

**RIDGEWOOD • Whole Foods** 44 Godwin Place. 201-670-0383. M-Sun 8-9. hfs, op, to.

**RINGWOOD • Food For Thought** Ringwood Plaza Shopping Center. 973-962-6355. M-F 10-6; Sat 10-5; Sun 11-3. hfs, op.

**RIVER EDGE • Happy Carrott** 636 Kinderkamack Rd. 201-986-0818. M-F 9:30-7:30; Sat 9:30-6; Sun 11-4. hfs, op.

**SCOTCH PLAINS • Autumn Harvest** 1759 East 2nd St. 908-322-2130. M, F 9:30-7; Tu-Th 9:30-8; Sat 9:30-5:30; Sun 10:30-3:30. hfs, op.

**SOMERVILLE • Natural Holiday** 194 West Main. 908-725-7716. M-F 10-7; Sat 10-5; clsd Sun. hfs, to.

**SOUTH ORANGE • Nelam** 115 South Orange Ave 973-762-1100 M-Sun 5-10. vfr, to.

• **It's A Wrap 2** 9 Village Plaza. 973-762-7474. M-F 10-6; Sat 9-4; clsd Sun. vfr, to.

**SPARTA • Harmony Natural Foods** 155 Woodport Rd. 973-726-9199. M-F 10-7; Sat 9-4; clsd Sun. hfs, op.

**TEANECK • Aquarius Health Foods** 408 Cedar Ln. 201-836-0601. M-F 10-7; Sat 10-6; Sun 10-2. hfs, op.

• **Jerusalem Pizza** 496 Cedar Ln. 201-837-9500 M-F 11-9; Sat-Sun 10-9 vr, to.

• **Veggie Heaven** 473 Cedar Ln. 201-836-0887. M-Th, Sun 11:30-10; F, Sat 11:30-11. vr, to.

**TRENTON • Adventist Book & Food Center** 2160 Brunswick Ave. 609-392-8010. M-Th, 1st & 2nd Sun 9:30-5; clsd F, Sat. vr.

• **Black Forest Acres** 1100 Rte 33. 609-586-6187. M-F 9:30-7:30; Sat 9:30-6; Sun 11-4. hfs, to, op.

**UNION • Healthbest Center** 1350 Galloping Hill Rd. 908-687-4575. M-F 10-8; Sat 10-6; Sun 12-5. hfs, to.

**WAYNE • Trader Joe's** 1172 Hamburg Tpke. 973-692-0050. M-Sun 9-9. hfs, op.

**WESTFIELD • Trader Joe's** 155 Elm St. 908-301-0910. M-Sun 9-9. hfs, op.

**WEST ORANGE • Health Land** 459 Mt. Pleasant Ave. 973-325-2771. M-F 8-8; Sat 9-7; clsd Sun. hfs, to, op.

**WESTWOOD • Trader Joe's** 20 Irvington St. 201-263-0134. M-Sun 9-9. hfs, op.

**VERNON • Healthy Thymes** Aviva Plaza 281 Rte 94. 973-209-8555. M-Th 10-7; F 10-8; Sat 10-5; Sun 11-5. hfs, op.

## SOUTHERN NEW JERSEY

**ASBURY PARK • Be Green Cafe** 609 Cookman Ave. 732-775-2633. T-Sun 10-7; clsd M. vr, to, org.

**BELMAR • Dean's Food Market** 1119 Rte 35. 732-517-1515. M-F 9-8; Sat, Sun 10-6. hfs, to, op.

• **Kaya's Kitchen** 817 Belmar Shopping Plaza. 732-280-1141. Tu-F 12-10; Sat 5-10; Sun 4-9; clsd M. vr, to, org.

**BRICKTOWN • Sentosa** 2063 Rte 88. 732-892-9595. Tu-Sun 11:30-10; clsd M. vfr, to.

**CHERRY HILL • Nature's Cupboard** 208 Kresson. 856-354-8811. M-F 10-6; Sat 10-5:30; clsd Sun. hfs.

• **Nature's Earth** 2107 Rte 70. 856-662-4244. M-F 8-6; Sat 8-5; clsd Sun. hfs.

