

Spring 2017

WILMINGTON VEGAN
RESTAURANT
& COMMUNITY GUIDE



Lentil Burger from Sealevel City Gourmet

WilmingtonVegan.com
Facebook.com/Groups/WilmingtonVegan
WilmingtonVegan@gmail.com

WILMINGTON VEGAN-FRIENDLY RESTAURANTS

Beer Barrio - 34 N Front St (Downtown), 769-5452
Smoky black bean tacos, nachos, vegan cheese.

Big Thai 2 - 1319 Military Cutoff (Landfall), 256-6588
Vegan curry w/tofu, noodle dishes, stirfry. Ask for no egg or fish sauce. Salad dressings are vegan, tempura is not.

Black Sea Grill - 118 South Front St (Downtown), 254-9990
Falafel, eggplant, hummus, stuffed grape leaves, veggies. Rice contains butter.

Brixx Wood-Fired Pizza - 6801 Main St (Mayfaire), 256-9677
Thin crust gourmet pizzas. Sub vegan cheese (not on menu) on veg pizzas to make vegan.

Chipotle - 1525 Fordham Rd (at Oleander), 794-4906
Burritos, tacos w/veggies or sofritas (braised tofu in sauce).

Clean Eat - 203 Racine Dr (Blue Moon Gift Shops), 452-3733
Build a bowl w/tofu & veggies. Ask for vegan sauce.

Dead Crow Comedy Room - 265 N Front (Downtown), 520-5520
Tacos, burgers, tots. Sub vegan cheese on Gangster Wrap & nachos. Vegan ranch & mayo. Guac balls are not vegan.

Detour Deli - 510½ Red Cross (Brooklyn Arts District) 538-4093
Ask for vegan sandwiches: jicama or tofu banh mi, veggie hoagie, avocado torta, veggie club. Vegan mayo avail.

Double Happiness - 4403 Wrightsville Ave (at Kerr), 313-1088
Lettuce wraps, spring rolls, scallion pancakes, dumplings, curry, tofu, veggie, eggplant, & bean dishes. Ask for vegan.

Eatery17 - 2547 S 17th St (just north of Shipyard), 769-4075
Bowls, noodle dishes, wraps, sandwiches. Vegan chef Emily Lyons offers daily specials & can veganize other items.

Epic Food Company - 1113 Military Cutoff (the Forum), 679-4216
Bowls, wraps, black bean burger.

Flaming Amy's Bowl - 4418 Shipyard (Long Leaf Mall), 799-6222
3224-A College (Northchase), 769-9249
Fill a bowl w/veggies, beans, & tofu to be grilled in front of you (ask them to clean grill), add rice & sauce (ask for vegan).

Flaming Amy's Burrito Barn - 4002 Oleander, 799-2919
Veggie, tofu, jerk tofu, eggplant, portobello, bean burritos & tacos made vegan. Vegan cheese, quesadillas, guac., salsa bar. Ask for no sour cream. Cross-contamination issues.

Hell's Kitchen - 118 Princess St, 763-4133
New vegan-friendly menu coming soon w/chickpea burger, fried tofu, tempeh, plus vegan ranch and nacho cheese.

Hops Supply Co. - 5400 Oleander, 833-8867
Vegan cashew lentil burger w/Indian spices (does not come with bun), black bean burger is not vegan.

Jason's Deli - 5301 Market St (near College Rd), 795-4164
Vegetarian menu w/vegan opts - spinach veggie wrap (no cheese), veggie soup (GF), steamed veggies, salad bar.

K38 Baja Grill
5410 Oleander Dr 395-6040 & 8211 Market (Porters Neck) 686-8211
Fajitas, tacos, tostadas. Vegeta-bowl & Poor Surfer veganized. Ask for no cheese, no cotija on beans, no sour cream, no butter, even on tortillas.

