

<b>VEG EATS VICTORIA</b>	<b>VEGAN &amp; VEGETARIAN EATERIES IN VICTORIA</b>	<b>182 eateries</b>
	<a href="http://www.vegeatsVIC.com">www.vegeatsVIC.com</a> - any questions or feedback, email Dale Kerr at <a href="mailto:vegeatsVIC@gmail.com">vegeatsVIC@gmail.com</a>	47 fully vegan
	Except where specified, businesses are open 7 days (check legend below). Use this list as a mere guide, consult individual businesses for current details. Please share this list with friends + family.	63 new in 2015/16

**LEGEND:** ①: fully vegan / CM: vegan food, cow's milk / 🌳: open Dec 25 / **Discounts:** #ALV-Animal Lib Vic #VV-VegVic (yes you are) xMo: closed Monday / **Delivery:** #HD-home #DR-Deliveroo #EN-EatNow #FD-Foodora #ML-MenuLog #UE-UberEATS

### \*\*\* INNER SUBURBS MELBOURNE \*\*\*

① = fully vegan

\* 21 vegan \*

\* 81 vegetarian \*

#### MELBOURNE CBD

① #ML The Carlton Club xMo	Oct '16	193 Bourke St	(to book: <a href="http://thecarlton.com.au">thecarlton.com.au</a> or 03 9663 3246)
Om Vegetarian (Indian) \$6.50 all you can eat	2012	4/227 Collins St	Wales Arcade
Om Vegetarian (Indian) \$6.50 all you can eat xSaSu	Sep '15	546 Collins St	McPhersons Building
Om Vegetarian (Indian) \$6.50 all you can eat	2010	28 Elizabeth St	RGIT Building, Level 1
#VV Lord of the Fries 🌳	2007	Flinders St Station	St Kilda Rd
#VV Lord of the Fries	Oct '16	Flinders St Station 2	cnr Elizabeth St
① RMIT Realfoods Café (Food Court) xSaSu	2010	124 La Trobe St	Building 8, Level 4
Divine Realm Vegie Delight xSaSu	2013	10/422 Lt Collins St	near Queen St
① #ALV Supercharger Wholefood xSu	Aug '16	Lonsdale St	QV Melbourne, Level 1
① #ALV Supercharger Wholefood	Aug '14	Lonsdale St	Emporium, Level 3
Fo Guang Yuan Water Drop Tea House (Buddhist) xSaSu	2001	141 Queen St	near Bourke St
#DR #VV Lord of the Fries	Aug '14	Southern Cross Station	Level 1
CM Raw Trader	Jul '14	10 Sutherland St	off Lt Lonsdale St
#DR #VV Lord of the Fries	2012	55	cnr Flinders Ln
Om Veg Cafe (Indian) \$6.50 all you can eat	Jun '14	113	Capitol Arcade
#VV Crossways Food for Life (Krishna) xSu	1980	123	1st Floor
#FD #VV Gopal's Pure Vegetarian (Krishna) xSu	1980	139	1st Floor
① Gong Dē Lin (Chinese)	2013	264	Level 3
#DR #VV Lord of the Fries	2009	367	Melbourne Central
#VV Invita Living Food xMo	2003	76 Therry St	Queen Vic Market

**Swanston  
Street**



# VeganEasy.org

Kickstart a kinder, greener life with the free **VeganEasy.org 30 Day Challenge**

#### ABBOTSFORD

Admiral Cheng-Ho	🌳 Jan '14	325 Johnston St	03 9417 1887
#FD Lentil As Anything (Pay As You Feel)	🌳 2005	1 St Heliers St (Abbotsford Convent)	03 9419 6444

#### ALBERT PARK

Hare Krishna Temple (Pay As You Feel)	1975	197 Danks St	03 9699 5122
serving free Prasadam (spiritual meal) daily. Daily breakfast 8:45am, daily lunch 1:00pm, weekday dinner 5:30pm, weekend dinner feast 6:00pm			
Urban Projuice	Mar '15	315 Montague St	03 9696 0048

#### ASCOT VALE

① #ALV Mr Nice Guy's Bake Shop (online 2010)	2011	151 Union Rd	
CM Crumbs Organic Bakehouse xSu	🌳 2009	170 Union Rd	03 9375 4777

#### BALACLAVA

① The Keykeeper's Vegan Pie Shop xSuMo	Oct '16	115 Carlisle St	
Monk Bodhi Dharma	2010	202 Carlisle St (rear)	03 9534 7250

#### BRIGHTON EAST




Café Bliss	Mar '15	3 Mavis Ave	0423 025 906
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#### BRUNSWICK

