UPPER EAST SIDE

☑ **Candle Cafe** 1307 Third (74th/75th). 472-0970. M-Sat 11:30-10:30; Sun 11:30-9:30. R, TO
Candle 79 154 E 79th (Lexington). 537-7179. M-Sat 12-3:30, 5:30-10:30; Sun 12-9. R
Food Liberation 1349 Lexington (89th/90th). 348-2286. M-F 8-7; Sat 10-6; Sun 11-5. HF
Good Earth 1330 First (71st/72nd). 472-9055. M-F 9-7:30; Sat 9-6; Sun 12-6. HF, TO
House of Health 1014 Lexington (72nd/73rd). 772-8422. M-F 8-9:30; Sat 10-9; Sun 10-8. HF
A Matter of Health 1478 First (76th/77th). 288-8280. M-F 9-8:30; Sat 10-7:30; Sun 11-7. HF
Natural Frontier 1424 Third (80th). 794-0922. Daily 9-10. HF, TO
Quintessence 353 E 78th (First/Second). 734-0888. Daily 11:30-11. R,TO

BROOKLYN/STATEN ISLAND

Back to the Land 142 Seventh (Garfield/Carroll), Park Slope. 718-768-5654. Sun-Sat 9-9. HF
Bliss 191 Bedford (N 6th/N 7th), Williamsburg. 718-599-2547. Daily 8:30-11. R, TO
Cafe Kai 151 Smith St. (Bergen/Wycoff), B'lyn. 718-596-3466. Daily till 7:00. R, TO
Flatbush Food Co-op 1318 Cortelyou (Rugby/Argyle).Daily 7-11. HF
Food Swings 295 Grand (Havemeyer/Roebling). 718-388-1919. Tu-Th 2-11; F 2-2; Sat 12-2; Sun 11-11; Closed M. TO
The Garden 921 Manhattan (Kent), Greenpoint. 718-389-6448. M-Sat 8-8; Sun 9-7. HF
The Greens 128 Montague (Henry), B'lyn Hts. 718-246-1288. M-F 11-11:30; Sat 12-11; Sun 1-10. R, TO
Green Paradise 609 Vanderbilt Ave (St. Marks/Bergen), Prospect Hts. 718-230-5177. Daily 2:30-11. R, TO
Imhotep 734 Nostrand Ave (Park/Prospect), Crown Hts. 718-493-2395. Daily 9-9. R, TO, HF
Park Slope Food Co-op 782 Union (Sixth/Seventh). 718-622-0560. M-Sat 8-10, Sun 8-7:30. HF (memb. required)
Perelandra 175 Remsen (Court/Clinton), B'lyn Hts. 718-855-6068. M-F 8:30-8:30; Sat 9:30-8:30; Sun 11-7. HF
Tastebuds Natural Foods 1807 Hylan Blvd, Dongan Hills, Staten Island. 718-351-8693. M-Sat 9-8; Sun 10:30-7. HF, TO
Vegetarian Palate 258 Flatbush Ave (Prospect Pl/St Marks), B'lyn 718-623-8808. M-Th 11:30-10:30; F-Sat 11:30-11:30; Sun 12-10:30. R, TO
Veggie Castle 2242 Church (Flatbush/Bedford), Flatbush. 718-703-1275. M-Th 10-11; F-Sun 10-12. R, TO

QUEENS

Annam Brahma 84-43 164th St, Jamaica. 718-523-2600. Mon-Tu, Th-Sat 11-10; Wed 11-4; Sun 12-10. R, TO
Buddha Bodhai 42-96 Main St, Flushing. 718-939-1188. Daily 11-10:30. R, TO
Dimple 35-68 73rd St, Jackson Hts. 718-458-8144. Sun-Sat 11-9. TO
Go Natural 45-03 Queens Blvd, Sunnyside. 718-482-0008. M-F 10-8:30; Sat 10-8; Sun 11-6. HF, TO
Krishna 111-14 101st Ave, So. Richmond Hill. 718-448-9010. Daily 11-9; Sun closed. TO, R
Linda's Natural 81-82 Lefferts Blvd, Kew Gardens. 718-847-2233. M,Tu, F 10-7; W-Th 10-8; Sat 10-6; Sun 11-5:30. HF, TO
Neil's Natural Market 46-10 Hollis Court (Utopia/189th St.), Flushing. 718-321-2088. M-Tu, Th-F 10-7; W 10-8; Sat-Sun 10-6. HF, TO
Oneness Fountain-Heart 157-19 72nd Ave (Parsons), Flushing. 718-591-3663. Sun-Tu, Th-Sat 11:30-9; closed Wed. R, TO
Quantum Leap 65-60(HF)/65-64(R,TO) Fresh Meadow Lane, Fresh Meadows. 718-762-3572(HF)/461-1307(R,TO). M-Th 11:30-10; F 11:30-11; Sat 11-11, Sun 10-10.
Queens Health Emporium 159-01 Horace Harding Exp, Fresh Meadows. 718-358-6500. M-Sat 9:30-8; Sun 10-6. HF, TO

