

# A Vegan's Guide to Eating in Charlottesville

This list of vegan dining options was compiled by UVA students in the club, Veggies of Virginia. We hope it's helpful for finding enjoyable plant-based food on-Grounds and in the greater C'ville area. We'll keep it updated as additional information becomes available. Happy eating!

**Note for adding content:** We welcome additions to this ever-changing guide! If there's a vegan dish you'd like added, please contact [veggiesofvirginia@gmail.com](mailto:veggiesofvirginia@gmail.com) with your suggestions so that we can double check them. We add new food items alphabetically under their corresponding location. We also welcome ideas on your favorite dishes that can become vegan with easy modifications!

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## Vegan at UVA

[UVA's dining website](#) has menu information for its campus restaurants. If you click on "dining rooms," choose your location, and then "view menu," you can see which of today's dishes are vegetarian and vegan. Here's an example from Runk:

Tofu Pho

130 Calories

Vietnamese noodle soup with tofu, bean sprouts, green onions, jalapenos, cilantro, basil and lime



### Other UVA eating spots

- Argo Tea
  - Chocolate cookies
  - Oatmeal raisin cookies
  - Lemon poppy muffins

- Matcha green tea muffins
  - All the salads
  - Flax bars
  - Nato de coco (boba tea bubbles)
  - Soy/almond/coconut milk (at no additional charge!)
- Crossroads
  - Soy and rice milk
  - Divvies cookies/brownies (although they have palm oil :- ( )
  - Veggie, tofu burritos
  - All the vegan junk food you could desire ~ oreos, chips, candy (sour patch/swedish fish)
  - Clif bars
  - Naked juices/etc
  - Veggie burger
  - Non-Dairy Ben & Jerry's ice cream
  - Non-Dairy Silk Yogurt
  - Veggie sushi
- [Einstein Bros. Bagels](#)
  - Non-cheese/honey/sourdough?
  - Toppings: Hummus, Peanut butter, PB&J
  - Strawberry Banana (highly recommend) or Mixed Berry smoothie
  - Hot tea, Iced tea, Fountain drink
  - Sandwiches: Hummus Veg Out (no shmear)
  - Coffee- ask for soymilk! \*not sure about flavorings
- [Greenberry's](#)
  - Soy Milk substitution
  - Clif Bars
  - Fruit
  - Sushi
  - Naked Juices
- [In the Nood](#)
  - Veggie sushi rolls
  - Tofu pad thai without the egg
  - Veggie potstickers
- Poolside Cafe (in the AFC)
  - Clif bars
  - Naked juices
- [Rising Roll Cafe](#)
  - Asparagus and Basil Vegan Wrap
  - Hummus veggie wrap
  - Vegan salad
  - Fruit cups
  - Soy milk substitution

- Subway
  - Italian bread
  - Veggies
  - Guacamole
  - Sweet onion sauce
  - Yellow mustard
  - Deli brown mustard
  - Oil
  - Vinegar (not vinegarette)
  - Fat-free Italian dressing
- Starbucks in Nau
  - Soy, coconut, almond milk
  - Anything mocha (a soy mocha frappuccino might just change your life) +1
- West Range Cafe
  - Vegan burger
  - Veggies wrap
  - French fries

## Vegan at the Corner

- 1515 (Crumbs on the Corner)
  - Vegan cookie
  - Tea
- Arch's
  - They generally have a few dairy-free flavors that change daily
- Armando's
  -
- [Basil Mediterranean Bistro](#)
  - Dinner
    - Hummus
    - Tabbouleh
    - Falafel with no tstatzki
    - Custom salad
    - Demeter goddess of the harvest panini
    - Falafel laffa
    - Veruda fresca laffa, no tzatziki
    - Falafel skewer
    - Linguini al paesano, no sausage
  - Brunch
    - Falafel Slider, no french fries
    - Zuppa de lenticchie
    - Sauteed spinach

