

Amalfi

2010 Colley Ave., Norfolk
625-1262

—Vegan faux ham and turkey sandwiches, salads, pastas

Aroma Coffeehouse

225 Granby St., Norfolk
624-1483

—Soups, sandwiches

Asia Garden Buffet and Sushi Bar

1824 Laskin Rd., Va. Beach
422-5999

—Vegetarian sushi

Azar's Natural Foods Market and Café

■ 2000 Colley Ave., Norfolk
664-7955

■ 108 Prescott Ave., Va. Beach
486-7778

www.azarsfoods.com

—Middle Eastern cuisine, extensive vegetarian selection

Backstage Café

320 Granby St., Norfolk
622-5915

www.thebackstagecafe.com

—Pasta, soups, salads

**Bagelworks**

3972 Holland Rd., Va. Beach
498-7785

—Bagels, sandwiches

Baker's Crust Bread Market

■ 330 W. 21st St., Norfolk
625-3600

■ 704 Hilltop North Shopping Ctr., Va. Beach
422-6703

www.bakerscrust.com

—Sandwiches, salads

Bangkok Garden Restaurant

■ 4000 Virginia Beach Blvd., Va. Beach
498-5009

■ 737 First Colonial, Ste. 307, Va. Beach
425-4909

■ 339 W. 21st St., Norfolk
622-5047

www.bangkok-garden.com

—Thai cuisine, including tofu dishes, vegan spring rolls

Bardo

430 W. 21st St., Norfolk
622-7362

—Tapas, vegan spring rolls, spinach dumplings, tempura fried veggies, mushroom-and-tofu rice wrap

Basil Ristorante

345 Granby St., Norfolk
622-6682

—Italian cuisine

Bobby's Americana

17 E. Queens Way, Hampton
727-0545

—Made-to-order vegetarian/vegan dishes, pastas, edamame, stir-fries

Bodega

442 Granby St., Norfolk
622-8527

—Spanish tapas

Brutti's Café and Bakery

467 Court St., Portsmouth
393-1923

www.bruttis.com

—European bistro, pasta

Burger King

Hampton Roads locations
www.burgerking.com

—Veggie burger

**Café Rosso**

123 W. 21st St., Norfolk
627-2078

www.caferosso.com

—Italian cuisine, vegan specials, soy cheese pizza

The Cake Suite

222 W. 21st St., Ste. D, Norfolk
533-5540

www.hrweddingguide.com/cakesuite

—Vegan cakes

California Pizza Kitchen

200 Central Park Ave., Va. Beach
456-2630

www.cpk.com

—Veggie pizza sandwiches, soups, bread, pasta, vegan dough

Charlie's Café

1800 Granby St., Norfolk
625-0824

—Veggie breakfast sausage, hash browns, veggie burgers

China Ocean

1355 Debree Ave., Norfolk
623-2270

—Chinese cuisine

Chocollage

201 College Pl., Norfolk
533-5335

—Soy milk for coffee drinks

Cogan's

1901 Colonial Ave., Norfolk
627-6428

—Veggie pizza

Colley Cantina

1316 Colley Ave., Norfolk
622-0033

www.colleycantina.com

—Grilled marinated portobello mushroom sandwich, vegetarian fajitas, burritos, taco salads, guacamole, chili

Cora

723 W. 21st St., Norfolk
625-6100

—Extensive vegan menu, Sunday brunch, vegan tofu scrambler, faux shrimp, faux tuna, faux chicken sandwich

Crackers

821 W. 21st St., Norfolk
640-0200

—Tapas

D.C. Chase's

328 W. 20th St., Norfolk
622-7779

—Nondairy cheese and sour cream, Boca and veggie burritos

Dog-N-Burger

2001 Manteo St., Norfolk
623-1667

—Veggie burgers, veggie pitas

Don Pablo's

1308 Greenbrier Pkwy., Chesapeake
549-2911

www.donpablos.com

—Mexican cuisine

Dragon City

2301 Colley Ave., Norfolk
664-7900

—Vegan specials including faux shrimp and other mock meat dishes available (take-out only)

