

Adelaide Vegans

*** BEING VEGAN IS FUN AND EASY ***

VEGAN EATERIES

Bliss Organic Cafe *	7 Compton Street, Adelaide Phone: 08 8231 0205 www.blissorganiccafe.com	The only organic and vegan restaurant in Adelaide. Includes a one-stop vegan shop. Open breakfast, lunch and Friday dinner.
Pure Vegetarian *	Shop 8, Central Markets Food Court, Adelaide	Fast, cheap and generous serving sizes of Asian-style vegan food. Try the homemade hot soymilk.
Vego and Loven' It	240 Rundle Street, Adelaide Phone: 08 8223 7411	Probably the best burgers in the world. Only open at lunch- turn up early to guarantee a spot.

VEGETARIAN EATERIES (VEGAN OPTIONS)

Heaven Field *	283 Gouger St, Adelaide Phone: 08 7073 0006 www.heavenfield.com.au/	Only open over the weekend. Asian-style meals and snacks with a large choice of seating – private rooms, couches and tables.
Thea *	110-112 Gawler Place, Adelaide Phone: 08 8232 7988	Another popular lunch spot in the city. Delicious fruit teas and tasty meals. Try the 'sweet and sour thing'.
Vegetarian Garden *	Shop 12, Renaissance Arcade, Rundle Mall	Open at lunchtime for a quick, cheap food-court style Asian meal. The laksa is delicious.
Zenhouse Tea Corner *	17-19 Bent Street, Adelaide Phone: 08 8223 2058 www.zenhouse.com.au	Open 7 days and one of the only mid-week dinner options for vegans. Huge menu of Western and Asian foods, teas and ice-cream.
Eggless Dessert Cafe	162 Goodwood Road, Goodwood Phone: 08 8272 0777 www.eggless.com.au/	Open Wed-Sun from 8pm. A very popular dessert hideaway with a monthly menu rotation. It's a winner.
Govinda's	25 LeHunte St, Kilburn Phone: 08 8359 5120 http://www.iskconadelaide.com.au/	Food is meat, fish and egg free with many dishes suitable for vegans.
Great Nature	3/48 Beach Road, Christies Beach Phone: 08 8186 0228	Food-court style Asian food. Quick and easy lunch.
Let Them Eat	18 Elizabeth Street, Croydon Park Phone: 08 8340 8872 http://www.let-them-eat.com.au/	Cafe plus catering and take away. Limited vegan options such as falafel and cauliflower fritters.
Meesu Vegetarian Kitchen **	449A Pulteney Street, Adelaide Phone: 08 8359 2605	Open 7 days and one of the only mid-week dinner options for vegans. Try the lemon "chicken".
Red Lime Shack	158 St Vincent Street, Port Adelaide Phone: 08 7226 6867	Open breakfast and lunch. All food is vegan but drinks may contain dairy.

The Green Room on High Street	2 High Street, Willunga Phone: 08 8556 4994	A popular lunch spot on Saturdays when the Willunga markets are open. Wraps and salads are available.
Vegetarian Delight	462a Port Road, Hindmarsh Phone: 08 8340 8488	Open dinner 7 days a week. Mock meats all of your favourite Chinese meals. Try the sweet and sour pork or salt and pepper tofu.
Vegie Village **	255 Waymouth Street, Adelaide Phone: 08 8212 3323	Open lunch and Friday dinner. Malaysian style meals with mock meats. Try the giant samosas.
The Annex Cafe	3 Waterloo St, Glenelg Phone: 08 8295 5335	Open breakfast and lunch some days. Some vegan options such as burgers, smoothies and cupcakes.
Katta	1/467 Fullarton Rd, Highgate Phone: 08 7225 4166	A vegetarian Indian restaurant. They will cook with vegetable oil instead of ghee if you call ahead.
Carrotheads Vegetarian Cafe	Shop 6B, Port Canal Shopping Centre, 220 Commercial Road, Port Adelaide Phone: 08 8241 1411 http://carrotheads.com/	Cafe, takeaway and vegetable shop in one. Vegan lentil pies, salads and other health food.
Joy Discovery	13 Bent Street, Adelaide Phone: 08 8223 5994 http://www.joydiscoverycave.com.au/	Breakfast and lunch. Several vegan and gluten free options such as dips, lentil pies and dhal.
Mitran Da Dhaba	287E Anzac Highway, Plympton Phone: 08 8297 7979	Indian vegetarian restaurant with some vegan options. Try the eggplant masala.
Sarah's Sisters	117 Semaphore Road, Semaphore Phone: 08 8449 5817	Sustainable cafe serving SA wines with a limited menu. Call ahead to check vegan options on the day.

There are many other non-veg restaurants around Adelaide that can cater for vegans. Our members suggest trying some of the following eateries (please call ahead):

Addis Ababa Cafe, 462 Port Road, West Hindmarsh

Taste of Nepal, 300 The Parade, Kensington

Star of Siam, 67 Gouger Street, Adelaide

Wild Thyme, 101-103 Melbourne Street, North Adelaide

Ed Castle Hotel, 233 Currie Street, Adelaide

Mekong River Cuisine, 172 Pultney Street, Adelaide

Clay and Coal Indian, 482 Goodwood Road, Cumberland Park

Goodlife Pizza, 42-44 Jetty Road, Glenelg and 170 Hutt Street, Adelaide

Godzilla Pizza, 542 Brighton Road, South Brighton

Doof Doof Organic Cafe, 88 Duthy Street, Malvern

The Lakes Hotel, 141 Brebner Drive, West Lakes

Burp Killer Burritos, 2/16 Hindley Street, Adelaide

Zambrero, Tenancy 1, 46-50 Hindley Street and Shop 2, 214-216 Rundle Street, Adelaide

Montezuma's, Glenelg, Hawthorn and North Adelaide, see <http://www.montezumas.com.au/>

Chocolate Bean, 18 Union Street, Adelaide

Adelaide Vegans meets every Friday night at a restaurant in the city (restaurants we visit regularly are marked * and those we visit sometimes **). One Sunday a month we have a raw vegan picnic in the Botanic gardens. Members also host other events such as picnics, movie nights, walks, fitness groups, cake swaps and weekday lunches. See the event calendar and join the community at our website below.