



plant-based eating

ANIMAL PROTECTION OF NEW MEXICO

New Mexico Vegan Dining Guide

Restaurants are listed by city and separated into the following categories:

Vegan: only offer vegan foods, desserts, drinks, etc., and do not serve any meat, dairy, egg, etc.

Vegetarian: do not serve any meat, but may serve dairy, egg, honey, etc. They offer at least a few vegan options, and often times many of their menu items can be veganized.

Vegetarian Options: serve meat and other animal products, but do offer at least 2 or more vegan options (or vegetarian options that are easily veganized) not including sides or side salads.

apnm.org/what-we-do/plant-based-eating/



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Animal Protection of New Mexico

Vegan and Vegetarian Restaurants

Contact City

Albuquerque

Vegan

PLANTY SWEET

No store front - special orders only
Albuquerque, NM
Phone: (505) 433-7111
plantysweet@gmail.com
<https://plantysweet.weebly.com>

100% vegan bakery. Sells at downtown grower's market (Sat during season), Railyards market (Sun during season) and at Zendo Coffee House, Humble Coffee and Whispering Bean Coffee. **Also, does special orders!**

THAI VEGAN

5505 Osuna Rd. NE
Albuquerque, NM 87109
Phone: (505) 884-4610
www.thaivegan.com

Mon-Sat 11a-9p, Sun 5p-9p

All vegan menu including variety of thai cuisine as well as burgers, sandwiches, wraps, nuggets, fries.

WANDERLUST VEGAN EATERY

1425 4th St NW
Albuquerque, NM
Phone: (505) 347-8522
<https://www.facebook.com/wlveganeatery>

All vegan and gluten-free bakery. Opening in January 2019

Vegetarian

AN HY QUAN VEGETARIAN RESTAURANT

1405 Juan Tabo NE
Albuquerque, NM 87112
Phone: (505) 332-8565
www.facebook.com/ANHYQUANVEGETARIANRESTAURANT

Tue-Sat 11am-9pm,
Sun 11am-8pm,
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. Serves feaux

ANNAPURNA WORLD VEGETARIAN CAFE

2201 Silver Ave. SE
Albuquerque, NM 87106
Phone: (505) 262-2424
www.chaishoppe.com

Mon-Sat 8a-8p, Sun 10a-8p

All-vegetarian with a wealth of vegan options; Ayurvedic and international cuisine.

ANNAPURNA WORLD VEGETARIAN CAFE

5939 4th Street NW
Albuquerque, NM 87107
Phone: (505) 254-2424
www.chaishoppe.com

Mon-Sat 8a-8p, Sun 10a-8p

All-vegetarian with a wealth of vegan options; Ayurvedic and international cuisine.

**ANNAPURNA WORLD
VEGETARIAN CAFE**
5200 Eubank NE Suite E7
Albuquerque, NM 87111
Phone: (505) 275-2424
www.chaishoppe.com

Mon-Sat 9a-8p, Sun 10a-6p

All-vegetarian with a wealth of
vegan options; Ayurvedic and
international cuisine.

V ROAST COFFEES
3904 Central SE
Albuquerque, NM
Phone: (505) 934-7592
<http://www.vroast.com>

Mon-Fri 8a-2p, Sat 8a-1p, Sun 8a-12p

Coffee shop with lots of vegan
options including lattes, breakfast
burritos, and muffins.

MATA G
116 Amherst Dr SE
Albuquerque, NM 87106
Phone: (505) 266-6374
<https://mata-g.com>

(505) 266-6374

Vegetarian restaurant with vegan
options in Nob Hill. Opened in
November 2018. Also offers variety
of to-go options.

THE ACRE
4410 Wyoming Blvd NE
Albuquerque, NM 87111
Phone: (505) 299-6973
<https://www.theacrerestaurant.com>

Mon-Fri 11a-9p, Sat-Sun 10a-9p

Vegetarian restaurant with lots of
vegan options (separate vegan
menu). Comfort food with a variety
of options including desserts.

Vegetarian Options

**AL-QUDS MEDITERRANEAN
GRILL & GROCERY (FKA San
Pedro Mart)**
5555 Montgomery Blvd NE
Albuquerque, NM 87110
Phone: (505) 888-2921
<https://www.facebook.com/alqudshookah/>

Mon-Thu 10a-9p, Fri-Sat 10a-10p,
Sun 10a-7p

Many vegan options, such as
falafel, hummus, dolmas, and
tabouli. Specify no dairy.

ASIAN PEAR
8101 San Pedro Dr NE STE D
Albuquerque, NM 87113
Phone: (505) 766-9405
<https://www.facebook.com/AsianPearAbq>

Mon-Sat: 11am-8pm

Vegan options include: Jeon
(vegetable pancake), avocado udon
noodle salad, korean veg curry rice
bowl w/o chicken, mixed veg rice
bowl w/o meat. Periodic special:
Korean Spicy Tofu Bowl.

ASIAN GRILL
5303 Gibson Blvd. SE
Albuquerque, NM 87108
Phone: (505) 265-4702
<http://asiangrillabq.com/vegetarian-dishes>

Mon-Fri 10:30a-7:30p

Separate vegetarian menu. Can
make some item vegan. Be sure to
mention no fish sauce; ask for no
egg in fried rice; as them to only use
vegetable oil.

BEST LEE'S
7900 Carmel Ave
Albuquerque, NM 87122
Phone: (505) 798-0888
<http://www.bestleesrestaurant.com>

Tue-Thur 10:30a-9p; Fri-Sat 10:30a-9:30p; Sun 11:30a-9p

Asian gourmet, vegetable and tofu
options.

ASIAN NOODLE BAR
318 Central Ave SW
Albuquerque, NM
Phone: (505) 224-9119
<https://www.asiannoodlebar.com>

Mon-Thu 11a-9:30p; Fri 11a-11p;
Sat 12p-11p

Has vegan Pho and other options
that can be made vegan

BIKE IN COFFEE
949 Montoya
Albuquerque, NM
Phone: (505) 410-7776
<https://www.facebook.com/BikeInCoffee>

Open March-Oct (outdoor seating
only)

Half of menu is vegan including
baked goods.

BLAZE PIZZA (Coronado Center)

6600 Menaul NE Albuquerque
 Albuquerque, NM 87110
 Phone: (505) 369-7271
<https://www.blazepizza.com>

Sun-Thu 11a-9p, Fri-Sat 11a-10p

Has vegan Daiya cheese. All crusts are vegan. Can load tons of veggies on it for one price.

BUDAI GOURMET CHINESE

6300 San Mateo NE, H-1
 Albuquerque, NM 87109
 Phone: (505) 797-7898
www.budai.com

Wed-Fri 11:30am-9pm
 Sat 12-9pm
 Sun 12- 8:30pm
 Mon-Tue: Closed

Excellent vegetable and tofu entrees.

BURRITOS ALINSTANTE on Broadway

2101 Broadway Blvd SE
 Albuquerque, NM 87102
 Phone: (505) 242-0966
<https://burritosalinstante.com>

Mon-Sat 6a-7p; Sun 7a-2p

Beans, rice, potatoes and green chile are all vegan. Can make a vegan burritos or tacos.

CAFE ISTANBUL

1415 Wyoming NE
 Albuquerque, NM 87112
 Phone: (505) 294-9900
www.facebook.com/Cafe.Istanbul.NM

Mon-Sat 11am-6pm

Falafel, hummus, and tabouli. Unique market selling Middle Eastern, Russian, and Mediterranean foods.

BLUE AGAVE REPUBLIC

6001 Osuna Rd NE
 Albuquerque, NM
 Phone: (505) 600-2583
<https://www.facebook.com/BlueAgaveRepublic>

Mon-Wed 3p-10p, Thu 3p-11p, Fri-Sat 11a-2a, Sun 11a-10p

Separate vegan menu, lots of options including tacos, wontons, ceviche, and brunch on weekends.

BUEN PROVECHO

2500 Central Ave SW #3
 Albuquerque, NM 87104
 Phone: (505) 550-9668
<https://www.buenprovechoabq.com>

Tue-Thu 11:30a-6:30p, Fri 11:30a-7p, Sat 11a-7p, Sun 11a-5p

Costa Rican fare, offering two vegan tamales and a few vegetarian meals that can be made vegan by removing the cheese.

BURRITOS ALINSTANTE on Isleta

3250 Isleta Blvd SW
 Albuquerque, NM 87105
 Phone: (505) 242-0966
<https://burritosalinstante.com>

Mon-Sat 6a-7p; Sun 7a-7p

See notes under Burrito's Alinstante on Broadway.

CALIFORNIA PIZZA KITCHEN

2241 Q St. NE, Ste. 7G
 Albuquerque, NM 87110
 Phone: (505) 883-3005
<https://www.cpk.com>

Mon-Thu 11a-10p, Fri-Sat 11a-11p, Sun 11a-9p

A couple of the pastas and soups are vegan. Can also order vegan pizza if ordered without cheese.

BRIXENS

400 Central Ave SW
 Albuquerque, NM 87102
 Phone: (505) 242-2400
<http://www.brixens.com>

Tue-Wed 11a-11p; Thu 11a-12a; Fri-Sat 11a-1a; Sun 11a-11p

Many vegan items on menu (clearly labeled) including desserts. Most of menu can be veganized.

BURGER 21

2100 Louisiana Blvd. NE
 Albuquerque, NM 87110
 Phone: (505) 208-0759
<https://www.burger21.com>

Sun-Thu 11a-8p; Fri-Sat 11a-9p

Offers Impossible Burger (bun is also vegan as well as sauce that comes with Impossible Burger).

CAFE DA LAT

5615 Central Ave. NE
 Albuquerque, NM 87108
 Phone: (505) 266-5559
www.cafedalatnm.com

Mon-Sat 10:30am-9:00pm
 Sun Closed

Vegan-friendly Vietnamese cuisine. Ask for no fish sauce.