Mellow Mushroom - 4311 Oleander Dr (at S College Rd), 452-3773
Vegan pizza w/tofu, tempeh, veggies, vegan cheese. GF crust avail. Tofu & tempeh hoagies w/out dairy/mayo.

Moe's Southwest Grill

1427 Military Cutoff 256-5100 & 4401 Oleander 794-7112
Custom tofu burritos, tacos, salads, bowls. GF options.

Nawab Fine Indian Cuisine - 6828 Market, 769-7418
Vegan buffet every Wednesday night.

NeMa - 225 South Water St (Downtown), 769-3709
Gourmet pizza, tofu sandwich, blk bean burger, soup, fries, brownie. Vegan cheese & aoili. Vegan beer & wine list.

Nikki's Fresh Gourmet - 16 S Front St (Downtown) 772-9151, 260 Racine 799-6799 & 3520 Oleander (Independence Mall) 791-8887
Burgers, wraps, bbq tofu, tempeh, sesame noodles, vegan mayo, all only at downtown location. Ask for vegan (tempura & most rolls/breads aren't vegan). Slim options at other locations, such as veggie rolls.

Our Crepes and More - 3810 Oleander, 395-0077
Sweet & savory crepes made vegan upon request, vegan hash.

Peño Mediterranean Grill (formerly Baba Ghannouj) 351-29 S College 769-1056 & Independence Mall 796-8838
Falafel wrap/gyro, chickpea salad, plantains, tabbouleh, black beans. Cuc sauce & baba ghannouj are not vegan.

Pita Delite - 317-B S College Rd, 392-0028
Falafel, hummus, sandwiches. Pita isn't vegan (other bread is).

Root

Vegetarian bistro closed, but may re-open.

Sahara Pitas - 6706 Market St (Ogden), 392-4070
Falafel, hummus, tabouli. Always ask for vegan.

Sealevel City Gourmet - 1015 S Kerr Ave, 833-7196
Menu clearly marked w/vegan and can be made vegan options, including lentil burgers, kale nachos, tempeh TLT, vegan dogs, tacos, veggie sushi, vegan specials, and deserts. Vegan cheese, sour cream, mayo avail. GF opts. Call to check hours.

Slice of Life - 125 Market St (Downtown) 251-9444, 1437 Military Cutoff 256-2229 & 3715 Patriot Way (Fulton Station) 799-1399
Whole pies w/vegan cheese & veg toppings, sometimes soup. GF crust isn't vegan. No vegan cheese at mall.

Southern Thai - 3715 Patriot Way (Fulton Station), 769-3193
Curries & stirfries are vegan w/tofu or veggies. Ask for no egg/fish sauce on noodles. Ginger salad dressing is vegan.

Tandoori Bites - 1620 S College Rd (at Parkway Dr), 794-4545
Baingan bharta, aloo gobi, chana masala, aloo mutter, tarka dal, bhindi masala, veggie biryani, veggie pakora (GF). Chapatti is vegan, naan & samosas are not. At lunch buffet, always ask what is vegan.

Thai Spice - 5552 Carolina Beach (Monkey Junction), 791-0044
Curries, noodles, fried rice w/tofu or veggies (ask for no egg). Spring rolls & fried tofu appetizers. Tom yum & vegetable tofu soups. No fish in their "fish sauce." GF options.

The Foxes Boxes - 622 N 4th (Brooklyn Arts District), 769-0125
Chickpea wraps, falafel, potatoes, broccoli, plus weekly vegan specials such as soba noodles, potato tacos, soup.

The George on the Riverwalk - 128 S Water (Downtown), 763-2052
Separate simple vegan & GF menu: tofu tacos, fusilli primavera, & black bean salad, served w/two sides. Sat/Sun brunch: tofu scramble or veggie plate.

Trolley Stop - 4502 Fountain Dr (at S College Rd), 452-3952
Vegan hot dogs, plus black bean burger (this location only).