#UE Little River Vegetarian Café	🌳 Oct '14	7/208 Albion St	03 9973 0473
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#### BRUNSWICK EAST

New Day Rising	2010	221D Blyth St	
Moroccan Deli-cacy	Aug '15	313 Lygon St	03 9387 6805

Tamil Feasts (CERES) (Tue 6:30pm, pre-book online)	May '15	cnr Roberts & Stewart Sts	
<b>BURNLEY</b>			
#FD Serotonin Eatery xMoTu	Apr '15	52 Madden Gr	03 9428 8256
<b>CARLTON</b>			
Shakahari	1972	201 Faraday St	03 9347 3848
① #VV Mantra Lounge	Aug '14	167 Grattan St	03 9036 2996
<b>CAULFIELD</b>			
Falafel Omisi (Middle Eastern, kosher) xSa	2011	359 Hawthorn Rd	03 9523 8882
<b>CAULFIELD NORTH</b>			
Nostralis Wholemeal Pizza xMo	1981	55 Hawthorn Rd	03 9528 4961
Zavdiel's Vegetarian Pizza & Falafel Bar xSa	2002	57a Kooyong Rd	03 9500 8227
<b>COBURG</b>			
Little Deer Tracks Café & Gallery	2011	44 O'Hea St	03 9354 3449
CM Al Nada Sweets (Lebanese)	1978	160 Sydney Rd	03 9386 0002
<b>COLLINGWOOD</b>			
Friends of the Earth Café	1975	312 Smith St	03 9417 4382
① Red Sparrow Pizza	Dec '16	406 Smith St	
<b>ELSTERNWICK</b>			
#EN #ML Ren Dao Vegetarian xSu	2011	275 Glen Huntly Rd	03 9523 0150
#FD World Vegetarian Café xSu	Sep '15	452 Glen Huntly Rd	03 9078 1383
① Cocomama's xMo	May '15	1C Staniland Gr	
<b>FITZROY</b>			
① Smith & Daughters (Latin) xMo	Mar '14	175	03 9939 3293
CM Merry Cupcakes xTu	2012	261	03 9416 3991
Radhey Kitchen and Chai Bar (Krishna)	Jul '14	336	03 9077 8858
① Fina's 2 (Vietnamese) xTu	🌳 Apr '15	339	03 9415 6765
① #HD #EN #ML #VV Madame K's Vegetarian (Thai, Asian)	2012	367	03 9415 6099
#UE Vegie Bar	1998	378	03 9417 6935
#VV Lord of the Fries	2012	383	1300 667 552
#UE Yong Green Food xMo	2009	421	03 9417 3338
#ML Mr Natural Vegetarian Pizza	1999	469	03 9481 7775
Trippy Taco (Mexican)	2006	234 Gertrude St	03 9415 7711
① Smith & Deli xSuMo	Jun '15	111 Moor St	03 9042 4117
Transformer xMo	Mar '15	97 Rose St	03 9419 2022
<div>   <div> <p>Now Available: <i>The Kindness Card</i></p> <p>Use this card to unlock awesome discounts and special offers for Vegan-friendly businesses all over the world.</p> <p>food   drinks   clothes   shoes   accommodation   professional services</p> </div>  </div>			
<b>FITZROY NORTH</b>			
Moroccan Soup Bar xMo	1988	183	03 9482 4240
Healthy Planet #VV	Jan '15	252	03 9481 8406
Munster Haus	2010	371	03 9489 4420
<b>FLEMINGTON</b>			
Veggie Villa xTu	2014	331 Racecourse Rd	03 9994 7229
<b>FOOTSCRAY</b>			
Lentil As Anything (Pay As You Feel)	2009	233 Barkly St	
The Little Rabbit Café & Foodstore	🌳 Oct '14	2/277 Barkly St	
Bo De Trai Vegetarian Restaurant (Vietnamese)	🌳 1995	94 Hopkins St	03 9689 9909
<b>FOOTSCRAY WEST</b>			
#HD Krishna on Barkly xMo	Apr '15	3/578 Barkly St	03 9687 5531
<b>HAWTHORN</b>			
Gujjubhai Indian Vegetarian Restaurant	2012	424 Burwood Rd	03 9077 3900

