

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

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

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 for weekly updates on new spots

MPLS Vegan

mplsvegan.com