- [Bodo's](#)
  - All bagels except wheat bagels (contains honey)
  - Main ingredients: Tofu, avocado, hummus, kalamata, peanut butter, strawberry preserves, cinnamon sugar
  - Salads and sides: tabouli, potato salad, corn salad
  - Vegan soups rotated (always labeled)
  - Condiments: Mustard, kalamata olive spread, hummus, horseradish, avocado
  - *\*Note that the No Bull lentil patties contain egg\**
- [Boylan Heights](#)
  - Vegan Burger
- Christian's Pizza
  - The pizza dough is vegan, so you can order a pizza without cheese and load up on vegetables
- [Corner Juice](#)
  - The California Sandwich (Incredibly good!!)
  - Avocado Toast
  - Almond Butter & Banana Toast (ask to leave off honey)
  - All powerballs
    - Coffee Almond, Cacao Matcha, Coconut Date
  - Overnight Oats
  - Chia Seed Pudding
  - All bowls (ask for no honey)
    - Captain Bowl, House Acai Bowl, and Green Bowl
  - Smoothies
    - Captain Smoothie
    - Dank Sinatra Smoothie
    - Corner Colada Smoothie
    - PSW Smoothie
    - Crocodile Pear Smoothie (ask for no honey)
    - Blue Ridge Berry
  - Cold Pressed Juices
  - Nut Milks
- Coupe's (emailed by Gabi)
- [Crozet Pizza at Buddhist Biker Bar](#)
  - Meatless Mondays: 25% off vegetarian items (get a pizza without cheese)
  - Wednesdays from 5-10pm bottomless soup and salad for \$10
- Crumbs on the Corner
- Ginkgo Chinese Restaurant
- Fig Bistro (Riley will contact)
- Grit Coffee
- [Got Dumplings](#)
  - Tofu Dumplings
  - Edamame

- Peanut noodles
  - Most flavored bubble teas
  - All slushes
- Heirloom Rooftop
- [Juice Laundry](#)
  - (100% organic, vegan, GF restaurant) \$\$
  - Literally everything (YAS! JUICE LAUNDRY IS LIFE)
  - They don't just have juice, they have chili with cashew milk sour cream, soup, oats and quinoa bowls, chia seed pudding, energy bars, smoothies... so much wonderfulness. Their Brazilian Mint nut milk tastes like a Yorkshire Peppermint Patty.
  - Their coffee is fair trade
- Kuma Sushi and Noodles
- [Lemongrass](#)
  - Thai crispy rolls
  - Tofu triangles
  - Thai fried rice, spicy fried rice with basil, pineapple fried rice (order with no egg)
  - Pad See Ew, Drunken Noodles
  - Green Curry, Mango curry
- [Little Johns](#)
  - They don't have anything specifically vegan, but salads can be customized to be vegan
  - The person I spoke with believes that all of their bread contains dairy
- Marco and Luca
- [Mellow Mushroom](#)
  - Their hummus with veggies (the pita is not vegan)
  - Pretzels, without butter and parmesan
  - Pizza crust without butter and parmesan
  - Daiya cheese and tofu toppings are available
- [Michael's Bistro and Taphouse](#)
- Pigeon Hole
  - Spinach salad ask for no cheese
  - Tempeh melt ask for no cheese (NOT ON MENU AS OF 11/06)
  - Tempeh chili (NOT ON MENU AS OF 11/06)
  - Avocado toast no goat cheese or egg (or get side of avocado and side of toast for \$5 instead of \$9)
- [Poke Sushi Bowl](#)
- Qdoba
  - Burritos, Tacos, and Salad Bowls can all be made vegan with these ingredients: corn or flour tortillas, black or pinto beans, brown or cilantro-lime rice, fajita vegetables, grilled vegetables, potatoes, guacamole, and most salsas (gonna look into salsa)
  - Tortilla Soup

- [Red Eye Cookie](#)
  - ~~Maple Apple Walnut Cookie~~
- [Revolutionary Soup](#)
  - Spicy Senegalese Peanut Tofu Soup
  - Classic Miso
  - House Salad
  - Black Bean & Sandwich Wrap
  - Local Spice Grilled Tofu Wrap (Vegan Option: wrap instead of sandwich because the bread/roll are not vegan)
  - Side of Rice
  - Vegan Cookie Options
- [Roots Natural Kitchen](#)
  - BBQ tofu (miso tofu has honey)
  - *Most veggies* (pickled onions have honey...others may, too)
  - Rice
  - Beans
  - Olive oil and lemon/lime and lemon zataar are vegan
  - Cilantro Lime, Lemon Tahini, Basil Balsamic, Roasted Red Pepper, and Ginger Soy contain honey, as do the carrots and pickled onions
  - All other veggies/beans/rice are vegan
- Shenandoah Joe
  - Soy milk
  - Almond milk
  - Peas
  - beans
- Starbucks
  - Soy/almond/coconut milk substitution
  - Various packaged vegan treats (seems to change with availability)
- Take It Away Sandwich Shop (emailed by Riley)
- [The Biltmore](#)
  - Veggie wrap, ask for no feta
  - Supreme crusties, ask for no cheese
  - Salads
  - Roasted red pepper hummus
- [The Virginian](#)
  - Hummus plate, ask for no parmesan
  - Custom salad
  - Blt no bacon or mayo
  - Veggie wrap no cheese
- [The College Inn](#)
  - Veggie burger
  - Eggplant dinner
- [Trinity Irish Pub](#)