**Brunswick  
Street**

**St Georges Rd**

#EN #ML Veggie Choice Pizza & Pasta	Jun '15	580 Burwood Rd	03 9819 6887
<b>KENSINGTON</b>			
CM Crumbs Organic Bakehouse xSu (North Melb 2012-2016)	Jul '16	169 Rankins Rd	03 9375 4777
<b>KEW</b>			
V Series	 Sep '15	4/26 Princess St	03 9939 6133
<b>MALVERN EAST</b>			
Gujju's Café & Chaat House (Indian)	2007	1/141 Waverley Rd	03 9571 1188
<b>NORTHCOTE</b>			
Shokuiku xMo	2013	120	
Tahina Bar xMo	Aug '15	223	03 9972 1479
① #ML Loving Hut xMo	Dec '13	377	03 9077 1335
<b>PARKVILLE</b>			
University of Melbourne Food Co-op xSaSu	1976	Union House (1st Floor)	03 9347 8716
<b>PRAHRAN</b>			
① #ALV <b>Supercharger Wholefood</b> xSaSu	Nov '15	3/22 Chatham St	03 9529 5737
<b>PRESTON</b>			
Mack Lentils (Pay As You Feel)	Nov '16	288 High St	
La Panella Bakery	 1996	465 High St	03 9478 4443
#EN #ML Dosa Plaza	 2014	4 Plenty Rd	03 9484 8444
<b>RICHMOND</b>			
Tofu Shop International xSu	1982	78 Bridge Rd	03 9429 6204
Fresh Organic Goods (F.O.G) xSu	Feb '16	276 Church St	
① #ALV <b>Pana Chocolate</b> (online only 2012)	2013	491 Church St	1300 717 488
① Loving Hut	 2010	10/242 Victoria St	03 9427 8916
Fina's Vegetarian Café (Vietnamese) xMo	2011	268 Victoria St	03 9428 6765
<b>SEDDON</b>			
Rhubarb Wholefoods xMo	Jan '15	129 Buckley St	
<b>SOUTH MELBOURNE</b>			
Shakahari Too xSuMo	2012	225 Clarendon St	03 9682 2207
<div> <div>  </div> <div> <b>PRESIDENT:</b> Noah Hannibal  <b>WEB:</b> <a href="http://www.alv.org.au">www.alv.org.au</a>  <b>EMAIL:</b> <a href="mailto:info@alv.org.au">info@alv.org.au</a>  <b>PHONE:</b> (03) 8060 1725            PO Box 15, Elwood VIC 3184         </div> <div> <b>Founded in 1978</b>   <b>FACEBOOK:</b> <a href="https://fb.com/AnimalLiberationVictoria">fb.com/AnimalLiberationVictoria</a>  <b>SUPPORT:</b> <a href="http://www.alv.org.au/take-action/donate">www.alv.org.au/take-action/donate</a>  <b>VOLUNTEER:</b> <a href="http://www.alv.org.au/take-action/volunteer">www.alv.org.au/take-action/volunteer</a> </div> </div>			
<b>SOUTH YARRA</b>			
Veg Out Time	2004	366 Chapel St	03 9827 7570
Green Cup	Nov '14	593 Chapel St	
Beangreen Vegetarian Café xMoWe	2008	<b>Prahran Market</b> <b>163 Commercial Rd</b>	03 9826 9483
① The Falafel Man xMoWeSu	1998		0414 724 578
Kooks Kitchen xMoWe	Mar '14		03 9827 9364
#FD Simple Seed Eatery xSaSu	Oct '14	4/9 Yarra St	
<b>SOUTHBANK</b>			
#VV <b>Enlightened Cuisine</b> xMo	 2004	113 Queensbridge St	03 9686 9188
<b>ST KILDA</b>			
#UE Trippy Taco (Mexican)	Jan '16	6	
① Matcha Mylkbar	Mar '16	72	03 9534 1111
#FD Sister of Soul	2013	73	03 9593 8550
#EN Mr Natural Vegetarian Pizza	1985	223 Barkly St	03 9534 2542
Lentil As Anything (Pay As You Feel)	 2000	41 Blessington St	none
#VV <b>Vegilicious</b> xMo (markets only 2007-2014)	2014	118 Carlisle St	03 9537 3820
Veggie Time (formerly Veg Out Time)	2006	49 Fitzroy St	03 9534 0077
<b>THORNBURY</b>			
Lentil As Anything (Pay As You Feel)	 Sep '15	562 High St	

