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RIVA Summer Fundraiser



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2016

**VEGAN
RESTAURANT**

GUIDE

**Rhode Island
Vegan Awareness**

RIVA Mission Statement:

Rhode Island Vegan Awareness is a non-profit organization dedicated to advocating veganism for a more peaceful and just world for all life.



We actively work to:

Inspire justice and true respect for other species and the earth. Our television PSA, bus advertisements, film screenings, Ask a Vegan tables, Pay-Per-View programs, library displays and more, have exposed compelling reasons to choose vegan. Featuring vegan cuisine at events helps people see how easy and delicious being vegan can be.

Educate the public with critical information. Since 2001, RIVA has reached thousands through outreach tables, workshops, guest speakers, and the distribution of free literature.

Support the local community. Our website, Facebook page, monthly meetings, annual events, fundraisers, and special events are all additional ways that RIVA creates a vegan friendly community.

Why Vegan?

By: Laura Barlow, RIVA President

A vegan is a person who does not eat or use animal products. Current data suggests that veganism is becoming more popular. More people are making the switch to a vegan lifestyle that is healthier for themselves, our planet, and our fellow earthlings! It has also never been easier to go vegan! This article provides you with three of the main reasons that people choose veganism.

Health: The World Health Organization recently found that one's consumption of meat could lead to cancer. The link between consuming animal products and disease doesn't end there, however. An invaluable resource, *The China Study* by T. Colin Campbell is a great place to start when researching the connection between the consumption of animal products and the development of chronic illnesses. *The China Study* is the most comprehensive study of nutrition ever conducted. By watching *Forks Over Knives*, you may learn for yourself that a healthy vegan diet can help you fight the leading causes of disease such as cancer, heart disease, and diabetes.

Environment: Our planet suffers from overpopulation of humans and nonhumans. Animal agriculture is the greatest contributor to deforestation, water consumption, and global warming. You can reduce your impact and make a difference today by going vegan. *Cowspiracy: The Sustainability Secret* is a must-watch environmental documentary for anyone interested in learning about the environmental impact that animal agriculture has on our planet.

Animals: Our society treats animals like commodities, beings on an assembly line existing solely for profit. Humans slaughter animals at an unconscionable rate: over 68 billion farmed animals every year with no regard for their life or treatment. We unnaturally pump these animals with hormones and chemicals and confine them in tiny, filthy cages.

We cut off their body parts while they are fully alert, scald them alive in boiling water, rip their babies from them at birth and often dismember them while they are fully conscious. It is very hard to comprehend the cruelty we inflict on animals because it is hidden from us and masked with propaganda and advertising. Connecting to animals and expanding your circle of compassion is one of the most beautiful things a human being can do. If you still consume animal products please take some time to watch the films *Earthlings* or *Unity*.

In addition to all of these great resources, there are many local people and resources available to help you transition to a vegan diet! For more local information or resources on going vegan please contact your local organization: Rhode Island Vegan Awareness (RIVA). RIVA hosts monthly meetings and various events.

Find us online: <http://www.veganawareness.org> and on social media including Facebook!



If you know a business to include in the Rhode Island Vegan Awareness 2017 Guide or you'd like to become an official RIVA member, please contact us at: RIVA@veganawareness.org



Find us on Facebook!

Vegan Tips for Dining Out:

More and more restaurants are adding vegan options at the request of their customers. Use social media and the telephone to contact your favorite restaurants and ask them for more vegan options. Choosing vegan food is easier than ever and with some simple tips it is sure to be a breeze! Try Asian, Indian, Italian, Middle Eastern and other ethnic restaurants which will almost always have something to suit your needs. If you're out of town and are having a hard time locating a restaurant visit websites such as [happycow](#) or [veg dining](#) for markets and restaurants throughout the world. Here are some tips that may help you have an enjoyable dining experience:

- Do not be shy when ordering your food! Most restaurants can and will accommodate your requests and adjust dishes to accommodate your preferences.
- Watch out because some restaurants will mislabel an item as vegan or vegetarian when it is not. Items may be made in fish, beef, or chicken broth and it is always good to confirm. Some examples of this may include: vegetable curry dishes that contain fish sauce, rice and beans that were cooked in animal products and salad dressings, sauces and pasta dishes that contain dairy and eggs.
- Join Rhode Island Vegan Awareness on Facebook for weekly tips on local vegan dining and for daily vegan inspiration and recipes!

