, H-1  
Albuquerque, NM 87109  
(505) 797-7898  
Tue-Fri 11am-9pm, Sat 12-9pm, Sun 12-8:30pm, Mon. closed  
Excellent vegetable and tofu entrees. (\$\$)

CAFÉ DA LAT  
[www.cafedalatabq.com](http://www.cafedalatabq.com)  
5615 Central Ave. NE  
Albuquerque, NM 87108  
(505) 266-5559  
Mon-Sat 10:30am-9pm, Sun. closed  
Vegan-friendly Vietnamese cuisine. (\$)

CHEN'S CHINESE FOOD  
[www.usmenuguide.com/chens.html](http://www.usmenuguide.com/chens.html)  
235 Juan Tabo Blvd. NE  
Albuquerque, NM 87123  
(505) 298-9214  
Mon-Thu 11am-9pm, Fri 11am-10pm, Sun 12-9pm  
Vegetarian and vegan entrees. (\$)

CHINA GARDEN  
[www.chinagardenabq.com](http://www.chinagardenabq.com)  
12611 Montgomery Blvd. NE, Suite A-9  
Albuquerque, NM 87111  
(505) 299-8899  
Tue-Thu 11am-9pm, Fri-Sat 11am-9:30pm, Sun 12-9pm, Mon. closed  
Vegetarian eggrolls and entrees, no MSG. (\$)

CHINA INN  
9500 Montgomery Blvd. NE  
Albuquerque, NM 87111  
(505) 293-4297  
Mon-Thu 11am-10pm, Fri-Sat 11:30am-11pm, Sun 11:30am-10pm  
Variety of vegetable and tofu entrees. (\$)

CHINA KITCHEN  
2218 Southern Blvd. SE  
Rio Rancho, NM 87124  
(505) 891-8171  
Mon-Sat 11am-8:30pm, Sun. closed  
Vegetable options. (\$\$)

FOUR JOYS CHINESE  
6122 4th St. NW  
Albuquerque, NM 87107  
(505) 345-5975  
Mon-Thu 11am-9pm, Fri-Sat 11am-9:30pm, Sun. closed  
Will prepare vegetarian eggrolls.

HUONG THAO  
<https://www.facebook.com/pages/Huong-Thao/160161097328012?rf=118123858213552>  
1016 Juan Tabo Blvd. NE, Suite B  
Albuquerque, NM 87112  
(505) 292-8222  
Tue-Thu 11am-9pm, Fri-Sat 11am-9:30pm, Sun 11am-8:30pm, Mon. closed  
Vegan friendly, gluten-free friendly  
Vietnamese cuisine; rice noodles. (\$)

JAPANESE KITCHEN SUSHI BAR  
<http://japanesekitchen.com/sushibar.php>  
6511 Americas Parkway NE  
Albuquerque, NM 87110  
(505) 872-1166  
Lunch: Mon-Sat 11:30am-2:30pm  
Dinner: Mon-Thu 5:30pm-9pm, Fri-Sat 5:30-10pm  
Sunday closed  
Vegetarian and vegan sushi; Tempura has egg batter. (\$\$)

JINJA BAR & BISTRO (2 LOCATIONS)  
[www.jinjabistro.com](http://www.jinjabistro.com)  
8900 Holly Ave. NE, Suite B  
Albuquerque, NM 87122  
(505) 856-1413  
Mon-Fri 11am-10pm, Sat-Sun 11:30am-10pm  
5400 Sevilla Ave.  
Albuquerque, NM 87120  
(505) 792-8776  
Mon-Fri 11am-10pm, Sat-Sun 12pm-10pm  
Vegan-friendly; substitute tofu in entrees and lettuce wraps. Miso Soup, Tokyo Crispy Tofu and Chow Fun Chili Noodles are vegan. (\$\$)

JOY CUISINE  
[www.joycuisinealbuquerque.com](http://www.joycuisinealbuquerque.com)  
2842 Carlisle Blvd. NE  
Albuquerque, NM 87110  
(505) 888-0203  
Mon-Sat 10:30am-9pm, closed Sun.  
Chinese cuisine; vegetable and tofu entrees. (\$)

KO PALACE  
[www.kopalace.com](http://www.kopalace.com)  
4208 Menaul Blvd. NE  
Albuquerque, NM 87110  
(505) 884-2293  
Mon-Thu 11am-8:30am, Fri-Sat 11am-9:30pm, Sun 4:30pm-8:30pm  
Chinese cuisine; vegetable and tofu entrees, but specify no animal stock base. (\$)

LOVING VEGAN  
[www.lovingvegannm.com](http://www.lovingvegannm.com)  
3409 Central Ave. SE  
Albuquerque, NM 87106  
(505) 890-1555  
Sun-Thu 11am-9pm, Fri-Sat 11am-9:30pm  
All vegan; Asian Fusion cuisine, sushi, bento boxes, Japanese take-out. (\$\$)