Uncle Lim's - 3905 Independence (at Carolina Beach), 313-6858
Curry, tofu, eggplant, veggies, and mock-meat dishes such

as crispy soy chicken, soy ribs, firecracker soy protein, orange peel soy chicken. Ask for vegan.

Yosake - 33 S Front St (Downtown), 763-3172
Veggie rolls, hummus, & 100% vegan-friendly curry menu.

Zoës Kitchen - 1011 International Dr (Mayfaire), 509-2773
White beans, potato salad, roasted veg, quinoa salad, hummus. Pita isn't vegan. Online menu w/vegan opts marked.

WILMINGTON DESSERTS

Boombalatti's Ice Cream - 1127 Military Cutoff (the Forum), 679-4955
Weekly vegan ice cream flavors available, plus milkshakes.

Pink Baking Co. (Hot Pink Cake Stand)
114 N Front St (Downtown), 343-4727
Ask for vegan cupcakes, plus coffee, tea, beer, wine.

Wake N Bake Donuts - 114 Princess St, 470-4348
Variety of vegan donuts. Call ahead for availability.

WILMINGTON GROCERIES & CAFES

Lovey's Natural Foods & Cafe - 1319 Military Cutoff, 509-0331
Groceries, produce, bulk, lots of hard to find items. Hot/cold food bar & cafe menu w/tofu melts, plus burgers & wraps made vegan. Specify vegan when ordering.

Saigon Market - 4507 Franklin Ave (at Kerr), 793-9911
International groceries (Asian, Middle Eastern, African, Latin). Rice, noodles, beans, seaweed, jackfruit, coconut milk, tahini, agar agar, black salt, herbs, veggies, produce.

Tidal Creek Food Co-op - 5329 Oleander Dr, 799-2667
Cooperative market, groceries, bulk, produce, salad bar, plus tasty daily hot bar w/vegan options. Anyone can shop, or become an member and ask for what you want.

Trader Joe's - 1437 S College Rd (at Oleander), 395-5173
Groceries marked "V" for vegan, plus a list in store & online. Chickenless tenders, meatless meatballs, frozen meals, produce, burgers, snacks.

Whole Foods Market - 3804 Oleander Dr, 777-2499
Groceries, produce, bulk foods. Deli counter and hot/cold bar w/vegan opts.

WILMINGTON CHEFS & FOOD COMPANIES

Emily Lyons, Private Chef - 922-6899
Vegan chef offering cooking demos, meal prep/delivery, meal planning. Vegan, raw, and/or GF.

I-Rise Baked Goods/Allison Pastore - 431-0930
irisebakedgoods@gmail.com
Muffins, cakes, trail mix bars, smores bars, banana bread, etc., plus vegan/GF meals. Call to order & find at events.

Lisa Andree, Chef & Instructor - bokchoyforbreakfast.com
Private chef for vegan, GF, oil-free cooking, plus instructor of vegan cooking classes.

Lotus & Lentils - lotusandlentils.com
Local vegan Tish Lynn Vincent offers recipes, yoga classes, maple glazed cashews, and nut & berry granola.

Marianna Huth/Royally Raw - mhuth7@gmail.com, 398-0099
Custom vegan cakes & raw vegan treats.

Sandra Sharpe/Vegan Mama - vegan-mama@live.com
Custom vegan cakes, cupcakes, donuts, chocolates, meals, vegan parmesan, lip balm, cooking classes.

WILMINGTON FARMERS MARKETS

CSAs (Community Supported Agriculture)

CSAs connect farmers & community via a weekly box of seasonal harvest. See feastdowneast.org/csas.html for list.

Ogden Farmers Market (Ogden Park)

Wed. Apr-Nov, 8am-1pm, (run by Riverfront Farmers Mkt).

Poplar Grove Farmers Market (Porter's Neck area, Wilmington)

Wed. Apr-Nov, 8am-1pm, Poplar Grove Plantation.

