**My Thai Vegan Cafe**

3 Beach St. (2nd Floor) in Chinatown, Boston MA 02111

(617) 451-2395

Menu: <http://mythaivegancafe.com/wp-content/uploads/2015/06/MyThaiVegan_D_1113.pdf>

All-vegan Thai restaurant featuring vegan versions of Thai classics

**Cuong’s Vegan Sandwiches**

5 Beach St, Chinatown, MA 02111

(617) 422-5898

Menu: <http://cuongsvegan.com/menu/>

Vegan café featuring sandwiches, salads, bubble tea, and desserts. Sandwiches showcase Thai flavors including curry and fall under $10.

**by CHLOE**

Boston Seaport : 107 Seaport Blvd, Boston, MA 02210

(617) 845-1055

Fenway: 100 Van Ness St, Boston, MA 02215

Phone (617) 936-5936

Menu : <https://eatbychloe.com/wp-content/uploads/2018/01/ADA-by-CHLOE-US-ALL-DAY-1-1.pdf>

Fast-casual vegan restaurant serving up burgers, fries, salads, sweet treats, and more

**Life Alive**

Cambridge: 765 Mass Ave, Cambridge, MA 02139

(617) 354-5433

Brookline: 888 Commonwealth Avenue, Brookline, MA 02446

617-208-8259

Menu: <https://www.lifealive.com/caf-menu/>

Vegan fusion focusing on plant-based nutritious options like smoothies and juices and grain and salad bowls

**Whole Heart Provisions**

Allston: 487 Cambridge St Allston, MA 02134

(617) 202-5041

Cambridge: 298 Massachusetts Ave, Cambridge, MA 02139

(617) 945-8991

Menu: <https://www.wholeheartprovisions.com/menu/>

Veggies are the star of the plate at Whole Heart Provisions. Build-your-own bowls piled with veggies and grains are the main attractions here.

**Fruition Vegan Kitchen**

472 High St, Medford, MA 02155

(781) 391-0903

Menu: <http://www.fruitionvegankitchen.com/dinner-menu.html>

Diverse menu, which changes frequently, features salads, soups, and entrees with an international flare. Weekly food delivery service is also available in certain towns.

**Terramia Ristorante**

98 Salem St, North End 02113

(617) 523-3112

Menu: <https://www.terramiaristorante.com/food-menu/#1496094999290-cc7e87b8-334e>

Not all-vegan, but this Italian restaurant has vegan portion to its menu with soup, salad, and pasta. While the vegan options are not extensive, you won’t starve while out with your meat and cheese eating friends

**Sassafras**

688 Broadway, Somerville, MA 02144

(617) 666-0000

Menu: <https://www.facebook.com/groups/1623406621047212/>

New vegetarian/vegan restaurant serving up sandwiches, veganized meat substitutions in eclectic entrees, and delectable desserts

**Cocobeet**

100 City Hall Plaza, Boston, MA 02108

(857) 263-8598

Menu: <http://cocobeet.com/pure-foods-vegan-menu/>

Juice bar also serving organic smoothie bowls, grain bowls, salads, and sandwiches. Also provides juices for all you juice cleansing needs.

**Oasis Vegan Veggie Parlor**

340 Washington St, Dorchester, MA 02121

(617) 237-9033

Menu: <https://www.facebook.com/OasisVeganVeggieParlor/>

Affordable vegan food with Caribbean flare. Also offers fresh juices and smoothies.

**VO2 Vegan Cafe**

1001 Massachusetts Ave, Cambridge, MA 02138

(617) 492-2233

Menu: <http://vo2vegancafe.com/>

Breakfast and lunch sandwiches, soups, and sides.

**Veggie Crust**

Somerville: 445 Somerville Ave, Somerville, MA 02143

(617) 764-4605

Menu: <https://www.vegcrust.com/menu/somerville>

Brookline: 8 Cypress St, Brookline, MA 02445

(617) 383-5884

Menu: <https://www.vegcrust.com/menu/brookline>

You don’t have to miss out on a great pie as a vegan. Veggie crust offeres plenty of pizza flavors which can be “veganized”. There are also pastas, salads, and a vegan bar that serves fresh juices.