MAY CAFÉ  
[www.maycafe.com](http://www.maycafe.com)  
111 Louisiana Blvd. SE  
Albuquerque, NM 87108  
(505) 265-4448  
Mon-Sat 10am-9pm, Sunday closed  
Vietnamese dishes made with tofu and vegetables; specify no fish ingredients. (\$)

MR. SUSHI  
<http://mrsushiroll.com/>  
2400 Juan Tabo NE, Suite G & H  
Albuquerque, NM 87112  
(505) 298-3081  
Mon-Thu 11am-2pm and 5pm-9pm, Fri 11am-10pm, Sat 5pm-10pm, Sunday closed  
Vegetable sushi and vegetable tempura (no egg in batter) are vegan; specify no fish on Age Dashi Tofu. (\$)

NU ASIA VEGAN RESTAURANT  
[www.facebook.com/pages/Nu-Asia-Vegan-Restaurant/660447464002755](http://www.facebook.com/pages/Nu-Asia-Vegan-Restaurant/660447464002755)  
4200 Central Ave. SE  
Albuquerque, NM 87108  
(505) 508-1908  
nuasiavegan@gmail.com  
Mon-Sat 11am-9pm, Sun 4pm-9pm  
Extensive menu includes vegan sushi along with cuisines of Malaysia, Thailand, Philippines, and China. (\$)

ORCHID THAI  
[www.orchidabq.com](http://www.orchidabq.com)  
4300 Central Ave. SE  
Albuquerque, NM 87108  
(505) 265-4047  
Mon-Sat 11am-10pm, Sun 5pm-10pm  
Vegan-friendly with a variety of unique and flavorful dishes. (\$\$)

# ALBUQUERQUE VEGAN DINING GUIDE

## P.F. CHANG'S CHINA BISTRO

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

4440 The 25th Way, NE

Albuquerque, NM 87109

(505) 344-8282

Sun-Thu 11am-10pm, Fri-Sat 11am-11pm

Spring Rolls; Lettuce Wraps can be made with tofu; Buddha's Feast; Coconut Curry; Ma Po Tofu; Spicy Eggplant. (\$\$)

## SALATHAI

3619 Copper Ave. NE

Albuquerque, NM 87108

(505) 265-9330

Lunch: Mon-Fri 11am-3pm, Sat 11:30am-3pm

Dinner: Mon-Thu 5pm-9:30pm, Fri-Sat

5pm-10pm, Sun 5pm-9pm

Vegetable and tofu entrees or substitute tofu for meat in many dishes; vegan tapioca dessert. (\$\$)

## SHOGUN JAPANESE RESTAURANT

<https://www.facebook.com/pages/Shogun-Japanese-Restaurant/124546410933161>

3310 Central Ave. SE

Albuquerque, NM 87106

(505) 265-9166

Lunch: Mon-Fri 11:30am-2pm, Sat 12pm-2:30pm, Sunday closed

Dinner: Mon-Thu 5pm-9:30pm, Fri-Sat

5pm-10:30pm, Sunday closed

Garlic Edamame and Avocado Rolls are vegan. (\$\$)

## SIAM CAFÉ

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

5500 San Mateo Blvd. NE, Suite 101

Albuquerque, NM 87109

(505) 883-7334

Mon-Sat 11am-9pm

Vegan menu includes noodles, fried rice, soups, salads, stir fries, curries, and soy fish. (\$)

## THAI CUISINE (2 locations)

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

4201 Central Ave. NE

Albuquerque, NM 87108

(505) 232-3200

Mon-Fri 11am-9pm, Sat 4pm-9pm, Sun 5pm-9pm

6200 Coors NW, Suite E3 & E4

Albuquerque, NM 87120

(505) 890-3406

Mon-Sat 11am-3pm, 5pm-9pm, Sun 4pm-8pm

Vegan-friendly.

## THAI HOUSE

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

106 Buena Vista Dr. SE

Albuquerque, NM 87106

(505) 247-9205

Lunch: Mon-Fri 11am-2:30pm, no lunch Saturday, Sunday closed

Dinner: Mon-Thu 5pm-9pm, Fri-Sat 5pm-

9:30pm, Sunday closed

Vegetable entrees and spring rolls. (\$)

## THAI TIP

<https://www.facebook.com/thaitiprestaurant>

1512 Wyoming Blvd NE

Albuquerque, New Mexico 87112

505-323-7447

Mon-Fri: 11am-9pm, Sat 5-9pm

All dishes can be made vegetarian or vegan with tofu and veggies. (\$\$)

