

# Cambridge, Guelph, Kitchener, Waterloo & Area

Restaurants & Cafés, Bakeries, Catering & Delivery, Farmers' Markets, Health Stores & More

#### Restaurants and Cafés Vegan

#### **Boon Burger Café**

23 Quebec St, Guelph boonburger.ca

#### Cadence

88 Yarmouth St, Guelph plantbasedwholefood.ca

#### Copper Branch

80 King St S, Waterloo copperbranch.ca

#### Fresh Ground

256 King St E, Kitchener www.theworkingcentre.org

#### Rawlicious

718 Belmont Ave W, Kitchener rawlicious.ca

#### The Plant Society

37 Mill St E, Acton theplantsociety.ca

#### **VEDGE Smoothie Café**

22 Metcalfe St, Elora vedgesmoothiecafe.com

#### Vegetarian w/ Vegan Options

#### Cafe Pyrus

16 Charles St W, Kitchener www.cafepyrus.com

#### Jane Bond Café

5 Princess St W, Waterloo www.janebond.ca

#### Queen Street Commons

43 Queen St South, Kitchener www.theworkingcentre.org/queen-streetcommons-cafe/170

#### The Cornerstone

1 Wyndham St W, Guelph www.facebook.com/thecornerstoneguelph

#### The Healthy Owl Bakery Café

620 Davenport Rd Unit 15, Waterloo thehealthyowl.ca

#### Zen Gardens - Guelph

104 Surrey St E, Guelph www.facebook.com/zengardnesguelph

#### **Vegan Menu Options**

#### ALMADINA Woodstone Oven & Grill

330-2 The Boardwalk, Waterloo almadinacuisine.com

#### Aroma Café

33 Erb Street W, Waterloo facebook.com/aromacafewaterloo

#### **Bangkok Cuisine**

1500 Weber St. E, Kitchener bkcuisine.ca

#### **Beertown Public House**

561 Hespeler Rd Unit 1A, Cambridge 75 King St S Unit 37 Waterloo Town Square, Waterloo www.beertown.ca

#### Classic Indian Restaurant

150 Wissler Rd #4, Waterloo www.classicindiancuisine.com

#### Crafty Ramen

17 Macdonell St, Guelph craftyramen.com

#### Desert Rose Café

130 Metcalfe St, Elora www.thedesertrosecafe.com

#### **Diwa Classic Indian Cuisine**

336 Speedvale Ave W, Guelph www.diwaindiancuisine.com

#### East African Café

50 Ontario St S, Kitchener www.eastafricancafe.com

#### **EVO Kitchen**

31 Water Street, Cambridge www.evokitchen.com

#### Famoso Neapolitan Pizzeria

15 King St S Waterloo Town Square, Waterloo famoso.ca

#### Fork and Cork Grill

1458 Weber St E, Kitchener www.forkandcorkgrill.com

#### Frat Burger

247 King Street N, Waterloo www.fratburger.ca

#### Kirtida

265 Eramosa Road #3, Guelph kirtidakitchen.weebly.com

#### Lou Dawg's

80 King Street S, Waterloo www.loudawgs.com

#### **Marbles Restaurant**

8 William Street E, Waterloo marblesuptown.com

#### MELTwich

255 King St N, Waterloo meltwich.ca/waterloo

#### My Thai

51 King St N, Waterloo 44 Grand Ave, Cambridge 80 Macdonell St, Guelph www.mythai.ca

#### Na-Ha-Thai's Kitchen

471 York Rd, Guelph www.nahathaikitchen.weebly.com

#### Panago Pizza

668 Erb Street W #9, Waterloo panago.com

#### Pita Pit

589 Fairway Rd S, Kitchener www.pitapit.ca