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COOKBOOKS/NUTRITION/VEGAN SHOES

Becoming Vegan by Brenda Davis, et al. (Book Publishing Co., $17)
Lorna Sass' Short-Cut Vegetarian (Quill, $16)
The Millennium Cookbook, by Eric Tucker (Ten Speed Press, $20)
The Peaceful Palate: Fine Vegetarian Cuisine, by Jennifer Raymond (Book Publishing Co., $15)
Vegan Handbook, by Debra Wasserman (Vegetarian Resource Group, $20)
The Vegetarian Way by Virginia and Mark Messina (Three Rivers Press, $24)
The Whole Soy Cookbook by Patricia Greenberg (Random House, $16)
Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri by Karen Davis (Book Publishing Co., $9.95)

All the above are available through www.amazon.com.

Mooshoes (alternatives to leather) 152 Allen (Stanton/Rivington) 254-6512. 866-59-VEGAN. M-Sat 11:30-7:30; Sun 12-6. www.mooshoes.com
99x (vegan shoes) 84 E 10th (Third/Fourth). 460-8599. M-Sat 12-8, Sun 12-7

COOKING CLASSES/FOOD SERVICES

Healthy Gourmet to Go 561-0854. FS
High Vibe Health & Healing 83 E 3rd (1st/2nd). 777-6645. CC
Integral Yoga Institute 227 W 13th (Seventh/Greenwich). 929-0586. CC
Natural Gourmet School 48 W 21st (Fifth/Sixth). 645-5170. CC
Park Slope Food Coop (Look left, under Brooklyn). CC
Sivananda Center 243 W 24th (Seventh/Eighth). 255-4560. CC
Urban Organics 718-499-4321. FS
Whole Foods Project 718-832-6628. CC

SOCIAL GROUPS/LECTURES

Accent on Wellness Natural Hygiene 212-253-2262
Brooklyn Raw Food Potluck and Support Group 718-623-2698
Central Jersey Vegetarian Group 908-281-6388
Earthsave Hudson Valley 914-472-7392, http://hudson.earthsave.org/
Earthsave Long Island 516-421-3791, http://li.earthsave.org/
Earthsave NYC 212-696-7986, www.nyc.earthsave.org/
Hoboken Vegetarians 201-792-5300
Mid-Hudson Vegetarian Society 845-876-2626, www.mhvs.org
Vegan Society of Queens (mostly raw) 718-263-7160
NYC Vegetarians 718-805-4260 (Sun-Th, before 10 pm), celiaveg@aol.com
VegOut (gay-friendly) 212-802-8655, groups.yahoo.com/group/VegOut

WEB SITES

The VivaVegie Society www.vivavegie.org
Veg News (best listserve) http://groups.yahoo.com/group/ivu-veg-news/
PETA www.GoVeg.com
Vegetarian Resource Group www.vrg.org
Vegetarian Starter Kit www.pcrm.org/
Vegsource www.vegsource.com
VegDining www.VegDining.com
Happy Cow vegetarian restaurants www.HappyCow.net
American Dietetic Association www.eatright.org/adap1197.html
The Recipe Directory www.vegweb.com/food/

ORDER COPIES OF "101 REASONS"

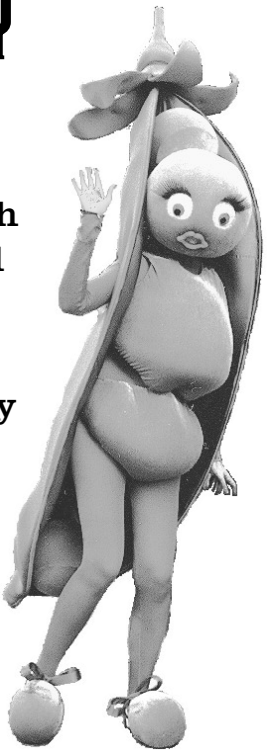
☑ **To order "101 Reasons Why I'm a Vegetarian"** (pamphlet edition) send payment in U.S. dollars to VivaVegie Society, P.O. Box 294, Prince St. Sta., New York, NY 10012: 1 copy $3; add'l copies 75 cents each; 50 copies $25; 100 copies $40; 400 copies $140. (All orders postage paid; foreign orders–limit 100–add 35% s/h.) Credit-card orders: www.vivavegie.org.
Book version (*101 Reasons Why I'm a Vegetarian*): www.triroc.com/101