## THAI VEGAN (2 Locations)

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

5505 Osuna Rd. NE

Albuquerque, NM 87109

(505) 884-4610

Mon-Sat 11am-9pm, Sun 5pm-9pm

3804 Central Ave. NE

Albuquerque, NM 87108

(505) 200-2290

Mon-Sat 11am-9pm; Sun 1pm-9pm

All vegan menu. (\$)

## EAST INDIAN

ANNAPURNA WORLD VEGETARIAN

CAFÉ (2 Locations)

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

2201 Silver Ave. SE

Albuquerque, NM 87106

(505) 262-2424

Mon-Fri 7am-9pm, Sat 8am-9pm, Sun 10am-8pm

5939 4th Street NW

Albuquerque, NM 87107

(505) 254-2424

Mon-Sat 8am-9pm, Sun 10am-8pm

All-vegetarian with a wealth of vegan options; Ayurvedic and international cuisine. (\$\$)

## AM SPICES OF INDIA

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

317 Central Ave. NW

Albuquerque, NM 87102

(505) 492-3570

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

All Vegetarian Indian Cuisine; many vegan options. (\$)

## INDIA KITCHEN

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

6910 Montgomery Blvd. NE

Albuquerque, NM 87109

(505) 884-2333

Tue-Sun 5pm-9pm, Monday closed

Vegan-friendly, with many vegetable and several tofu entrees. (\$\$)

## TAAJ PALACE

<http://taajpalacenm.com/>

1435 Eubank Blvd. NE

Albuquerque, NM 87112

(505) 296-0109

Lunch: Mon-Fri 11am-2:30pm, Sat-Sun

11am-3pm

Dinner: Mon-Sun 5pm-10pm

Vegan options on the menu but make sure to specify NO ghee (clarified butter). (\$\$)

## TAJ MAHAL CUISINE OF INDIA

<http://tajmahalculisineofindia.com/>

1430 Carlisle Blvd. NE

Albuquerque, NM 87110

(505) 255-1994

Lunch: Mon-Sun 11am-2:30pm

Dinner: Sun-Thu 5pm-9:30pm, Fri-Sat

5pm-10pm

Many vegetarian entrees. When ordering, ask to make sure the dish can be made without ghee or other dairy. (\$\$)

## TASTE OF HIMALAYAS

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

7520 4<sup>th</sup> St. NW

Los Ranchos, NM 87107

(505) 899-4423

Mon-Sat 11am-3pm and 5pm-9:30pm,

Sun 11am-9:30pm

Many vegan options on the menu. (\$\$)

## ITALIAN

IL VICINO (3 Locations)

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

3403 Central Ave. NE

Albuquerque, NM 87106

(505) 266-7855

Sun-Thu 11am-11pm, Fri-Sat 11am-12am

11225 Montgomery NE

Albuquerque, NM 87111

(505) 271-0882

Sun-Thu 11am-10pm, Fri-Sat 11am-11pm

10701 Corrales Blvd. NW

Albuquerque, NM 87114

(505) 899-7500

Sun-Thu 11am-10pm; Fri-Sat 11am-11pm

Minestrone Soup; salads and pizzas w/o cheese; Veggie Calzone w/o cheese. (\$\$)

## MIMMO'S RISTORANTE & PIZZERIA

[www.facebook.com/pages/Mimmos-Ristorante-Pizzeria/148206161860824](http://www.facebook.com/pages/Mimmos-Ristorante-Pizzeria/148206161860824)

3301 Coors Blvd. NW

Albuquerque, NM 87120

(505) 831-4191

Mon-Sat 11am-10pm, Sun 11am-9pm

Will accommodate vegan requests off the menu (ask for no butter, cream, cheese, meat, etc). (\$\$)

## PAISANO'S ITALIAN

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

1935 Eubank Blvd. NE

Albuquerque, NM 87112

(505) 298-7541

Lunch: Mon-Fri 11am-2:30pm

Dinner: Mon-Sun starting at 5pm

All the fresh pasta is made with egg, but eggless and gluten-free pasta are available and plenty of vegetables. (\$\$)

# ALBUQUERQUE VEGAN DINING GUIDE

## SCALO NORTHERN ITALIAN GRILL

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

3500 Central SE

Albuquerque, NM 87106

(505) 255-8781

Lunch: Mon-Sun 11am-2:30pm

Dinner: Mon-Thu 5pm-10pm, Fri-Sat 5pm-

11pm, Sun 5pm-9pm

Ask for eggless pasta. (\$\$\$)

## ROMANO'S MACARONI GRILL

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

2100 Louisiana Blvd. NE

Albuquerque, NM 87110

(505) 881-3400

Sun-Thu 11am-10pm, Fri-Sat 11am-11pm

Specify no chicken stock. (\$\$)