**EGG HARBOR TOWNSHIP • Bonterra Market** 3112 Fire Rd. 609-484-1550. M-F 9-7:30; Sat 9-5:30; Sun 11-4. hfs, op.

**FRANKLIN PARK • Udipi Cafe** 3171 Rte 27. 732-422-8301. M-Sun 11-10. vr, to.

**FREEHOLD • Pauline's Health Food** 3585 Rte 9. 732-303-0854. M-F 9:3-8; Sat 9:30-6; Sun 11-5. hfs, op.

**HAMILTON • Black Forest Acres** 1001 Rte 33. 609-586-6187. M-F 9:30-7:30; Sat, Sun 11-4. hfs, to.

• **Vasanta Bhavan** 3800 Quakerbridge Rd. 609-586-7899. M-Sun 11:30-2:30, 5:30-9:30. vr, to.

**HAINESPORT • Hainesport Health Haven** Rte 38 & Lumberton Rd. 609-267-7744. M-F 10-6; Sat, Sun 10-5. hfs, to.

**HIGHLAND PARK • Simply Zen** 437 Raritan Ave. 732-828-8809. M-Sat 10-7:30; Sun 11-7. hfs, to.

**HIGHTSTOWN • Black Forest Acres** 553 Rte 130. 609-448-4885. M-F 9:30-7:30; Sat 9:30-6; Sun 12-4. hfs, op.

**LAKEWOOD • Health Market** 1709 Clifton Ave. 732-367-3337. M-F 9:30-6; Sat 9:30-5; clsd Sun. hfs.

**LAWRENCEVILLE • Green Light** 1681 Princeton Ave. 609-393-8668. Tu-Sat 12-7; Clsd Sun, M. vr, to.

• **Palace Of Asia** 540 Lawrence Square Blvd. 609-689-1500. M-Sun 11:30-10. vfr, to.

**LITTLE SILVER • Health Fair** 625 Branch Ave. 732-747-3140. M-F 9-8; Sat 9-6; Sun 10-5. hfs, to, op, org.

**MANAHAWKIN • Pangea Health Food** 511 Rte 72. 609-597-0017. M-Sat 10-7. hfs, to, op.

**MANALAPAN • Pauline's Health Food** 303 Rte 9. 732-308-0449. M-F 9:30-8; Sat 9:30-6; Sun 11-5. hfs, op.

**MANASQUAN • Monmouth Health Food** 181 Main St. 732-223-4900. M-Sat 9-6; Sun 11-5. hfs.

**MARLTON • Whole Foods** 940 Rte 73. 856-797-1115. M-Sat 8-10; Sun 8-9. hfs, op.

• **Trader Joe's** 300 Rte 73 S. 856-988-3323. M-Sun 9-9. hfs, to.

**MATAWAN • Good Nature Health Foods** 952 Hwy 34. 732-583-3800. M 10-8; Tu-F 10-6; Sat 9:30-5; clsd Sun. hfs.

**METUCHEN • Pyramid Health Foods** 449 Main St. 732-548-7904. M-F 10-6; Sat 9-5; clsd Sun. hfs.

• **Radhana's Thai Kitchen** 10 Pearl St. 732-548-9747. Tu-F 11:30-2, 5:30-9; Sat, Sun 5:30-9; clsd Mon. vfr.

**MIDDLETOWN • Harmony Natural Foods** 1521 Hwy 35. 732-671-7939. M-F 10-6; Sat 10-6; Sun 11-4. hfs, to, op.

• **Whole Foods** Rte. 35 & Chapel Hill Rd. 732-758-1688. M-Sun 8-9. hfs, to, op.