CANTINA NUEVA

5935 Wyoming Blvd NE
 Albuquerque, NM 87109
 Phone: (505) 508-4671
<http://cantinanueva.com/menu/>

Mon-Thu 11a-9p, Fri-Sat 11a-10p, Sun 10a-9p

Vegan options include veggie burger and veggie medley plate. Also have tableside guacamole appetizer that is vegan and several additional vegetarian options.

CANVAS ARTISTRY

3120 Central Ave. SE
 Albuquerque, NM 87106
 Phone: (505) 639-5214
<https://canvas-artistry.com>

Tue-Sat 4p-2a, Sun 2p-12a

Vegan options labeled on menu, include: elote, burgers, and taco.

CHEN'S CHINESE FOOD

235 Juan Tabo Blvd. NE
 Albuquerque, NM 87123
 Phone: (505) 298-9214
<https://www.facebook.com/Chens-Chinese-Restaurant-238132146226181/>

Mon-Thu: 11am-9pm
 Fri-Sat: 11am-10pm
 Sun: 12pm-9pm

Vegetarian and vegan entrees.

CHOPSTIX

6001 Lomas Blvd NE
 Albuquerque, NM 87110
 Phone: (505) 268-8777
<http://www.chopstixabq.com>

Tue-Thu 11a-8p; Fri-Sat 11a-9p;
 Sun 11a-8p

Vegetarian menu. Can veganize most items on menu with tofu.

EL COTORRO

111 Carlisle NE
 Albuquerque, NM 87106
 Phone: (505) 503-6202
<http://www.elcotorroabq.com/index.html>

Tue-Thu 11a-8p; Fri-Sat 11a-8:30p;
 Sun 11a-8p

Vegan tacos (guisado, chard & papitas and soyrito & papitas). Nopales tacos can be made vegan without cheese. Also has Vegan Sunday Sundae (only available on Sunday) \$2 taco Tuesday.

CERVANTES

5801 Gibson Blvd. SE
 Albuquerque, NM 87108
 Phone: (505) 262-2253
www.cervantesabq.com

Mon-Sat 11a-10p, Sun 11a-9:30p

Beans, rice, chile, and salsa are vegan. Can order vegan burritos, tostadas, etc. (ask for no cheese).

CHINA GARDEN

12611 Montgomery Blvd. NE
 Albuquerque, NM 87111
 Phone: (505) 299-8899
www.chinagardenabq.com

Mon-Thu 11am-9pm, Fri-Sat 11am-9:30pm, Sun 12-9pm

Vegetarian/vegan eggrolls and entrees.

CONCHITAS CAFE

400 Gold Ave Suite 119
 Albuquerque, NM 87102
 Phone: (505) 339-6774
www.conchitascafe.com

Mon-Fri 8a-2p; Sat-Sun private events only

Beans and chile are vegan. Veggie Sandwich, Power-Up Bowl (remove egg whites and bacon), Veggie Burrito and Frito Pie. Boxed lunches, custom catering and food truck services also available.

EL PATIO

142 Harvard Dr. SE
 Albuquerque, NM 87106
 Phone: (505) 268-4245
<http://elpatioabq.com>

Mon-Thu 8a-9p, Fri-Sat 8a-9:30p,
 Sun 11a-9p

Many dishes are vegetarian and can be made vegan without cheese or other dairy. Beans, tortillas, and sopapillas are all vegan. Vegetable oil is used for everything.

CHELLO GRILL

5010 Cutler Avenue, Suite A
 Albuquerque, NM 87110
 Phone: (505) 881-2299
<https://chellogrill.com>

Sun-Thu 11a-9p, Fri-Sat 11a-10p

Lots of vegan options including: veggie kabob with rice, naan bread and choice of sides, Eggplant stew Lentil Stew, Bean stew, Eggplant dip, and Hummus.

CHINA INN

9500 Montgomery Blvd. NE
 Albuquerque, NM 87111
 Phone: (505) 293-4297
<https://www.facebook.com/pages/China-Inn-Restaurant/120437197973346>

Mon-Thu 11a-10p, Fri-Sat 11:30a-11p, Sun 11:30a-10p

Variety of vegetable and tofu entrees.

CURRY LEAF

6910-C Montgomery Boulevard NE
 Albuquerque, NM 87109
 Phone: (505) 881-3663
<http://www.curryleafrestaurant.us>

Open Daily 11:30a-2:30p, 5p-10p

Several vegan options on menu at buffet. Can veganize most of menu items upon request. Staff is very knowledgeable and helpful.

EL PATIO

3851 Rio Grande NW
 Albuquerque, NM 87107
 Phone: (505) 433-4499
<http://elpatioabq.com>

Tue-Sat 9a-9p, Sun 11a-9p

Many dishes are vegetarian and can be made vegan without cheese or other dairy. Beans, tortillas, and sopapillas are all vegan. Vegetable oil is used for everything.

EL PINTO

10500 4th St NW
 Albuquerque, NM 87114
 Phone: (505) 898-1771
<https://www.elpinto.com>

Mon-Thu 11a-9p; Fri-Sat 11a-10p;
 Sun 10:30a-9p

Red & green chile, beans, and rice are all vegan. Offer calabacitas burrito and vegetarian burrito (order both without cheese). Also offers vegan brunch on Sundays!

FARINA ALTO

10721 Montgomery Blvd NE
 Albuquerque, NM 87111
 Phone: (505) 298-0035
<http://www.farinaalto.com>

Mon-Thu 11a-9p, Fri 11a-10p, Sat 11:30a-10p, Sun 11:30a-9p

Vegan pizzas and calzones (with Daiya cheese). Some of pasta dishes can also be veganized.

FLYING STAR CAFE (Juan Tabo)

4501 Juan Tabo Blvd. NE
 Albuquerque, NM 87111
 Phone: (505) 275-8311
www.flyingstarcafe.com

Mon-Thu 6:30a-9p, Fri-Sat 6:30a-10p, Sun 6:30a-9p

See notes under Flying Star Nob Hill Location.

FLYING STAR CAFE (Rio Grande)

4026 Rio Grande Blvd NW
 Albuquerque, NM 87107
 Phone: (505) 344-6714
www.flyingstarcafe.com

Mon-Thu 6:30a-9p, Fri-Sat 6:30a-10p, Sun 7a-8:30p

See notes on Flying Star Nob Hill Location.

FAN TANG

3523 Central Ave NE
 Albuquerque, NM 87106
 Phone: (505) 266-3566
<http://www.fan-tang.com>

Mon-Thu 11a-9p; Fri-Sat 11a-9:30p;
 Sun 12p-9p

Asian kitchen with vegan options including Orange Peel with tofu, lettuce wraps substitute with tofu, Pho, Vietnamese rolls (ensure to ask for the vegan sauce as the peanut sauce isn't vegan).

FARM AND TABLE

8917 4th Street NW
 Albuquerque, NM 87114
 Phone: (505) 503-7124
<https://farmandtablenm.com>

Tues-Sat 5p-9p; Sat-Sun 9a-2p

Vegan options include: Tofu scramble, Atole (ask for almond milk), seasonal veggie dish, grilled artichokes, quinoa salad, sorbet and chocolate bar. Order items with no cheese.

FLYING STAR CAFE (Menaul)

8001 Menaul Blvd. NE
 Albuquerque, NM 87110
 Phone: (505) 293-6911
www.flyingstarcafe.com

Mon-Sat 7a-9p, Sun 7a-8p

See notes under Flying Star Nob Hill Location.

GEN KAI JAPANESE RESTAURANT

110 B Louisiana Boulevard SE
 Albuquerque, NM 87108
 Phone: (505) 255-0112
<http://www.genkaijapanese.com>

Tue-Sat 11a-7p; Sun 12p-6:30p

Has separate vegan menu with ramen, sushi, tofu, soups, etc.

FAREAST FUZION

5901 Central Ave NE
 Albuquerque, NM
 Phone: (505) 255-2910
<http://www.fareastfuzionnm.com>

Mon-Thu 11a-9p, Fri 11a-10p, Sat 12p-10p, Sun 12p-8p

Veggie tempura roll (just ask for no sauce on the top). Veggie rolls, avocado rolls, cucumber rolls.

FLYING STAR CAFE (Corrales)

10700 Corrales Road NW
 Albuquerque, NM 87114
 Phone: (505) 938-4717
www.flyingstarcafe.com

Mon-Thu 6:30a-10p, Fri-Sat 6:30a-10:30p, Sun 6:30a-9p

See notes under Flying Star Nob Hill Location.

FLYING STAR CAFE (Nob Hill)

3416 Central Avenue SE
 Albuquerque, NM 87106
 Phone: (505) 255-6633
www.flyingstarcafe.com

Tue-Thu 7a-9:30p, Fri-Sat 7a-10p, Sun 7a-9p

Have a few options marked vegan Buddha bowl (order w/o wontons and with tofu or veggies only), Chinese Crunch salad with tofu and without roll or wontons, Vegan Migas, Power Hash (with avocado instead of egg and oil instead of butter), House Made Veggie Burge

GENGHIS GRILL Alb Location

4410 The 25 Way
 Albuquerque, NM 87109
 Phone: (505) 344-9335

<https://www.genghisgrill.com>

Wed-Thu 11a-9p; Fri 11a-10p

Select what proteins (includes tofu and various beans) and veggies you want from buffet. They then cook on a large open flat grill.

Ask for veggie card that you give to cook at the grill. They basically wipe off the grill for you and put 2 sticks to separate your food from the non-veggie food.

GOLDEN CROWN PANADERIA

1103 Mountain Rd. NW
 Albuquerque, NM 87102
 Phone: (505) 243-2424

www.goldencrown.biz

Tue-Sat 7a-8p, Sun 10a-8p

Pizza crust is vegan; a few vegan baked goods including vegan biscochitos.

