VEG EATS NSW / ACT

VEGETARIAN EATERIES in NEW SOUTH WALES and the ACT

Compiled by fb.com/DaleKerr , updated every 2-3 months , located in the Files section of the **Vegans of Sydney closed Facebook group** (bit.ly/vegansyd) , and soon at **vegeats.in/nsw** . Except where specified, businesses are open 7 days . Be aware that this list may be out of date or businesses may have changed details. ***Please share***

NB: This is a first draft of this document, so expect some errors and omissions.

UPDATED: October 2015

138	**eateries**
38	**fully vegan**
100	**vegetarian**
8	**new in 2015**

PRINTING INSTRUCTIONS To print a multi-page document as a booklet, choose **File > Print** , then under **Page Sizing & Handling** , choose Booklet . In the **Booklet Subset** pop-up menu, select either: Both sides (duplex printers) or Front side only / Back side only (print one side, reload the page, print other side).

ABBREVIATIONS: DM = vegan food, dairy milk; xMo = closed Monday; #PAYF = Pay As You Feel (donation); #GF = gluten-free; #VOTY = Vegan of the Year winner

*** INNER SUBURBS SYDNEY ***		Ⓥ = fully vegan	* 21 vegan *	* 38 vegetarian *	sorted by location
Ⓥ Pana Chocolate	Mar'15	21	Fountain St	Alexandria	1300 717 488
Ⓥ The Plant Gallery	Sep'15	95	**Bondi Rd**	**BONDI**	0433 050 552
Bean Tree Café		180			02 9388 9098
The Dandylion xMo		277			02 9365 1567
Laurie's Vegetarian Takeaway xSu		2/286			02 9365 0134
Ⓥ Funky Pies Café		144-148	Glenayr Ave	Bondi Beach	0451 944 404
Earth Food Store Café		81a	Gould St	Bondi Beach	02 9365 5098
Ⓥ Earth to Table xMoTu **#VOTY'15**	2012	85	Bronte Rd	Bondi Junction	02 9029 1755
Yummba		500	Oxford St (Level 5, Westfield Food Court)	Bondi Junction	02 9369 2777
Ⓥ Orchard St Elixir Bar		2	Brighton Blvd	Bondi North	02 9365 5180
Ⓥ Orchard St Dispensary		137	Macpherson St	Bronte	02 9389 5151
Govinda's Restaurant & Movie Room xMoTu		112	Darlinghurst Rd	Darlinghurst	02 9380 5155
Ⓥ Iku Wholefood		62	Oxford St	Darlinghurst	02 9360 5351
Sadhana Kitchen **#VOTY'12**	2013	147	Enmore Rd	Enmore	02 9516 1334
Ⓥ Iku Wholefood xSu		25a	**Glebe Point Rd**	Glebe	02 9692 8720
Badde Manors Café	1982	1/37		Glebe	02 9660 3797
Green Mushroom (Indian)		163		Glebe	02 9566 4999
Lord of the Fries	Jun'15		Central Station (exit 7 toward Railway Sq)	Haymarket	1300 667 552
Yummba		17	High St (UNSW Terraces, Gate 2)	Kensington	02 9662 3010
Chia Bar xMo		331	Maroubra Rd	Maroubra	02 8347 2808