**NORMANDY BEACH • Labrador Lounge** 3581 Rte 35 N. 908-490-1234. Sun-F 12-12; clsd Sat. vfr.

**OCEAN • Dean's Natural Food Market** 1119 Hwy 35. 732-517-1515. M-F 9-8; Sat 9-6; Sun 10-6. hfs, op.

**OCEAN CITY • Bashful Banana Cafe** 944 Ocean City Boardwalk @ Colonial Walk. M-Sun 12-7. vfr, to.

**PLAINSBORO • Crown Of India** 660 Plainsboro Rd. 609-275-5707. M-Sun 11:30-2:30, 4:30-10. vfr.

**PRINCETON • Sunflower House** 301 N Harrison St. 609-279-9888. M-Sat 11:30-3:30, 5-9:30; clsd Sun. vr, to.

• **Wild Oats** 255 Nassau St. 609-924-4993. M-Sat 7:30-9:30; Sun 8-9. hfs, to, op, org.

• **Whole Earth Center** 360 Nassau St. 609-924-7429. M-W, Sat 9-7; Th-F 9-8; Sun 10-5. hfs, op.

• **Whole Foods** 3495 Rte 1. 609-799-2919. M-Sun 8-10. hfs, to, op.

**RED BANK**

\* **Down To Earth (vegan)** 7 Broad St. 732-747-4542. W-M 11-3, 5-10; clsd Tu. vr, to, org.

• **Eurasian Eatery** 110 Monmouth St. 732-741-7071. Tu-Th 11:30-8:30; F-Sat 11:30-9:30; Sun 4-8:30; clsd M. vfr, to.

**SAYREVILLE • Indian Mehfil** 426 Raritan St. 732-553-9600. M-Sun 11:30- 2:30, 5-10. vr, to.

**SKILLMAN • Sahara** 1325 Rte 206. 609-921-8336. M-Sat 11-9:30; clsd Sun. vfr.

**SPRING LAKE HEIGHTS • Nature's Corner** 2407 Hwy 71. 732-449-4950. M-W 9-8; Th 9-9; F 9-4:30; clsd Sat; Sun 10-6. hfs, op.

**STONE HARBOR • Green Cuisine** 302 96th St. 609-368-1616. May-Sept.; M-Sun. 11-8:30. vr, to.

**TOMS RIVER • East Coast Vegan** 313-A W. Water St. 732-473-9555. M-F 10-6; Sat 10-5; clsd Sun. vr, to, org.

• **Natural Foods General Store** 675 Batchelor St. 732-240-0024. M-F 10-6; Sat 10-5; Sun 12-5. hfs, to, op.

**VINELAND • In Good Taste** 1301 N. Delsea Dr.. 856-794-4856. Tu-W 10-6; Th-F 10-7; Sat 10-5; clsd Sun-M. hfs, op.

**WHITEHOUSE • Ryland Inn** Rte 22 West. 908-534-1772. Tu-Th 11:30-2, 5:30-8 ; F, Sat 5:30-9; Sun 4-8; clsd M. vfr, op.

VivaVegie's • Oct. 2005

# VEGETARIAN GUIDE TO NEW JERSEY



INCLUDING

- A selective listing of health food stores and veg-friendly restaurants
- A 3-step dietary transition plan

Please send  
comments  
and updates to:  
[r\\_dolecki@yahoo.com](mailto:r_dolecki@yahoo.com)



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\* Indicates where "101 Reasons  
Why I'm a Vegetarian" is available