GYROS GREEK DINER

106 Cornell Ave. SE
 Albuquerque, NM 87106
 Phone: (505) 255-4401

www.egyros.com

Mon-Fri 11a-10p, Sat 11:30a-10p,
 Sun 12p-9p

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

HUONG THAO

1016 Juan Tabo Blvd. NE, Suite B
 Albuquerque, NM 87112
 Phone: (505) 292-8222

<https://www.facebook.com/Huong-Thao-160161097328012/>

Tue-Thu 11a-9p, Fri-Sat 11a- 9:30p,
 Sun 11a-8:30p

gluten-free friendly Vietnamese cuisine; rice noodles.

GENGHIS GRILL Winrock Town Center Location

2100 Louisiana Blvd NE #203
 Albuquerque, NM 87110
 Phone: (505) 312-8333

<https://www.genghisgrill.com>

Wed 11a-9p; Thu-Fri 11a-10p

See notes under Genghis Grill Alb location.

GRASSBURGER

11225 Montgomery Blvd NE, Ste C
 Albuquerque, NM
 Phone: (505) 200-0571

<https://www.eatgrassburger.com>

Open Daily 11am-9pm

Has vegan black bean burger, vegan shakes (rice milk), root beer floats, and fries (reg and sweet potato). Snickerdoodle and choc chip cookies are vegan. Earth balance also used to toast the bun.

HELLO POKE

6300 San Mateo Blvd NE Ste D4
 Albuquerque, NM
 Phone: (505) 508-5653

<https://www.facebook.com/Hello-Poke-1408720202493007/>

Mon-Fri 11a-8p; Sat 12p-8p; Sun 12p-6p

Made to order bowls; choose tofu as "protein" option.

IBIZA (Hotel Andaluz)

125 Second St NW
 Albuquerque, NM 87102
 Phone: (505) 923-9080

<https://hotelandaluz.com/ibiza>

Mon-Thu 4p-11p, Fri-Sat 4p-1a, Sun 4p-11p

Vegan options include vegan wings and Impossible burger.

GOBBLE THIS OLD TOWN

308 San Felipe St NW
 Albuquerque, NM 87104
 Phone: (505) 975-3969

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

Wed-Thu 11a-7p, Fri 11a-9p, Sat 11a-7p, Sun 11a-5p

Vegan options include pupusas, tacos, tostones, and fried yuca.

GUAVA TREE CAFE

118 Richmond Dr NE
 Albuquerque, NM 87106
 Phone: (505) 990-2599

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

Mon-Sat 11a-4p

Cuisine of Central and South America, including black beans, plantains, roasted veggies, and yucca fries. Can order Stuffed Arepas without cheese (or substitute avocado for cheese).

HIBACHI ONE

3230 Coors Blvd. NW
 Albuquerque, NM 87120
 Phone: (505) 839-0808

<http://hibachioneabq.com>

Mon-Thu 11a-3p, 5p-9p; Fri-Sat 11-10:30p; Sun 11:30a-9:30p

Vegan sushi rolls including avocac rolls and vegetable tempura.

iKRAVE

1331 Juan Tabo Blvd NE Ste. P
 Albuquerque, NM
 Phone: (505) 275-6626

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

Tue-Sat 10a-6p, Sun 10a-2p

Vegan options include black pepper steak and vegan shrimp.

JAMBO CAFE

1105 Juan Tabo NE
 Albuquerque, NM
 Phone: (505) 294-3459
<http://jambocafe.net>

Mon-Thu 11a-8p, Fri-Sat 11a-9p

African and Caribbean Cuisine.
 Vegan options include tofu curry
 and jerk tofu sandwich.

JINJA BAR & BISTRO

8900 Holly Ave. NE, Suite B
 Albuquerque, NM 87122
 Phone: (505) 856-1413
www.jinjabistro.com

Mon-Fri 11a-10p, Sat-Sun 11:30a-10p

Substitute tofu in entrees and
 lettuce wraps. Miso Soup, Tokyo
 Crispy Tofu and Chow Fun Chili
 Noodles are vegan.

JOHNNY ROCKETS Cottonwood Mall

10000 Coors Bypass NW C1
 Albuquerque, NM 87114
 Phone: (505) 792-9800
<https://www.johnnyrockets.com>

Mon-Thu 11a-9p, Fri-Sat 11a-10p,
 Sun 11a-7p

Vegan Gardein black bean burger

LA LUNA BAKERY

319 5th Street SW
 Albuquerque, NM
 Phone: (505) 886-1119
<https://www.facebook.com/pages/category/Coffee-Shop/La-Luna-Bakery-Cafe-328709257560264/>

Mon-Fri 8a-4p

Vegan options include tofu
 scramble, vegetable tacos, stuffed
 poblano pepper with vegan chorizo,
 and baked goods. They usually
 have vegan cheese on hand.
 Adding more vegan options and
 menu changes monthly

JAPANESE KITCHEN SUSHI BAR

6511 Americas Parkway NE
 Albuquerque, NM 87110
 Phone: (505) 872-1166
<http://japanesekitchen.com>

Lunch: Mon-Sat 11:30a-2:30p
 Dinner: Mon-Thu 5p-9p, Fri-Sat 5p-10p

Vegetarian and vegan sushi; tofu
 option; tempura has egg; all food
 cooked in front of you on same grill
 with animal products.

JINJA BAR & BISTRO

5400 Sevilla Ave.
 Albuquerque, NM 87120
 Phone: (505) 792-8776
www.jinjabistro.com

Mon-Fri 11a-10p, Sat-Sun 12p-10p

Substitute tofu in entrees and
 lettuce wraps. Miso Soup, Tokyo
 Crispy Tofu and Chow Fun Chili
 Noodles are vegan.

JOY CUISINE

2842 Carlisle Blvd. NE
 Albuquerque, NM 87110
 Phone: (505) 888-0203
www.joycuisinealbuquerque.com

Mon-Sat 10:30a-9p, Sun 4:30p-9:30p

Chinese cuisine; vegetable and tofu
 entrees.

LA MONTANITA CO-OP DELI (Nob Hill)

3500 Central Ave. SE
 Albuquerque, NM 87106
 Phone: (505) 265-4631
<http://lamontanita.coop>

Mon-Sun 7a-10p

Vegetarian and vegan salads,
 sandwiches, tamales, and wraps;
 vegan pies, cookies, and pastries.

JAVA JOE'S

906 Park Ave. SW
 Albuquerque, NM 87102
 Phone: (505) 765-1514
<http://downtownjavajoes.com>

Mon-Sun 6:30a-3:30p

Tofu and veggie burritos; tomato
 soup is vegan; wraps and veggie
 sandwich can be made vegan w/o
 dairy or egg. Note: white tortillas
 may contain lard.

JOHNNY ROCKETS Coronado Mall

6600 Menaul Blvd NE Suite I-009
 Albuquerque, NM 87110
 Phone: (505) 884-4667
<https://www.johnnyrockets.com>

Mon-Thu 11a-9p, Fri-Sat 11a-10p,
 Sun 11a-7p

Vegan Gardein black bean burger

KAI'S CHINESE RESTAURANT

138 Harvard Dr SE
 Albuquerque, NM 87106
 Phone: (505) 266-8388
<http://kaischineserestaurant.com/MAIN/Kais.html>

Mon-Fri 11a-3p and 4p-9p; Sat 12p-3p and 4p-9p

Lots of veggie and tofu options.

LA MONTANITA CO-OP DELI (Rio Grande)

2400 Rio Grande NW
 Albuquerque, NM 87104
 Phone: (505) 242-8800
<http://lamontanita.coop>

Mon-Sun 7a-10p

Vegetarian and vegan salads,
 sandwiches, tamales, and wraps;
 vegan pies, cookies, and pastries.

LA MONTANITA CO-OP DELI (Westside)

3601 Old Airport Road NW
Albuquerque, NM 87114
Phone: (505) 503-2550
<http://lamontanita.coop>

Mon-Sun 7a-10p

Vegetarian and vegan salads, sandwiches, tamales, and wraps; vegan pies, cookies, and pastries.

MANNIES

2900 Central Ave. SE
Albuquerque, NM 87106
Phone: (505) 265-1669
www.manniesnobhill.com

Mon-Sat 6a-7:30p, Sun 6a-3p

Veggie grill sandwich 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).

MAY CAFE

111 Louisiana Blvd. SE
Albuquerque, NM 87108
Phone: (505) 265-4448
www.maycafe.com

Mon-Sat 10a-9p

Tofu and vegetable entrees, tofu/veggie sandwich; will customize order; specify no eggs in veg fried rice, and no fish ingredients.

MONROE'S (Lomas)

1520 Lomas Blvd NW
Albuquerque, NM
Phone: (505) 242-1111
<https://monroeschile.com>

Mon-Fri 11a-9p, Sat-Sun 9a-9p

See notes under Monroe's Osuna location.

LA SALITA

1950 Juan Tabo Blvd NE
Albuquerque, NM 87112
Phone: (505) 299-9968
<http://www.lasalita.com>

Mon-Thu 11a-8p, Fri-Sat 11a-9p

Separate vegan menu, now with vegan cheese! Red and green chile, salsa, refried and whole beans, rice, potatoes, guacamole, avocado rellenos, tamales, corn tortillas, taco and tostada shells, tortilla chips and sopas are all vegan!

MARY & TITO'S

2711 4th St NW
Albuquerque, NM 87107
Phone: (505) 344-6266
<https://www.facebook.com/pages/Marys-Titos-Cafe/111529815550093>

Mon-Thu 9a-6p; Fri-Sat 9a-8p

Vegan chile upon request. Beans, rice, and guacamole are vegan. Guacamole burrito is vegan when ordered without cheese.