Eaton Gogh

440 High St., Portsmouth
397-3752

—Veggie burger, veggie Reuben, wraps, soups, salads

El Azteca

- 1676 Laskin Rd., Va. Beach
437-1890
- 314 Constitution Dr., Va. Beach
473-1746
- 1522 E. Little Creek Rd., Norfolk
587-6016

—Potato burritos, bean tacos, mushroom quesadillas

Ellington's

2901 Atlantic Ave., Va. Beach
428-4585

—Blackened portobello sandwich, spicy black-bean burgers, pastas, salads

Elliot's Fair Grounds

806 Baldwin Ave., Norfolk
640-2899

—Organic, shade-grown, fair-trade coffee; soy milk; vegan desserts

Empire Little Bar Bistro

245 Granby St., Ste. A, Norfolk
626-3100

www.littlebarbistro.com
—Tapas

Enrico's Ristorante

4012 Colley Ave., Norfolk
423-2700

—Greek and Italian cuisine, including stuffed grape leaves

Ensenada's

2824 Virginia Beach Blvd., Va. Beach
631-1090

—Mexican cuisine

Fellini's

3910 Colley Ave., Norfolk
625-3000

—Italian cuisine

Freemason Abbey Restaurant

209 W. Freemason St., Norfolk
622-3966

www.freemasonabbey.com

—American cuisine (vegetarian menu upon request)