RHODE ISLAND RESTAURANTS WITH VEGAN OPTIONS

This guide is proud to feature restaurants that have a clearly labeled very offering on the menu or offer clearly labeled vegan specials.

In addition to those restaurants listed below there are also many restaurants throughout Rhode Island that offer vegan options that are not labeled. For example, many Middle Eastern restaurants offer vegan options that are not labeled vegan and for that reason they may not be listed in this guide.

Happy Vegan Dining!

Providence:

The Grange (Vegetarian)

116 Broadway, Providence
401-831-0600

Vegetarian restaurant where almost everything can be made vegan. Great vegan lunch, brunch and dinner options. Delicious vegan desserts.

**Highly Recommended.*



Veggie Fun (Vegan)

123 Dorrance Street, Providence
401-270-4700

A Pan-Asian vegan restaurant with a very nice atmosphere in Downtown Providence. Rhode Island's only vegan restaurant. A local favorite.

**Highly Recommended.*



India

1060 Hope Street, Providence
401-421-2600

Dine in a beautiful atmosphere with a very vegan friendly menu. The menu contains a wide variety of vegan options including appetizers, soups, salads, entrees, curries and dessert.

**Highly Recommended.*

Nice Slice Pizza

267 Thayer Street, Providence
401-453-6423

Many choices of vegan specialty pizzas and vegan sandwiches.

**Highly Recommended.*

The Pizza Gourmet

357 Hope Street, Providence
401-751-0355

Limited vegan options. You can order a delicious pizza called: "The Vegan."

The Fertile Underground

1577 Westminster Street,
Providence
401-365-4FUG

A local natural foods coop which features a selection of vegan options including desserts and salads.

Rosalina

50 Aborn St. Providence, RI
02903

401-270-7330

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

Trinity Brewhouse

186 Fountain Street,
Providence
401-453-2337

Maintains one rotating vegan entree on the menu. Call to confirm.

Flatbread Company

161 Cushing Street, Providence
401-273-2737

Options include salads and wood-fired vegan pizzas made with organic ingredients in traditional clay ovens.

**Highly Recommended.*



White Electric Coffee

711 Westminster Street,
Providence
401-453-3007

Offers vegan hummus, sandwiches, and bagels.

Kabob and Curry

261 Thayer Street, Providence
401-273-8844

Menu contains a large selection of vegan offerings and a special vegan buffet brunch every Sunday. Call ahead to confirm the buffet.

**Highly Recommended.*

AS220 FOO(D)

115 Empire Street, Providence
401-831-3663

Serves up a fresh and constantly changing menu that includes a great selection of vegan dishes.

Julian's

318 Broadway, Providence
401-861-1770

Hip brewpub with a selection of vegan options.

Taste of India

230 Wickenden Street,
Providence
401-421-4355

Warm-hued Indian fixture with vegan options.

Pizza J

967 Westminster Street,
Providence
401-632-0555

Vegan cheese is available for pizzas and there is a small selection of vegan grinders.

Malachi's Cafe

134 Ives Street, Providence
401-273-4619

Offers vegan options including sandwiches and soup. Try a vegan grilled cheese sandwich!

Narragansett:

The Bed and Bistro

83 Narragansett Avenue,
Narragansett
401-284-3535

Menu currently offers a vegan small plate and a vegan entrée.

Crazy Burger

144 Boon Street, Narragansett
401-783-1810

Contains a large selection of vegan options and specials including specialty vegan burgers, breakfast items, and smoothies. A local favorite.

**Highly Recommended.*

Markos Kabob

126 Boon Street, Narragansett
401-783-9083

Casual restaurant serving up Greek, Mediterranean, Middle Eastern food with a selection of delicious vegan entrees.

The Coast Guard House

40 Ocean Road, Narragansett
401-789-0700

With panoramic ocean views you can dine on the Butternut Squash Risotto. Menu currently maintains one vegan appetizer and entrée. Call to confirm offerings.

Ocean View Chinese

140 Point Judith Rd, Narragansett
401-783-9070

Restaurant offers a very large and separate vegetarian menu that contains many items that can be made vegan.