Ⓥ Iku Wholefood xSu		168	Military Rd (The Grove, Shop 2)	Neutral Bay	02 9953 1964
Suzy Spoon's Vegetarian Butcher xMo **#VOTY'14**	2012	22	**King St**	**NEWTOWN**	02 9557 9762
Ⓥ Superfood Sushi		69			02 9519 0100
Green Gourmet	1999	115			02 9519 5330
Blossoming Lotus (Thai)		182			02 9550 5234
Ⓥ Golden Lotus		343			02 8937 2838
Ⓥ Gigi Pizzeria (AVPN certified)	Sep'15	379			02 9557 2224
Lentil As Anything #PAYF		391			02 8283 5580
Vina (Vietnamese) xTu		395			02 9557 0456
Ⓥ Iku Wholefood xSu		36	Blue St (Greenwood Plaza)	North Sydney	02 9929 9235
Hare Krishna Temple #PAYF (Daily 12:30pm & 5:30pm)		180	Falcon St	North Sydney	02 9959 4558
Ⓥ Orchard St Raw Takeaway		2/2-16	Glenmore Rd	Paddington	02 9380 2772
Veggie Patch Diner	2014	239	Glenmore Rd (at Five Ways)	Paddington	02 9331 5992
Organica		109	Crystal St	Petersham	02 9045 4455
Health Nuts Café	Oct'15	82-94	Darlinghurst Rd	Potts Point	02 9331 5370
Soul Burger	Nov'15	49	Perouse Rd (at The Spot)	Randwick	02 9398 7496
Nourishing Quarter xSuMo (6pm & 8:15pm sittings)		315	Cleveland St	Redfern	02 8399 0888
Ⓥ Iku Wholefood xSu		612a	Darling St	Rozelle	02 9810 5155
Ungaro Raw		656	Darling St (cnr National St)	Rozelle	02 8964 9223
Harvest Vegetarian Restaurant xSuMo		71	Evans St	Rozelle	02 9818 4201
Nature Care Café		46	Nicholson St	St Leonards	02 8423 8460
Green Gourmet xSu	2003	538	Pacific Hwy	St Leonards	02 9439 6533
Maya Da Dhaba		431	Cleveland St	Surry Hills	02 8399 3785
Relish India		460	Cleveland St	Surry Hills	02 9310 4800
Yulli's		417	Crown St	Surry Hills	02 9319 6609
Ⓥ Iku Wholefood xSaSu		50	Bridge St (AMP Plaza Food Court)	**SYDNEY CBD**	02 9232 4223
Ⓥ Iku Wholefood xSaSu		2	Chifley Sq (Chifley Plaza, Level 1)		02 9232 5062
Zeitgeist Cuisine xSaSu	Apr'15	153	Clarence St (enter via Kent St)		0430 818 842
Bodhi in the Park (lower mezz, level of Cook + Phillip Park)	1988	2-4	College St		02 9360 2523
Peace Harmony (Thai)		44	Erskine St		02 9262 2247
Ⓥ Iku Wholefood xSaSu		273	George St (MET Centre, shop T22)		02 9251 0111

	Lord of the Fries	**2013**	537 George St	**SYDNEY CBD**	1300 667 552
	Peace Harmony (Thai)		29 King St		02 9299 0419
Ⓥ	Iku Wholefood xSaSu		19a Martin Pl (MLC Centre, Level 6)		02 9233 8001
	Zeitgeist Cuisine xSaSu		cnr Martin Pl + Pitt St		0430 818 842
	Mother Chu's Vegetarian Kitchen xSu		367 Pitt St		02 9283 2828
Ⓥ	Iku Wholefood		Pitt St Mall (Westfield Plaza, Level 5)		02 9235 3255
	Hari's Vegetarian (Hare Krishna) xSu	**2013**	157 Broadway	Ultimo	02 9212 1010
Ⓥ	Iku Wholefood xSu		279 Bronte Rd	Waverley	02 9369 5022