<b>WINDSOR</b>			
#UE #DR #VV	<b>Lord of the Fries</b>	2011	170 Chapel St
<b>YARRAVILLE</b>			
①	gojé xMo	Mar '16	38 Anderson St 03 9687 5264
<b>*** OUTER SUBURBS MELBOURNE ***</b>		① = fully vegan	* 3 vegan * * 37 vegetarian *
<b>→ ASHWOOD</b>			
	From the Art Café xMo	Sep '15	1/3 Yertchuk Ave 03 9807 5158
<b>→ BELGRAVE</b>			
	The Laughing Owl xTu		1652 Burwood Hwy 03 9754 2596
<b>→ BOX HILL</b>			
①	Blissful Station	Jul '16	Box Hill Central Shopping Centre
①	Fo Guang Shan Er You Temple / Teahouse (Buddhist) xM		42 Rutland Rd 03 9890 3996
	Vegie Hut (Chinese) xTu	1997	984 Whitehorse Rd 03 9898 2287
<b>← BRAYBROOK</b>			
	Quang Minh Buddhist Temple (Sundays @ noon)		18 Burke St 03 9017 2999
<b>↗ BUNDOORA</b>			
	Life Skills Vegetarian Café (La Trobe University) xSaSu	2008	Agora West, Ground Floor 03 9479 1525
<b>→ CAMBERWELL</b>			
	Dosa Plaza	Jul '15	1101 Toorak Rd 03 9809 1999
<b>↘ CHADSTONE</b>			
#VV	<b>Lord of the Fries</b>	2009	<b>Chadstone Shopping Centre</b>
①	#ALV <b>Supercharger Wholefood</b>	Oct '16	
	Gold Sweets (Indian) xMo [*closed indefinitely*]		273 Huntingdale Rd 03 9807 6005
<b>↘ CLAYTON</b>			
	Wholefoods Café (Monash University) xSaSu	1977	Union Bldg, 1st Floor 03 9905 4156
<b>↘ CRANBOURNE WEST</b>			
	Earthy Eating (Marriott Waters Shopping Centre)	Feb '15	945 Thompsons Rd
<b>↘ DANDENONG</b>			
	Dosa Plaza	2014	10 Princes Hwy 03 8774 4913
	Lakshmi Vilas (Indian)	1998	5/31 Pulteney St 03 9793 7726
 <div> <b>PRESIDENT:</b> Mark Doneddu  <b>WEB:</b> <a href="http://www.vegvic.org.au">www.vegvic.org.au</a>  <b>EMAIL:</b> <a href="mailto:info@vegvic.org.au">info@vegvic.org.au</a>  <b>PHONE:</b> (0430) 201 167            PO Box 12029, A'Beckett St, Melbourne VIC 8006         </div> <div> <b>Founded in 1998</b>  <b>FACEBOOK:</b> <a href="https://fb.com/VegVic">fb.com/VegVic</a>  <b>MEMBERSHIP:</b> Individual \$20 / \$35            (1 or 2 years) Concession \$15 / \$25            Family \$30 / \$50         </div>			
<b>→ DONCASTER</b>			
	Vegie Mum (Chinese, Malaysian) xMo	2005	27 Village Ave 03 9816 3222
<b>→ DONCASTER EAST</b>			
	Chanhouse (Chinese) xMo (Melbourne 2010)	2014	21 Rosella St 03 8806 9056
<b>→ FERN TREE GULLY</b>			
	Wholefood Merchants	Nov '15	3/794 Burwood Hwy 03 9801 5696
<b>→ FOREST HILL</b>			
	Vegie Bowl (formerly Vegetarian Noodle Bowl)	2013	382 Springvale Rd (service lane) 03 8822 3873
<b>↓ FRANKSTON</b>			
	The Dharma Hub xSu (Aum Shanti 2007)	Sep '15	439 Nepean Hwy 03 9783 2899
<b>↘ GLEN HUNTLY</b>			
	Gold Sweets (Indian)	2013	1214 Glen Huntly Rd 03 9571 1005
<b>→ KNOXFIELD</b>			
	Shreenathji ki Rasoi (Indian) xSuMo	2012	2 Kathryn Rd
<b>← LAVERTON</b>			
	Baba Sweets (Indian)		4 Lohse St 03 9369 1607



