



Recommended Plant-Based Places to Dine

- **Puree Artisan Juice Bar, Bethesda MD** – all organic, raw, and vegan; juice, smoothies & shakes, raw entrees, desserts, and snacks.
- **Naked Lunch at Mom’s Organic Market, Rockville, MD** – organic, made-to-order meals and juice.
- **Le Pain Quotidien, DC and MD** – make sure to look for the little carrot which signals a botanical selection, but all options are healthy. Try the quinoa salad or kale Caesar salad!
- **Native Foods Café, DC** – new in DC! Excellent transitional items, but be careful of meat substitutes if you are sensitive to gluten. Everything is NOT healthy here – be careful of fried foods on the menu – but all food is vegan. Salads and Bowls are the best & healthiest choice.
- **Aroma Café, DC and MD** – delicious and quick eats, many vegetarian and vegan options available – try the garbanzo salad or vegetable sandwiches
- **Great Sage, Clarksville MD** – Organic and plant-based restaurant. Very unique and different. Limited juice bar. Worth the drive
- **Elizabeth’s Gone Raw, DC** – open on Friday evenings for an elegant 5 course raw meal – a splurge at \$75 a head, but worth it!
- **Jaleo, DC and MD** – all vegetable tapas and salads are excellent, and you can ask to hold the cheese if you are choosing vegan. The cauliflower with dates and olives, and the spinach (ask for it barely cooked to keep it raw) are excellent!

- **Chop't, DC and MD** – delicious salads with a large variety of toppings and vegan dressings
- **Busboys and Poets, DC and MD** – large array of vegan and vegetarian options. Try the vegan quesdilla!
- **Soupergirl, DC** – fabulous, delicious, nutritious and vegan soups, salads, and sides
- **Zia's, Towson** – Many raw food items and vegan. Special vegan dinner night once a month
- **Khepra's Raw Food & Juice Bar, DC** - Very unique and delicious homemade raw vegan food. Don't miss the wild rice salad!
- **Woodlands Vegan Bistro, DC** - Many choices on the completely vegan menu. Stay away from fried options.
- **Sticky Fingers Sweets & Eats, DC** - the sweets are not healthy, so choose carefully if you must. The food is great for transitioning, but be careful of flour, soy and processed 'cheeses' if you can.