**Piperi Mediterranean Grill**

1 Beacon St, Boston, MA 02108

(617) 227-7471

Menu: <http://piperi.com/menu/>

Not a vegan restaurant but Piperi’s Mediterranean style lends itself to a vegan diet. The create-your-own option allows you to make your own vegan sandwich, salad, or rice plate.

**Veggie Galaxy**

450 Massachusetts Ave, Cambridge, MA 02139

(617) 497-1513

Menu: <https://www.veggiegalaxy.com/menu/>

A neighborhood staple, this restaurant injects the familiarity of classic comfort food in its dishes. All menu options can be made vegan – from breakfast to brunch to dinner.

**Red Lentil Vegetarian & Vegan Restaurant**

600 Mt Auburn St, Watertown, MA 02472

(617) 972-9188

Menu: <http://theredlentil.com/menus>

Soups , salads, seitan, oh my! There’s plenty of variety: from nachos to pizza to wraps and so much more. Plus this restaurant takes special care when it comes to allergens such gluten.

**Walnut Grille**

1203 Walnut St, Newton, MA 02461

(617) 964-1029

Menu: <http://walnutgrille.com/menu>

“A vegetarian and vegan experience” is how this restaurant has dubbed itself. Brunch, Lunch, and dinner menus showcase seasonal flavors and kids can tag along too as there are kid’s meals featured on the menu.

**Tikkaway Fresh Indian Grill**

55 Boston Wharf Rd, Boston, MA 02210

(617) 936-3933

Menu: <http://www.tikkaway.com/menu/>

Rice and salad bowls and whole wheat wraps make up the menu at this Indian grill. Wash it all down with a refreshing nimbu pani (limeade).

**Bayberry Cafe**

502 Main St, Woburn, MA 01801

(781) 935-1288

Menu: <https://www.bayberrycafewoburn.com/>

Asian fusion with options ranging from tofu nuggets to curry stew. The menu is long so bring your appetite.

**True Bistro**

1153 Broadway, Somerville, MA 02144

(617) 627-9000

Menus:

Dinner: <http://truebistroboston.com/menus/dinner/>

Brunch: <http://truebistroboston.com/menus/brunch/>

Dessert: <http://truebistroboston.com/menus/dessert/>

Plant-based high-end restaurant features a wide array of flavors. The menu changes constantly so they’’’ always be something new to try.

**Grasshopper Restaurant**

1 N Beacon St, Allston, MA 02134

(617) 254-8883

Menu: <https://www.beyondmenu.com/20014/boston/grasshopper-restaurant-allston-02134.aspx>

Vegan versions of Chinese staples flood the menu

**Ethiopian Cafe**

377 Centre St, Jamaica Plain MA 02130

(617) 319-6982

Menu: <https://ethiopiancafe.business.site/>

Vegan options at this Ethiopian food spot

**Masao’s Kitchen**

581 Moody St, Waltham, MA 02453

(781) 647-7977

Menu: <https://www.masaoskitchen.com/monthly-menu>

Wholesome soups, sandwiches, and noodles.

**Zhu**

166 Massachusetts Ave, East Arlington, MA 02474

(781) 646-7600

Menu: <http://www.zhuvegan.com/catalog.aspx?cid=37http://www.zhuvegan.com/catalog.aspx?cid=37>

Pan-Asian vegan restaurant has all your favorites and also dishes up meat substitutes that mimic the real thing.

**Oleana Restaurant**

134 Hampshire St, Cambridge, MA 02139

(617) 661-0505

Menu: <https://www.oleanarestaurant.com/menu-new/>

Celebrate the taste of the Middle East here. Many vegan friendly options to choose from as you travel overseas with the lick of a spoon.

**Shea Butter Smoothies**

1556 Blue Hill Ave, Mattapan Square, 02126

(617) 296-2245

Menu: <https://www.facebook.com/Shea-Butter-Smoothies-834607166718287/>

Smoothie and juice bar packing fruity goodness into each cup. Plus you can order your drink ahead for pick up.

**Spyce**

241 Washington St, Boston, MA 02201

Menu: <https://www.spyce.com/menu/>

Bowls with flavors spanning several countries. From Latin to Lebanese, you’ll be tasting the flavors of the globe.

**Kareem’s Restaurant**

99 Common St, Watertown, MA 02472

(617) 393-1880

Menu: <http://www.kareemsrestaurant.com/menu.html>

Flavorful Arabic cuisine meant to be shared. Ask and you shall receive. Many of the selections can be made vegan, just ask your server.