## TOMATO CAFÉ ALL-YOU-CAN-EAT

ITALIAN FOOD BAR

<http://tomatocafe.com/>

5920 Holly Ave. NE

Albuquerque, NM 87113

(505) 821-9300

Mon-Sun 11am – 8:30pm (April-

September open until 9pm Fri-Sat)

Vegan posole and will make vegan pizza

upon request. (\$\$)

## MEDITERRANEAN & MIDDLE EASTERN

BARRY'S OASIS RESTAURANT

4451 Osuna Rd. NE

Albuquerque, NM 87109

(505) 884-2324

Vegetarian and vegan lasagne. (\$)

## CAFÉ ISTANBUL

[www.facebook.com/Cafe.Istanbul.NM](http://www.facebook.com/Cafe.Istanbul.NM)

1415 Wyoming NE

Albuquerque, NM 87112

(505) 294-9900

Mon-Sat 11am-6pm

Falafel, hummus, and tabouli. Unique market selling Middle Eastern, Russian, and Mediterranean foods. (\$)

## GYROS GREEK DINER

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

106 Cornell Ave. SE

Albuquerque, NM 87106

(505) 255-4401

Mon-Fri 11am-10pm, Sat 11:30am-10pm,

Sun 12pm-9pm

Falafel and tabouli are vegan, and salads can be requested without cheese and with oil & vinegar dressing (other dressings contain dairy). (\$)

## OLYMPIA CAFÉ

<http://olympiacafeabq.com/>

2210 Central Ave. SE

Albuquerque, NM 87106

(505) 349-3422

Mon 10am-9:30pm, Tue-Wed 8am-

9:30pm, Thu 8am-10pm, Fri-Sat 9am-

11:30pm, Sun 8am-8:30pm

Hummus, falafel, tabouli, Greek potatoes, bean and lentil soups, and some specials are vegan. (\$\$)

## PARS CUISINE

[www.parscuisine.us](http://www.parscuisine.us)

4320 The 25<sup>th</sup> Way, Suite 100

Albuquerque, NM 87109

(505) 345-5156

Mon-Thu 11am-9pm, Fri-Sat 11am-10pm,

Sun 5pm-9pm

Persian and Mediterranean food. Samovar

Bar (tea room) and a Hookah Bar. The

Hummus & Falafel Appetizer is vegan if

you specify no dairy sauces. (\$\$\$)

## SAHARA MIDDLE EASTERN EATERY

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

2622 Central Ave., Suite A

Albuquerque, NM 87106

(505) 255-5400

Mon-Sat 10:30pm-9:30pm, Sun 12pm-

7:30pm

Variety of vegan appetizers, such as

M'jadara and Eggplant Delight, or specify

no dairy for the falafel sandwich. (\$)

## SAN PEDRO MART MIDDLE EASTERN

DINING & GROCERY

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

4001 San Pedro NE

Albuquerque, NM 87110

(505) 888-2921

Many vegan options, such as falafel, hummus, dolmas, and tabouli. Specify no dairy. (\$\$)

## YANNI'S

<http://yannisandlemoni.com/>

3109 Central Ave. NE

Albuquerque, NM 87106

(505) 268-9250

Mon 11am-8:30pm, Tue-Thu 11am-

8:30pm, Fri-Sat 11am-10:30pm, Sun

11:30am-8:30pm

Vegan lasagna and lentil soup. (\$\$\$)

## NEW MEXICAN, MEXICAN, SPANISH,

LATIN AMERICAN

CERVANTES

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

5801 Gibson Blvd. SE

Albuquerque, NM 8708

(505) 262-2253

Mon-Sat 11am-10pm, Sun 11am-9:30pm

Vegan-friendly New Mexican cuisine. (\$)

## CHIPOTLE (3 Locations)

Catering 1.800.CHIPOTLE

Hours Mon-Sun 11am-10pm

6810 Menaul Blvd NE

(505) 884-1716, Fax (505) 872-0240

8120 San Pedro Drive NE

Albuquerque, NM 87113

(505) 814-2880, Fax (505) 796-0202

3400 NM 528 NW

Albuquerque, NM 87114

(505) 948-5005, Fax (505) 899-0905

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

Tacos, burritos, fajita burrito without meat, cheese or sour cream. (\$)

## EL PATIO DE ALBUQUERQUE

[www.facebook.com/pages/El-Patio-De-Albuquerque/111426742230797](http://www.facebook.com/pages/El-Patio-De-Albuquerque/111426742230797)

142 Harvard Dr. SE

Albuquerque, NM 87106

(505) 268-4245

Mon-Thu 7am-9pm, Fri 7am-9:30pm, Sat

8am-9:30pm, Sun 11am-9pm

Many dishes are vegetarian and can be made vegan without cheese or other dairy.