*** OUTER SUBURBS SYDNEY ***

Ⓥ = fully vegan *** 9 vegan *** *** 24 vegetarian *** **sorted by location**

Ⓥ	Loving Hut		6/18 Greenfield Pde	Bankstown	02 9709 4396
	Fountain Vegetarian Restaurant xMoTu		G01/5 Celebration Dr (lunch reserved for group b	Bella Vista	02 9629 1881
	Dosa Plaza xMo		123/14 Lexington Dr	Bella Vista	02 8883 5096
	Joy Veg Fruit Dining xMo		790 Canterbury Rd	Belmore	02 9740 4588
	Royal Sweets (Indian)		2/24-28 First Ave	Blacktown	02 9896 3992
Ⓥ	World Vegan Restaurant		197 **Cabramatta Rd West**	**CABRAMATTA**	02 9724 3886
Ⓥ	Loving Hut		3/227		02 9755 4410
Ⓥ	Green Palace xTu (Thai)		233		02 9755 1888
	Zen Gardens		48 Hill St		02 9723 8876
Ⓥ	Quan Chay Huong Sen Vegetarian (Vietnamese)		1/4 Hughes St		02 9755 0988
	Loving Lien (Vietnamese)		8B **John St**		02 8730 8839
	iVege Restaurant	**2012**	11/68		02 9728 7052
	Just Green Food (Belvedere Arcade)		20/70		02 9728 6880
	An Lac (Vietnamese)		94B		02 9727 5116
Ⓥ	Tan Duy Linh (Vietnamese)		10/117		02 8764 8838
Ⓥ	Loving Hut		3/237 Canley Heights Rd	Canley Heights	02 9727 0356
	Veggie House xTu		3/5 Canley Vale Rd	Canley Vale	02 8739 4504
	Carlingford Vegetarian Cuisine xMo		372-376 Pennant Hills Rd (Carlingford Village)	Carlingford	02 9873 3889
	IBAA Fo Guang Yuan Teahouse xMo		4 Spring St	Chatswood	02 9410 0387
	Heart & Soul Organic Chai Café		6/17 Gerrale St	Cronulla	02 9523 6146
	Pilgrims Café		97 Gerrale St	Cronulla	02 9523 7580
	Lien Vegetarian Healthy Food		25 Smart St (Fairfield Chase Mall)	Fairfield	none
	Taj Indian Sweets and Restaurant	**2003**	91 Wigram St	Harris Park	02 9633 2118
Ⓥ	IBAA Water Drop Teahouse	**2013**	247 Princes Hwy	Kogarah	02 9553 6522
	Sri Annapoorna xMo		46 Elizabeth Dr	Liverpool	02 9602 1775
	Emelia's		41 Griffin Rd	North Curl Curl	02 9939 1317
Ⓥ	Iku Wholefood (Campus Hub Bldg @ Macquarie Uni) xSaSu		C10A Gymnasium Rd	North Ryde	02 9887 3055
	Royal Sweets (Indian)		120 Pendle Way	Pendle Hill	none
	Vegedelight (Indian) xMo		1/6 Douglas Rd	Quakers Hill	02 9837 0307
	Flora Bean Gallery Café	**2014**	359 Rocky Point Rd	Sans Souci	02 9529 4448
	Khalsa Foods Pure Vegetarian (Indian)	**2012**	105 Best Rd	Seven Hills	02 8678 9405
	Royal Sweets (Indian)		44 Station St	Wentworthville	02 9896 3992
	Tian Ci Vegetarian Chinese Restaurant xTu		1006 Victoria Rd	West Ryde	02 9874 9197

*** SOUTHERN NSW ***

Ⓥ = fully vegan *** 1 vegan *** *** 11 vegetarian *** **sorted by location**

ABBREVIATIONS: ✓ = included, X = not available, O = optional; NB: retreat/B&B info subject to change, check respective websites

	Red Café	**2006**	161 Carp St	Bega	02 6492 2004
	Nan Tien Temple #Buddhist	**1995**	180 Berkeley Rd	Berkeley	02 4272 0601
	Dining Hall Lunch xMo		Tu-Fr 11:30am to 2:00pm, Sa-Su & public holidays 11:30am to 2:30pm		
	Dew Drop Inn Tea House xMo		Tu-Fr 10:30am to 4:00pm, Sa-Su 9:30am to 4:30pm		
	Pilgrim Lodge		rooms **100** | min. stay **1** | in @ 1pm | out @ 10am | breakfast **O** | lunch **O** | dinner **O** | children ✓ | pets **X** | tv/dvd **X** | wifi **X**		
	Zen Oasis xMo-Fr		230 Medway Rd	Berrima	02 4877 1285
	Solfood (Spring of Life) xSu		397 Bong Bong St	Bowral	02 4861 3532
	Perfect Break Café (inside Natural Necessity Surf Shop)	**1999**	115 Fern St	Gerringong	02 4234 1211
	Sri Venkateswara Temple Canteen xMo-Fr		Temple Rd (off Lawrence Hargrave Dr)	Helensburgh	02 4294 3224
	Pilgrims Café	**2010**	5/57 Owen St	Huskisson	02 4441 6118
	Blue Wren Café (@ Potoroo Palace Native Animal Sanctuary)		2372 Princes Hwy	Merimbula	02 6494 9225
	Saltwater Organics xSu		Shop 7 Market St (The Promenade)	Merimbula	02 6495 2999
	Pilgrims Café	**1980**	8/9 Princes Hwy (The Settlement)	Milton	02 4455 3421
	Govinda Valley Retreat	**2006**	51 Lady Carrington Rd	Otford	02 4294 1765
Ⓥ	Au Lac Royal Vegetarian Cuisine		2/166 Keira St	Wollongong	02 4244 8045