VivaVegie's January 2005

VEGETARIAN GUIDE TO NEW YORK CITY

INCLUDING

- **A selective listing of health food stores and veg-friendly restaurants**
- **A 3-step dietary transition plan**
- **Cookbooks, classes, Web sites and social groups**
- **Where to call for help**



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THIS GUIDE WAS ORIGINALLY CONCEIVED & PRODUCED 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

The following restaurants are fully or mostly vegetarian or vegan (a few serve fish). Most health food stores sell meat, though much less so than ordinary supermarkets. Please call ahead to check hours and menus. HF=health food store; R=restaurant (full-service); TO=takeout (seating available in some cases)

CHINATOWN/CITY HALL AREA/TRIBECA

18 Arhans 227 Centre (Grand/Broome). 941-8986. M-Sat 10:30-7:30; Sun 1-6. TO
Bell Bates 97 Reade (Church/W B'way). 267-4300. M-F 9-7; Sat 10-6; closed Sun. HF, TO
Buddha Bodai 5 Mott (Chatham Sq). 566-8388. Daily 10:30-10:15. R, TO
☑ **Health King** 65 Nassau (John). 619-8030. M-F 7-7; Sat-Sun 10-6. TO
House of Vegetarian 68 Mott (Bayard/Canal). 266-6572. Daily 10:30-10:30. R, TO
May Wah Healthy Vegetarian Food 213 Hester (Baxter/Centre). 334-4428. Daily 9:30-8. HF
VegeCyber (recently closed) online only: www.vegecyber.com/
Vegetarian Dim Sum House 24 Pell (Bowery/Mott). 577-7176. Daily 10:30-10:30. R, TO

SOHO

Souen 210 Sixth (Prince). 807-7421. M-F 12-10:30; Sat 11-10:30; Sun 11-10. R, TO

EAST VILLAGE/LOWER EAST SIDE

Angelica Kitchen 300 E 12th (First/Second). 228-2909. Daily 11:30-10:30. R, TO
Caravan of Dreams 405 E 6th (A/First). 254-1613. Sun-F 11-11; Sat 11-12. R, TO
Commodities East 165 First (10th/11th). 260-2600. M-Sat 9-9; Sun 10-9. HF
Counter 105 First (6th/7th). 982-5870. Sun-Thu 5-Mid; F-Sat 5-1, R TO
4th Street Food Co-op 58 E 4th (Second/Bowery). 674-3623. Sun-Tu, Th 11-9; W, F, Sat 1-9. HF
Healthfully Organic Food Market 98 E 4 (First/Second). 598 0777. M-F 9-10; Sat 10-9; Sun 10-8. HF
Kate's Joint 58 Avenue B (4th/5th). 777-7059. F-Sat 9-2 am; Thu-Sun 9-Mid R, TO
Liquiteria 170 Second (11th). 358-0300. M-F 7:30-9:30; Sat-Sun 9-10; TO
Madras Cafe 79 Second (4th/5th). 254-8002. Daily 12-10:30. R, TO
Pan Pangea 259 First (15th). 979-1688. M-F 7-11; Sat 9-11; Sun 9-9. R,TO
Planet One 76 E 7th (First/Second). 475-0112. Daily, 6-Mid. R
Prana 125 First (7th/St. Marks). 982-7306. Closed for renovation. HF
Quintessence 263 E 10th (A/First). 646-654-1823. Daily 11:30-10:30. R,TO
The Sanctuary 25 First (Houston/2nd). 780-9786. Tu-Th 11:30-9; F-Sat 11:30-10:30; Sun 2-9; closed Mon. R, TO
Teany 90 Rivington (Orchard/Ludlow). 475-9190. Daily, 9 am-Mid. R, TO
Tien Garden 170 Allen (Rivington/Stanton). 388-1364. M-Sat 12-10; closed Sun. R, TO
Urban Roots 51 Ave A (3rd/4th). 780-0288. M-F 9-10; Sat-Sun 10-10. HF
Viva Herbal Pizzeria 179 Second (11th/12th). 420-8801. M-F 11-Mid; Sat-Sun 11-1. R, TO
Whole Earth Bakery 130 St. Marks (A/First). 677-7597. Daily 9-Mid. TO