MOGU

4001 Masthead St NE
Albuquerque, NM 87109
Phone: (505) 200-9141
<http://eat-mogumogu.com>

Mon-Fri 11a-2:30p

Japanese Cuisine on the go. Healthy, fresh and fast lunch options. Have Zucchini noodles, cauliflower rice, spicy eggplant, really great kimchi. They also have a vegan patty.

LE BISTRO VIETNAMESE RESTAURANT

1313 San Pedro NE
Albuquerque, NM 87110
Phone: (505) 266-6118
<http://www.lebistrovietnameserestaurant.com>

Mon-Sat 8:30a-9p; Sun 9a-9p

Separate Veg menu. Bahn Mi sandwich with tofu or mock ham with no mayo or butter.

MAS – TAPAS Y VINO (Hotel Andaluz)

125 Second St NW
Albuquerque, NM 87102
Phone: (505) 388-0088
<https://hotelandaluz.com/mas-tapay-vino/>

Open Daily 6a-11a, 11:30a-3p; Su Thu 5p-9p, Fri-Sat 5p-10p

Vegan options include vegan wing vegetable paella, grilled tofu skewer, beyond burger, among others.

MONICA'S EL PORTAL

321 Rio Grande Blvd NW
Albuquerque, NM
Phone: (505) 247-9625
<https://www.facebook.com/MonicasElPortalRestaurant>

Tue-Fri 7a-8p; Sat-Sun 7a-3p

Veggie Burrito; whole beans and chiles are vegan.

MONROE'S (Osuna)
6051 Osuna Road NE
Albuquerque, NM
Phone: (505) 881-4224
<https://monroeschile.com>

Mon-Fri 11a-9p, Sat-Sun 9a-9p

Has separate vegetarian menu on the table. Some items can be made vegan by excluding all the dairy. Ensure to specify to cook in olive/canola oil (as grill butter has dairy). Green chile and red enchilada sauce is vegan. Note: Veggie burger is not vegan.

O'NEILL'S (Nob Hill)
4310 Central Ave. SE
Albuquerque, NM 87108
Phone: (505) 255-6782
<http://oniells.com>

Mon-Fri 11a-11p, Sat-Sun 10a-11p (bar stays open later)

Now has vegan menu! Offer Impossible Burger and Tofu Gyro among other vegan and vegetarian options.

P.F. CHANG'S CHINA BISTRO
4440 The 25th Way, NE
Albuquerque, NM 87109
Phone: (505) 344-8282
www.pfchangs.com

Sun-Thu 11a-10p, Fri-Sat 11a-11p

Variety of vegan options. Ask for no egg in the veg fried rice.

PANERA BREAD Coors Location
4021 Coors Blvd NW
Albuquerque, NM
Phone: (505) 355-4694
<https://www.panerabread.com>

Open Daily 6a-9:30p

See notes under Panera Bread Central Location.

NAMASTE
110 Yale Blvd SE
Albuquerque, NM 87106
Phone: (505) 266-6900
<http://namastenm.net>

Open Daily: 11:30a-2:30p, 5p-9:30p

Several menu items marked with a (V) meaning they are vegan or can be prepared vegan.

OLYMPIA CAFE
2210 Central Ave. SE
Albuquerque, NM 87106
Phone: (505) 266-5222
<http://olympiacafeabq.com>

Mon-Fri 11a-9p, Sat 11a-10p, Sun 11a-8p

Hummus, falafel, tabouli, Greek potatoes, bean and lentil soups, and some specials are vegan.

PACIFIC PARADISE
3000 San Pedro Dr NE
Albuquerque, NM 87110
Phone: (505) 881-0999
<http://www.pacific-paradise-restaurant-abq.com>

Mon-Fri 10:30am-3pm, 4pm-9pm, Sat 11:30am-3pm, 4pm-9pm, Sun 4pm-9pm

Tofu and veggie dishes. Very accommodating and have asparagus sushi, veggie sushi and avocado sushi.

PANERA BREAD Coronado Center
6600 Menaul Blvd NE
Albuquerque, NM
Phone: (505) 884-3040
<https://www.panerabread.com>

Mon-Sat 6a-9p; Sun 7a-9p

See notes under Panera Bread Central Location.

O'NEILL'S (NE Heights)
3301 Juan Tabo Blvd. NE
Albuquerque, NM 87111
Phone: (505) 293-1122
<http://oniells.com>

Mon-Fri 11a-11p, Sat-Sun 10a-11p (bar stays open later)

Now has vegan menu! Offer Impossible Burger and Tofu Gyro among other vegan and vegetarian options.

ORCHID THAI
4300 Central Ave. SE
Albuquerque, NM 87108
Phone: (505) 265-4047
www.orchidabq.com

Mon-Sat 11a-10p, Sun 5p-10p

Need to specify no oyster sauce. Tofu and vegetable entrees.

PANERA BREAD Central Location
2820 Central Ave SE
Albuquerque, NM
Phone: (505) 265-5154
<https://www.panerabread.com>

Mon-Fri 6a-9p; Sat-Sun 7a-9p

Vegan options include bagels (blueberry, plain, everything, sesame), Veg Black Bean Soup, Veg Garden Veg Soup (without pesto), Mediterranean Veg Sandwich (without cheese), Mediterranean Quinoa Salad, some smoothies, other dishes can be made vegan. Note: Tomato Basil

PANERA BREAD Cottonwood Commons Location
3550 South Highway 528 NW
Albuquerque, NM
Phone: (505) 890-2660
<https://www.panerabread.com>

Mon-Sat 6a-9:30p; Sun 7a-9p

See notes under Panera Bread Central Location.

PANERA BREAD Holly Plaza**Location**

6500 Holly Avenue NE

Albuquerque, NM

Phone: (505) 821-3240

<https://www.panerabread.com>

Mon-Sat 6a-9p; Sun 7a-9p

See notes under Panera Bread Central Location.

PEI WEI Cottonwood Location

10420 Coors Bypass NW #1B

Albuquerque, NM 87114

Phone: (505) 897-4811

<https://www.peiwei.com>

Mon-Sun 10:45a-9p

See notes under Pei Wei Uptown location.

PIZZA 9

6136 4th Street NW

Albuquerque, NM

Phone: (505) 345-6463

<https://pizzanine.com>

Sun-Thu 11a-10p, Fri-Sat 11a-11p

Carries vegan cheese; only gluten-free crust is vegan – all other crusts are not vegan.

QUESADILLA GRILLE

328 San Felipe St. NW

Albuquerque, NM 87104

Phone: (505) 242-2921

<https://www.facebook.com/Quesadilla-Grille-130457217027206/>

Sun, Mon, Wed, Thu 11a-6p; Fri-Sat 11a-9p

Veggie Tacos that can be made vegan; delicious French fries.

PANERA BREAD The 25 Way**Location**

4300 The 25 Way NE

Albuquerque, NM

Phone: (505) 600-4121

<https://www.panerabread.com>

Mon-Sat 6a-10p; Sun 7a-10p

See notes under Panera Bread Central Location.

PEI WEI Uptown Location

2201 Louisiana Blvd NE G

Albuquerque, NM 87110

Phone: (505) 883-1570

<https://www.peiwei.com>

Mon-Sun 10:45a-9p

Various dishes that can be made vegan; serve tofu. Sauces that are vegan: Thai Dynamite, Sweet & Sour & Honey Seared (not real honey)

POKI PABLANO

6910 Montgomery Blvd NE

Albuquerque, NM 87109

Phone: (505) 369-1194

<http://www.pokipoblano.com>

Mon-Thu 12p-10p; Fri-Sat 12p-11p; Sun 12p-9:30p

Asian-Latin American Cuisine. Lots of vegan options, clearly labeled on the menu.

RANGE CAFE (Coors)

10019 Coors Blvd NW

Albuquerque, NM 87114

Phone: (505) 835-5495

<https://www.rangecafe.com>

Mon-Sun 7a-9p

See notes under Range Cafe Wyoming location.

PARS CUISINE

4320 The 25th Way, Suite 100

Albuquerque, NM 87108

Phone: (505) 345-5156

www.parscuisine.us

Mon-Thu 11a-9p, Fri-Sat 11a-10p, Sun 5p-9p

Persian and Mediterranean food. Samovar Bar (tea room) and a Hookah Bar. The Hummus & Falafel Appetizer is vegan if you specify no dairy sauces. Has sorbet.

PHO LINH

9100 Central Ave

Albuquerque, NM 87123

Phone: (505) 266-3368

<http://www.pholinhbq.com>

Open Daily 10am-8:45pm

Separate vegan section on menu.

POKI POKI CEVICHERIA

3517 Wyoming Blvd NE

Albuquerque, NM 87111

Phone: (505) 503-6806

<https://www.pokipokinm.com>

Mon-Thur 11a-9p; Fri-Sat 11a-10p Sun 11a-8:30p

Made to order bowls; choose tofu or pineapple as "protein" option. Will make vegan mushroom tacos upon request. Specials can include veggie jackfruit tacos.

RANGE CAFE (Menaul)

2200 Menaul Blvd NE

Albuquerque, NM 87107

Phone: (505) 888-1660

<https://www.rangecafe.com>

Mon-Sun 7a-9p

See notes under The Range Wyoming Location

RANGE CAFE (Rio Grande)

1050 Rio Grande Blvd NW
 Albuquerque, NM 87104
 Phone: (505) 508-2640
<https://www.rangecafe.com>

Mon-Sun 7a-9p

See notes under The Range Wyoming Location.

RED ROBIN I-25 & Jefferson

5531 Office Blvd NE
 Albuquerque, NM 87109
 Phone: (505) 345-9115
<https://www.redrobin.com>

Sun-Thu 11a-10p, Fri-Sat 11a-11p

Vegan veggie burger (note no longer the boca patty). Ask for bun not to be buttered. Ask for fries without the seasoning.