*** NORTHERN AND WESTERN NSW ***

Ⓥ = fully vegan | * 6 vegan * | * 23 vegetarian * | sorted by location

	Vegetarian Delights (4th Sunday, monthly)			Market St (Bangalow Market)	Bangalow	02 6685 3247
	Vego Gone Troppo (4th Sunday, monthly)			Market St (Bangalow Market)	Bangalow	none
	The Tea Shack (@ The Japanese Bathhouse) xMo-Th		259	Sir Thomas Mitchell Rd	Bowenfels South	02 6352 3122
	Brunswick Heads Health Foods Café		2/20	Fingal St	Brunswick Heads	02 6685 1338
	Yami Vegetarian Kitchen (Middle Eastern)		2/1	Park St	Brunswick Heads	02 6685 0186
	Fundies Wholefood Market & Café		61	**Jonson St**	**BYRON BAY**	02 6685 6429
	Manna Haven xSa #wifi	2012	97			02 6685 6926
	Santos Organics		105			02 6685 7071
	The Cardamom Pod		8/7	Lawson St (Pier Arcade)		02 6680 7383
Ⓥ	Naked Treaties		2/3	Marvell St		02 6685 7856
	Heart and Halo xSu		4/14	Middleton St		02 6685 6685
Ⓥ	Zen Japan xSuMo		3/55	Grafton St (on Park Ave)	Coffs Harbour	none
	The Happy Frog xSu	2011	16	Park Ave	Coffs Harbour	02 6651 6518
	Natural Tucker Café	1991	108	Darby St	Cooks Hill	02 4929 1229
	Krishna Village Retreat (New Govardhana)		525	Tyalgum Rd	Eungella	0476 168 776
	2Be Nourished		75	Prince St	Grafton	02 6643 2233
	Bamboo Buddha		221	Wattle Tree Rd	Holgate	02 4365 5810
	Up Beet Juice & Espresso xSu	2014	72	Bathurst Rd (James Building, shop 9)	Katoomba	none
Ⓥ	Rubyfruit Bakery & Café xWe	2010	166-168	Leura Mall (shop 10)	Leura	0432 963 663
	Keen on Green xSu	2013	1/142	Keen St	Lismore	02 6622 4848
Ⓥ	20000 Cows Vegetarian Ashram xSu-Tu		58	Bridge St	Lismore North	02 6622 2517
	New Gokula Hare Krishna Farm		83	Lewis Rd (Lot 1)	Millfield	02 4998 1800
Ⓥ	Greenhouse Gypsy (inc. Iku Wholefood)	Jul'15	5/5	Bungan St	Mona Vale	0425 318 051
	Santos Organics		51	Burringbar St	Mullumbimby	02 6684 3773
	The New Leaf Café		10/47	Main St	Murwillumbah	02 6672 4073
	Tea Shrine xSaSu		1/39-43	Bridge St	Muswellbrook	02 6541 0045
	Bodhi Garden xSu	2012	341	Summer St	Orange	02 6360 4478
	Ground Control Coffee xSaSu		29	Industry Dr	Tweed Heads South	07 5513 0891
Ⓥ	Veg Out		2877	Wollombi Rd	Wollombi	02 4998 3417

GOOGLE

VeganEasy.com Vegan.com
ChooseVeg.com VeganKit.com
HowDoIGoVegan.com
FindingVegan.com
Barnivore.com
ChooseCrueltyFree.org.au