(\$\$)

## EMPANADAS MEXICAN GRILL

[www.facebook.com/pages/Empanadas-Mexican-Grill/1489977334568801](http://www.facebook.com/pages/Empanadas-Mexican-Grill/1489977334568801)

521 Central Ave.

Albuquerque, NM (entrance on 6th St.)

(505) 243-1550

Mon-Tue-Thu 8am-8pm, Wed 8am-6pm,

Fri 8am-4:30pm, Sun 10am-7pm, closed

Sat.

Extensive vegetarian menu, most can be

made vegan; Veggi Adovada Tocos,

Burritos, Tostadas, Empanadas; Veggi

Posole; specify vegan for veggie burger (2

choices) (\$)

## GUAVA TREE CAFÉ

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

118 Richmond Dr NE

Albuquerque NM 87106

505-990-2599

nfo@guavatreecafe.com

Mon-Thu 11am-4pm, Fri-Sat 11am-9pm,

Sun 11am-3pm

Cuisine of Central and South America,

including black beans, plantains, roasted

veggies, and yucca fries. Ask for Stuffed

Arepas without cheese. (\$)

## LA PLACITA DINING ROOMS

[www.facebook.com/pages/La-Placita-Dining-Rooms/115445901812038](http://www.facebook.com/pages/La-Placita-Dining-Rooms/115445901812038)

206 San Felipe St. NW

Albuquerque, NM 87104

(505) 247-2204

Mon-Thu 11:30am-8pm, Fri-Sun 11am-

8pm

Vegetarian fajitas; taco salad; red and

green chiles and beans are vegan. Dishes

can be made w/o cheese and dairy. (\$\$)

## LOS CUATES (4 Locations, including 1 in

East Mountains)

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

4901 Lomas Blvd. NE

Albuquerque, NM 87110

(505) 255-5079

# ALBUQUERQUE VEGAN DINING GUIDE

## LOS CUATES

8700 Menaul Blvd. NE  
Albuquerque, NM 87112  
(505) 237-2800  
10051 Coors Blvd. NW  
Albuquerque, NM 87114  
(505) 897-7441  
1250 N. Hwy. 14  
Sandia Park, NM 87047  
Mon-Sun 11am-9pm  
Vegetarian and Vegan options; New Mexican cuisine. (\$)

## NADA BUT EMPANADAS (not a restaurant)

[www.nadabutempanadas.com](http://www.nadabutempanadas.com)  
4321 Ellison St. NE, Suite A  
Albuquerque, NM 87109  
(505) 503-3228  
yum@nadabutempanadas.com  
Handmade sweet and savory vegetarian and vegan empanadas, baked or frozen. Pick up orders on Wed. or Fri. 10am-3pm or by appointment; delivery is also available. (\$)

## RICHARD'S MEXICAN RESTAURANT

3301 Menaul Blvd. NE  
Albuquerque, NM 87107  
(505) 881-1039  
Mon-Sat 8am-3:30pm, Sunday closed  
Vegan friendly; red and green chiles are vegan. (\$)

## VARIETY

### THE DAILY GRIND

[www.dailygrindabq.com](http://www.dailygrindabq.com)  
4360 Cutler Ave. Suite. C  
Albuquerque, New Mexico 87110  
(505) 883-8310  
Mon-Sat, 7am to 9pm  
Sun: 8am to 8pm  
Salads, Garden Wrap; Grilled Garden (Portobella) Panini. (\$\$)

### FLYING STAR CAFÉ (6 Locations, plus Corrales & Bernalillo)

[www.flyingstarcafe.com](http://www.flyingstarcafe.com)  
See Vegan Options (under Food for Thought)  
Outdoor "Petio" at most locations  
Sun-Thu 6am-10pm, Fri-Sat 6am-11pm  
3416 Central Avenue SE  
Albuquerque, NM 87106  
(505) 255-6633  
4501 Juan Tabo Blvd. NE  
Albuquerque, NM 87111  
(505) 275-8311  
8001 Menaul Blvd. NE  
Albuquerque, NM 87110  
(505) 293-6911  
723 Silver Ave. SW  
Albuquerque, NM 87102  
(505) 244-8099  
8000 Paseo Del Norte NE

## Albuquerque, NM 87122

(505) 923-4211  
4026 Rio Grande NW  
Albuquerque, NM 87107  
(505) 344-6714  
Tofu Tacos; Quinoa dishes, specify w/o cheese or egg; Buddha Bowl; Salads w/o meat/cheese, sub tofu; Veggie Delight Sandwich w/o cream cheese; Black Bean Patty and Soy Chicken Patty contain egg or dairy; some vegan breads but no vegan pastries. (\$\$)

## GOLDEN CROWN PANADERIA

[www.goldencrown.biz](http://www.goldencrown.biz)  
1103 Mountain Rd. NW  
Albuquerque, NM 87102  
(505) 243-2424  
Tue-Sat 7am-8pm, Sun 10am-8pm,  
Monday closed  
Will make vegan pizza; you can bring ingredients to substitute for cheese and meat toppings; a few vegan baked goods; gluten-free items available. (\$)