**Cafe Landwer**

900 Beacon St, Boston, MA 02215

(857) 753-4035

Menu: <http://www.landwercafe.com/wp-content/uploads/2018/04/LND-BOSTON-1-menu-5.18-P.pdf>

The menu is long but the vegan options are short. However, vegan menu items will fill your happy belly if you happen to find yourself at this local cafe

**Dig Inn**

557 Boylston St, Boston, MA 02116

(617) 904-3711

Menu: <https://www.diginn.com/menu/>

Ethically sourced local foods are on the menu here. Plant-based bowl options are plenty and full of nutritious veggies.

**honeygrow**

100 Northern Ave, Boston, MA 02210

(857) 350-3642

Menu: <https://www.honeygrow.com/menu>

Oodles of noodles (and rice). Not all of the noodles are vegan but there is a “create your own stir-fry” option that lets you pick and choose ingredients.

**Clover DTX**

27 School St, Boston, MA 02108

Menu: <https://www.cloverfoodlab.com/locations/location/?l=cloverdtx>

Unique sandwiches and platters are likely to pique your interest and excite your taste buds

**The Friendly Toast**

Back Bay: 35 Stanhope St, Boston, MA 02116

(617) 456-7849

Cambridge: 1 Kendall Square b3101, Cambridge, MA 02139

(617) 621-1200

Menu: <https://thefriendlytoast.com/menu/>

Classic diner fare with vegan options and substitutions available

**Lucy Ethiopian Cafe**

334 Massachusetts Ave, Boston, MA 02115

(617) 536-0415

Menu: <https://www.facebook.com/Lucy-Ethiopian-Cafe-375251434602/>

The two main categories for the menu are vegetarian or beef dishes that you can choose for combination plates. There are 7 vegetable dishes so combos help when you can’t quite make up your mind or want to sample a bit of everything.

**Gelato & Chill**

19 Drydock Ave, South Boston 02210

(617) 717-4989

Menu: <https://www.gelatochill.com/menu/>

Vegan-friendly gelato options at this South Boston shop for summer’s favorite treat

**Fiore’s Bakery**

55 South St, Jamaica Plain, MA 02130

(617) 524-9200

Menu: <http://fioresbakeryjp.com/index.php/fioresmenu/>

Vegan options for their all day breakfast, sandwiches, coffee, and plenty of desserts.

**PRESSED**

120 Charles St, Boston, MA 02114

(857) 350-3103

Menu: <http://pressedboston.com/our-menu/>

Offers clean eating and healthy menu options including juices, veggie bowls, housemade popsicles, and shakes.

**Jennifer Lee’s Gourmet Bakery**

100 Hanover St, Boston, MA 02108

(978) 675-5116

Menu: <http://www.jenniferleesbakery.com/menu.html>

This bakery is all vegan and even allergen friendly. Offerings will satisfy both sweet and savory cravings. From cookie and cakes, to sandwiches and pasta, they’ve got it covered.

**sweetgreen**

Harvard Square: 39 JFK St, Cambridge, MA 02138

(617) 941-3400

Chestnut Hill: 210 Boylston St, Chestnut Hill, MA 02467

(617) 916-0788

Back Bay: 659 Boylston St, Boston, MA 02116

(617) 936-3464

State Street: 60 State St, Boston, MA 02109

(617) 996-8500

Downton Crossing: 13 School St, Boston, MA 02108

(857) 317-4949

Post Office Square: 225 Franklin St, Boston, MA 02210

(617) 648-5500

Summer Street: 87 Summer St, Boston, MA 02110

(617) 870-4700

Seaport Square: 47 Northern Ave, Boston, MA 02210

(617) 616-8500

Fort Point: 372 Congress St, Boston, MA 02210

(857) 263-7916

Ink Block: 354 Harrison Ave, Boston, MA 02118

(617) 712-0700

Prudential Center: 800 Boylston St, Boston, MA 02199

(857) 753-4982

Fenway: 132 Brookline Ave, Boston, MA 02215

(857) 233-2673

Menu: <https://www.sweetgreen.com/menu/?region=boston>

With 12 locations in the Boston area, you’ll never be too far from a sweetgreen. Warm bowls and salads make up the menu. Make-your-own options are also available so you can customize a dish to your vegan taste.