Vegan + B12/Calcium/Iron/Protein/O3FA

READ

The China Study	by T. Colin Campbell
Animal Liberation	by Peter Singer
Becoming Vegan	by Brenda Davis
Eating Animals	by Jonathan Safran Foer
World Peace Diet	by Will Tuttle
Why We Love Dogs,	by Melanie Joy
Eat Pigs and Wear Cows	

WATCH

Carnism, The Psychology of Eating Meat	by Melanie Joy
Ethics, Truth and Occam's Razor	by Philip Wollen
The Ethics of What We Eat	by Peter Singer
101 Reasons To Go Vegan	by James Wildman
Best Speech You Will Ever Hear	by Gary Yourofsky

Cowspiracy - Forks Over Knives - The Ghosts in our Machine
Peaceable Kingdom - Live And Let Live - Earthlings - Lucent

E#s - 120 carmine/cochineal, 441 gelatin(e), 469 casein, 542 bone phosphate, 901 beeswax, 904 shellac, 913 lanolin, 910/920/921 L-cysteine, 966 lactitol, 1105 lysozyme

*** MARKET STALLS, ONLINE, MISC ***

Ⓥ = fully vegan | * 6 vegan * | * 1 vegetarian * | sorted by name

							Markets	
Ⓥ	Dobby's Donuts **#VOTY'15**	Veronica & Britney	May'15	✓	✓	✓	✓	REFER TO SOCIAL MEDIA PAGES FOR LOCATION AND FURTHER INFO	0422 374 938
Ⓥ	Love Raw Creations #GF (cakes, slices, treats)	Bob & Bel	2014	✓			✓		0403 733 550
Ⓥ	My Little Panda Kitchen (cakes, catering, lunch delivery)	Annabelle	Jan'15	✓	✓	✓			none
Ⓥ	Socially Vegan Cakes	Emilia	2010	✓	✓				0404 031 201
Ⓥ	The Secret Kitchen (raw vegan catering)	Jana	2013	✓	✓	✓			0433 610 197
Ⓥ	Vegan Meals Delivered	Lara	2013						none
	Veggie Patch Van	Karl	2012	✓	✓	✓	✓		0411 235 952

*** MISCELLANEOUS ***

Ⓥ = fully vegan | * 3 vegan * | * 1 vegetarian * | sorted by location

Ⓥ	The Cruelty Free Shop **#VOTY'15** (online 2001)	2012	83	Glebe Point Rd	Glebe	02 9660 9426
Ⓥ	Rhubarb Bakes (Laura) Saturdays only	Mar'15	1	Bedford St (Community Market)	Newtown	none
Ⓥ	Vegan's Choice Grocery & Cakes (Colin)	2003	113	King St	Newtown	02 9519 7646
	Nj45 Vegetarian Supermarket xSu (Les & Pear)	Mar'15	12A/40	Panmure St (The Terrace)	Rouse Hill	0425 353 025

*** AUSTRALIAN CAPITAL TERRITORY ***

Ⓥ = fully vegan | * 1 vegan * | * 3 vegetarian * | sorted by location

DM	Sweet Bones Bakery	2011	8/18	Lonsdale St (enter via Eloura St)	Braddon	0413 067 890
Ⓥ	Kingsland Vegan Restaurant		5/28	Challis St	Dickson	02 6262 9350
	My Rainbow-Dreams xSu #10%		G1b	Dickson Pl (opposite Dickson Post Office)	Dickson	02 6247 8591
	Au Lac Gourmet Vegetarian Restaurant xMo #10%		4/35-39	Woolley St	Dickson	02 6262 8922

**** EVENT CALENDAR ****

~~**THE SYDNEY VEGAN FESTIVAL (18+, $40+)** (est. 2015)~~
~~The Factory Theatre, 105 Victoria Rd, Marrickville~~ ~~fb.com/sydveganfest~~
~~**SUNDAY** **MARCH 22** **11:30AM to 6:00PM**~~

~~**THE 3rd ANNUAL ANIMAL ACTIVISTS EMOTIONAL WELLBEING FORUM (free)** (est. 2013)~~
~~St Helen's Community Centre, 184 Glebe Point Rd, Glebe~~ ~~animal-lib.org.au/events~~
~~**SATURDAY** **APRIL 25** **09:45 to 3:00PM**~~