- Salad
  - Black bean burger
- White Spot

## Vegan at the Downtown Mall

- [Iron Paffles & Coffee](#)
  - Vegan waffle option you can sub
  - An amazing tofu scramble waffle
  - Adult PBJ!
- [Twisted Branch Tea Bazaar](#)
  - 414 E Main St. Charlottesville, VA 22902
  - Vegan options are labelled
  - Vegan spice cake <3
  - Hummus Platter
  - Dahl and Rice
  - Falafel Pita
  - The Zen Wrap
  - Lentil Soup
- The Nook
  - Really good homemade veg burger
- [The Spot](#)
  - Everything here is awesome and vegan (except the fish sauce)
- [Citizen Burger](#)
  - No-bull burger and beet burger (warning: beet burger is not fantastic if you don't love beets)
  - Great sweet potato fries
  - Onion rings and fried pickles (comes with a non-vegan dipping sauce so you can sub or take off)
- [Revolutionary Soup](#)
  - Their vegan options are labeled
  - Miso soup, Spicy Senegalese Peanut Tofu, Thai Wrap, Black Bean & Spinach Wrap, Grilled Tofu Sandwich (you have to request honey-free bread), steamed brown rice, house salad
- [The Flat: Takeaway Creperie](#)

- Crepes!!!! You need to specifically request the vegan batter.
  - Epic Veg crepe, custom crepes (local tofu, spinach, onions, peppers, avocado, apple, strawberry, banana), dark chocolate crepes
- Taste of India
  - Such flavorful and AMAZING FOOD -- the numerous vegan options are labeled!
- Bizou
  - Menu changes frequently but they usually have at least one vegan entree (it's usually amazing and vegetable heavy)
- Violet Crown
  - Fries
  - hummus and pita/veg
  - avocado spring rolls
  - tofu lettuce wraps
  - Brussels sprouts
  - house made grain burger
  - two different hot dog options
  - green salad
  - Thai noodle salad
- [Bluegrass Grill](#)
  - Great Tofu Scramble
  - Breakfast potatoes
  - No vegan bread so ask for fruit instead
  - Now serving vegan pancakes so look out for those!!
- [Cinema Taco](#)
  - Most of the options can be made to your exact specifications (similar style to ordering at Chipotle)
  - Veggie tacos and burritos, roasted sweet potato option and roasted veggie option
  - Cilantro lime rice
  - Black and Pinto beans available
  - Vegan topping options include jalapeños, lettuce, guacamole, salsa
- Feast!
  - For catering:
    - They can make the Crudite Platter vegan by only having vegan sauces (vegan sauces include classic hummus, herb hummus, kimchi, and tapenade)
    - They can do vegan kale and quinoa cakes, sweet potato and kimchi rice cakes, green bean potato salad, roasted broccoli & shallots
    - They can make the fruit platter vegan by not serving it with the yogurt honey sauce, or just order the fruit salad
  - Energy balls (dates, pumpkin seeds, peanuts, coconut, and cocoa powder)
  - Marinated lentil salad



# Vegan at Barracks

- Ben & Jerry's
  - Lots of non-dairy icecreams!
  - More options in pint sizes rather than scoops
- Brix Pizza
  - Vegan cheese and crust available
- [Cava](#)
  - Bases: salad, grain bowl, greens + grains
  - Extras: pita, mini pitas, mini + soup, pita chips, hummus, side pita, roasted tomato soup w/ harissa
  - Dips/spreads: hummus, harissa, roasted red pepper hummus
  - Proteins: falafel, roasted seasonal vegetables
  - Toppings: ALL EXCEPT the crumbled feta
  - Dressings: Greek vinaigrette, lemon herb tahini, green harissa, date vinaigrette
- Chipotle - Barracks
  - Sofritas tofu burritos, burrito bowls, tacos, and salads. One burrito is two meals-- good value
  - To get the most food for your money, get your burrito double-wrapped with both types of beans, both types of rice, stir fried veggies, corn, and salsa-- if you're getting a tofu burrito, they don't charge you extra for any of that
- Chopt
  - Salads
- Hot Cakes
  - They have soymilk so you can make vegan coffee and tea drinks.
  - Fruit salad
  - Sesame-chili broccolini
  - Roasted winter vegetables
  - Roasted broccoli
  - Herbed potato salad
  - Sesame noodles
  - Sesame seaweed salad
  - Warning: NONE of the pastries or desserts are vegan.
- Panera Bread
  - Current vegan selections website:  
<https://www.panerabread.com/en-us/articles/eating-vegan.html>
  - Vegan Lentil Quinoa Bowl (baguette they serve on the side is vegan)
  - Green Goddess Smoothie
- [Taco Bell](#) - Emmet St. near Barracks
  - Anything can be made vegan by asking for "fresco style" (replaces all dairy with pico de gallo" and to sub beef for beans (refried or black beans)

