

SPRING/SUMMER 2019



Wilmington Vegan DINING & COMMUNITY GUIDE

A guide to vegan-friendly dining, shopping, services,
and other businesses in the Cape Fear region,
compiled and published by Wilmington Vegan.

Wilmington Vegan is the vegan community organization serving southeastern NC. Our purpose is to provide resources and information for both longtime and new vegans to build a vibrant local community.

Wilmington Vegan hosts social events, publishes this Guide, and participates in local vegan outreach. We also have a free lending library of books and DVDs, a newsletter, and a Facebook group. Please see WilmingtonVegan.com for more information.

Are you, or do you know of, a restaurant with vegan menu options?
Contact us to be included in this Guide!

ONLINE: WilmingtonVegan.com

FACEBOOK: [Facebook.com/groups/WilmingtonVegan](https://www.facebook.com/groups/WilmingtonVegan)

EMAIL: WilmingtonVegan@gmail.com

WILMINGTON RESTAURANTS

Arepa St. Food Truck ▶ arepast.com or on Facebook for daily location, 864-832-7372. Venezuelan arepas w/ black beans and vegan cheese.

Asian Fusion Noodle House ▶ 4724 New Centre Dr, 859-8242. Fresh basil rolls, soup, vegetable/curry dishes that can be made vegan.

Beach Bagel ▶ 7220 Wrightsville Ave, 256-1222; 5906 Oleander Dr, 769-4232; 5226 S College Rd, 399-8731. Most bagels are vegan; also offers Impossible Burger and an assortment of vegan spreads.

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

Bella's Bar Local ▶ 19 Market St, 833-5182. Korean eggplant BBQ lettuce wraps, veggie panini and pizza, and other vegan dishes upon request.

Benny's Big Time Pizzeria ▶ 206 Greenfield St, 550-2525. Menu changes based on local produce, but vegan pizza and pasta are always available. Most dishes veganizable, especially the small vegetable plates.

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

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

Block Taco ▶ 120 Greenfield St (Satellite), 399-2796. Brussels sprout tacos, with toasted pecans and pepita salsa. Guacamole is also vegan.

Brixx Wood-Fired Pizza ▶ 6801 Main St (Mayfaire), 256-9677. Thin crust gourmet pizzas. Vegan cheese (not on menu) is available.

Catch ▶ 6623 Market St, 799-3847. Seafood restaurant with seasonal veggie plate on the menu.

Ceviche's ▶ 7210 Wrightsville Ave, 256-3131. Coconut ceviche, coconut rice & beans, crispy Brussels sprouts, daily veggie plate, guac & fresh salsa.

Chopt Creative Salad Co. ▶ 1125 Military Cutoff (Forum), 239-9263. Extravagant salads with veggies, falafel, beans, grains, and other toppings.

Circa 1922 ▶ 8 N Front St (Downtown), 762-1922. Vegan dish on request, no need to call ahead. Vegan offering changes daily. Hummus is vegan. Vegetarian menu can be veganized.

Crust ▶ 124 Princess St, 399-1263 5916. Vegan grilled cheese & veggies, Aunt Viv salad w/ cranberry vinaigrette dressing, soup, fries.

Detour Deli ▶ 510 Red Cross St (Brooklyn Arts District), 538-4093. Ask for vegan sandwiches: jicama or tofu banh mi, veggie hoagie, avocado torta, veggie club. Vegan mayo available.

Double Happiness ▶ 4403 Wrightsville Ave (at Kerr), 313-1088. Tofu/veggie/eggplant/bean dishes. Fish/oyster sauce issues. Ask for vegan. Curry not vegan due to shrimp paste.

Eatery17 ▶ 2547 S 17th St (just north of Shipyard), 769-4075. Bowls, noodle dishes, wraps, sandwiches, vegan brownies. Daily vegan specials & can veganize other items.

El Cerro ▶ 1051 Military Cutoff, 679-4209; 341 S College 793-0035; 5120 S College (Monkey Junction) 790-8727. Mexican fare made vegan upon request. Guacamole isn't vegan.

Epic Food Company ▶ 1113 Military Cutoff (Forum), 679-4216. Bowls, wraps, black bean burger, plus grab & go options.

Flaming Amy's Bowl ▶ 4418 Shipyard (Long Leaf Mall), 799-6222; 3224-A College (Northchase), 769-9249. Fill a bowl with veggies, beans, and tofu grilled to order (ask them to clean grill), add rice & vegan sauce.

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

Fork 'n' Cork ▶ 122 Market St (Downtown), 228-5247. Has Impossible burger and will make Brussels sprouts vegan on request.

Foxes Boxes ▶ 622 N 4th, 769-0125. Chickpea wrap and falafel can be made vegan, plus sides and weekly vegan specials such as jackfruit carnitas.

The George on the Riverwalk ▶ 128 S Water (Downtown), 763-2052. Grilled portabella mushroom salad and Beyond Burger.

Hell's Kitchen ▶ 118 Princess St (Downtown), 763-4133. "Health Attack" chickpea burger, wings, sandwiches, tacos can be made vegan, plus vegan specials, vegan ranch and nacho cheese. Veganizable items clearly marked.