Freemason Inn

411 W. York St., Norfolk
963-7000

www.freemasoninn.com

—Bed & breakfast makes vegan food to order



Fresh Fare Café

700 19th St., Ste. 106, Va. Beach
491-5383

—Natural and vegetarian cuisine

Fusion 440

467 Dinwiddie St., Portsmouth
398-0888

www.fusion440.com

—Call ahead to order vegan

Good Fellas

13 E. Queens Way, Hampton
723-4979

www.goodfellas-va.com

—The "PETA veggie burger," salads, sandwiches, pasta

Good Fortune Chinese Restaurant

Willow Oaks Shopping Center, 225 D-1 Fox Hill Rd., Hampton

851-6888

—Veggie tofu dishes

Goody's Deli & Pub

11 E. Queens Way, Hampton
722-3662

—Veggie sandwiches

Gourmet Gang

482 E. Main St., Norfolk
640-1065

—Roasted veggie sandwiches, wraps, sauces, salads

G's Cake Shop

6505 Auburn Dr., Va. Beach
420-5374

—Vegan cakes

Harbor Park Baseball Stadium

150 Park Ave., Norfolk
622-2222

www.norfolktides.com

—Veggie burgers, veggie dogs

Health Food Center

1701 Colley Ave., Norfolk
625-6656

—Health-food store with vegan items

Heritage Natural Foods Deli

314 Laskin Rd., Va. Beach
428-0100

www.heritagestore.com

—Health food and vegetarian cuisine, veggie burgers, veggie wraps, pasta

Jenna's Café

2104 Pleasure House Rd., Norfolk
460-0973

—Veggie appetizers, salads, falafel, sandwiches, kebabs

The Jewish Mother

3108 Pacific Ave., Va. Beach
422-5430

www.jewishmother.com

—Veggie pitas, soups

Johnny Rockets

MacArthur Center (3rd floor food court),
300 Monticello Ave., Norfolk
622-7330

www.johnnyrockets.com

—Vegan Boca Burger

Kelly's Tavern

Hampton Roads locations

—American cuisine, veggie burgers

Kincaid's Fish Chop & Steak House

MacArthur Center, 300 Monticello Ave.,
Norfolk
622-8000

www.kincaids.com

—Vegan meals made to order, vegan specials

King's Chinese Restaurant & Sushi Bar at Waterside

333 Waterside Dr., Norfolk
624-6877

—Tofu dishes, faux meats

Kin's Wok

222 H-1 W. 21st St., Norfolk
623-2933

623-8025

—Chinese cuisine

Kosher Place

738 W. 22nd St., Norfolk
623-1770

www.kosherplacecafe.com

—Kosher American cuisine

Kotobuki

721 W. 21st St., Norfolk
628-1025

—Japanese cuisine, vegetarian sushi, vegan miso soup, several mock-meat items

La Galleria Ristorante

120 College Pl., Norfolk
623-3939

www.lagalleriaristorante.com

—Italian cuisine



Machismo Burrito

409 W. York St., Norfolk
624-2424

—Nondairy cheese and sour cream, Boca and veggie burritos

Marker 20

21 E. Queens Way, Hampton
726-9410

www.marker20.com

—Veggie burgers, fresh pesto pasta

Max and Erma's

MacArthur Center, 300 Monticello Ave., Norfolk
625-7771

www.maxandermas.com

—Pasta, veggie burgers

Medik's Market

1078 W. Mercury Blvd., Hampton
262-0711

—Organic and gourmet market deli, vegan items

Mi Hogar Mexican Restaurant

■ 4201 Granby St., Norfolk
640-7705

■ 471 N. Military Hwy., Norfolk
455-5509

—Mexican cuisine, including potato burritos, spinach enchiladas

Mo & O'Malley's

131 Granby St., Norfolk
623-3466

—Vegan black beans and rice, soups, veggie burgers

Moe's Southwest Grill

■ 237 S. Battlefield Blvd., Chesapeake
482-5400

■ 520 W. 21st St., Unit F, Norfolk
244-0977

www.moes.com

—Grilled tofu dishes

Natural Living Warehouse

1488 Sandbridge Rd., Va. Beach
721-5996

www.naturallivingwarehouse.com

—Wholesale organic foods

Nawab Indian Cuisine

■ 888 N. Military Hwy., Norfolk
455-8080

■ 756 First Colonial Rd., Va. Beach
491-8600

www.nawabonline.com

—Indian cuisine

No Frill Bar and Grill

806 Spotswood Ave., Norfolk
627-4262

www.nofrillgrill.com

—Veggie burgers

Olive Garden Italian Restaurant

Hampton Roads locations

www.olivegarden.com

Panera

■ 739 W. 21st St., Norfolk
623-9669

■ 737 First Colonial Rd., Va. Beach
417-7008

■ 1412 Greenbrier Pkwy., 125 A, Chesapeake
424-2600

www.panerabread.com

—Breads, sandwiches, soups, salads

Papa John's

Hampton Roads locations

www.papajohns.com

—Veggie pizza, vegan dough

Peking City

1264 Great Neck Village, Va. Beach
481-6578

—Extensive vegetarian menu

Peking Duck

5204 Fairfield Shopping Ctr., Va. Beach
495-9110

—Chinese cuisine

P.F. Chang's China Bistro

4551 Virginia Beach Blvd., Va. Beach
473-9028

www.pfchangs.com

—Vegetarian items; will substitute tofu for any meat item and vegetarian or spicy vegetarian sauce for any meat-based sauce