New Shoreham / Block Island:

Elevation Cafe

74 West Side Road, New Shoreham (Block Island)
401-466-9642

This café located on beautiful Block Island offers up fresh juices, smoothies, bagels, and snacks.

Froozies Juice Bar & Cafe

26 Dodge Street, New Shoreham (Block Island)
401-466-2230

Restaurant offers vegan breakfast and lunch options using local and organic products. Great for takeout and featuring a small outdoor seating area on beautiful Block Island. Limited availability. Call ahead to confirm.

Pawtucket:

Blaze Village Kitchen

999 Main Street, Pawtucket
401-727-2529

*Restaurant offers many vegan menu options including plenty of appetizers, salads, desserts and a vegan entrée menu. A local favorite for vegan dining.
Highly recommended.

Garden Grille Cafe (Vegetarian)

727 East Avenue #7, Pawtucket
401-726-2826

*A local vegetarian fixture and favorite with plenty of delicious and creative vegan options.
Highly Recommended.

Wildflour Vegan Bakery (Vegan)

727 East Avenue, Pawtucket
401-475-4718

*Rhode Island's only vegan bakery. Offers a wide variety of vegan options including desserts, snacks, coffee, juices, smoothies, and raw eats.
Highly Recommended.

Rasoï

727 East Avenue, Pawtucket
401-728-5500

*Menu contains many vegan options. Special vegan buffet brunch every Saturday. Call ahead to confirm brunch.
Highly Recommended.

Newport:

Raw Power Juice Bar and Kitchen (Vegetarian)

6 Broadway, Newport
401-847-2727

Raw power features juices, smoothies, rice bowls, zucchini spaghetti bowls, and sandwiches/wraps. Many vegan options available.

Keenwah Super Food Eatery

311 Broadway, Newport
401-619-5266

Organic, natural, and locally-sourced health food with vegan options.

Ristorante Lucia

186B-190B Thames Street,
Newport

401-846-4477

Restaurant offers a separate vegetarian menu which includes two delicious seitan dishes.

Wakefield:

South County Food Coop

344 Main St, Wakefield
401-789-2240

Local coop offering vegan options including sandwiches and soups.

East Greenwich:

Rasa

149 Main Street, East
Greenwich
401-398-2822

Indian restaurant featuring vegan appetizers and entrees.

**Highly Recommended.*

Raw Bob's (Vegetarian)

249 Main Street, East
Greenwich

401-884-1491

Vegetarian juice bar. Offers juices, wheatgrass shots and organic snacks. The only ingredient on the menu that is not vegan is bee pollen.

Cranston:

b. good

Garden City Center
62 Hillside Road, Cranston
401-270-6300

Counter-serve chain featuring grain bowls, salads, a vegan burger and smoothies.

Lil Rhody Pizza

1860 Broad Street, Cranston
401-432-6367

Vegan pizza is offered with vegan cheese, vegan meatballs and more.

The Juice Bar at Raffa Yoga

19 Sharpe Drive, Cranston

401-463-3335

Yoga studio that features a juice bar with a large variety of vegan options including juices and healthy raw desserts. Call ahead to confirm availability.

Westerly:

Maize n Manna (Vegetarian)

40 High Street, Westerly

401-596-1680

Vegan take-out and more. Call ahead for menu options and availability.

The Bridge

37 Main Street, Westerly

401-348-9700

Perched over the Pawcatuck River, this restaurant features many dishes that can be made vegan upon request.

Middletown:

Eva Ruth's Specialty Bakery

796 Aquidneck Avenue,

Middletown

401-619-1924

Offers vegan baked goods.

The Brix

909 East Main Road,

Middletown

401-848-5161

Offers vegan selections upon request.

Rhode Island, General Location:

Budding Iris: Vegan Caterer

401-368-8654

Budding Iris offers vegan food to local festivals in and around Rhode Island.

They are vegan owned and everything they sell is 100% vegan.

Like No Udder (Vegan)

401-419-8869

The world's first all vegan soft serve ice cream truck! We are fortunate to have this wonderful addition to the Rhode Island vegan community. In addition to non-dairy ice cream products, they also serve candy bars, meatless jerky, shakes, floats and more!

**Highly Recommended.*

*Right:
Community
Outreach*

*Below: RIVA
Bus Campaign*





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