

Westwood

Native Foods (V) Wide variety of salads, seitan, tempeh, soy dishes & vegan deserts. 1110½ Gayley Ave. 7 days 11am–10pm. (310) 209-1055.

ORANGE COUNTY

Costa Mesa

Native Foods (V) Wide variety of salads, seitan, tempeh, soy dishes & vegan deserts. 2937 Bristol St. 7 days 11am–10pm. (714) 751-2151.

Fountain Valley

Au Lac Vegetarian Restaurant (ve) Chinese, Vietnamese, & some raw cuisine. 16563 Brookhurst St. Tu–Su 11:30am–9:30pm. Closed M. (714) 418-0658.

Garden Grove

Thuyen Vien (ve) Vietnamese, Chinese, Singaporean. 11080 Magnolia St. W–M 10:30am–9pm. Closed Tu. (714) 638-8189.

Huntington Beach

Bodhi Tree Vegetarian Café (V) Southeast Asian with a Zen atmosphere. 501 Main St, Suite E. W–M 11am–10pm. Closed Tu. (714) 969-9500.

Irvine

The Wheel of Life (V) Vietnamese, Chinese, Cambodian & Thai. 14370 Culver Dr, Suite 2G. W–M 11am–3pm, 4:30pm–9:30pm. Closed Tu. (949) 551-8222.

Laguna Beach

The Stand Natural Foods Restaurant (V) Small stand with large selection of soups, salads & sandwiches. 238 Thalia St. 7 days 7am–7pm. (949) 494-8101.

Tustin

India Sweets and Spices (ve) North & South Indian. 14441 Newport Ave. Tu–Su 10am–8:30pm. Closed M. (714) 731-2910.

RIVERSIDE COUNTY

Palm Desert

Native Foods (V) Wide variety of salads, seitan, tempeh, soy dishes & vegan deserts. 73-890 El Paseo. M–Sa 11am–9:30pm. Closed Su. (760) 836-9396.

Veggie and Tea House (ve) International. 72281 Hwy 111. 7 days 11am–8pm. (760) 674-9579.

Palm Springs

Native Foods (V) Wide variety of salads, seitan, tempeh, soy dishes & vegan deserts. 1775 E Palm Canyon Dr. M–Sa 11:30am–9:30pm. Closed Su. (760) 416-0070.

SAN BERNARDINO COUNTY

Chino Hills

Veggie and Tea House (ve) International. 14670 Pipeline Ave. Su–Th 11am–9pm, F–Sa 11am–8pm. (909) 606-6076.

At Friends of Animals, we advocate a vegan diet as the most direct and life-affirming form of animal rights activism. Vegans often engage in lively discussion about how and why they made the change from animal derivatives to a pure vegetarian lifestyle. Incentives abound: We want to protect the environment, for it is home to us and all other animals. We want to be healthy and fit. We want to stop supporting the major industries that exploit other animals for profit.

As an exciting bonus, when we take animals off the menu we open doors to a whole new array of healthful and delicious foods. Simply put, vegan food tastes good.

Southern California offers a diverse range of vegetarian restaurants, with enough variety to ensure a satisfying meal to fit any price range. No matter what you are looking for, Los Angeles has it all – from California cuisine and raw organic meals to Japanese fast food or home-style comfort foods.

If you are heading to West Hollywood, be sure to check out Real Food Daily. The fully-vegan menu is sure to make your mouth water. The lentil-walnut pâté makes for a tasty appetizer, and following it up with the Salisbury seitan and mashed potatoes will ensure a flavorful and satisfying meal.

If you are a Hollywood tourist, take a break from sight-seeing and enjoy Thai food at California Vegan on Sunset Boulevard.

The San Fernando Valley offers vegan drumsticks and spinach noodle soup courtesy of the Garden Wok. Or check out any of the four Native Foods locations, with their tantalizing menu of organic offerings such as the Rockin’ Moroccan – vegetables and soy “meat” marinated, skewered and charbroiled.

And the next time someone asks “but what do you eat?” hand them this guide and treat them to lunch and a learning experience for which their taste buds – and the animals – will thank you. And so do we.

Many vegetarian dishes can be prepared vegan; be sure to inquire. Many restaurants deliver; call them for details. Please call restaurants before visiting to confirm hours, wheelchair access and methods of payments.