ROSEMARY

4565 San Mateo Blvd NE Suite A
 Albuquerque, NM 87109
 Phone: (505) 361-1842
<https://www.rosemaryabq.com>

Tue-Sat 11a-10p, Sun 11a-9p

Vegan options include cauliflower sandwich, cauliflower steak, fettuccini alfredo primavera and mashed potatoes. Vegan options not labeled on menu, check with server on what menu items are vegan or can be made vegan.

SADIE'S on Fourth

6230 Fourth St NW
 Albuquerque, NM 87107
 Phone: (505) 345-5339
<http://www.sadiesofnewmexico.com>

Mon-Wed 11a-9p; Thu 11a-10p; Fri-Sat 10a-10p; Sun 10a-9p

Beans, papas, calabacitas, salsa, sopapillas are all vegan. Be sure to order the vegetarian red/green chile.

RANGE CAFE (Wyoming)

4401 Wyoming Blvd NE
 Albuquerque, NM 87109
 Phone: (505) 293-2633
<https://www.rangecafe.com>

Mon-Sun 7a-9p

Offers vegan quinoa salad, Impossible burger (ask for gluten-free bun as other buns contain egg), Sweet potato, asparagus, spinach breakfast hash (w/o egg or hollandaise).

RED ROBIN Winrock Town Center

2100 Louisiana Blvd NE Bldg 217
 Albuquerque, NM 87110
 Phone: (505) 225-8597
<https://www.redrobin.com>

Sun-Thu 11a-10p, Fri-Sat 11a-11p

Vegan veggie burger (note no longer the boca patty). Ask for bun not to be buttered. Ask for fries without the seasoning.

SADIE'S East

15 Hotel Circle NE
 Albuquerque, NM 87123
 Phone: (505) 296-6940
<http://www.sadiesofnewmexico.com>

Mon-Thu 10:30a-10p; Fri 10:30a-11p; Sat 10a-11p; Sun 10a-10p

See notes under Sadie's on Fourth.

SAHARA MEDITERRANEAN EXPRESS

2241 Q-Street NE
 Albuquerque, NM 87110
 Phone: (505) 881-5355
www.saharamiddleeasterneatery.com

Mon-Sat 11a-9p, Sun 11a-8p

Variety of vegan options; specify no dairy (some sauces have dairy).

RED ROBIN Cottonwood Mall

10009 Coors Blvd NW
 Albuquerque, NM 87114
 Phone: (505) 899-0196
<https://www.redrobin.com>

Sun-Thu 11a-10p, Fri-Sat 11a-11p

Vegan veggie burger (note no longer the boca patty). Ask for bun not to be buttered. Ask for fries without the seasoning.

RICHARD'S MEXICAN RESTAURANT

3301 Menaul Blvd. NE
 Albuquerque, NM 87107
 Phone: (505) 881-1039
<https://www.eatatrichards.com>

Mon-Sat 8a-3:30p

Vegetarian menu. Lots of dishes can be made vegan. Specify no cheese (can add guacamole). Note: fideo contains chicken stock.

SADIE'S on Academy

5400 Academy Road NE
 Albuquerque, NM 87109
 Phone: (505) 821-3388
<http://www.sadiesofnewmexico.com>

Mon-Thu 10:30a-10p; Fri 10:30a-11p; Sat 10a-11p; Sun 10a-10p

See notes under Sadie's on Fourth.

SAHARA MIDDLE EASTERN EATERY

2622 Central Ave. SE
 Albuquerque, NM 87106
 Phone: (505) 255-5400
www.saharamiddleeasterneatery.com

Mon-Sat 10:30a-9:30p, Sun 12p-7p

Variety of vegan options; specify no dairy (some sauces have dairy).

SAIGON FAR EAST

901 San Pedro SE Suite D & E
 Albuquerque, NM 87108
 Phone: (505) 255-7408
<http://www.saigonabq.com>

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

Vegan options with tofu and veggies. Be sure to ask for no fish sauce.

SHOGUN JAPANESE RESTAURANT

3310 Central Ave. SE
 Albuquerque, NM 87106
 Phone: (505) 265-9166
<https://www.facebook.com/pages/Shogun-Japanese-Restaurant/1245464109331613310>

Lunch: Mon-Fri 11:30a-2p, Sat 12p-2:30p
 Dinner: Mon-Thu 5p-9:30p, Fri-Sat 5p-10:30p

Garlic Edamame and Avocado Rolls are vegan.

SISTER BAR

407 Central Ave NW
 Albuquerque, NM 87102
 Phone: (505) 242-4900
<http://sisterthebar.com>

Mon-Sat 11a-2a, Sun 11a-12a

Lots of vegan options including tacos, frito pie, green chile stew, Impossible Burger, tofu scramble, and breakfast burritos. Note: may have cover charge on Fri/Sat nights if band playing.

SALA THAI

3619 Copper Ave. NE
 Albuquerque, NM 87108
 Phone: (505) 265-9330
<https://www.facebook.com/pages/Sala-Thai/168006943262301>

Lunch: Mon-Fri 11a-2:30p, Sat 11:30a-3p
 Dinner: Mon-Thu 5p-9p, Fri-Sat 5p-9:30p, Sun 5p-9p

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

SIAM CAFE

5500 San Mateo Blvd. NE, Suite 101
 Albuquerque, NM 87109
 Phone: (505) 883-7334
www.siamcafeabq.com

Mon-Sat 9a-11p

Vegan menu includes noodles, fried rice, soups, salads, stir fries, curries.

SLICE AND DICE PIZZERIA

5720 McMahon Blvd NW Suite B
 Albuquerque, NM 87114
 Phone: (505) 361-2058
<https://sliceanddicepizzeria.com>

Sun-Thu 11a-10p, Fri-Sat 11a-11p

Pizza and Board Games. Carries vegan cheese (doesn't appear on the menu, just ask for it).

SEASONS 52

6600 Menaul Blvd
 Albuquerque, NM 87110
 Phone: (505) 348-5852
<https://www.seasons52.com>

Mon-Thu 11a-10p, Fri-Sat 11a-11p, Sun 10a-9p

Has separate vegan menu; some items need to be requested without cheese and/or dressings. Vegan entrée options are Gnocchi with Winter Vegetables, and Vegetable & Pasta.

SIDE EFFEX

420 Central Ave SW
 Albuquerque, NM 87102
 Phone: (505) 243-0028
<https://www.facebook.com/Side-Effex-151490468363328/?rf=944268735641239>

Tue-Thu 4p-12a, Fri-Sat 4p-2a

Pub and restaurant with vegan menu including wings, mac-n-cheese, beyond burger, nachos, etc.

SOUPER SALAD

2225 Wyoming NE
 Albuquerque, NM 87112
 Phone: (505) 299-6159
www.souper salad.com

Sun-Thu 11a-8:30p, Fri-Sat 11a-9:00p

Giant salad bar with a few vegan dressings. Also has potato bar and sometimes has vegan soups. Corn bread is vegan.

STANDARD DINER
320 Central Ave SE
Albuquerque, NM 87102
Phone: (505) 243-1440
www.standarddiner.com

Sun-Thu 8a-9p, Fri-Sat 8a-9p

Will accommodate vegans – general manager very knowledgeable. Chile and black beans are vegan. Can make mushroom squash risotto, cauliflower and avocado tacos, among other options. Planning on adding more vegan options to menu in early 2019.

SUSHI KING Downtown
18 Central Ave. SW
Albuquerque, NM
Phone: (505) 877-1692
<http://www.sushikingnm.com>

Mon-Thu 11a-9:30p, Fri 11a-11p,
Sat 12p-11p, Sun 12p-9:30p

Vegan options include tempura and various sushi rolls.

SUSHI KING Westside
951 Coors Blvd
Albuquerque, NM
Phone: (505) 862-9635
<http://www.sushikingnm.com>

Mon-Thu 11a-9:30p, Fri 11a-11p,
Sat 12p-11p, Sun 12p-9:30p

Vegan options include tempura and various sushi rolls.

SWEET TOMATOES (San Mateo)
4901 San Mateo Blvd. NE
Albuquerque, NM 87109
Phone: (505) 888-6131
www.souplantation.com

Sun-Thu 11a-9p, Fri-Sat 11a-10p

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

STEEL BENDER BREWYARD
8305 2nd St. NW
Albuquerque, NM 87114
Phone: (505) 433-3537
<https://steelbenderbrewyard.com>

Sun-Thu 11a-10p; Fri-Sat 11a-11p

Seitan wings, fried green chile strips, seitan sandwiches (order without coleslaw). House bbq sauce is vegan as well as Frank's Red Hot and the truffle ketchup.

SUSHI KING Eastside
809 Wyoming Blvd. NE
Albuquerque, NM
Phone: (505) 816-1254
<http://www.sushikingnm.com>

Mon-Thu 11a-9:30p, Fri 11a-11p,
Sat 12p-11p, Sun 12p-9:30p

Vegan options include tempura and various sushi rolls.

SUSHI XUAN
417 Tramway Blvd NE, Unit 3
Albuquerque, NM 87123
Phone: (505) 200-2477
<https://www.sushixuannm.com>

Mon 11:30a-9:30p, Tue-Thu 11:30a-9:30p, Fri-Sat 11:30a-10p, Sun 12p-9p

Several vegan sushi rolls on menu.

TAAJ PALACE
1435 Eubank Blvd. NE
Albuquerque, NM 87112
Phone: (505) 296-0109
<http://taajpalacenm.com>

Lunch: Sun-Thu 11a-2:30p
Dinner: Sun-Thu 5pm-10pm
Fri-Sat 11a-9p

Vegan options on the menu/buffet, but make sure to specify NO ghee (clarified butter).

STREET FOOD ASIA
3422 Central Ave SE
Albuquerque, NM 87106
Phone: (505) 260-0088
<http://asianstreetfoodabq.com>

Sun-Thu 11a-10p; Fri-Sat 11a-11p

Lots of dishes with veggies, tofu, and edamame that can be made vegan.