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LISTINGS WERE COMPILED BY ROB DOLECKI • TEXT BY ALEX PRESS

## HOW TO BECOME A VEGETARIAN

**REDUCE.** The easiest way to reduce animal products in your diet is to add **fruits and vegetables**, a step that nearly every health-advisory body urges these days. Five servings a day is the recommended minimum. More is better. **REPLACE.** Many of the dishes you like may already be vegetarian; others can be made that way with a few minor changes (such as vegetable stock instead of chicken broth, or textured soy instead of chopped meat). Health food stores and even supermarkets offer a growing array of easy-to-prepare meat analogs, which re-create everything from hot dogs to chicken nuggets. Eat out a lot? Go with a vegetarian dish—a bean burrito, pasta e fagioli, moo shu vegetable. Most national cuisines have at least one vegetarian classic. If necessary, ask for a veggie platter—restaurants are usually happy to prepare one. **REFINE.** Which is to say, “unrefine.” Cut down on empty calories—soda, doughnuts, potato chips. Switch from highly processed “refined” foods to “whole” foods—for example, **whole grains**, such as brown rice instead of white. Explore some of the less-familiar grains such as quinoa, kamut, millet and teff. As you gain confidence, consider moving on to veganism. Soy yogurt and fortified soy milk stand in nicely for their cow-based counterparts. Try different brands to see which ones you like best. Ener-G, an economical substitute for eggs in baked goods, allows you to safely taste raw batter, just like in the old days; Tofu Scrambler, a mixture of spices, can be added to vegetables and mashed tofu for a quick alternative to scrambled eggs. But soy is just one of many **legumes**—chickpeas, pintos, lentils and countless others are low in fat, high in protein and good in soups, salads and stews. Leafy greens, such as collards and kale, steamed and sautéed with garlic, can be delicious, calcium-rich side dishes. Sea vegetables—hijiki, wakame, laver—are also rich in nutrients (if you’ve ever had sushi, you’ve already tasted one kind—nori, the green wrapping). Crave something heavy? Nut and seed butters, such as tahini, are creamy and satisfying on whole-grain bread. For dessert, there are soy- and rice-based ice cream, as well as sorbet. **THE BOTTOM LINE** is that if you eat a variety of wholesome foods from the categories above, you will have no problem obtaining enough protein and other nutrients—even as you dramatically reduce the saturated fat and cholesterol in your diet. (Vegans are advised to take a B-12 supplement.) For more ideas, pick up a cookbook; take a few classes; explore the many vegetarian sites on the Internet. Above all, keep an open mind and think of all the great new foods you’ll be enjoying.

## RESTAURANTS/HEALTH FOOD STORES

*Most health food stores sell meat, though much less than ordinary supermarkets. Please call ahead to check hours and confirm menus. HFS=health food store; VR=fully vegetarian restaurant (full-service); VFR=vegetarian-friendly restaurant, also serves meat (full-service); TO=takeout (seating available in some cases); OP=organic produce available; ORG=mostly or all organically grown food served*