## JAVA JOE'S

<http://downtownjavajoes.com/>  
906 Park Ave. SW  
Albuquerque, NM 87102  
(505) 765-1514  
Mon-Sun 6:30am-3:30pm  
Tofu and veggie burritos; tomato soup is vegan; wraps and veggie sandwich can be made vegan w/o dairy or egg (mayo). (\$)

## LA MONTANITA CO-OP SUPERMARKET DELI (3 Locations)

<http://lamontanita.coop/>  
3500 Central Ave. SE  
Albuquerque, NM 87106  
(505) 265-4631  
Mon-Sat 7am-10pm, Sun 8am-10pm  
2400 Rio Grande NW  
Albuquerque, NM 87104  
(505) 242-8800  
Mon-Sun 7am-10pm  
3601 Old Airport Ave.  
Albuquerque, NM 87114  
(505) 503-2550  
Mon-Sun 7am-10pm  
Vegetarian and vegan salads, sandwiches, tamales, and wraps; vegan pies, cookies, and pastries. (\$)

## MANNIES

[www.manniesnobhill.com](http://www.manniesnobhill.com)  
2900 Central Ave. SE  
Albuquerque, NM 87106  
(505) 265-1669  
Mon-Sun 6am-9pm  
Veggie grill sandwich, Boca and Garden Burgers, and veggie breakfast burrito can all be made w/o cheese; ask for vegetarian red and green chile (they have both with and without meat). (\$)

## MONTE VISTA FIRE STATION

<http://montevistafirestation.com/>  
3201 Central Ave. NE  
Albuquerque, NM 87106  
(505) 255-2424  
Mon-Fri 3pm-2am, Sat 11am-2am, Sun 12pm-12am  
Grilled vegetables, curried hummus, egg rolls; will cater to vegans. (\$\$\$)

## O'NEILL'S (2 Locations)

<http://oniells.com/>  
Sun-Thu 11am-12am, Fri-Sat 11am-2am (kitchen closes at 11:30pm)  
4310 Central Ave. SE  
Albuquerque, NM 87108  
(505) 255-6782  
3301 Juan Tabo Blvd. NE  
Albuquerque, NM 87111  
(505) 293-1122  
Portobello mushroom substitution for burgers and sandwiches; vegetarian salads and entrees, some of which can be made w/o dairy or eggs. (\$\$)

## OWL CAFE

<http://owlcafealbuquerque.com/>  
800 Eubank Blvd. NE  
Albuquerque, NM 87123  
(505) 291-4900  
Mon-Fi 7am-10pm, Sat-Sun 7am-11pm  
Veggie burger; salads (w/o bacon, cheese or egg). (\$)

## PUEBLO HARVEST CAFE & BAKERY (at Indian Pueblo Cultural Center)

<http://www.indianpueblo.org/visit/cafe.html>  
2401 12th St. NW  
Albuquerque, NM 87104  
(505) 724-3510  
Mon-Thu 8am-8:30pm, Fri-Sat 8am-9pm,  
Sun 8am-4pm  
Some of the salads can be made vegan. (\$\$)

## RANGE CAFÉ (3 Locations)

4401 Wyoming Blvd NE  
Albuquerque, NM 87109  
(505) 293-2633  
2200 Menaul Blvd NE  
Albuquerque, NM 87107  
The Range  
(505) 888-1660  
925 Camino Del Pueblo  
Bernalillo, NM 87004  
(505) 867-1700  
7am (7:30am Bernalillo) to 9pm  
New Mexican and American cuisine; salads, enchiladas or burritos w/o cheese; vegan quinoa burger, vegetarian entrees. (\$\$)



# ALBUQUERQUE VEGAN DINING GUIDE

## SOUPER SALAD (2 Locations)

[www.souper salad.com](http://www.souper salad.com)

Sun-Thu 11am-8pm, Fri-Sat 11am-8:30pm  
4411 San Mateo Blvd., Suite H  
Albuquerque, NM 87109  
(505) 883-9534

2225 Wyoming NE  
Albuquerque, NM 87112  
(505) 294-7585

One or two vegetarian (not vegan) soups and prepared salads; complete salad and potato bar with vegan options. (\$)

## STANDARD DINER

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

320 Central Ave SE  
Albuquerque, NM 87102  
(505) 243-1440

Salads and some vegetarian items can be ordered w/o cheese, (\$\$)

## SWEET TOMATOES (2 Locations)

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

Mon-Thu 11am-9pm; Fri-Sat 11am-10pm, Sun 11am-9pm  
4901 San Mateo Blvd. NE  
Albuquerque, NM 87109  
(505) 888-6131  
10126 Coors Blvd. NW  
Albuquerque, NM 87114  
(505) 898-2171

Large salad bar, pasta and potato bar, including vegan pasta sauce, at least one vegan soup and some prepared salads; gluten-free options. (\$)

## VINAIGRETTE

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

1828 Central Ave. SW  
Albuquerque, NM 87104  
(505) 842-5507  
Mon-Sun 11am-9pm

Grilled tofu or roasted veggies can be added to variety of creative salads (specify w/o dairy/egg); Roasted Veggie Sandwich; vegetable sides. (\$\$)

## VEGETARIAN OR VEGAN CUISINE,

**exclusively**

See our [Restaurant Reviews](#).