#### Pizza Nova

150 University Ave W, Waterloo pizzanova.com

#### PURE Juice Bar + Kitchen

305 King St W Unit 101, Kitchener 191 King St S #105, Waterloo 451 Phillip Street, Waterloo www.purejbk.com

#### Quesada

100 Jamieson Pkwy, Cambridge www.quesada.ca

#### Quick Chicken Pickup

35 Macdonell St, Guelph quickchickenpickup.com

#### **Rustic Slice**

1606 Battler Rd, Kitchener rusticslice.ca

#### Sip Club

91 Wyndham St N, Guelph www.sipclub.ca

#### Stillwaters Plate and Pour

61 Grand River St N, Paris stillwatersplateandpour.ca

#### The Boathouse

116 Gordon St, Guelph theboathouseguelph.ca

#### The Busy Locavore

4293 King St E, Kitchener www.thebusylocavore.ca

#### The Chopped Leaf

235 The Boardwalk Unit 8, Kitchener 36 Northfield Dr E 10, Waterloo www.choppedleaf.ca

#### The Guanaquita Restaurant

273 King St W, Kitchener www.theguanaquitarestaurant.com

#### The Lost & Found Café

45 W Mill St Unit 3, Elora thelostandfoundcafe.com

#### The Yeti Café

14 Eby St N, Kitchener www.theyeticafe.com

#### White Rabbit

47 King St N, Waterloo www.whiterabbitwaterloo.com

### Fast Food Chains with Vegan Options

#### A&W

289 Highway 401 E, Cambridge

180 Holiday Inn Drive, Cambridge 580 Hespeler Rd, Cambridge 200 Franklin Blvd Cambridge South Shopping Centre, Cambridge 355 Hespeler Rd Cambridge Centre Mall, Cambridge 843 Tower Street S, Fergus 435 Stone Rd Stone Road Mall, Guelph 20 Wellington Street E, Guelph 443 Highland Road W, Kitchener 933 Victoria Street N. Kitchener 270 Bleams Road, Kitchener 2960 Kingsway Drive Fairview Mall, Kitchener 4195 King St. W, Kitchener 292 Brock Road S. Puslinch 550 King Street N Conestoga Mall, Waterloo 315 Lincoln Road, Waterloo 656 Erb Street W, Waterloo 330 Farmer's Market Road, Waterloo web.aw.ca

#### freshii

89 Gordon St Unit C2, Guelph 4391 King St E, Kitchener 10 Manitou, Kitchener 646 Erb St, Waterloo 255 King St N, Waterloo 584 Weber St N Unit 4, Waterloo freshii.com

#### Harvey's

600 Hespeler Road, Cambridge 101 Dundas St. S, Cambridge 315 Arthur Street S, Elmira 12 Gordon St, Guelph 99 Clair Road E, Guelph 80 Westmount Rd. W, Kitchener 1157 Victoria St.N, Kitchener 235 Ira Needles Blvd, Kitchener 1111 Westmount Rd. E, Kitchener 560 Fairway Rd. S, Kitchener 4355 King St. E, Kitchener 170 University Ave W #10, Waterloo 75 University Ave. W Fred Nichols Campus Centre, Waterloo 410 King St. N, Waterloo www.harveys.ca

#### Pizza Pizza

368 Queen Street W, Cambridge 561 Hespeler Road, Cambridge 200 Franklin Blvd Unit 35, Cambridge 71 Willow Road, Guelph 380 Eramosa Road Unit 4, Guelph 185 King Street W, Kitchener 875 Highland Road W, Kitchener 1020 Ottawa Street N, Kitchener 123 Pioneer Drive Unit 6A, Kitchener 247 King Street North Unit 3, Waterloo 496 Albert Street, Waterloo 450 Erb St. W, Waterloo www.pizzapizza.ca