Friends of Animals has a new, all vegan cookbook, *Dining With Friends: The Art of North American Cuisine*. To purchase this book, visit our Web site at www.friendsofanimals.org

Friends of Animals 

Friends of Animals is an international animal advocacy organization supported by members. Please visit us at: www.friendsofanimals.org

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777 Post Rd, Suite 205
Darien, CT 06820
203-656-1522

SAN DIEGO COUNTY

Carlsbad

Cilantro Live! (V) Organic, exotic & 100% raw. 300 Carlsbad Village Dr. Su–Th 11:30am–8:30pm, F–Sa 11:30am–9:30pm. (760) 585-0136.

San Diego

India Sweets and Spices (ve) North & South Indian. 5440 Clairemont Mesa Blvd. 7 days 11am–9pm. (858) 565-6658.

Jyoti-Bihanga (ve) Sandwiches, wraps & entrees. 3351 Adams Ave. Irregular hours, call ahead. (619) 282-4116.

Ker Vegetarian Cuisine (ve) North & South Indian. 9520 Black Mountain Rd. 7 days 11:30am–9:30pm. (858) 566-5522.

Kung Food Express Café (V) Organic fast food. Full-service or drive-thru. 2949 – 5th Ave (@ Quince). M–Th 11am–9pm, F 11am–11pm, Sa 10am–11pm, Su 10am–9pm. Drive-thru open Su–Th 11am–11pm, F–Sa 11am–midnight. (619) 298-7302.

Madras Café (ve) Indian. 9484 Black Mountain Rd. M–F 11am–2:30pm, 5:30pm–9:30pm, Sa–Su 11:30am–3:30pm, 5:30pm–10pm. (858) 695-6229.

Sipz Fusion Café (ve) Vietnamese, Chinese & Thai. Large bowls of soups & stir-fries loaded with fresh vegetables, noodles & tofu. Fresh smoothies. 5501 Clairemont Mesa Blvd. 7 days 10:30am–9pm. (858) 279-3747.

Spread (ve) Tasty nut spreads & “nouveau comfort food.” 2879 University Ave. Tu–Sa 5:30pm–11pm. Su brunch 10am–3pm. (619) 543-0406.

Veg-N-Out (ve) Fast food, fries & smoothies. 3442 – 30th St. M–F 11am–3pm, 5pm–9pm, Sa 11am–9pm, Su 11am–4pm. (619) 546-8411.

Chula Vista

Cilantro Live! (V) Organic, exotic & 100% raw. 315½ 3rd Ave. Tu–Su noon–7pm. Closed M. (619) 827-7401.