## AH HY QUAN VEGETARIAN RESTAURANT

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

1405 Juan Tabo NE  
Albuquerque, NM 87112  
(505) 332-8565

Tue-Sun 11am-9pm, Monday closed  
Vietnamese cuisine; everything is vegan except for a few items: deep fried egg rolls, won ton skins, and chow mein noodles all contain egg. (\$)

## AM SPICES OF INDIA

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

317 Central Ave. NW  
Albuquerque, NM 87102  
(505) 492-3570

All Vegetarian Indian Cuisine; many vegan options. (\$)

## ANNAPURNA WORLD VEGETARIAN CAFÉ (2 Locations)

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

2201 Silver Ave. SE  
Albuquerque, NM 87106  
(505) 262-2424

Mon-Fri 7am-9pm, Sat 8am-9pm, Sun 10am-8pm  
5939 4th Street NW  
Albuquerque, NM 87107  
(505) 254-2424

Mon-Sat 8am-9pm, Sun 10am-8pm  
All-vegetarian with a wealth of vegan options; Ayurvedic and international cuisine. (\$\$)

## LOVING VEGAN

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

3409 Central Ave. NE  
Albuquerque, NM 87106  
(505) 890-1555

Sun-Thu 11am-9pm, Fri-Sat 11am-9:30pm  
All vegan; Asian Fusion cuisine, sushi, bento boxes, Japanese take-out. (\$\$)

## NU ASIA VEGAN RESTAURANT

[www.facebook.com/pages/Nu-Asia-Vegan-Restaurant/660447464002755](http://www.facebook.com/pages/Nu-Asia-Vegan-Restaurant/660447464002755)

4200 Central Ave. SE  
Albuquerque, NM 87108  
(505) 508-1908

nuasiavegan@gmail.com  
Mon-Sat 11am-9pm, Sun 4pm-9pm  
Extensive vegan menu includes vegan sushi along with cuisines of Malaysia, Thailand, Philippines, and China. (\$)

## THAI VEGAN (2 Locations)

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

5505 Osuna Rd. NE  
Albuquerque, NM 87109  
(505) 884-4610

Mon-Sat 11am-9pm, Sun 5pm-9pm  
3804 Central Ave. NE  
Albuquerque, NM 87108  
(505) 200-2290  
Mon-Sat 11am-9pm; Sun 1pm-9pm  
All vegan menu. (\$)

## NATURAL FOOD STORES

All have a wide selection of vegetarian, vegan, and gluten-free products, frozen and ready-to-eat entrees, as well as cruelty-free cosmetics & household products.

## KELLER'S FARM STORE (2 Locations)

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

Mon-Sat 9am-7pm, Sun 9:30am-6pm  
2912 Eubank NE

Albuquerque, NM 87112  
(505) 294-1427  
6100 Coors Blvd. NW  
Albuquerque, NM 87120  
(505) 898-6121

## LA MONTANITA CO-OP SUPERMARKET DELI (3 Locations)

[www.lamontanita.coop](http://www.lamontanita.coop)

3500 Central Ave. SE  
Albuquerque, NM 87106  
(505) 265-4631

Mon-Sat 7am-10pm, Sun 8am-10pm  
2400 Rio Grande NW  
Albuquerque, NM 87104  
(505) 242-8800

Mon-Sun 7am-10pm  
3601 Old Airport Ave. NW  
Albuquerque, NM 87114  
(505) 503-2550  
Mon-Sun 7am-10pm

Vegan items at carry-out deli include: soups; wraps, sandwiches; tofu and tempeh salads, tamales.

## MOSES KOUNTRY HEALTH FOOD STORE

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

7115 4th Street NW  
Albuquerque, NM 87107  
(505) 898-9763

Mon-Sat 9am-6pm, Sunday closed  
Natural foods, herbs, vitamins, bulk foods, body care products, books.