~~**THE 8th SYDNEY VEGAN EXPO ($10, kids free)** (est. 2006)~~
~~Petersham Town Hall, 107 Crystal St, Petersham~~ ~~sydneyveganexpo.com.au~~
~~**SUNDAY** **MAY 24** **10:00AM to 5:00PM**~~

~~**THE 2nd ANNUAL MARCH TO CLOSE ALL SLAUGHTERHOUSES** (est. 2014)~~
~~Hyde Park, Sydney (near St James station)~~ ~~animal-lib.org.au/events~~
~~**SATURDAY** **JUNE 13** **12:00PM to 3:00PM**~~

~~**THE 2nd ANNUAL REAL FOOD REVOLUTION ($80-$450)** (est. 2014)~~
~~Kirribilli Club 11 Harbourview Cres, Lavender Bay~~ ~~therealfoodrevolution.com.au~~
~~**FRIDAY** **JULY 10** **6:00PM to 9:30PM**~~
~~**SATURDAY** **JULY 11** **9:00AM to 4:00PM**~~
~~**SUNDAY** **JULY 12** **12:00PM to 3:00PM**~~

~~**THE 3rd ANNUAL VEGAN DAY OUT** (est. 2013)~~
~~The Cruelty Free Shop, 83 Glebe Point Rd, Glebe~~ ~~crueltyfreeshop.com.au~~
~~**SATURDAY-SUNDAY** **JULY 11-12** **9:00AM to 5:00PM**~~

~~**THE ANIMAL LAW CONFERENCE ($20-$40)**~~
~~Colombo Theatre C, University of NSW~~ ~~animal-lib.org.au/events~~
~~**SATURDAY** **AUGUST 29** **09:30AM to 4:30PM**~~

~~**THE ANIMAL LAW CONFERENCE ($20-$40)**~~
~~Colombo Theatre C, University of NSW~~ ~~animal-lib.org.au/events~~
~~**SATURDAY** **AUGUST 29** **09:30AM to 4:30PM**~~

VEGAN T-SHIRT DAY **(est. 2011 by Jonathan Balcombe)**
First Saturday of every month fb.com/VeganTshirtDay

~~**THE ANIMAL LAW CONFERENCE ($20-$40)**~~
~~Colombo Theatre C, University of NSW~~ ~~animal-lib.org.au/events~~
~~**SATURDAY** **AUGUST 29** **09:30AM to 4:30PM**~~

~~**THE 5th ANNUAL LIVING GREEN FESTIVAL (free)** (est. 2011)~~
~~Albert Hall, Commonwealth Ave & Kaye St, Yarralumla~~ ~~lgf.org.au~~
~~**SUNDAY** **OCTOBER 4** **10:00AM to 4:00PM**~~

THE SYDNEY VEGAN BUS TOUR ($96+)
Circular Quay train station (@ the info office) vegtravelguide.com
SATURDAY **OCTOBER 24** **09:45 AM to 8:00PM**

THE 43rd IVU WORLD VEGFEST **(est. 1908)**
Australian Technology Park, Locomotive St, Eveleigh ivu.org
SUNDAY **OCTOBER 25** **10:00AM to 5:00PM**

THE 11th ANNUAL CRUELTY FREE FESTIVAL ($5, 0-12yo free) **(est. 2005)**
Australian Technology Park, Locomotive St, Eveleigh crueltyfreefestival.org.au
SUNDAY **OCTOBER 25** **10:00AM to 5:00PM**

THE SYDNEY VEGAN WALKING TOUR ($39)
Newtown Train Station vegtravelguide.com
MONDAY **OCTOBER 26** **10:30AM to 1:30PM**

THE VEG HEALTH AND ENTERPRISE FORUMS ($16-$25)
Sydney Mechanics School of Arts
280 Pitt St, Sydney picatic.com/event14435395502209
MONDAY **OCTOBER 26** **6:00PM to 9:00PM**

2016

THE 1st ANNUAL GLOBAL DAY OF SILENCE (TODAY I AM VOICELESS)
Worldwide todayiamvoiceless.com
SUNDAY **JANUARY 17** **all day, 24 hours**