VENTURA COUNTY

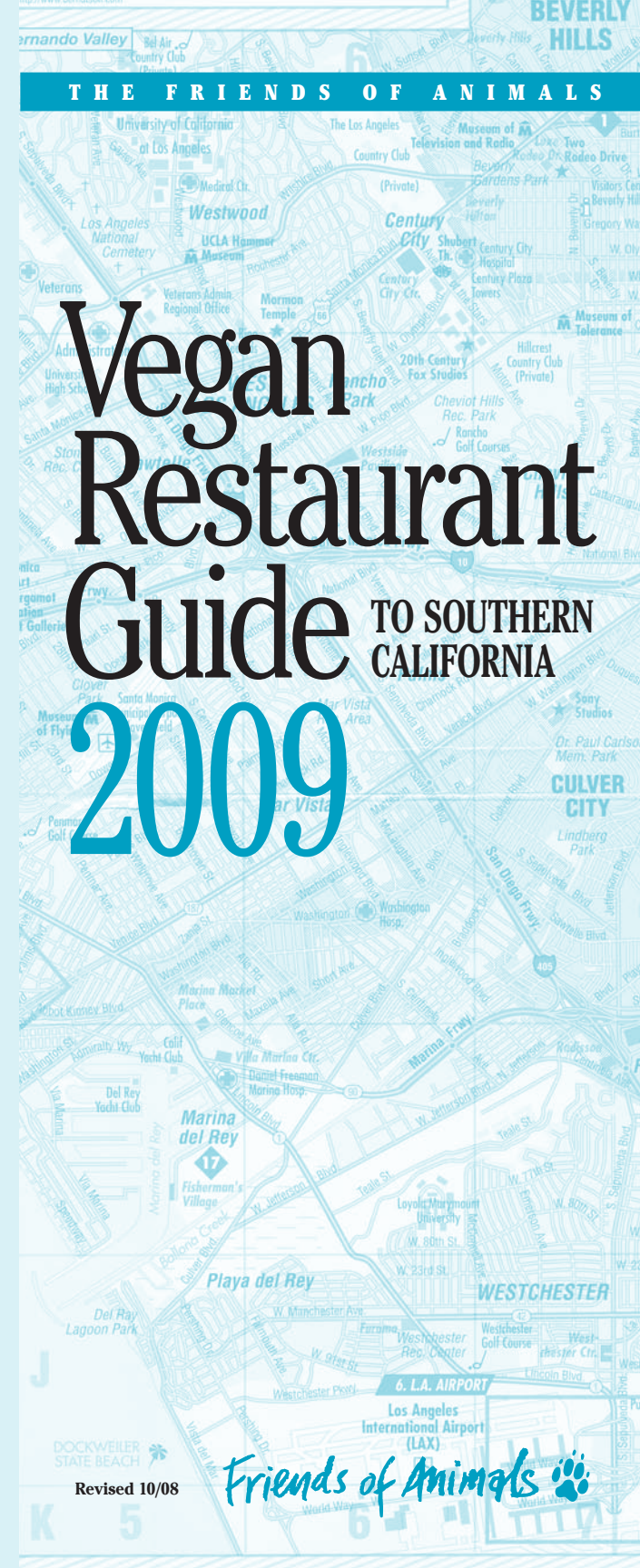
Ojai

The Farmer and the Cook (ve) Organic food store with café. 339 W El Roblar. M–Sa 8am–8pm, Su 9am–2pm. (805) 640-9608.

KEY: V=vegan ve=meatless with vegan options

Friends of Animals counts on its members and contributors to help carry a vegan educational program in the Los Angeles area. Please consider a donation to this effort. A donation of \$25.00 includes membership and a year’s subscription to *ActionLine*. All contributions are fully tax-deductible in accordance with current laws.

If you know of an all-vegetarian or vegan restaurant in the Los Angeles area that we have missed, contact us at dustin@friendsofanimals.org



LOS ANGELES COUNTY

BEACHES

Hermosa Beach

The Spot Natural Foods Restaurant (ve) Homestyle, comfort food. 110 Second St. 7 days 11am–10pm. (310) 376-2355.

Lomita

House of Vege (V) Chinese. 2439 Pacific Coast Hwy. M–F 11am–3pm, 5pm–9pm, Sa–Su 11am–9:30pm. (310) 530-1180.

Long Beach

Zephyr Vegetarian Café (V) Funky café. Soups & sandwiches with some raw selections. 340 E 4th St. Su–Th 11am–4pm, F–Sa 11am–9pm. (562) 435-7113.

Redondo Beach

Green Temple (ve) International. 1700 S Catalina Ave. Tu–Th 11am–4pm, 5pm–9pm, F–Sa 11am–4pm, 5pm–10pm, Su 9am–4pm, 5pm–9pm. Closed M. Stops seating ½ hour prior to closing. (310) 944-4525.

Happy Veggie (V) Chinese. 709 N Pacific Coast Hwy. M–Sa 11am–9pm. Closed Su. (310) 379-5035.

Santa Monica

Chandni Vegetarian Cuisine of India (ve) North Indian. 1909 Wilshire Blvd. 7 days 11:30am–2:30pm, 5pm–10pm. (310) 828-7060.

Euphoria Loves RAWvolution (V) Raw, organic. 2301 Main St. 7 days 9am–9:30pm. (310) 392-9501.

Planet Raw by Juliano and Ariel (ve) Raw, organic, with honey and bee pollen. 609 Broadway. Su–Th 10am–10pm, F–Sa 10am–11pm. (310) 587-1552.

Real Food Daily (ve) Hip, eclectic, organic. 514 Santa Monica Blvd. 7 days 11:30am–10pm. (310) 451-7544.

CENTRAL LOS ANGELES

Cru Café (ve) Organic, raw fusion. 1521 Griffith Park Blvd. M 5:30pm–10pm, W–Su 5:30pm–10pm. Closed Tu. (323) 667-1551.

Mr. Wisdom Organic Health Food (ve) Café & juice bar. 3526 W Slauson Ave. M–F 10am–7pm, Sa 10am–6pm. Closed Su. (323) 295-1517.

Vegi-Soul (ve) Take-out soul food. 1436 W Jefferson Blvd. Tu–Sa 11am–9pm, Su 11am–7pm. Closed M. (323) 731-8344.

DOWNTOWN

Tierra Café (ve) Weekdays all-you-can-eat buffet. Vegan brunch Sa. 818 Wilshire Blvd. M–F 7am–3:30pm. Closed Sa–Su. (213) 629-1402.