## SPROUTS FARMERS MARKET (4 Locations)

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

Mon-Sun 7am-10pm  
6300 San Mateo Blvd. NE  
Albuquerque, NM 87109  
(505) 821-7000

5112 Lomas Blvd. NE  
Albuquerque, NM 87110  
(505) 268-5127  
11201 Montgomery Blvd. NE  
Albuquerque, NM 87111  
(505) 298-2447

10701 Corrales Rd. NW  
Albuquerque, NM 87114  
(505) 890-7900  
Limited deli: hummus, vegan sushi.

## TALIN MARKET

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

88 Louisiana Blvd. SE  
Albuquerque, NM 87108  
(505) 268-0206

Mon-Sat 8:30am-8pm, Sun 9am-7pm  
Imported foods from all over the world (primarily from Asia, but also Europe and the Middle East). In-house bakery makes dessert daily, including vegan items. Check out the fresh sesame balls!

# ALBUQUERQUE VEGAN DINING GUIDE

TRADER JOE'S (2 Locations)

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

Mon-Sun 8am-9pm

2200 Uptown Loop NE

Albuquerque, NM 87110

(505) 883-3662

8928 Holly Ave NE

Albuquerque, NM 87122

(505) 796-0311

Vegan-friendly and affordable.

VITAMIN COTTAGE NATURAL

GROCERS (2 Locations)

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

Mon-Sat 8:56am-8:04pm, Sun 8:56am-6:06pm

4420 Wyoming NE

Albuquerque, NM 87111

(505) 292-7300

9261 Coors Blvd. NW

Albuquerque, NM 87114

(505) 897-0400

Some of the best prices for vegan groceries and supplements!

WHOLE FOODS MARKET (2 Locations)

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

2103 Carlisle Blvd NE

Albuquerque, NM 87110

(505) 260-1366

Mon-Sun 7am-10pm

5815 Wyoming Blvd NE

Albuquerque, NM 87109

(505) 856-0474

Mon-Sun 7:30am-10pm

Vegan items at carry-out deli: soup-salad-entree buffet, desserts.



Animal Protection  
of New Mexico

## WHY VEGAN?

Many people have become **vegetarian** (no meat, poultry or fish) or **vegan** (no meat, fish, fowl, eggs, dairy, or any animal products) for various reasons: For health reasons (including reduced risk for heart disease, cancer, obesity; because of the immense suffering to animals inherent in an animal protein-based diet; and because of the widespread damage animal-based agriculture causes to our environment. We hope this guide will help make it easier and enjoyable for you to explore the wide range of local and international cuisines right here in New Mexico that are healthful and delicious and do not involve cruelty to animals or the destruction of our precious planet.

The restaurants listed in this guide provide a variety of dining choices, all featuring at least some vegan dishes. Additional menu items containing meat, eggs or dairy products can often be prepared without them, and most restaurants are willing to prepare vegan dishes if you ask. For example, substituting tofu, beans or grilled vegetables instead of meat or cheese. Letting the restaurant owner know that you visited his or her establishment especially for a vegan meal may encourage an expanded vegan/vegetarian menu in the future.

NOTE: Many restaurant staff do not have a clear understanding of what it means to be vegetarian or vegan. If the menu isn't specific, it's always best to inquire about each dish whether it contains meat, chicken or seafood, including broth, lard, bacon, or other animal products. Common examples are soups, flavored rice, beans, and red or green chile. Similarly, vegans should ask specifically about dairy products, eggs, gelatin, honey, etc. in sauces, soups, salad dressings, desserts and baked goods.

This edition of APNM's Albuquerque Vegan Dining Guide is by no means inclusive of all restaurants offering vegan fare, but we hope that we've included your favorite vegan-friendly restaurants. If not, please let us know so we can keep our guides up-to-date. Telephone numbers and websites are included so you can check menu selections and confirm operating hours. We've also included a list of natural food stores where you can find organic foods, vegan groceries and prepared vegan dishes, as well as a wide selection of cruelty-free personal care and household products.

Please contact us if you know of a business that would like to help us distribute this guide to their patrons. See APNM's dining guides for Albuquerque and other parts of New Mexico at [apnm.org/vegandining](http://apnm.org/vegandining).

\* \* \* \* \*

## PLEASE JOIN US

More and more people are becoming aware that a vegan diet makes the most sense for their health, the health of the planet, and of course the well-being of other animals. Won't you help us make positive changes for all animals in New Mexico by supporting our [Campaigns for Change?](#)

### Please consider joining Animal Protection of New Mexico

Learn how your individual choices and actions can and will make a difference in the world!

Animal Protection of New Mexico, Inc.  
P.O. Box 11395 Albuquerque, New Mexico  
505.265.2322 (ph) | 505.265.2488 (fax)  
[www.apnm.org](http://www.apnm.org) | [apnm@apnm.org](mailto:apnm@apnm.org)

Visit our web site for membership information, for links to vegan web sites, and for information about our thirty-four year history and our current efforts on behalf of New Mexico's animals.