↘ LYNBROOK			
Gold Sweets (Indian)	2013	3/550 South Gippsland Hwy	03 8752 0586
↓ MORDIALLOC			
#VV Wild Yam Healthfoods & Café (The Yam) xSu	2008	499 Main St (Nepean Hwy)	
↘ MOUNT WAVERLEY			
#VV Sampoorana Vegetarian Surprise (Indian) xSu	2010	11 Essex Rd	03 9807 0607
← NEWPORT			
Shalimar Food Junction Restaurant (Indian) xSu	Mar '15	148 Mason St (Liberty petrol station)	03 9077 3790
↓ ORMOND			
Global Vegetarian (Asian) xSu #VV	1997	499 North Rd	03 9578 9566
↙ POINT COOK			
Dosa Plaza	🌲 Dec '15	20 Adelphi Blv	03 8334 4100
↑ RESERVOIR			
Gold Sweets (Indian)	2011	970 High St	03 9471 1661
↓ SOMERVILLE			
Raw Meet (Bulk Whole Foods) xSu	Jun '15	1081 Frankston-Flinders Rd	03 5977 8348
↘ SPRINGVALE SOUTH			
Hoa Nghiem Buddhist Temple	1987	442 Springvale Rd	03 9548 2215
↖ SUNBURY			
Just Planet xSu	2008	37 O'Shanassy St	03 9740 3106
↗ TEMPLESTOWE			
CM Power Plant xSuMo	Oct '15	2 Swilk St (at Westerfolds Sports Centre)	03 8838 1282
→ THE BASIN			
Sri Vakrahunda Vinayagar Temple (Hindu) xMoWeTh		1292 Mountain Hwy	03 9762 1835
↑ THOMASTOWN			
Baba Sweets (Indian)	2008	191 High St	03 9078 5975
→ UPPER FERNTREE GULLY			
#VV Waratah Organics	Mar '15	1224 Burwood Hwy	03 8719 5982
→ WANTIRNA			
Saravanaa Bhavan	May '16	701 Boronia Rd	03 9837 5555
↙ WERRIBEE			
Gujju's Café & Chaat House (Indian)	2013	2/1 Watton St	03 9741 1178
→ YARRA JUNCTION			
Koha Community Café (Thu 6-8pm) #PAYF	2010	1 Park Rd (Yarraburn Centre)	0403 185 580



*** REGIONAL VICTORIA ***		Ⓟ = fully vegan	* 3 vegan *	* 13 vegetarian *
↙ ANGLESEA	(1hr 26mins south-west ↙ of Melbourne)			
Ⓟ Diggers Vegie Kitchen xMoTu	Dec '15	5 Diggers Pde		03 5263 3535
↖ BALLARAT	(1hr 22mins north-west ↖ of Melbourne)			
Chat for Tea Vegetarian Tea Garden xSuMoTu	2003	25 Armstrong St Nth		03 5331 3898
↙ BAMBRA	(1hr 30mins south-west ↙ of Melbourne)			
Hare Krishna Valley (free, 2nd Sunday monthly @ noon)		1265 Winchelsea-Deans Marsh Rd		03 5288 7383
↓ DROMANA	(1hr 2mins south ↓ of Melbourne)			
Wombat Café & Store xMoTu	Oct '16	230 Boundary Rd		
↑ ECHUCA	(2hr 33mins north ↑ of Melbourne)			
Ⓟ The Sweet Meadow	Oct '16	640 High St		03 5482 4099
↙ GEELONG	(1hr 4mins south-west ↙ of Melbourne)			
Wholefoods Café xSaSu	1999?	2 Baylie Pl		03 5221 5421
Ⓟ #VV Dolly's Sister Vegan Café & Bar	Jun '15	221 Moorabool St		03 4245 1013

*** MISCELLANEOUS ***			Ⓥ = fully vegan	
BRAYBROOK				
Global Green Vegetarian Food Mart		2010	105 South Rd	03 9939 8566
BRUNSWICK EAST				
#HD vege2go Factory Outlet (ready-made meals) xSu		2008	452 Lygon St	03 9384 6200
CAMBERWELL				
The Veggie Van (Sun 7am-1pm) (Wayne)		2008	Station St (Sunday Market)	0423 639 097
ELSTERNWICK				
Perfect Pantry (general store, 0900-2100 daily)		Jun '16	349 Glen Huntly Rd	03 9528 5386
FITZROY				
Ⓥ #ALV The Cruelty Free Shop		Feb '14	385 Brunswick St	03 9495 6673
FOOTSCRAY				
Vincent Vegetarian Food		1996	353 Barkly St	03 9687 0808
HAWTHORN				
Erasmus School (Years P-6)		1996	40 Lisson Gr	03 9819 1266
PRAHRAN				
Prahran Convenience (general store, open 24/7)		2006	196 Commercial Rd	03 9529 2050
RESERVOIR				
Maharishi School (Years P-6)		1997	2 Dundee St	03 9462 2888
WOORI YALLOCK				
Dhamma Aloka (Vipassana Meditation centre)		1995	1121 Healesville- Kooweerup Rd	03 5961 5722
*ONLINE				
Ⓥ Uproar Vegan Store (ALV) #ALV		Noah 2010	<a href="http://uproar.org.au/uproar-shop">uproar.org.au/uproar-shop</a>	via website
Ⓥ Vegan Online #VOTY'13		Kym & Kelly 2010	<a href="http://veganonline.com.au">veganonline.com.au</a>	1300 GOVEGAN
Ⓥ Vegan Perfection #ALV #VOTY'12		Jeremy & Rebecca 2006	<a href="http://veganperfection.com.au">veganperfection.com.au</a>	03 9357 8069