HOLLYWOOD

California Vegan (V) Thai. 7300 Sunset Blvd. 7 days 11am–10:30pm. (323) 874-9079.

Paru’s (ve) South Indian. 5140 Sunset Blvd. M–F 4pm–11pm, Sa–Su 1pm–10pm. (323) 661-7600.

Truly Vegan (V) Thai & American. 5907 Hollywood Blvd. 7 days 11am–9:30pm. (323) 466-7958.

Mid Wilshire

Rahel (V) Ethiopian. 1047 S Fairfax. Su–Th 11am–10pm, F–Sa 11am–11pm. (323) 937-8401.

SAN FERNANDO VALLEY

Canoga Park

Follow Your Heart Restaurant and Market (ve) Health food store with café. 21825 Sherman Way (1.5 blocks east of Topanga Canyon Blvd). 7 days 8am–9pm. (818) 348-3240.

India Sweets and Spices (ve) North & South Indian. 22011 Sherman Way. 7 days 9am–9pm. (818) 887-0868.

Chatsworth

Woodlands (ve) South Indian. 9840 Topanga Canyon Blvd. M–F 11:30am–2:45pm, 5:30pm–9:30pm, Sa–Su 11:30am–10pm. Weekday lunch buffet. (818) 998-3031.

Glendale

India Sweets and Spices (ve) North & South Indian. 3126 Los Feliz Blvd. 7 days 10am–9:30pm. (323) 345-0360.

Granada Hills

Vegetable Delight (ve) Chinese. 17823 Chatsworth St (bet Zelzah & White Oak). Tu–Su 11:30am–9:30pm. Closed M. (818) 360-3997.

North Hollywood

Leonor’s Vegetarian Restaurant (ve) Mexican. 11403 Victory Blvd. M–Th 10am–9pm, Fr–Sa 10am–10pm. Closed Su. (818) 980-9011.

Northridge

India Sweets and Spices (ve) North & South Indian. 18110 Parthenia St. 7 days 9am–9pm. (818) 407-1498.

Reseda

Garden Wok (ve) Chinese. 6117 Reseda Blvd. M–Sa 11am–9:30pm, Su 1pm–9:30pm. (818) 881-8886.

Vinh Loi Tofu (ve) Vietnamese. Tofu dishes. 18625 Sherman Way. 7 days 7am–7 pm. Cash only. (818) 996-9779.

Sherman Oaks

Leaf Cuisine (V) Raw, organic. 14318 Ventura Blvd. M–Sa 8am–10pm, Su 10am–9pm. (818) 907-8779.

Studio City

Leonor’s Vegetarian Restaurant (ve) Mexican. 12445 Moorpark St. 7 days 10am–10pm. (818)762-0660.

Vegan Plate (V) Thai. 11943 Ventura Blvd. 7 days 11am–9:45pm. (818) 506-9015.

Tarzana

Madeleine Bistro (V) Elegant & organic. 18621 Ventura Blvd. W–Th 11:30am–2pm, 5pm–9pm, F 11:30am–2pm, 5pm–10pm, Sa–Su 10am–3pm, 5pm–9pm. Closed M and Tu. Weekend vegan brunch. (818) 758–6971.

Vegan Factory (V) Thai. 19014 Ventura Blvd. M–F 11am–10pm, Sa–Su noon–10pm. (818) 342-3286.

Universal City

Vegan Express (V) Thai & American. 3217 Cahuenga Blvd West (near Universal). M–Th 11am–9pm, F–Sa 11am–10pm. Closed Su. (323) 851-8837.

Valley Village

Leonor’s Vegetarian Restaurant (ve) Mexican. 5217 Laurel Canyon Blvd. 7 days 10am–10pm. (818) 769-6315.

SAN GABRIEL VALLEY

Alhambra

Vegetarian Wok (ve) Chinese. 529 E Valley Blvd, #128. 7 days 11am–3pm, 5pm–9:30pm. (626) 288-6069.

Altadena

Oh Happy Days (V) Natural foods market & restaurant. 2283 N Lake Ave. M–F 11am–6:30pm, Sa 11am–6pm. Closed Su. (626) 797-0383.

Covina

Covina Tasty (ve) Fast food. 1063 N Citrus Ave. 7 days 11am–10:30pm. (626) 332-8816.