Riverfront Farmers Market (Downtown Wilmington)

Sat. Apr-Nov, 8am-1pm, Riverfront Park.

WILMINGTON COMMUNITY ORGANIZATIONS

Help Tregembo Zoo Animals

[Facebook.com/Help-Tregembo-Zoo-Animals-343890185755862](https://www.facebook.com/Help-Tregembo-Zoo-Animals-343890185755862)

Weekly summer protests of Tregembo zoo.

North Carolina Farmed Animal Save (NCFAS)

[Facebook.com/Groups/565395226878301](https://www.facebook.com/Groups/565395226878301)

Community education and outreach. Hosts vigils for animals on their way into NC slaughterhouses.

Reaching Out for Animal Rights (ROAR)

[Facebook.com/Groups/213410132151895](https://www.facebook.com/Groups/213410132151895)

Lorraine Moe - roarwilmington@gmail.com, 232-7919

AR group educating and hosting protest & outreach events.

UNCW Students Organizing for Animal Rights (SOAR)

[Facebook.com/Groups/uncwSOAR](https://www.facebook.com/Groups/uncwSOAR)

UNCW animal rights group.

Wilmington Vegan - see back of this pamphlet

WILMINGTON WELLNESS SERVICES

Christine Sullivan, Animal Healer - Earthskyanimalhealing.com

Holistic healing for pets & their people.

Douglas Dixon, M.D. - 720 Market St, 762-9995

Vegetarian & vegan-friendly general practice doctor.

I Do Yoga – Jackie DeConti, 262-8813

Custom yoga sessions for wedding events. Vegan-owned.

Kunga Yoga School at Wilmington Yoga Center, 350-0234

Yoga instructor training which includes animal ethics, by local vegan Kristin Cooper-Gulak.

Oriental Medical Therapies – Tricia Miller L.Ac.

217 N 5th Ave, Ste 203, 431-3836

Acupuncture, therapeutic massage, aromatherapy, nutrition, private yoga instruction. Vegan-owned.

terra sol sanctuary - 507 Castle St, 465-2230

Historic church now sacred yoga space. Vegan-owned.

West Meadow Spa - 3304 Wrightsville Ave, 799-8282

Vegan De La Terre products from Asheville. Medi cupping, oncology facials, spa treatment.

Yoga for the Planet - Rebecca Niamtu, yogafortheplanet.com

Yoga teacher training. Vegan-owned.

OTHER WILMINGTON BUSINESSES

Crooked Metal Jewelry & Fairy Locks

[Etsy.com/Shop/CrookedMetal](https://www.etsy.com/Shop/CrookedMetal)

[Etsy.com/Shop/FairyLockHeaddresses](https://www.etsy.com/Shop/FairyLockHeaddresses)

Amazing handcrafted jewelry and elaborate headdresses made by local vegan artisan Sandra Sharpe.

Gingerwitchbotanicals - Jessica Marler

Etsy.com/shop/Gingerwitchbotanical

Vegan essential oils, masks, salts, soaps, tooth scrub.

Karmic Fury Records - KarmicFuryRecords.com

Independent record label owned by local vegan musicians Kim Dicso & Sue Cag of folk-rock band Folkstar.

Nicole's Sail Designs - etsy.com/shop/NicolesSailDesigns

Recycled sailcloth bags made by local vegan Nicole Nason.

Sprouts Daycare - Penny Philligan, 431- 2256

Vegan-owned and operated childcare center catering to children from infancy to 5 years. Emphasis on green living, recycling, gardening, and compassion.

Vegan Beauty Boutique - casey@veganbeautyboutique.com

Beauty products, owned by local vegan Casey Nelson.

LELAND**Asia and Sushi - 497 Olde Waterford Way, Leland, 399-2071**

New restaurant w/vegan dishes marked on menu, plus "Vegan Specialty" section w/mock-meat dishes.