SMITHS GULLY		(1hr / 42km north-east of Melbourne; refer to <a href="http://thebeetretreat.com.au">http://thebeetretreat.com.au</a> for current info)									
V	#ALV The Beet Retreat B&B (Jan)					2014	55 One Tree Hill Rd			0407 967 462	
	Rooms	Min stay	Check in/out	Breakfast	Lunch	Dinner	Children	Pets	TV/DVD	Wi-Fi	P. Training
	2	1	2 PM / 11 AM	✓	option	option	x	✓	✓	✓	✓
*VARIOUS LOCATIONS		(refer to <a href="http://fb.com/fieldworkretreats">http://fb.com/fieldworkretreats</a> for current info)									
V	Fieldwork Retreats (Bella)					2014	***various locations***			0413 558 801	
	People	Check in	Check out	Breakfast	Lunch	Dinner	Children	Pets	TV/DVD	Wi-Fi	Alcohol
	6-10	Fri 7PM	Sun 2-4 PM	✓	✓	✓	x	x	x	x	BYO

*** MARKET/FESTIVAL STALLS, ONLINE ***						V = fully vegan		* 25 vegan *		* 5 vegetarian *	
						f	www		Stalls		
A Hidden Secret (tarts, meals, dips)						Cherry & Christina	2009	✓	✓	✓	0400 141 218
A lil' Miss B'haven (custom cakes & treats)						Betty	2010	✓		✓	0432 712 755
AVS Organic Foods (cheeses, creams, salts)						Melissa	2013	✓	✓	✓	0449 764 537
Baking Bad Vegan Bakehouse							Nov'15	✓	✓	✓	none
Bomba Wood Fired Pizza						Adrian	Aug'15	✓	✓	✓	0430 670 090
Good Freakin Food (meal delivery, catering)						Jacq & Rosie	2013	✓	✓	✓	0417 055 122
HaHa Food (food van, cooking classes)						Rico & Osamu	2012	✓	✓		0430 811 393
Halfpint Vegan Dairy (ice cream, butter)						Sam & Jules	2014	✓	✓	✓	0412 017 047
Jerry's Vegiburgers						Jerry	1991	✓		✓	0412 947 425
Kb's Vegan Cakery						Kristabelle	Jun'16	✓			0410 985 927
Las Vegan Catering						Melanie	1999	✓	✓		03 9415 9001
Lavana Wholefoods (meal delivery, catering)						Jess	Jul'15	✓	✓	✓	0431 212 448
Leaf It To Me Catering (meal delivery, catering)						Shannon	Apr'15	✓			0404 512 310
Mrs Monagle's Ethical Fine Food (meal delivery)						Rissy	Jan'16	✓			0425 222 279
OMV Bakery (cakes made to order)						Felicity	2011	✓		✓	0411 438 824
Simply Vegan Cuisine (the Dolly bus) #VV						Steve & Lisa	2014	✓		✓	0429 955 884
Soy Division							Nov'15	✓		✓	none
The Butter Thief (Krishna)						Brett & Anna	2014	✓		✓	none
The Decadent Desserts Company (fudge, biscuits, catering)						Kylie	2013	✓	✓		0417 058 014
The Little Mushroom Co. (food truck)						Bryan	2013	✓	✓	✓	0405 985 000
The Organic Sustainable Food Trailer						James	May'15	✓		✓	0487 001 434
The Surprise Vegan (cookies, muffins, cakes, cupcakes)						Erin	2013	✓	✓		0400 176 057
Toastie Temple						Rishi	Aug'15	✓		✓	0400 550 149
Vegan Cakes by Monika (cakes, cookies) #VV						Monika	Jul'14	✓	✓		0431 695 215
Vegan Pop-Ups						Emma	Oct'15	✓		✓	0477 248 762
VGF (Vegan Gluten Free) (food van)						Shellie	Jun'15	✓		✓	03 5174 8534
Von's Vegan Bake House (cakes, baked goods & treats) #ALV						Von	Apr'14	✓	✓	✓	0410 622 309
Wheelie Green Grub (food van, catering)						Amber	Jan'15	✓		✓	0402 456 451
Woking Amazing (asian street food) #ALV						Michael & Kat	Nov'15	✓	✓	✓	none