SUSHI KING I-25
5846 Pan American West Fwy Ste C
Albuquerque, NM
Phone: (505) 398-5472
<http://www.sushikingnm.com>

Mon-Thu 11a-9:30p, Fri 11a-11p,
Sat 12p-11p, Sun 12p-9:30p

Vegan options include tempura and various sushi rolls.

SWEET TOMATOES (Coors)
10126 Coors Blvd. NW
Albuquerque, NM 87114
Phone: (505) 898-2171
www.souplantation.com

Sun-Thu 11a-9p, Fri-Sat 11a-10p

See notes under Sweet Tomatoes San Mateo location.

TAJ MAHAL CUISINE OF INDIA
1430 Carlisle Blvd. NE
Albuquerque, NM 87110
Phone: (505) 255-1994
<http://tajmahalcuisineofindia.com>

Lunch: Mon-Sun 11a-2:30p
Dinner: Sun-Thu 5p-9:30p, Fri-Sat 5p-10p

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

THAI BORAN

3236 La Orilla Rd NW Ste A
 Albuquerque, NM 87120
 Phone: (505) 492-2244
<https://www.thaiboranm.com>

Mon-Thu 11a-9:30p, Fri 11a-10:30p,
 Sat 12p-10:30p, Sun 12p-9:30p

Offers various curries, soups, and noodle dishes that are vegan or can be made vegan, just check with server and make sure dish is not made with fish sauce.

THAI HERITAGE

3804 Central Ave. NE
 Albuquerque, NM 87108
 Phone: (505) 200-2290

Mon-Sat 11a-9p; Sun 1p-9p

Have both a vegan menu and non-vegan menu.

THE SALT YARD

6001 Osuna Road NE
 Albuquerque, NM 87109
 Phone: (505) 750-9273
<https://www.thesaltyardnm.com>

Mon-Thu 4p-10p, Fri-Sat 4p-11p,
 Sun 11a-10p

Several vegan options clearly labeled on menu including various tacos, taco bowls, and the beyond burger. Brunch menu only on Sundays.

TOLTEC BREWING CO

10250 Cottonwood Park NW
 Albuquerque, NM 87114
 Phone: (505) 890-1455
<https://www.toltecbrewing.com>

Mon-Thu 11a-11p; Fri-Sat 11a-12a;
 Sun 11a-10p

Lots of vegetarian options that can be made vegan. Offer Beyond Burger.

THAI CUISINE

6200 Coors NW, Suite E3
 Albuquerque, NM 87120
 Phone: (505) 890-3406
<https://www.thethaicuisinenm.com>

Mon-Sat 11a-3p, 5p-9p, Sun 4m- 8p

Vegetable & Tofu dishes.

THAI TIP

1512 Wyoming Blvd NE
 Albuquerque, NM 87112
 Phone: (505) 323-7447
<https://www.facebook.com/thaitiprestaurant>

Mon-Fri: 11a-9p, Sat 5p-9p

Vegetable and tofu entrees. A lot of dishes can be made vegan. Ask for no fish sauce.

TIA B'S LA WAFFLERIA

3710 Campus Blvd NE
 Albuquerque, NM 87106
 Phone: (505) 492-2007
<http://www.lawaffleriaabq.com>

Mon-Sun 8a-2p

Wide variety of waffles and waffles made to order. Lots of vegan options.

TUKAMI

2100 Louisiana suite 800
 Albuquerque, NM
 Phone: (505) 508-3091
<https://www.takumibbq.com>

Sun-Thu 11a-9p, Fri-Sat 11a-10p

Vegan options include tofu/veggie dishes, Veggie sushi, veggie rolls, veggie burrito and miso soup.

THAI CUISINE II

4201 Central Ave. NE
 Albuquerque, NM 87108
 Phone: (505) 232-3200
www.thaicuisinenm.com

Mon-Fri 11a-9p, Sat-Sun 5p-9p

Lots of vegan options. Has vegan "meat."
 Offer lunch special that comes with eggrolls (vegan) and dessert pudding (coconut milk based).

THE DAILY GRIND

4360 Cutler Ave
 Albuquerque, NM 87110
 Phone: (505) 883-8310
<https://dailygrindabq.net>

Mon-Sat 7a-8p, Sun 8a-3p

Salads, Veg Panini (ask for no cheese), Taco Salad (ask for no cheese or sour cream) Portabello burgers, carries soy and almond milk for coffee. Note: Veggie burge contains egg.

TIA BETTY BLUE'S

1248 San Mateo SE
 Albuquerque, NM
 Phone: (505) 268-1955
<http://www.tiabettyblues.com>

Mon-Fri 7a-2p, Sat-Sun 8a-2p

Vegetarian/vegan options marked on the menu. When ordering be sure to specify vegan. Also has couple sandwiches that can be made vegan.

VINAIGRETTE

1828 Central Ave. SW
 Albuquerque, NM 87104
 Phone: (505) 842-5507
www.vinaigretteonline.com

Mon-Sun 11a-9p

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

WHICH WICH

2300 Central Ave., Ste. D
 Albuquerque, NM
 Phone: (505) 254-4749
<https://www.whichwich.com>

Open Daily 10a-9p

Vegan options include Black Bean Patty Sandwich, Avocado Sandwich, and Superfood Wich. See website for vegan menu.

WINNING COFFEE

111 Harvard SE
 Albuquerque, NM 87106
 Phone: (505) 266-0000
<https://www.winningcoffeecafe.com>

Mon-Fri 7a-5p, Sat-Sun 8a-5p

Offer tofu scramble and vegan breakfast burrito. If ordering green chile ask for chopped green chile as green chile sauce is not vegan. Have soy and almond milk for coffee.

WISEPIES

4545 Alameda Blvd NE
 Albuquerque, NM 87113
 Phone: (505) 821-5260
<http://wisepiespizza.com/locations/new-mexico/>

Wed-Thu 11a-8p, Fri-Sat 11a-9p

Has vegan Violife cheese. All crust except GF is vegan. Marinara sauce is vegan. Can load tons of veggies on it for one price. Can get the cheese sticks with the vegan cheese.

Contact City

Bernalillo

Vegetarian Options

FREIGHT HOUSE

200 S. Camino Del Pueblo
 Bernalillo, NM 87004
 Phone: (505) 588-2143
<https://www.fr8house.com>

Open Daily 11a-9p

Vegan options include smoked tofu, Impossible Burger, Cauliflower tacos without cheese, Portobello burger w/o cheese, BBQ Tofu plate, fries, sweet potato fries, baked potato and calabacitas.

Contact City

Cedar Crest

Vegetarian Options

GREENSIDE CAFE

12165 State Highway 14 N
 Cedar Crest, NM 87008
 Phone: (505) 286-2684
www.greensidecafe.net

Tue-Sat 11a-8p, Sun 10a-8p

A couple options marked vegetarian can be made vegan.

TRAIL RIDER PIZZA

12165 NM-14 Suite B2
 cedar Crest, NM 87008
 Phone: (505) 281-6068
<https://trailriderpizza.com>

Open Daily 11a-8:30p

Many vegan options including pizzas, calzones, subs and sandwiches, cheese bread, and pecan rolls. Serve vegan cheeses and vegan meats.

Contact City

Gallup

Vegetarian Options

OASIS MEDITERRANEAN

1301 W HWY 66
Gallup, NM 87301
Phone: (505) 863-8899
<https://www.facebook.com/Oasis-Mediterranean-restaurant-292393357934587>

Mon-Sat 11a-8p

Vegan options include falafel, hummus, salads, pita, etc. Menu has vegetarian plate that is vegan.

Contact City

Las Cruces

Vegetarian Options

CAFE DE MESILLA

2190 Avenida de Mesilla
Las Cruces, NM 88005
Phone: (575) 524-0000
<http://www.cafedemesilla.com>

Mon-Sun 8a-4p

Vegan options include Vegan Burrito and Veggie Wrap (ask for no cheese).

HABANERO'S FRESH MEX

600 E Amador Ave
Las Cruces, NM 88001
Phone: (575) 524-1829
<https://www.habanerosfreshmexlcnm.com>

Mon-Thu 11a-8p, Fri 11a-9p, Sun 8a-9p

Separate vegan section on menu including burrito plates, taco plates, fajitas, etc.

INTERNATIONAL DELIGHTS CAFÉ

1245 El Paseo Rd
Las Cruces, NM 88001
Phone: (505) 647-5956
<https://www.facebook.com/pages/category/Greek-Restaurant/International-Delights-Cafe-162356880498152/>

Mon-Thu 11a-10p, Fri-Sat 8a-11p, Sun 8a-10p

Vegan options include hummus, falafel, dolmas, and soups.

MOUNTAIN VIEW MARKET KITCHEN

1300 El Paseo Rd Ste M
Las Cruces, NM 88001
Phone: (575) 523-0436
<http://www.mountainviewmarket.coop>

Mon-Sat 8a-8p, Sun 9a-6p

Café and salad/hot bar inside co-op. Rotating menu with vegan options as well as juices and smoothies.

PHO A DONG

504 E Amador Ave
Las Cruces, NM 88001
Phone: (575) 527-9248
<http://phoadong.com>

Mon-Sat 10a-9p, Sun 11a-9p

Vietnamese cuisine; variety of vegetarian/vegan options including curry, spring rolls, tofu and veggie dishes.

PHO SAIGON

1160 El Paseo Rd Ste 12
Las Cruces, NM 88001
Phone: (575) 652-4326
<https://pho-saigonllc-restaurant.business.site>

Mon-Fri 11a-2:30, 5p-9p; Sun 12p-6p

Vietnamese cuisine with a variety of tofu and veggie options.