WRIGHTSVILLE BEACH**East Oceanfront/Blockade Runner - 275 Waynick, 256-2251**

Seasonal fine dining. Ask for vegan option.

Mellow Mushroom - 224 Causeway Dr, 679-4645

Please see Wilmington listing for description.

Surfberry - 222 Causeway Drive, 679-8027

Open seasonally. Vegan smoothies, organic juices, & wheat grass. Acai and Pitaya Bowls w/almond milk & no honey.

Tower 7 Baja Mexican Grill - 4 N Lumina Ave, 256-8585

Affiliated with K38 w/similar menu (fajitas, burritos, Vegeta-bowl, Tower 7 tofu burrito, & black bean tacos). Ask for no cheese, no sour cream, & no butter, even on tortillas.

Trolley Stop - 94 S Lumina Ave, 256-3421

Local franchise serving vegan hot dogs.

Wrightsville Beach Farmers Market

Every Monday May-September, 8am-1pm, at the Wrightsville Beach Municipal Grounds.

CAROLINA BEACH**Carolina Beach Farmers Market**

Every Saturday May-October, 8am-1pm, at Carolina Lake (S Lake Park Blvd & Atlanta Ave).

Flaming Amy's Burrito Barn - 1140-A N Lake Park, 458-2563

Similar menu to Wilmington location. No vegan cheese.

Ida Thai - 304 N Lake Park Blvd, 458-8136

Thai dishes made w/tofu. Always ask for no fish sauce or egg. Curry is not vegan (shrimp in curry paste).

Island Hots - 103A Cape Fear Blvd, 274-5875

Vegan hot dogs w/variety of toppings & sides of chips, pickles, fries. Standard bun is vegan, GF contains egg.

Island Wellness Market - 1140-G N Lake Park Blvd, 458-5252

Locally-owned market featuring vegan groceries, frozen foods, snacks, supplements, gifts. Plus, custom-made hemp milk smoothies, fresh juices, and coconut ice cream.

Kate's Pancake House - 102 S Lake Park Blvd, 458-3663

Tofu skillet w/out butter, tofu burrito w/out cheese, and tofu wrap.

Nikki's Gourmet & Sushi - 6 South Lake Park Blvd, 707-0802
Stirfry, veggie rolls. Ask for no fish or oyster sauce.

The Veggie Wagon - 608 S Lake Park Blvd, 805-3014
Family-owned shop w/local veggies, groceries, & store-made items such as potato salad, white bean spread, guac, almond butter, dressings, muffins, crackers, pickles.

Wake N Bake Donuts - 1401 N Lake Park Blvd, 707-0166
Ask for vegan donuts. Call ahead to check availability.

SURF CITY

Daddy Mac's Beach Grille - 108 N Shore Drive, 328-5577
Marinara pasta & Tahitian Wrap. Ask for vegetarian menu, but Fra Diablo has fish sauce. Just ask to be sure.

Nikki's Restaurant - 124 N New River Dr, 328-1121
Veggie or bean curd stirfry. Ask for no fish or oyster sauce.

Sisters Organic Market - 330 N New River Dr, 541-2223
Small shop packed w/bulk (quinoa, nuts, chia, coffee), organic produce, Vegenaize, Daiya, soups, pasta, baking ingredients, but it's also very meat-centric.

JACKSONVILLE

Chipotle - 1345 Western Blvd, 353-2509
Please see Chipotle description under Wilmington.

Chuy's - 1618 Western Blvd, 219-0330
Vegan menu w/guac tacos, bean tacos, burritos, sopapillas, enchiladas. Ranchero & tomatillo sauce. Ask for no cheese.

Forkful - 1130 Western Blvd, 333-9767
Build your own wrap, rice, soup, salad dish w/tofu, veggies, black beans, corn, hummus, black eyed peas, etc.

Jeff's Burgers - 2550 Onslow Dr, 989-2500
Veggie burger option.