Phil's Grill

205 11th St., Va. Beach
491-6525

—American cuisine

Pizzeria Uno Chicago Bar and Grill

Hampton Roads locations

www.pizzeriauno.com

—Italian cuisine

**Plaza Azteca**

■ 1900 Monticello Ave., Norfolk
622-0151

■ 4292 Holland Rd., Va. Beach
431-8135

■ 4501 Haygood Rd., Va. Beach
363-7495

—Mexican cuisine

Port Arthur Restaurant

11137 Warwick Blvd., Newport News
599-6474

—Chinese cuisine

Prince Books and Coffeehouse

109 E. Main St., Norfolk
622-9223

www.prince-books.com

—Sandwiches, soy milk for coffee

Quenna's Raw & Vegan

1701 Colley Ave. (inside the Health Food Center), Norfolk

714-0326

—All-vegan menu, changes regularly

Rajput

■ 742 W. 21st St., Norfolk
625-4634

■ 9 E. Queens Way, Hampton
723-2377

www.rajputfoods.com

—Indian cuisine

Reginella's

4000 Virginia Beach Blvd., Va. Beach
498-9770

—Italian cuisine, including pizza, focaccia, create your own pasta

Rom Thai

7512 Granby St., Norfolk
480-7900

—Thai cuisine

Sapphire

716 21st St., Va. Beach
233-3983

—Sushi, tapas bar

Siam 21

742 W. 21st St., Norfolk
624-2455

www.siam21.com

—Thai cuisine, extensive vegan menu

Silver Diner

4401 Virginia Beach Blvd., Va. Beach
499-3600

—American cuisine, veggie chili, hummus, salads, kids' items

Starbucks Coffee

Most Hampton Roads locations

www.starbucks.com

—Drinks with soy milk

Swan Terrace

5641 Indian River Rd. (inside the Founders Inn), Va. Beach

366-5777

—Gourmet cuisine (vegan upon request)

Szechuan Garden and Kobe Hibachi Sushi Bar

2720 N. Mall Dr., Va. Beach
463-1680

—Tofu dishes

Szechuan in Ghent

1517 Colley Ave., Norfolk
625-1551

—Chinese cuisine

**Tap House Grill at Ghent**

931 W. 21st St., Norfolk
627-9172

—Nightly vegan specials, sandwiches, mashed potatoes, desserts

Taste Unlimited

Hampton Roads locations

www.tasteunlimited.com

—Sandwiches

The Ten Top

748 Shirley Ave., Norfolk
622-5422

—Vegetarian cuisine, including Thai noodles, veggie burgers, beans and rice

Terra Nova Natural Foods Café and Grocery Store

1805 Laskin Rd., Va. Beach
425-5383

—Natural and vegetarian cuisine

Thai Erawan

2900 Hampton Hwy., #Q, Yorktown
766-2748

—Thai cuisine, including vegetarian buffet, tofu dishes, vegan spring rolls

Todd Jurich's Bistro

150 W. Main St., Norfolk
622-3210

www.toddjurichsbistro.com

—Continental cuisine (expensive—advance notice required)

The Trellis

403 Duke of Gloucester St., Williamsburg
757-229-8610

www.thetrellis.com

—Daily vegan specials, entrées

21st Street Deli

222 W. 21st St., Norfolk
626-3232

—Vegetarian sandwiches and soup

219 Restaurant

219 Granby St., Norfolk
627-2896

—International cuisine, including Asian noodles with tofu, sweet-potato fries

Velvet 25

2502 Colley Ave., Norfolk
625-5525

www.velvet25.com

—Call ahead to order vegan

Veneziano

4024 Granby St., Norfolk
625-0363

—Italian cuisine

Verizon Wireless Virginia Beach Amphitheater

3550 Cellar Door Way, Va. Beach
368-3000

www.verizonwirelessamphitheater.com

—Veggie dogs

Vietnam Garden

2404 Virginia Beach Blvd., Va. Beach
631-8048

—Asian cuisine

Virginia Beach Sportsplex

2181 Landstown Rd., Va. Beach
430-9800

www.marinerssoccer.com

—Veggie burgers, veggie dogs

Virginia Garden

3640 Dam Neck Rd., Va. Beach
427-0378

—Organic groceries

Wild Monkey Gourmet Diner

1603 Colley Ave., Norfolk
627-6462

www.thewildmonkey.com

—Norfolk lo mein, black beans and rice

Yorgo's Bageldashery

2123 Colonial Ave., Norfolk
623-6609

—Bagels and wraps

PETA

1-888-VEG-FOOD
GoVeg.com

04/04 VEG15 PHOTO: JAMIE LAW

Veg Friendly Restaurants



IN HAMPTON ROADS