

# Minneapolis Vegan Dining Guide

Your curated guide to plant-based eating in the Twin Cities

2026 Edition

## By The Numbers

40+ restaurants · 15+ neighborhoods · 100% plant-based options · Updated weekly

## Brunch Favorites

### J. Selby's

100% Vegan

Cathedral Hill, Saint Paul · \$\$

The crown jewel of Twin Cities vegan dining. Famous for comfort food classics done entirely plant-based.

#### Try This:

The Crunchwrap — Vegan taco meat, "cheese," and all the fixings wrapped in a grilled tortilla. Legendary.

**Modern Times Cafe****Vegetarian**

Powderhorn, Minneapolis · \$

Cozy neighborhood cafe with creative brunch plates and strong coffee. Worker-owned cooperative vibes.

**Try This:**

Weekend brunch specials — They change weekly and always include stellar vegan options.

## Comfort Food Cravings

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**The Herbivorous Butcher****100% Vegan**

Northeast Minneapolis · \$\$

America's first vegan butcher shop. House-made meats and cheeses that have converted countless skeptics.

**Try This:**

Korean BBQ Ribs — Smoky, tender, and their most famous item. Also grab the Italian Sub for lunch.

## Global Flavors

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**Lulu EthioVegan****100% Vegan**

Elliot Park, Minneapolis · \$\$

Authentic Ethiopian cuisine, entirely vegan. Injera bread with flavorful stews you scoop by hand.

**Try This:**

The sampler platter — Try multiple stews (misir wot, gomen, shiro) on one big injera.

## Neighborhood Guide

Where to eat based on where you are:

### Northeast Minneapolis

The vegan epicenter. Home to Herbivorous Butcher and artsy cafes.

### Uptown / Lyn-Lake

Trendy spots, late night eats, and walkable restaurant hopping.

### Cathedral Hill (St. Paul)

J. Selby's territory. Worth the drive from Minneapolis.

### Seward / Longfellow

Co-ops, cafes, and a crunchy-granola vibe in the best way.

### Insider Tips

- Most restaurants mark vegan items with "V" or "VG" — but always double-check with your server
- Pizza Lucé offers Daiya cheese on any pizza at all locations
- Weekends at J. Selby's get busy — arrive before 10am or after 2pm
- The Herbivorous Butcher has a grab-and-go deli counter for quick lunches
- Join our newsletter at [mplsvegan.com](https://mplsvegan.com) for weekly updates on new spots

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