Lilianas Colombian - 4075 Gum Branch Rd, 939-4072
Colombian tostones (fried plantains), beans and rice, fried yucca, salsa. Fresh fruit juices w/water instead of milk.

Marrakesh - 409 Western Blvd, 219-0229
Veg kabobs, hummus, tabbouleh, falafel w/out cuc. sauce.

Natural Health Foods & Jubilee Juice - 2543 Onslow, 347-4721
Produce, bulk, supplements, plus vegan juices & smoothies.

New Bridge Organic Market - 708 New Bridge St, 347-2533
Produce, bulk, frozen, plant milks, vegan cheese, mock meat, etc. Chicken salad & quinoa wraps, sandwiches, burgers, soups, smoothies, brownies. Ask for vegan. GF options.

Noodles & Company - 1345 Western Blvd, 219-1431
Peanut Satay, Pan Noodles, Penne Rosa (no cream or cheese), Tucson Fresca (no cheese), & Chinese Chop Salad (no wontons). Ask for vegan.

Old Siam (The Old Siam) - 1215 N Marine Blvd, 937-0099
Vast Thai menu of dishes made w/veggies & tofu. Spring rolls & tofu apps. Ask for vegan w/out egg & fish sauce.

Sake Asian Fusion - 461 Western Blvd, 938-9666
Japanese w/vegetable hibachi, spring rolls, edamame, fried rice (ask for no egg). Miso soup contains fish sauce.

The Impeccable Plate - 851 Dennis Rd, 459-0716
Power salads such as "the Vegan," plus grilled tofu. Ask for other vegan meal options.

SOUTHPORT AND OAK ISLAND

Circa 64 - 8317 E Oak Island Dr, Oak Island, 250-1570

Vegetarian menu options can be made vegan.

Maters and Taters - 8813 E Oak Island Dr, Oak Island, 742-7782

Local and organic seasonal farm stand produce.

Thai By The Sea - 8300 E Oak Island Dr, Oak Island, 278-6420

Thai dishes (sub veggies/tofu). Ask for no fish/oyster sauce.

Thai Peppers - 115 E Moore St, Southport, 457-0095

Thai veggie & tofu stirfries and curries. Ask for vegan.

Trolly Stop - 111 South Howe St, Southport, 457-7017

Local franchise serving vegan hot dogs.

More vegan eats upon request at Bake With Love, Island Way, Joseph's Italian Bistro, & Loco Jo's. Order custom vegan cakes from Keys in a Pod Designs (Oak Island).

What is a vegan? A vegan is someone who consumes no animal products including flesh, fish, dairy products, eggs, or honey. Vegans also avoid fur, leather, and wool as these products are a result of the confinement, abuse, and slaughter of animals. Broadly, being vegan means trying to live your life in a thoughtful, compassionate manner by taking non-human animals, the planet, their health, and other humans into consideration when making choices about what to consume.

Read more at vegansociety.com/go-vegan

Why
LOVE one but **EAT** the other?



Wilmington Vegan is the vegan community organization serving southeastern NC. Our purpose is to provide resources and information for both longtime vegans and new vegans and to build a vibrant local community. Wilmington Vegan was founded in 2011 by local longtime vegan Sue Cag. Since then, over 1,300 members have joined the Facebook group and all of our activities are handled by community volunteers.

Wilmington Vegan hosts monthly potlucks and holiday events. We also publish this community guide and participate in vegan outreach. We have a free lending library of books and DVDs, a biweekly newsletter, and a very popular Facebook discussion group. Please see WilmingtonVegan.com for more information.

About This Guide: In order to qualify as "vegan-friendly," restaurants must have vegan items on their menu (in addition to salads) and be recommended by WV members. Other businesses need to be vegan-owned or offer distinct products/services for the vegan community. Also, most restaurants use the same preparation surfaces and fryers for vegan and non-vegan meals - because this is so prevalent, it was not used as a consideration for exclusion.

All info is subject to change, always call ahead.