Hungry Sparrow ▶ 701 Castle St., 782-2950. Fried plantains, beans, and chickpea empanadas are all vegan, as are yucca fries.

Il Forno Pizzeria ▶ 1474 Barclay Pointe Blvd St, 765-1226. Pizza dough is vegan, so pizza veganizable by omitting cheese. Cannellini bean dip is vegan. Salads and antipasti can be made vegan.

Indochine ▶ 7 Wayne Dr, 251-9229. Tofu & tomatoes, steamed vegetables, GF noodles are vegan. Kelp salad, veg roll, and yellow curry are vegan. Banh mi & other items veganizable with tofu and omitting fish sauce.

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

Kale Me Crazy ▶ 6800 Parker Farm Dr (Mayfaire), 679-8188. Fresh whole organic foods, homemade nut milks, vegan wrap, acai bowl, smoothies and juices, vegan salads and soup every day.

Louie's Hot Dogs ▶ 204 1/2 Princess St (Downtown), 763-8040. Vegan hot dog option (Lightlife brand) and toppings.

Manna ▶ 123 Princess St (Downtown), 763-5252. Vegan options made on the fly, per request, happy to accommodate.

Mellow Mushroom ▶ 4311 Oleander Dr (at S College Rd), 452-3773. Pizza and calzones available with tofu, tempeh, veggies, vegan cheese. GF crust available. Tofu & tempeh hoagies can also be made vegan.

Nawab Fine Indian Cuisine ▶ 6828 Market, 769-7418. Wed. night vegan buffet. Tandoori roti (bread) is vegan. Many items can be made vegan upon request.

Nikki's Fresh Gourmet ▶ 16 S Front St (Downtown) 772-9151; 3520 Oleander (Independence Mall) 791-8887. Downtown: Vegan hummus & pita, BBQ tofu w/eggplant, sushi rolls. Falafel, fried tomato sandwich, and blackened tofu salad can be made vegan. Mall: Vegan sushi rolls and sides. Tempura is vegan, but teriyaki & pad Thai are not. Veg bento box & fried rice can be veganized. Mochi ice cream dessert is vegan.

Nikki's Hibachi Steakhouse & Sushi Bar ▶ 1055 Military Cutoff Rd, 509-8998. Aged tofu, veg gyoza, and veg tempura are vegan. Several vegan sushi rolls including tofu skin, sweet potato, sunshine, and veg roll. Hibachi and miso soup can be made vegan. Salad dressings not vegan.

Nori Asian Fusion ▶ 1412 Barclay Pointe Blvd, 765-1888. Vegan sushi rolls and gyoza. Vegan chicken. Stir fry can be made vegan, but curry is not vegan.

KEY TO USING THIS GUIDE

All info is subject to change, always call ahead.

★ indicates vegan-owned.

GF means gluten-free.

Area codes are 910 unless otherwise listed.

"Downtown" refers to downtown Wilmington.

WILMINGTON RESTAURANTS

Our Crepes and More ▶ 3810 Oleander, 395-0077. Sweet and savory vegan crepes, several vegan fillings to choose from, including vegan hash.

Peno Mediterranean Grill ▶ 351-29 S College, 769-1056. Veggie falafel as a gyro, wrap, bowl, or platter. Baba ghanouj is not vegan.

Pho Cafe ▶ 3926 Market St, 833-7204. Pho & tofu bahn mi can be vegan, tofu rolls upon request. Check ingredients.

The Pilot House ▶ 2 Ann St (Downtown), 343-0200. Impossible Burger.

PinPoint ▶ 114 Market St (Downtown), 769-2972. Seasonally changing farm-to-table menu that the chef will veganize upon request.

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

Pure Life ▶ 317 N Front St (Cotton Exchange Downtown), 343-1374. Vegan and GF foods, smoothies, tea and juice bar, including bubble tea.

Rumcow ▶ 121 Grace St (Downtown), 769-4659. Beyond Burger (no cheese), GF jambalaya made with Beyond Sausage.

RX Restaurant ▶ 421 Castle St, 399-3080. Locally sourced, seasonally changing menu with vegan options upon request. Many GF options.

Savorez ▶ 402 Chestnut St (Downtown), 833-8894. Sweet potato/black bean empanada, chile relleno, and black bean soup.

Sealevel City Gourmet ▶ 1015 S Kerr Ave, 833-7196. Vegan and veganizable menu items clearly marked. Lentil burgers, kale nachos, tempeh TLT, vegan dogs, tacos, veggie sushi, vegan specials, and desserts. Vegan cheese, sour cream, mayo available. GF options. Call to check hours.

Seaside Bagels ▶ 6400 Carolina Beach Rd, (Masonboro Commons), 769-1827. 10+ varieties of vegan bagels, plain & flavored cream cheese, avocado spread, kale-cashew-pesto spread, hummus, seasonal soup, vegan butter & coffee creamer.

Skytown Beer Company ▶ 4712 New Centre Dr (next to Target), 660-8721. Smoked jackfruit sandwich with eggplant "bacon," BBQ jackfruit flatbread, seasonal vegetables and salads. GF bun upon request.