PICACHO PEAK BREWING COMPANY

3900 West Picacho Avenue
Las Cruces, NM 88007
Phone: (575) 680-6394
<https://www.picachopeakbrewery.com>

Tue-Thu 11a-10p, Fri-Sat 11a-11p

Vegan options clearly labeled on menu including hummus & pita, veggie burger, and vegan wrap.

SANTORINI

1001 E University Ave Ste D2
Las Cruces, NM 88001
Phone: (575) 521-9270
<https://www.santorinitherestaurant.com>

Mon-Sat 11a-10p

Mediterranean cuisine; lots of vegetarian sandwiches that are vegan or can be made vegan, as well as traditional dishes and sides such as hummus and baba ghanoush.

Contact City

Rio Rancho

Vegetarian Options

HEAVEN DRAGON

4300 Ridgecrest Dr SE
Rio Rancho, NM 87124
Phone: (505) 891-0888
<https://heavendragonrr.com>

Mon-Sat 11a-10p, Sun 12p-9:30p

Various vegetable and tofu dishes, vegetable spring rolls. Can make all rice vegan. Ask for no fish or oyster sauce.

NAMASTE

1508 Deborah Road SE
Rio Rancho, NM 87124
Phone: (505) 896-3126
<http://namastenm.net>

Open Daily: 11:30a-2:30p, 5p-9:30p

Several menu items marked with a (V) meaning they are vegan or can be prepared vegan.

Contact City

Roswell

Vegetarian Options

CHEF TODDZILLA

107 Twin Diamond Rd
Roswell, NM
Phone: (575) 755-3663
<http://www.cheftoddzilla.com>

Wed-Sat 11a-8p, Sun 11a-2p

Offer Impossible Burger as a burger as well as a "Burger Bowl".

COSMIC SALAD

209 North Main Street
Roswell, NM 88201
Phone: (575) 627-2270
<https://cosmic-salad.business.site>

Mon-Sat 8a-3p

Salad bar with vegan options including salads, soups, baked potatoes, sandwiches, etc.

Contact City

Santa Fe

Vegan

BODY OF SANTA FE

333 West Cordova Road
Santa Fe, NM 87505
Phone: (505) 986-0362
<https://bodyofsantafe.com>

Open Daily 8:30a-7p

Vegan deli with variety of options including spring rolls, pad thai, wraps, smoothies, juices, etc.

ROOT 66 FOOD TRUCK

1704 Lena Street Suite B7
Santa Fe, NM 87501
www.root66.com

Hours vary; see Facebook page
<https://www.facebook.com/Root66SantaFeNM/> for latest updates.

All vegan comfort food (including desserts). Menu changes, see Facebook page for latest menu updates.

DANIELLE'S DONUTS & VEGAN SWEETS

No store front; special orders only
Santa Fe, NM
<https://www.daniellesdonuts.com>

Offers variety of vegan sweets including donuts, cheesecakes, breads, cookies, etc. To place order visit website.

EDIBLE ALCHEMY

815 Early St Suite B
Santa Fe, NM
Phone: (505) 983-8152
<http://www.ediblealchemy.organic>

Mon-Fri 10a-5p, Sat 9a-3p

All foods are vegan, organic, gluten free, and sugar-free, and locally sourced as much as possible.

Vegetarian

ANNAPURNA WORLD VEGETARIAN CAFE

1620 St. Michaels Drive
Santa Fe, NM 87505
Phone: (505) 988-9688
www.chaishoppe.com

Mon-Sat 9a-8p, Sun 10a-8p

All-vegetarian with a wealth of vegan options; Ayurvedic and international cuisine.

LOVE YOURSELF CAFE

199 Paseo de Peralta
Santa Fe, NM 87501
Phone: (505) 983-5683
<https://www.lightvesselsantafe.com/about-lys-cafe/>

Mon-Sat 8:30a-7p, Sun 10a-3p

Vegetarian café with lots of vegan options. Most menu items have vegan option available.

Vegetarian Options

BAJA TACOS

2621 Cerrillos Road
Santa Fe, NM
Phone: (505) 471-8762
<https://www.facebook.com/Baja-Tacos-148683741960875/>

Mon-Sat 7a-7p; Sun 8a-4p

Tofu Burrito; Tofu Taco; Veg. Chile and Beans; Guacamole; Salsa.

BLUE HERON RESTAURANT

242 Los Pinos Rd
Santa Fe, NM 87507
Phone: 800-704-0531
<https://sunrisesprings.ojospa.com/dining/blue-heron-restaurant/>

Open Daily 7a-9p

Variety of vegan options clearly labeled on menu including veggie bowls, tamales, burger, etc.

BUMBLE BEE'S BAJA GRILL

301 Jefferson St
Santa Fe, NM 87501
Phone: (505) 820-2862
<http://www.bumblebeesbajagrill.co>

Sun-Wed 11a-8p, Thu-Sat 11a-8:30p

Vegan options clearly labeled on menu. Carry tofu and vegan chicken.

CAFE PASQUAL'S
121 Don Gaspar
Santa Fe, NM 87501
Phone: (505) 983-9340
<https://pasquals.com>

Open Daily 8a-11p

A few vegan options with additional items offered on select days. Very accommodating to vegans.

CLEOPATRA CAFE
3482 Zafarano Drive
Santa Fe, NM
Phone: (505) 474-5644
www.cleopatrasantafe.com

Mon-Sat 11a-9p; Sun 11:30a-9p

See notes under Cleopatra Cafe Cerrillos location.

FELIPE'S TACOS
1711 Llano Street
Santa Fe, NM
Phone: (505) 473-9397
www.felipestacos.com

Mon-Fri 9a-5:30p; Sat 9a-3p

Burritos, tacos, tostadas, etc. (order without cheese).

INDIA HOUSE
2501 Cerrillos Road
Santa Fe, NM
Phone: (505) 471-2651
www.indiahousenm.com

Open Daily 11:30a-2:30p, 5p-10p

Vegetable Samosas; Dal Soup; Aloo Sag; Aloo Mattar; Mixed Vegetables; Aloo Gobi; Baingan Bhartha; Bhindi Masala; Yellow Lentil.

CHOCOLATE MAVEN BAKERY AND CAFE
821 W San Mateo Rd
Santa Fe, NM 87505
Phone: (505) 984-1980
<https://www.chocolatemaven.com>

Mon-Fri 7a-5pm, Sat 9a-5p, Sun 9a-3p

Offer several vegan options on breakfast and lunch menu including tofu scramble and veggie "meats". Does not offer many vegan baked goods.

CLEOPATRA CAFE Cerrillos
Location
418 Cerrillos Road
Santa Fe, NM
Phone: (505) 820-7381
www.cleopatrasantafe.com

Mon-Sat 11am-8pm; Closed Sun

Vegan options include Falafel; Dolmas; Baba Ghanoush; Hummus; Tabbouleh; Egyptian Moussaka, w/o cheese; King Tut (vegetarian) Plate sub.

ICONIK COFFEE ROASTERS (Leen St)
1600 Lena St.
Santa Fe, NM 87505
Phone: (505) 428-0996
<https://iconikcoffee.com>

Mon-Sat 7:30a-7p, Sun 8a-5p

Coffee shop and roastery serving food. Vegan options on menu as well as vegetarian options that can be made vegan.

INDIA PALACE
227 Don Gaspar Avenue
Santa Fe, NM
Phone: (505) 986-5859
<https://www.facebook.com/indiapalacesantafe/>

Open Daily 11:30a-2:30p, 5p-10p

Variety of vegan options including curries, veggie dishes, and rice dishes.

CHOW'S ASIAN BISTRO
720 St. Michael's Drive
Santa Fe, NM
Phone: (505) 471-7120
www.mychows.com

Mon-Sat 11a-2p; Fri-Sat 4:45p-9:30p; Sun 4:45p-9:00p

Chinese Fusion Cuisine; Separate vegetarian/tofu menu.

COUNTER CULTURE CAFE
930 Baca Street
Santa Fe, NM
Phone: (505) 995-1105
<http://www.counterculturesantafe.com>

Mon-Sun 8a-3p; Tue-Sat 8a-9p

Variety of options including Portobello Mushroom Sandwich, w/o cheese; veggie and tofu dishes.

ICONIK COFFEE ROASTERS (Lupe)
314 S Guadalupe St.
Santa Fe, NM 87501
Phone: (505) 428-0996
<https://iconikcoffee.com>

Daily 7a-5p

See Notes under Iconik Coffee Roasters Lena St. Location.

JAMBO CAFE
2010 Cerrillos Road
Santa Fe, NM 87505
Phone: (505) 473-1269
<http://jambocafe.net>

Mon-Thu 11a-8p, Fri-Sat 11a-9p

African and Caribbean Cuisine. Vegan options include tofu curry and jerk tofu sandwich.

JINJA BAR & BISTRO

510 N. Guadalupe
 Santa Fe, NM 87501
 Phone: (505) 982-4321
www.jinjabistro.com

Mon-Fri 11a-10p, Sat-Sun 12p-10p

Substitute tofu in entrees and lettuce wraps. Miso Soup, Tokyo Crispy Tofu and Chow Fun Chili Noodles are vegan.

PAPER DOSA

551 W Cordova Rd
 Santa Fe, NM 87505
 Phone: (505) 930-5521
<http://paper-dosa.com>

Tue-Sun 5p-9p

Indian café. Vegan options clearly labeled on menu. Several additional items can be made vegan including dosas and Uttapam.

PIZZERIA & TRATTORIA DA LINO

204 N Guadalupe St
 Santa Fe, NM 87501
 Phone: (505) 982-8474
<https://www.pizzeriadalino.com>

Mon-Sat 4p-10p, Sun 11:30a-10p

Vegan cheese available for an additional charge.

RIO CHAMA

414 Old Santa Fe Trail
 Santa Fe, NM 87501
 Phone: (505) 955-0765
<http://riochamasteakhouse.com>

Open daily at 11a

Steakhouse – offers portabello burger (ask for no cheese) and vegan rellenos (specify vegan).