Duarte

India Sweets and Spices (ve) North & South Indian. 1208 E Huntington Dr. 7 days 11am–9pm. (626) 357-6899.

Eagle Rock

Fatty’s and Company (ve) Sandwiches & salads. 1627 Colorado Blvd. W–Sa 6pm–10pm, Su 5pm–9pm. Closed M–Tu. (323) 254-8804.

El Monte

Tea Shaker and Vegetarian Food (V) Chinese, Thai. 3311 N Tyler Ave. Tu–Su 11am–9pm. Closed M. (626) 350-1900.

Hacienda Heights

Garden Fresh (ve) Chinese. 16034 Gale Ave. 7 days 11am–8pm. (626) 968-2279.

Monterey Park

Happy Family III (ve) Chinese. 608 N Atlantic Blvd. M–F 11:30am–2:45pm, 5pm–8:45pm, Sa–Su 11:30am–9pm. (626) 282-8986.

Pasadena

Orean, The Health Express (ve) Healthy, delicious fast food. 817 N Lake Ave. 7 days 9:30am–9pm. (626) 794-0861.

Rowland Heights

Happy Family Vegetarian Restaurant (ve) Chinese. 18425 E Colima Rd. 7 days 11:30am–2:45pm, 5pm–9pm. (626) 965-9923.

San Dimas

Veggie and Tea House (ve) International. 641 Arrow Hwy. 7 days 11am–8pm. (909) 592-6323.

San Gabriel

Fine Garden Vegetarian Cuisine (ve) Chinese. 841 W Las Tunas Dr. 7 days 11am–9pm. (626) 282-2282.

South El Monte

Veggie Life (V) Vietnamese. 9324 E Garvey Ave, #8. Tu–Su 9am–9pm. Closed M. (626) 443-8687.

Upland

Veggie Era (V) Chinese. 903-B W Foothill Blvd. Tu–Sa 11am–9pm, Su 4pm–9pm. Closed M. (909) 982-3882.

West Covina

One World Vegetarian Cuisine (ve) International. 178 S Glendora Ave. M–Sa 11am–9pm, Su 3–8pm. (626) 917-2727.

SOUTHEAST

Cerritos

The Vegi Wockery (V) Chinese. 11329 - 183rd St. M–Sa 11:30am–2:30pm, 4:30pm–9pm. Closed Su. (562) 809-3928.

Norwalk

Our Daily Bread (V) 7th Day Adventist store with lunch counter & patio seating. 12201 Firestone Blvd. M 10am–4:30pm, Tu 10am–7pm, W–Th 10am–4:30pm, F 10am–2pm, Closed Sa & Su. (562) 863-6897.

WEST HOLLYWOOD

Busaba Thai (ve) 7168 Melrose Ave. 7 days 11am–10pm. (323) 857-1882.

Real Food Daily (V) Hip, eclectic, organic. 414 N La Cienega Blvd. M–Th 11:30am–10pm, F–Sa 11:30am–11pm, Su 10am–10pm. (310) 289-9910.

Taste of the Goddess (V) Raw & organic. 7373 Beverly Blvd. M 11am–7pm, Tu–Sa 11am–9pm, Su noon–6pm. (323) 933-1400. **Closed until Fall 2009.**

Vegan Glory (V) Burgers, soups, salads & noodles. 8393 Beverly Blvd. 7 days 11am–10pm. (323) 653-4900.

WEST LOS ANGELES

Culver City

Annapurna Cuisine (ve) North & South Indian. 10200 Venice Blvd. 7 days 11am–3pm, 5pm–10pm. (310) 204-5500.

Govinda’s (ve) North & South Indian. 3764 Watseka Ave (@ Venice). M–Sa 11am–3pm, 5pm–8:30pm, Su noon–4pm. (310) 836-1269.

India Sweets & Spices (ve) North & South Indian. 9409 Venice Blvd (@ Bagley, NW corner). 7 days 11am–9pm. (310) 837-5286.

Leaf Cuisine (V) Raw, organic. 11938 W Washington Blvd. M–Sa 8am–10pm, Su 10am–9pm. (310) 390-6005.

Samosa House (ve) Indian fast food. 11510 W Washington Blvd. 7 days 11am–9pm. (310) 398-6766.

West Los Angeles

The Vegan Joint (V) Breakfast burritos, pancakes, burgers, wraps, tofu & noodle dishes. 10438 National Blvd. Su–Th 11am–9pm, F–Sa 11am–10pm. Closed Tu. (310) 559-1357.