GREENWICH VILLAGE/CHELSEA

Gobo 401 Sixth Ave (Waverly/8th). 255-3242. Daily 12-11. R, TO
Health & Harmony 470 Hudson (Barrow/Grove). 691-3036. M, Tu, Thu 9-8:30; W, F 9-8; Sat 10-7:30 Sun 11-7. HF, TO
Integral Yoga 229 W 13th (Seventh/Greenwich). 243-2642. M-F 9-9:30; Sat-Sun 9-8:30. HF, TO
Lifethyme 410 Sixth (8th/9th). 420-9099. M-F 8-10; Sat-Sun 9-10. HF, TO
Organic Market 275 Seventh (26th). 243-9927. M-F 8-9; Sat 10-7; Sun 12-7. HF, TO
Quantum Leap 88 W 3rd (Sullivan/Thompson). 677-8050. M-F 11:30-11; Sat-Sun 11-10:30. R, TO
Sacred Chow 522 Hudson (10th/Charles). 337-0863. M-F 7:30-9:30 pm; Sat-Sun 8:30-9:30. TO
Souen 28 E 13th (University/Fifth). 627-7150. M-Sat 11-11; Sun 11-10. R, TO
Temple in the Village 74 W 3rd (La Guardia/Thompson). 475-5670. M-Sat 11-9:30; closed Sun. TO
Vegetarian's Paradise 2/Red Bamboo 144/140 W 4th (Wash Sq. W/Sixth). 260-7130/7049. M-Th 12:30-Mid; F-Sun 12-Mid. R, TO
Village Natural 46 Greenwich Ave (Sixth/Seventh). 727-0968. M-F 10:30-11; Sat 9:30-11; Sun 10-10. R, TO
Wholesome Market 93 University (11th/12th). 353-3663. Sun-Sat 7:30-11:30. HF, TO

GRAMERCY/MURRAY HILL/MIDTOWN

Better Health 389 Third (28th). 684-5260. M-F 8-8:30; Sat 11-8; Sun 10-7:30. HF, TO
Bonobos 18 E 23 (Madison). 505-1200. Daily 11:30-8. R, TO
Dimple 11 W 30th (Fifth/B'way). 643-9464. M-F 10:30-8:30; Sat-Sun 10:30-7:30. R, TO
☑ **Franchia** 12 Park Ave (34th/35th). 213-1001. M-Sat 11:30-10:30; Sun 12-10. R
☑ **Hangawi** 12 E 32nd (Madison/Fifth). 213-0077. Daily 12-10. R
Health 4-U 432 Park Ave S (29th/30th). 532-2644. M-F 8-8; Sat 10-7; Sun closed. HF
☑ **Health King** 700 Third (43rd/44th). 867-2633. M-F 7-7; Sat-Sun 10-6. TO
Madras Mahal 104 Lexington (27th/28th). 684-4010. M-F 11:30-3; 5-10; Sat-Sun 10-10. R, TO
Natural Frontier 162 Third (16th). 780-0263. M-F 8-11; Sat-Sun 9-10. HF, TO
Pongal 110 Lexington (27th/28th). 696-9458. M-F 12-3, 5-10; Sat-Sun 12-10. R, TO
Pure Food and Wine 54 Irving Pl (17th). 477-1010. (reservations) M-Th 12-3; F 12-3, 5:30-12; Sat 5:30-12; Sun 5:30-11. R.
Udipi Palace 103 Lexington (27th/28th). 889-3477. M-Th, Sun 11:30-10; F-Sat 11:30-10:30. R, TO
Vatan 409 Third (29th). 689-5666. Tu-F 5:30-9:45; Sat-Sun 5:30-10:45. closed M. R
Viva Natural 64 E 34th (Park/Madison). 779-4350. Kosher, Seasonal, call ahead. R, TO
Westerly Natural Market 913 Eighth (54th/55th). 586-5262. M-F 7-Mid; Sat 8-Mid; Sun 9-Mid. HF
Zen Palate 34 Union Square E (16th). 614-9291. M-Sat 11:30-11; Sun 12-10:30. R, TO

UPPER WEST SIDE/HARLEM

Ayurveda Cafe 706 Amsterdam (94th). 932-2400. Daily 11-11. TO
Cafe Viva 2578 B'way (97th/98th). 663-VIVA. Sun-Sat 11:30-11:30. R, TO
Fairway (1) 2127 B'way (74th/75th). 595-1888. (2) 2328 12th (131st/132nd). 234-3883. Daily 6 a.m.-1 a.m. Giant fruit/veg grocery
LifeThyme 2277 B'way (82nd). 721-9000. M-F 8-10; Sat-Sun 9-10. HF
Mana 646 Amsterdam (91st/92nd). 787-1110. M-F 11:30-10:30; Sat 11-10:30; Sun 11-10. R, TO
Quintessence 566 Amsterdam (87th/88th). 501-9700. Daily 11:30-11. R,TO
Strictly Roots 2058 Adam Clayton Powell Blvd (123rd). 864-8699. M-F 8-9; Sat-Sun 10-7. R, TO
Uptown Juice Bar 54 W 125th (Fifth/Lenox). 987-2660. Daily 8-9. TO
Uptown Whole Foods 2421 B'way (89th). 874-4000. Sun-Sat 8-11. HF, TO
Zen Palate (1) 663 Ninth (46th). 582-1669. Sun-Sat 11:30-10:30. (2) 2170 B'way (76th/77th). 501-7768. Sun-Sat 12-10:30. R, TO

continued on flap