#### The Works Gourmet Burger Bistro

92 King St S, Waterloo 589 Fairway Rd S, Kitchener 97 Wyndham St N, Guelph worksburger.com

#### **Bakeries**

#### Ce Food Experience

136 Moore Ave S, Waterloo www.cefoodexperience.ca

#### Golden Hearth Bakery

343 King St E, Kitchener www.goldenhearth.ca

#### **Grainharvest Circle of Life Bakery**

3-200 Lorraine Ave, Kitchener 105 Lexington Rd #3, Waterloo www.grainharvest.ca

#### Portions

340 Woodlawn Rd W Unit 4, Guelph portionscanada.com

#### Red Eye Cafe & Donuts

600 Hespeler Road Unit 76, Cambridge redeyecafe.ca

#### Sticks and Scones

62 Balsam St, Waterloo sticksandsconescakes.com

#### **Unity Baking**

1 Water Street N, Cambridge www.unitybaking.com

#### **Vege-Hut Natural Bakery**

355 Elmira Rd N, Guelph vegehut.com

#### With The Grain

295 Woolwich Street, Guelph www.withthegrain.ca

#### **Catering/Delivery**

#### Fairly Frosted Vegan Cupcakery

Guelph www.fairlyfrosted.com

#### Food Naturally

Waterloo foodnaturally.ca

#### **Green Goddess**

Guelph greengoddessguelph.ca

#### **Hungry Ninja**

Cambridge, Guelph & Waterloo www.hungryninja.ca

#### Magnolia Fine Foods & Catering

Guelph

www.magnoliacatering.ca

#### Homefield Organic Food Co.

Guelph

www.homefieldorganics.com

#### **Farmers' Markets**

#### **Bailey's Local Foods**

16 William St W, Waterloo www.baileyslocalfoods.ca

#### Cambridge Farmers' Market

40 Dickson St, Cambridge www.cambridgefarmersmarket.ca

#### **Guelph Farmers' Market**

4 Gordon St, Guelph www.guelphfarmersmarket.ca

#### Herrle's Country Farm Market

1243 Erbs Rd, St Agatha herrles.com

#### Kitchener Farmers' Market

300 King St E, Kitchener www.kitchenermarket.ca

#### St. Jacobs Farmers' Market & Flea Market

878 Weber St N, Woolwich stjacobs.com

#### The Sustainable Market

275 Erb St E, Waterloo www.sustainablemarket.ca

#### **Health Stores**

#### Chelsea Market

710 Belmont Ave W, Kitchener www.chelseamarket.ca

#### Fair/Square

Online Store fair-square.ca

#### **Fiddleheads**

480 Hespeler Rd, Cambridge 245 The Boardwalk #5, Waterloo 75 Bridgeport Rd E, Waterloo 25 Bruce St, Kitchener 450 Columbia St W, Waterloo 438 Highland Rd W, Kitchener www.fiddleheadshealth.com