G O O G L E	VeganEasy.com	Vegan.com	R E A D	The China Study	by T. Colin Campbell	W A T C H	Carnism, The Psychology of Eating Meat	by Melanie Joy
	ChooseVeg.com	VeganKit.com		Animal Liberation	by Peter Singer		Ethics, Truth and Occam's Razor	by Philip Wollen
	HowDoGoVegan.com			Becoming Vegan	by Brenda Davis		The Ethics of What We Eat	by Peter Singer
	FindingVegan.com			Eating Animals	by Jonathan Safran Foer		101 Reasons To Go Vegan	by James Wildman
	Barnivore.com			World Peace Diet	by Will Tuttle		Best Speech You Will Ever Hear	by Gary Yourofsky
Vegan + B12/Calcium/Iron/Protein/O3FA				Why We Love Dogs,	by Melanie Joy	Cowspiracy - Forks Over Knives - The Ghosts in our Machine		
				Eat Pigs and Wear Cows		Peaceable Kingdom - Live And Let Live - Earthlings - Lucent		

# \*\*\* EVENT CALENDAR \*\*\*

VEGAN T-SHIRT DAY		<a href="fb.com/VeganTshirtDay">fb.com/VeganTshirtDay</a>	est. 2011	1st SATURDAY OF EVERY MONTH		
THE 8th ANNUAL ANIMAL ACTIVISTS FORUM (GOLD COAST)			est. 2009			
Southport Community Centre, 6 Lawson St, Southport		8:30AM to 5:30PM		SATURDAY	OCTOBER	15th
<a href="activistsforum.com">activistsforum.com</a>				SUNDAY		16th
THE 4th VEGECAREIAN FESTIVAL (\$5-\$10)			est. 2013			
The Great Stupa, 25 Sandhurst Town Rd, Myers Flat				will not be held in 2016		
<a href="vegecareian.org.au">vegecareian.org.au</a>		(NB: the festival was not held in 2016)				
THE 14th ANNUAL WORLD VEGAN DAY (free entry)			est. 2003			
Melbourne Showgrounds, Epsom Rd, Ascot Vale		10:00AM to 8:30PM		SUNDAY	OCTOBER	23
<a href="wvd.org.au">wvd.org.au</a>						
THE 5th CRUELTY FREE WEST EXPO			est. 2011			
WestWaters Hotel, 10-20 Lake St, Caroline Springs		11:00AM to 7:00PM		SUNDAY	NOVEMBER	6th
<a href="bit.ly/cfwestexpo2016">bit.ly/cfwestexpo2016</a>		(NB: the festival was not held in 2015)				
THE 6th ANNUAL WORLDWIDE EVENT TO END ANIMAL CRUELTY			est. 2011			
Williamstown Foreshore, Nelson Place		10:00AM to 3:00PM		SUNDAY	NOVEMBER	13th
<a href="bitly.com/weeac2016">bitly.com/weeac2016</a>						
HAPPY, HEALTHY YOU - THE 3rd REAL FOOD REVOLUTION MELBOURNE			est. 2014			
St Kilda Town Hall, 99A Carlisle St, St Kilda		10:00AM to 4:00PM		SUNDAY	NOVEMBER	27th
<a href="therealfoodrevolution.com.au">therealfoodrevolution.com.au</a>						
THE 5th ANNUAL WE ♥ LIFE FESTIVAL (tbc)			est. 2012			
location to be confirmed		11:00AM to 9:00PM		DECEMBER		
<a href="welovelife.com">welovelife.com</a>						
THE ANNUAL CHRISTMAS DAY VEGAN PICNIC			est. 2014			
Edinburgh Gardens, Fitzroy North (tbc)				SUNDAY	DECEMBER	25th
THE 2nd ANNUAL BALLARAT VEGAN FESTIVAL			est. 2016			
Various locations in Ballarat		various times		JANUARY		
THE 18th SUSTAINABLE LIVING FESTIVAL			est. 1998			
Birrarung Marr, Batman Ave, Melbourne				FEBRUARY		
<a href="slf.org.au">slf.org.au</a>		(NB: the festival was not held in 2000)		4-26		
THE 2nd ANNUAL GLOBAL DAY OF SILENCE (TODAY I AM VOICELESS)			est. 2016			
Worldwide		all day, 24 hours		SUNDAY	FEBRUARY	5th
THE 6th VEGAN DAY OUT MELBOURNE			est. 2014			
The Cruelty Free Shop, 385 Brunswick St, Fitzroy		10:00AM to 6:00PM		SATURDAY	MARCH	
<a href="crueltyfreeshop.com.au">crueltyfreeshop.com.au</a>		9:00AM to 5:00PM		SUNDAY		
THE 3rd ANNUAL MELBOURNE VEGAN FESTIVAL (18+) (\$40)			est. 2015			
The Corner Hotel, 57 Swan St, Richmond		11:00AM to 5:00PM		MARCH		
THE 2nd ANNUAL ANIMAL LAW WEEK			est. 2016			
The Cluster, Level 17, 31 Queen St, Melbourne				APRIL		
THE 9th ANNUAL WORLDWIDE VEGAN BAKE SALE			est. 2009			
<a href="alv.org.au">alv.org.au</a>				APRIL		