### NORTHERN NEW JERSEY

- BAYONNE • John’s Natural Foods** 486 Broadway. 201-858-0088. M, Th, F 9:30-8; Tu, W 9-6; Sat 9-6; Sun 10-5. hfs, to, op, org.
- BELLE MEADE • Fountain of Vitality** 601 Rte 206 unit 32. 908-874-3866. M-F 10-7; Sat 9-6; Sun 10-6. hfs, to, op.
- BERKLEY HEIGHTS • Fountain of Vitality** 372 Springfield Ave. 908-464-3370. M-Sat 10-6; Sun 11-4. hfs, op.
- BUTLER • Taste of Dawn** 192 Main St. 973-838-0287. M-F 10-8; Sat 10-6; Sun 11-4. hfs.
- CHESTER • Health Shoppe** 207 Rte 206. 908-879-7555. M-F 9-9; Sat 9-7; Sun 9-6. hfs, op.
- CRANBURY • Everything Natural** 95 Prospect Plains Rd. 732-431-2666. M-F 9:30-8; Sat 9:30-6; Sun 9:30-5. hfs.
- DENVILLE • Cafe Metro** 60 Diamond Spring Rd. 973-625-1055. M 11:30-9; Tu-F 11:30-10; Sat 5-10; Sun 4-9. vfr, to, org.
- **Grassroots** 20 First Ave. 973-627-5440. M-F 9-8; Sat 9-7; Sun 10-5. hfs, to, op, org.
- EAST ORANGE • Olive May** 16 Halstead St. 973-673-7306. M-F 9-6:30; Sat 9-6; clsd Sun. hfs, op.
- EAST RUTHERFORD • Park & Orchard** 240 Hackensack St. 201-939-9292 M-F 11:45-10; Sat 4:45-10; Sun 2-9 vfr, to
- EDGEWATER • Whole Foods** 905 River Rd. 201-941-9681. M-Sun 8-9. hfs, to, op.
- EMERSON • Old Hook Farm** 650 Old Hook Rd. 201-265-4835. Tu-Sat 9-6; Sun 9-4; clsd M. hfs, op.
- FAIRLAWN • Integral Yoga** 2103 Maple Ave. 201-796-7585. M-F 9-7; Sat 9-3; clsd Sun. hfs.
- FAIRVIEW • Natural Selection** 357 Fairview Ave. 201-945-7200. M-Sat9-6; clsd Sun. hfs, op.
- FANWOOD • Internet Lounge** 256 South Ave. 908-490-1234. M-Sun 12-12. vfr, org, to.
- FLEMINGTON • Basil Bandwagon** 276 U.S. Hwy 202. 908-788-5737. M-F 9-8; Sat 9-6; Sun 10-5. hfs, to, op.
- **Nature’s Harvest** 41 Reaville Ave. 908-782-1311. M-F 9-8; Sat 9-6; Sun 10-4. hfs.
- FRANKLIN • The Natural** 100 Rte 23. 973-209-8200. M-Th 9-7; F 9-8; Sat 9-6; Sun 10-5. hfs.
- FLORHAM PARK • Trader Joe’s** 186 Columbia Tpke. 973-514-1511 M-Sun 9-9. hfs, op.
- HACKETTSTOWN • Vegetarian Nutrition Center** 28 Russling Rd. 908-850-0556 M-F 9-5; clsd Sat, Sun. hfs.
- HIGHLAND PARK • Anna’s Health Foods** 401-403 Raritan Ave. 732-828-9299. M-F 10-7; Sat 10-6; clsd Sun. hfs, op.
- HILLSBOROUGH • Culinary Creations** 434 Rte. 206. 908-281-3894. M-F 8-6; Sat, Sun 8-3. vfr, to.
- HOBOKEN • Basic Foods** 204 Washington St. 201-610-1100. M-Sun 8-10. hfs, op.
- **Hoboken Farmboy** 127 Washington St. 201-656-0581. M-F 8-10; Sat, Sun 8-9. hfs, to, op.
- HOHOKUS • Green Market Cafe** 195 East Franklin Tpke. 201-652-7733. M-Sat 11:30-8:30; Sun 11:30-3. vfr, to.
- ISELIN • Chowpaty** 1319 Oak Tree Rd. 732-283-9020. Tu-Sun 11-9:30; clsd M. vr, to.
- **Rajdhani** 1199 Green St. 732-404-9878. T-Sun 10-10; clsd Mon. vr, to.
- **Udupi** 1380 Oak Tree Rd. 732-283-0303. M-F 11:30-4, 5:30-10; Sat, Sun 12-10:30. vr, to.
- JERSEY CITY • Jersey City Farm Boy** 82 Hutton St. 201-963-9281. M-Sat 9-7; clsd Sun. hfs, to, op.

• **Satkar** 806 Newark Ave 201-963-6309. Tu-Sun 10-10; clsd M. vr, to.