#### **Full Circle Foods**

3 Charles St W, Kitchener fullcirclefoods.ca

#### Goodness Me

36 Wellington St W, Guelph 668 Erb St W, Waterloo www.goodnessme.ca

#### Greenbrook Pharmacy and Health Foods

421 Greenbrook Dr, Kitchener www.greenrx.ca

#### Healthoholics

120 Ottawa St N Unit 123, Kitchener healthoholics.com

#### **Holistic Nurition Nature's Apotheke**

191 King St S, Waterloo www.naturesapotheke.com

#### Legacy Greens

18 Ontario St N, Kitchener legacygreensonline.com

#### Nature's Pharm

105 Lexington Rd Unit 7, Waterloo natpharm.com

#### New Age Health Food Store

122 Wyndham St N, Guelph www.newagehealthfood.com

#### Pfenning's Organic Farm

1760 Erb's Rd, St Agatha www.pfenningsorganic.ca

#### Stone Store Natural Foods

14 Commercial St, Guelph stonestore.ca

#### The Garden Stand

90 Wilmot StUnit B, New Hamburg www.chefbrenner.ca/the-garden-stand

#### Zero Waste Bulk

110 King St S, Waterloo www.zerowastebulk.com

#### **Cooking Classes**

#### Relish Cooking Studio

70 Victoria St. N Unit B, Kitchener www.relishcookingstudio.com

#### The Culinary Studio

740 Belmont Ave W, Kitchener www.theculinarystudio.ca

#### Other

#### Anna Tolazzi Artisan Chocolate

300 King St E, Kitchener annatolazzi.com

#### Four All Ice Cream

141 Whitney Place Unit 105, Kitchener fourall.ca

#### Goodvibes Juice Co

115 King St S, Waterloo goodvibesjuice.com

#### **Mad Dog Donuts**

1027 Gordon St, Guelph facebook.com/maddogdonuts

#### No Udder - Ice Cream

20 Ainslie Street N, Cambridge nouddercambridge.wixsite.com/mysite

#### ReFresh Juice Co

33 Quebec St, Guelph www.refreshjuiceco.com

#### The Blended Bowl

300 King St E, Kitchener www.theblendedbowl.com

#### Choose vegan options at the grocery store



#### CHEESE Daiya, Earth Island, Toffuti, Vegan Gourmet, Embrog

- Cheddar - Mozzarella
- Parmesan





- EGGS Earth Island, Bob's Red Mill
- Egg Replacer
- Chai Seed
- Flax Seed - Mung Beans



#### RUTTER Earth Balance, Becel Vegan

- Coconut Spread
- Olive Oil Spread
- Sunflower Seed Spread



#### CHICKEN

- Yves, Gardein, Lightlife



#### - Schnitzels

- Nuggets
- Slices - Strips
- Patties



#### **ICE CREAM** So Delicious, Coconut Bliss, Ben & Jerry's, Breyer's, Häagen-Dazs

- Almond Based
- Cashew Based
- Coconut Based



#### Silk, Blue Diamond, Oatly, Pacific, So Delicious, Dream - Soy Milk - Almond Milk

MILK

- Coconut Milk



#### **SWEETS**

Oreo Cookies, Sour Patch Kids, Larabar, **Fuzzy Peaches** 

- Chips
- Chocolate
- Candy





#### HONEY

- Soy Based

- Maple Syrup

- Almond Based

- Rice Malt Syrup - Agave Nectar
- Coconut Nectar
- Molasses



#### MEAT

Beyond Meat, Sol Cuisine, Tofurky, Field Roast, Yves

- Sausages & Hot Dogs
- Meatballs
- Patties

#### Ask about vegan options at international restaurants





## Check out these groups on Facebook for more information and upcoming events:

KW Vegan Society

Guelph Vegan Society

Guelph Vegan Socials

Kitchener-Waterloo Climate Save

Guelph Cow Save

Vegetarians & Vegans in Guelph, Ontario, Canada

Friendly Vegetarians & Vegans KW

KW Animal Save

Cambridge Ontario Vegan Group

Vegan Anxiety Support Group KW

KW AR Activist Society

KW Vegan Food Exchange

#### **HAPPY COW**



HappyCow is an online service that lists sources of vegan, vegetarian and healthy food. Access is free to users, who can also provide content. From the original restaurant listings and reviews, HappyCow has expanded to feature information on recipes, travel, health, and other topics.

#### CRUELTY-CUTTER



Cruelty-Cutter is cruelty-free shopping made simple! Cast away any doubts when purchasing items by using Cruelty-Cutter to scan an item and have an immediate response about its animal testing status

#### BARNIVORE



It might seem weird at first, but your favourite drink might have more than just alcohol in it. Brewmasters, winemakers, and distillers may include animal ingredients in their products directly, or

they might use them in the processing and filtration. The Barnivore Vegan Alcohol Directory is here to help. These ingredients don't usually show up on the label, so the only way to find out is to ask.

#### VEGGUIDE

Please visit <u>cgkwvegguide.com</u> or email <u>cgkwvegguide@gmail.com</u> to submit additions and corrections or to request VegGuide copies.