- Tara Thai
- Zoe's Kitchen - Barracks
  - Lentil soup

## Vegan at other areas in C'ville

- Fry's Spring Station
  - Any pizza without cheese or meat (the dough is vegan & their pizzas are amazing!!!). They have a variety of nice veggie toppings to choose from including arugula, tomato, red onion, mushrooms, olives, beets, fennel, and jalapeno.
  - French fries
  - Salads without any meat or cheese.
- [Guadalajara](#)
  - Flour tortillas
  - Chips and salsa
  - Pico de gallo
  - Rice
  - French fries
  - The spinach quesadilla is vegan!
  - You can also order lettuce and tomato as a side dish :)
- [Orzo](#)
  - Their menu changes seasonally but a vegan menu is available online and at the restaurant upon request
    - They always have Vegan apps and entrees
    - Current vegan menu as well as their gluten-free menu, look halfway down the page: <http://orzokitchen.com/menus/>
- [Ming Dynasty](#)
  - Everything on the 2-page-long vegetarian menu is labeled vegetarian but you have to ask about egg. Everything I've ever gotten has no egg but you might have to ask anyway since it isn't labeled.
- [Mezeh](#) (Stonefield)
  - Same bowl concept as Roots, but Mediterranean--you can get falafel as your protein and then add various beans, grains, greens, and vegetables, which are all made in-house and spiced perfectly. Great deal and a TON of food--at least two meals worth in a bowl
  - Their pita bread has milk in it
- Papa John's Pizza (takes Plus Dollars!)
  - Order a pizza without cheese-- add all sorts of veggies, roma tomatoes, pineapple, etc. Get breadsticks. Their marinara and garlic butter dipping sauces are vegan
- Red Robin (in Fashion Square Mall)

- Vegan boca burgers
  - Fries and sweet potato fries
- [Sticks Kebab Shop](#)
  - Flatbread wraps, kabobs, salads, hummus (amazing), falafel, tabbouleh, roasted eggplant salad, chilled sesame green beans, and much more
- [The Juice Laundry](#) - Preston Ave. (100% organic, vegan, GF restaurant) \$\$
  - Literally everything (YAS! JUICE LAUNDRY IS LIFE)
  - They don't just have juice, they have chili with cashew milk sour cream, soup, oats and quinoa bowls, chia seed pudding, energy bars, smoothies... so much wonderfulness. Their Brazilian Mint nut milk tastes like a Yorkshire Peppermint Patty.
  - Their coffee is fair trade
- Kardinal Hall
  - Flatbread is vegan, ask for it without cheese (it might be a seasonal, rotating menu item)
  - vegan quinoa and white bean burger
  - Their sweet potato and Brussels sprout salad can be made vegan by replacing the bacon vinaigrette with lemon vinaigrette
  - Warning: their pretzels and pesto are NOT vegan
- Tavola
  - Bread and olive oil, green salad, spicy pepper marinara pasta (they can sub the homemade pasta for regular eggless pasta), roasted fennel, potato cake, gelato (dependent on what the weekly flavor is)

## Vegan at Grocery Stores

- Harris Teeter - Barracks
- Integral Yoga - Preston Ave.
  - Does not sell meat and has a zero-waste friendly bulk section where you use your own containers
  - Cheapest nutritional yeast you're going to find!
  - Can get Twin Oaks Tofu in bulk in your own container
  - Blue Ridge Bucha on tap
- Kroger - Barracks
  - Health refrigerated aisle on the left side of the store has great options
- Trader Joe's - Stonefield
  - Vegan marshmallows
  - Lots of good frozen meals
  - Vegan ice creams
  - 1 lb. bars chocolate for \$5 and chocolate chips
- Wegmans

- Ask the customer service desk for coupons! You can usually get a \$5 off a \$25 purchase, along with other coupons
- Large bags of vegan dumplings (\$8-11)
- Cheapest place to buy non-dairy Ben & Jerry's (~\$4.50)
- Wide array of non-dairy products (So Delicious, Silk, etc.)
- Big selection of tofu, veggie burgers and dogs, etc.
- Large boxes of Clif Bars and Luna Bars etc.
- Whole Foods - Hydraulic Road
  - 2 large pizzas for \$24 deal is amazing
    - Vegan cheese available or no cheese
    - Crust is vegan
    - 4 toppings included
    - Can call ahead - pick-up only
  - Blue Ridge Bucha on tap