- LAKE HOPATCONG • Healthy Home Center** 706 Rte 15 South. 973-663-0400. M-F 10-8; Sat 10-6; clsd Sun. hfs, to, op.
- LEBANON • Balance Health Food #7** Rte 22 East. 908-236-0440. M-F 9:30-6; Sat 10-5; clsd Sun. hfs, op.
- LINDEN • Clear Light Natural Foods** 306 N Wood Ave. 908-486-9446. M-Sat 9-5; clsd Sun. hfs.
- MADISON • Whole Foods** 222 Main St. 973-822-8444. M-Sun 8-9. hfs, to, op, org.
- MILLBURN • Whole Foods** 187 Millburn Ave. 973-376-4668. M-Sun 8-9. hfs, to, op.
- MONTCLAIR • Bread Co. Bakery** 113 Walnut St. 973-509-2525. Tu-F 10-7; Sat 9-5; clsd M. to, org.
- **Over The Rainbow** 10 Church St. 973-746-2288. Sun-Th 9-9; F, Sat 9-10. hfs, to, op.
- **Simply Zen** 292 Bloomfield Ave. 973-746-8820. M-Sat 10:30-8:00; Sun 11-7:00. to.
- **Tuption** 600 Bloomfield Ave. 973-783-3800. Tu-Sun 5:30-10; clsd M. vfr, to.
- **Udupi Village** 511 Bloomfield Ave. 973-233-1905. M-Sun 11:30-3:30, 5:30-9:30. vr, to.
- **Veggie Heaven** 631 Valley Rd. 973-783-1088. M-Sat 11:30-10; Sun 11:30-9:30. vr, to
- **Whole Foods** 701 Bloomfield Ave. 973-746-5110. M-Sun 8-9. hfs, to, op.
- MORRISTOWN • Cafe India** 79 Washington St. 973-539-7433. M-Sun 11-9. vfr.
- **Health Shoppe** 66 Morris St. 973-538-9131. M-F 9-9; Sat 9-7; Sun 9-6. hfs, to, op, org.
- NEW BRUNSWICK • George Street Co-op** 89 Morris St. 732-247-8280. M-F 10-8; Sat 10-6; Sun 11-6. hfs, op.
- **Southwest Burrito** 10 Easton Ave. 732-846-1600. Sun-W 11:30-10; Th-Sat 11:30-11. vfr, to.
- **Zafra** 46 Patterson St. 732-214-1005. M-Sat 5-10; clsd Sun. vr, to.
- NEWTON • Sussex Food Co-op** 30 Moran St. 973-579-1882. M-Th, Sat 9:30-5:30; F 9-9; Sun 1-5. hfs, to, op.
- NORTH ARLINGTON • Surrey Int’l Natural Foods** 33 Ridge Rd. 201-991-1905. M-F 9-7:30; Sat 9-5:30; Sun 9-3. hfs, op.
- NORTH BRUNSWICK • Tanjore** 2313 Rte. 1. 732-951-8233. W-M 12:30-3:30, 6-10:30; clsd Tu. vr, to.
- NORTHVALE • Organica** 246 Livingston St. 201-767-8182. M-F 9:30-7; Sat, Sun 10-5. hfs, to, op.
- PARSIPPANY • The Chand Palace** 257 Littleton Rd. 973-334-5444. M, W- F 11:30-9:30; Tu 5:30-9:30; Sat, Sun 12-10. vr, to.
- **Health Shoppe** 1123 Rte 46. 973-263-8348. M-F 9-9; Sat 9-6, Sun 11-6. hfs.
- **Veggie Heaven** 1119 Rte 46. 973-335-9876. M-Sat 11:30-10; Sun 11:30-9:30. vr, to.
- PASSAIC • Dosa Diner** 72 Broadway. 973-4708181. T-Sun 12:30-9; clsd Sun. vr, to.
- PASSAIC PARK • A-1 Nutrition** 210 Main St. 973-778-8409. M, Th 9-7:30; Tu, W, F 9-6:30; Sat 9-5:30; Sun 9-2. hfs.
- PISCATAWAY • Green Acres** 1297 Centennial Ave #4. 732-562-9088. M-Sat 9:30-8; Sun 11-5. hfs.
- **Malabar House** 1665 Stelton Rd. 732-819-0400. Sun-Th 12-3, 5:30-9:30; F-Sat 12-3, 5:30-10:30. vr, to.
- **Sukh Sagar** 1347 Stelton Rd. 732-777-9595. M- Sun 11:30-9:30. vr, to.
- POMPTON PLAINS • Nature’s Pavilion** 564 Rte 23 N. 973-831-5804. M-F 10-8; Sat 10-6; Sun 11-4. hfs, org.
- RAMSEY • Good ‘N Healthy** 1300 Rte 17 North. 201-327-1230. M-F 9:30-9; Sat 9:30-6; Sun 11-4. hfs.
- RAHWAY • Eat To The Beat** 44 East Cherry St. 732-381-0505. Tu-F 11-2, 5-10; Sat 4-12; clsd Sun, M. vfr, to.