KOHNAMI JAPANESE RESTAURANT

313 S. Guadalupe Street
 Santa Fe, NM
 Phone: (505) 984-2002
www.kohnamisantafe.com

Mon-Thu 11:30a-2:15p, 5:30p-9:15p; Fri-Sat 11:30a-2:15p, 5:30p-9:30p; Sun 5p-9p

Vegan options include Ageh Tofu, Vegetable Gyoza, Miso Soup, Tofu Teriyaki, Vegetable Sukiyaki, and vegetarian sushi rolls.

PHO KIM

919 W Alameda
 Santa Fe, NM
 Phone: (505) 820-6777

Mon-Sat 11a-9p; Sun 11a-8p

Large Vietnamese menu with Vegetarian Section, mostly vegan.

PLAZA CAFE

3466 Zafarano Dr
 Santa Fe, NM 87507
 Phone: (505) 424-0755
<https://www.plazacafesouth.com>

Sun-Thu 8a-9p, Fri-Sat 8a-10p

Vegan options include avocado tacos, Impossible burger (ask about bun), and salads.

SABOR PERUANO

163 Paseo de Peralta
 Santa Fe, NM 87501
 Phone: (505) 358-3829
<https://www.saborperuanosf.com>

Mon-Wed 10a-6p, Thu-Sat 10a-7p

Peruvian cuisine; separate vegan menu.

LA CHOZA

905 Alarid Street
 Santa Fe, NM
 Phone: (505) 982-0909
www.lachozasf.com

Mon-Sat 11a-2:30p, 5-9p

Beans and chiles are vegan. Can order burritos, tacos, Frito pie, etc. without cheese.

PIZZA ETC.

556 N Guadalupe St
 Santa Fe, NM 87501
 Phone: (505) 986-1500
<http://www.pizzaetc.com>

Mon-Sat 11a-8p, Sun 12p-8p

Located inside DeVargas Shopping Mall. Offers Daiya cheese, all crust is vegan.

PYRAMID CAFE

505 W. Cordova Road
 Santa Fe, NM
 Phone: (505) 989-1378
www.pyramidcafesf.com

Mon-Sun 11a-9p

Traditional Greek, Mediterranean and North African cuisine; variety of vegan options including Falafel, Hummus, Baba Ganouj, Dolmas, Lentil Soup, Tabouleh, Grilled Eggplant Salad, Spicy Carrot Salad and Cous-Cous.

SANTA FE OXYGEN AND HEALING BAR APOTHECARY RESTAURANT

133 W San Francisco St
 Santa Fe, NM 87501
 Phone: (505) 986-5037
<https://www.santafoxygenbar.com>

Sun-Thu 10a-8p, Fri-Sat 10a-10p

Many vegan options clearly labeled on menu. Offers vegan cheese and tofu. Vegan options include curry, pho, Frito pie, pad thai, nachos, and more.

SOUPER SALAD

2428 Cerrillos Road
 Santa Fe, NM 87505
 Phone: (505) 473-1211
<https://www.souper salad.com>

Open Daily 10:45a-8:30p

Giant salad bar with a few vegan dressings. Also has potato bar and sometimes has vegan soups. Corn bread is vegan.

THE BURRITO COMPANY

111 Washington Avenue
 Santa Fe, NM
 Phone: (505) 982-4453
www.burritocompanysf.com

Summer: Mon-Fri 7:30a-4:30p, Sat-Sun 8a-5p

Winter: Mon-Fri 7:30a-4p, Sat-Sun 8a-4p

Veggie Taco Salad (order w/o cheese or sour cream), Veggie Burrito (order w/o cheese), Rice, Beans, Red and Green Chiles are all vegan.

YIN YANG CHINESE RESTAURANT

418 Cerrillos Road
 Santa Fe, NM
 Phone: (505) 986-9279
<http://www.yinyangchinesesantafe.com>

Mon-Sat 11:30a-9p; Sun 12p-8:30p

Vegetarian menu including: Vegetable Dumplings, Vegetable Deluxe, Crispy Bean Curd, Sesame Tofu, other vegan dishes.

SWEETWATER HARVEST KITCHEN

1512 Pacheco Street Suite B
 Santa Fe, NM 87505
 Phone: (505) 795-7383
<http://www.sweetwatersf.com>

Mon 8a-3p, Tue-Thu 8a-9p, Fri-Sat 9a-9p, Sun 9a-2:30p

International cuisines; many vegan options clearly labeled on menu. Serves tofu, some vegan "meats". Vegan options include pancakes, rellenos, pozole, Banh Mi sandwich, and more.

THE KITCHEN

3095 Agua Fria Rd
 Santa Fe, NM 87507
 Phone: (505) 438-8888

Tue-Sat 11:30a-2:30p

Vegetarian café, daily specials change. Call ahead to ask about daily vegan options.

THE BURGER STAND AT BURR ALLEY

207 W San Francisco St
 Santa Fe, NM 87501
 Phone: (505) 989-3360
<http://www.theburgerstandnm.com>

Open daily 9a-11p

Burger stand offering house made lentil burger that is prepared vegar by request. Also offers vegan quinoa and arugula salad.

VINAIGRETTE

709 Don Cubero Alley
 Santa Fe, NM 87501
 Phone: (505) 820-9205
www.vinaigretteonline.com

Mon-Sat 11a-9p

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

Contact City

Socorro

Vegetarian Options

FRANK & LUPE'S EL SOMBRERO

210 Mesquite
Socorro, NM 87801
Phone: (575) 835-3945
<http://frankandlupes.com>

Open Daily 11a-9p

Vegetarian burrito on menu is vegan if ordered without cheese. Food is cooked with canola oil. Beans, rice, chile, sopaipillas, tortillas, are all vegan.

Contact City

Taos

Vegetarian

EL GAMAL

112 Dona Luz St
Taos, NM 87517
Phone: (575) 613-0311
<http://www.elgamaltaos.com>

Mon-Wed 9a-5p, Thu-Sat 9a-9p

All vegetarian Middle Eastern fare.

Vegetarian Options

ESKE'S BREW PUB & EATERY

106 Des Georges Ln
Taos, NM 87571
Phone: (575) 758-1517
<https://eskesbrewpub.com>

Mon-Thu 12p-9p, Fri-Sat 12p-10p

Menu specifies items that are vegan or can be made vegan upon request including green chile burrito, green chile stew, Mediterranean salad, and grilled bratwurst & sauerkraut sandwich (with tofurkey brat). Need to specify vegan.

HUNAN CHINESE RESTAURANT

1023 Paseo Del Pueblo Sur
Taos, NM 87571
Phone: (575) 751-0474
<http://www.hunantaos.com>

Sat-Mon/Wed-Thu 11a-8:30p, Fri 11a-9p

Variety of veggie and tofu dishes.

MANZANITA MARKET

103 N Plaza
Taos, NM 87571
Phone: (575) 613-4088
<https://www.manzanitamarket.net>

Open Daily 9a-4p

Vegan options labeled on menu including corn and potato chowder Mediterranean sandwich, and house made coconut maple yogurt.

PIZANOS
23 Hwy 150
Taos, NM 87571
Phone: (575) 776-1050
<http://www.taospizza.com>

Open Daily 11a-9p

Carries soy cheese. Crust is vegan and two sauces: sun dried tomato and garlic with oil.

SONG'S ASIAN RESTAURANT
703 Paseo del Pueblo Sur
Taos, NM 87571
Phone: (575) 758-3256
<https://www.facebook.com/pages/Songs-Restaurant/121462914534147>

Open Daily 11a-10p

Separate vegetarian section of menu with vegan options.

TAOS PIZZA OUTBACK
712 Paseo del Pueblo Norte
Taos, NM 87571
Phone: (575) 758-3112
<http://www.taospizzaoutback.com>

Open Daily 11a-10p

Carry soy cheese. Dough is vegan. Marinara sauce is only vegan sauce. Sometimes offers vegan "soup of the day".

Contact City

Tijeras

Vegetarian Options

ROOTS FARM CAFE
11784 New Mexico 337
Tijeras, NM 87059
Phone: (505) 900-4118
<https://www.rootsfarmcafe.com>

Mon, Wed-Fri 7a-4p, Sat-Sun 8a-4p

Several vegetarian options that can be made vegan including wraps and sandwiches. They grow their own produce.



Decades of Powerful, Positive Change in New Mexico

Since 1979, APNM's mission has been and remains: *to advocate the rights of animals by effecting systemic change, resulting in the humane treatment of all animals.*

APNM achieves its mission in a variety of powerful ways. We help create policies that protect animals and work to ensure that humane laws are vigorously enforced. We also establish relevant and practical solutions to take on seemingly insurmountable animal cruelty issues. By challenging and changing entrenched systems that harm animals, we are elevating animal protection concerns from a "fringe" issue to one taken seriously by the public and policymakers, who are beginning to understand the deep connection between the welfare of animals and that of society overall.

What began as a small, dedicated group of citizens concerned about the unmet needs of animals has grown into an influential organization that is making a significant difference for New Mexico's animals and the communities in which they live. We are responsible for the passage of dozens of laws to protect animals in the state, while dramatically raising the visibility of issues New Mexico's animal population regularly faces.

As a non-profit 501(c)(3) organization, APNM depends upon donations, volunteers, and grants to continue its mission. We encourage people to work for animals on a daily basis, since improving conditions for animals often means that each person must become personally involved.

Please **support our work** and be active for animals.

Consider a donation* to APNM today and make a real difference for animals in New Mexico!

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
Email _____

Please enclose check and return to:
APNM, PO Box 11395, Albuquerque, NM 87192.
You may also donate online by visiting:

<https://apnm.org/give-now/>

*All contributions are tax-deductible to the full extent of the law



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