## RESCUES, SANCTUARIES, ETC (donations for the animals most welcome)

<a href="https://fb.com/AAPSKesborough">fb.com/AAPSKesborough</a> *	<a href="https://bit.ly/OurAnimalRescuePlace">bit.ly/OurAnimalRescuePlace</a> *
<a href="https://fb.com/AARorg">fb.com/AARorg</a> *	<a href="https://fb.com/PawsOfLoveAnimalRescue">fb.com/PawsOfLoveAnimalRescue</a> *
<a href="https://fb.com/AmarooWildlife">fb.com/AmarooWildlife</a>	<a href="https://fb.com/RabbitRunAway">fb.com/RabbitRunAway</a> *
<a href="https://fb.com/BeagleFreedomAustralia">fb.com/BeagleFreedomAustralia</a> *	<a href="https://fb.com/SaveADogScheme">fb.com/SaveADogScheme</a> *
<a href="https://fb.com/BigSkySanctuaryInc">fb.com/BigSkySanctuaryInc</a>	<a href="https://bit.ly/SC_animalrescue">bit.ly/SC_animalrescue</a> *
<a href="https://fb.com/BlackwoodFields">fb.com/BlackwoodFields</a>	<a href="https://fb.com/SouthOakleighWildlifeShelter">fb.com/SouthOakleighWildlifeShelter</a> *
<a href="https://fb.com/CheltenhamCatRescue">fb.com/CheltenhamCatRescue</a> *	<a href="https://fb.com/SouthernAshWildlifeShelter">fb.com/SouthernAshWildlifeShelter</a> *
<a href="https://fb.com/EdgarsMission">fb.com/EdgarsMission</a> *	<a href="https://fb.com/UYYWRN">fb.com/UYYWRN</a>
<a href="https://bit.ly/GAWS_Animals">bit.ly/GAWS_Animals</a> *	<a href="https://fb.com/VictorianAnimalAid">fb.com/VictorianAnimalAid</a> *
<a href="https://bit.ly/GreyhoundSafetyNet">bit.ly/GreyhoundSafetyNet</a> *	<a href="https://fb.com/VictorianLambRescue">fb.com/VictorianLambRescue</a>
<a href="https://fb.com/Gunyah">fb.com/Gunyah</a> *	<a href="https://fb.com/Willowite2006">fb.com/Willowite2006</a>
<a href="https://bit.ly/HogwatchFarmSanctuary">bit.ly/HogwatchFarmSanctuary</a>	<a href="https://bit.ly/WRAP_Gippsland">bit.ly/WRAP_Gippsland</a> *
<a href="https://fb.com/KindPastures">fb.com/KindPastures</a>	<a href="https://bit.ly/WRES_wildlife">bit.ly/WRES_wildlife</a> *
<a href="https://fb.com/LeftysPlace">fb.com/LeftysPlace</a>	
<a href="https://fb.com/LortSmithHospital">fb.com/LortSmithHospital</a> *	
<a href="https://fb.com/NekoRescue">fb.com/NekoRescue</a> *	

\* entitled to receive tax deductible donations (over \$2)

## GET INVOLVED

<a href="https://fb.com/AnimalLiberationVictoria">fb.com/AnimalLiberationVictoria</a>
<a href="https://fb.com/AJPvic">fb.com/AJPvic</a>
<a href="https://fb.com/AnimalsAustralia">fb.com/AnimalsAustralia</a>
<a href="https://fb.com/CADSDuckRescue">fb.com/CADSDuckRescue</a>
<a href="https://fb.com/CoalitionForTheProtectionOfRacehorses">fb.com/CoalitionForTheProtectionOfRacehorses</a>
<a href="https://fb.com/FinFreeMelbourne">fb.com/FinFreeMelbourne</a>
<a href="https://fb.com/HumaneResearchAustralia">fb.com/HumaneResearchAustralia</a>
<a href="https://fb.com/MelbourneAgainstHorseDrawnCarriages">fb.com/MelbourneAgainstHorseDrawnCarriages</a>
<a href="https://fb.com/MelbourneChickenSave">fb.com/MelbourneChickenSave</a>
<a href="https://fb.com/MelbourneCowSave">fb.com/MelbourneCowSave</a>
<a href="https://fb.com/MelbournePigSave">fb.com/MelbournePigSave</a>
<a href="https://fb.com/SeaShepherdMelbourne">fb.com/SeaShepherdMelbourne</a>