

## The Best of SLO Vegan Dining

Let's face it: veganism isn't for everyone. Vegans abstain from all animal products including meat, fish, eggs, and dairy. While health, ethical, and environmental benefits abound from the diet, finding dishes that fit within its requirements can be challenging. As a transplant from the fried food kingdom of southeastern United States, San Luis Obispo seems like a vegan paradise. Menus abound with vegan options making dining-out not only a possibility, but a fun and exciting experience. However, there are some standouts that really should be recognized. Believe me, I've tried it all, and I want you to try it too. Veganism may not be for you, but vegan food? In SLO, it definitely is.

### Overall Best Vegan Restaurant

#### **Bliss Cafe**

Recently relocated to the Network Courtyard, Bliss Cafe not only offers a plethora of Vegan and Raw food, but a delightfully relaxing atmosphere. Grab one of their juices or superfood smoothies, and find a seat on the back patio overlooking San Luis Obispo Creek. For those of you more inclined towards solid food like myself, the cafe has plenty more options. That's the great thing about it- options. Everything Bliss serves is vegan, and deliciously so. From "hot dogs" to burritos and tacos, to salads and curry, Bliss Cafe has it all. They even offer raw "live" desserts that maintain healthy enzymes for digestion. Bliss is "dedicated and devoted to serving food and creating a space in the mood of goodness, love, and compassion that is delicious, energizing, and empowering in order to create an optimal and joyful experience that elevates the individual and community." But even without an environment so good for the heart, who could resist stepping into Bliss for a homemade strawberry mint lemonade?

### Best Dish: Baja Chipotle Burrito

Flour tortilla with your choice of grilled protein strips, rice, black beans, green cabbage, avocado, corn, cilantro, lemon juice, salt, & chipotle dressing. Served with a small green salad - \$9.50

Bliss Cafe, San Luis Obispo

778 Higuerra St. Ste. D, San Luis Obispo 93401

Sunday-Monday: 11am-6pm; Tuesday- Saturday: 11am-9pm;

### Best Vegan Breakfast

#### **Sally Loo's Wholesome Cafe**

So breakfast isn't the easiest meal for a vegan. Eggs, waffles, french toast, and bacon normally contain some sort of animal product (imagine that). But in SLO, the breakfast burrito isn't the only morning staple. If you have ever taken an early trip towards the railroad station you know that no one, regardless of dietary choices, can resist an Acai Bowl from Sally Loos. Piled high with granola and seasonal fruit, this thick smoothie must be the most photographed meal in the

county. Its a cold and delicious treat; the perfect way to start the morning. But the vegan options don't stop there. Try a Hippy Bagel smeared with hummus or one of Sally Loo's fresh baked vegan (and often gluten-free) pastries. A cup of coffee, good friends, and a wholesome breakfast in historic San Luis Obispo? I think I've said enough.

Best Dish: Acai Bowl

Best Finer Dining

### **Big Sky Cafe**

Fresh Market Cuisine for vegans is like a bright star in the night sky. Big Sky Cafe is a local favorite, frequented by all those searching for a fresh meal in an intimate yet unpretentious setting. With an impressive list of local wines and a menu fit for every taste, Big Sky is the perfect spot to take visiting family or for a casual night out with friends. Vegans are treated with an abundance of choices for every course. Each meal is made with ingredients sourced from local farmers. My favorite dishes, the Fresh Market Vegetable Plate and the Season Fresh Fruit Crisp, are always a surprise due to the changing availability of produce. Big Sky is always a desirable option- one will not tire of visiting consistently for breakfast, lunch, or dinner.

#### **Organic, Local & Sustainable Fresh Market Vegetable Plate**

*a selection of seasonal local or organic vegetables in a variety of preparations. primarily from local farms & the farmers market*

Small\$9.50

Large\$13.50

### **Best Vegan Dessert**

Linnaea's Cafe

Is there a better treat than a slice of cake accompanied by cappuccino?- Maybe if its Linnaea's famous vegan chocolate cake with the espresso made from their fair trade beans. The little cafe is a vegan confectionary paradise. They offer cookies, cupcakes, muffins, and brownies to be enjoyed alongside artisan quality coffee beverages. The vegan baked goods are Linnaea's specialty, and appear more popular than their other non-vegan options. Patio dining seems to be a theme for vegan restaurants as Linnaea's possess an endearing back garden where patrons can bask in the sun and conversation.