Slice of Life ▶ 125 Market St (Downtown) 251-9444; 1437 Military Cutoff, 256-2229; 3715 Patriot (Fulton Station) 799-1399. Whole pies with vegan cheese & veg toppings, sometimes soup. GF crust isn't vegan.

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

Spicoli ▶ 1978 Eastwood Rd (Lumina Commons), 256-0339. Homemade almond cheese, eggplant meatballs, pizza, & chickpea cauliflower burgers.

Tama Tea ▶ 1127 Military Cutoff (Forum), 765-9001. Jerk jackfruit, veggie wrap, veggie sandwich, eggless salad sandwich, and breakfast banana cakes. Vegan mayo available.

Tandoori Bites ▶ 1620 S College Rd (at Parkway Dr), 794-4545. Baingan bharta, aloo gobi, chana masala, veg biryani, veggie pakora (GF), etc. Chapatti is vegan, naan & samosas are not. At buffet, always ask what's 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 "fish sauce." GF options.

Trolley Stop Grille ▶ 4502 Fountain Dr (at S College Rd), 452-3952. Local franchise serving vegan hot dogs (Lightlife Smart Dogs), plus black bean burger at 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, orange peel soy chicken. Mostly a takeout place.

Which Wich ▶ 920 Innovation Dr (Mayfaire), 679-8072; 1412 Barclay Pointe, 833-5665. Black bean patty and avocado sandwich are vegan. Check online menu for which toppings and sauces are vegan.

Winnie's Tavern ▶ 1895 Burnett Blvd, 762-1799. Impossible Burger with vegan cheddar & provolone cheese, vegan mayo, bean salad.

Wrightsville Beach Brewery ▶ 6201 Oleander Dr., 256-4938, Impossible Burger on pretzel bun, salads, hummus & pita, tempura cauliflower, veg tacos.

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

Your Pie ▶ 4403 Oleander Dr, 769-5767. Build-your-own pizza place, with vegan cheese for pizzas, paninis, and breadsticks. GF crust & numerous veggie toppings, including Impossible Burger. Also non-dairy sorbet.

Zoés Kitchen ▶ 1011 International Dr (Mayfaire), 509-2773. Braised beans, grilled potato salad, roasted veg, power grains, hummus, turmeric rice, baked falafel, mediterranean lentil soup. Online menu w/vegan options marked.

Zola Cafe ▶ 4418 Park Ave (inside Pomegranate Books), 452-1107. Vegan baklava, gourmet teas, and fair-trade coffee.

CAROLINA & KURE BEACH

Flaming Amy's Burrito Barn ▶ 1140-A N Lake Park Blvd, 458-2563. Burritos with many vegan filling choices, including tofu, jerk tofu, marinated tofu, and portobello. Beans and veggie chili are vegan. Vegan cheese (Daiya cheddar shreds) available.

Ida Thai ▶ 304 N Lake Park Blvd, 458-8136. Thai dishes made w/tofu. Always ask for no fish sauce or egg. Curry not vegan (shrimp in curry paste).

Jack Mackerels ▶ 113 K Ave, 458-7668. Beyond Burger, veggie plate, hummus platter, pasta primavera (w/o cheese).

Jack's Retreat ▶ 5 Cape Fear Blvd, 274-5875. Vegan hot dogs w/variety of toppings & sides. Standard bun is vegan, GF has egg.

Nikki's Gourmet & Sushi ▶ 6 S Lake Park Blvd, 707-0802. Vegan appetizers include aged tofu, yasai gyoza, veggie tempura. Vegetable fried rice can be made vegan; sesame tofu, brown and white rice are vegan. Tofu and vegetable entrées can be made vegan; tofu and veg teriyaki is vegan.

Nollie's Taco Joint ▶ 3 Pelican Ln., 707-0455. Chili-lime tofu tacos, bean tacos, and jackfruit tacos. Burritos w/ jackfruit, tofu, veggies, or black beans, Guacamole and salsa trio.

Kate's Pancake House ▶ 102 S Lake Park Blvd, 458-3663. Breakfast: tofu skillet w/out butter. Lunch: grilled tofu wrap and grilled tofu salad.

SoulFlavor ▶ 716 North Lake Park Blvd, 707-1113. Vegan pho with a 10-veggie blend, also herbed hummus, roasted beet salad, and eggplant tacos dishes can be made vegan by omitting cheese.

Veggie Wagon ▶ 608 S Lake Park Blvd, Carolina Beach, 805-3014. See listing under Groceries, Markets & Food Bars.

WRIGHTSVILLE BEACH

Adapt Kitchen & Juice Bar ▶ 32 N Lumina Ave (inside Robert's Grocery), 679-8125. Many non-dairy milk options, organic juices and tea, wellness shots, smoothies, acai and other speciality bowls, and toasts can be made vegan.

East Oceanfront/Blockade Runner ▶ 275 Waynick, 256-2251. Seasonal fine dining. Ask for vegan option.

Mellow Mushroom ▶ 224 Causeway Dr, 679-4645. 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. See K38 Wilmington listing for description.

Trolley Stop ▶ 94 S Lumina Ave, 256-3421. Local franchise serving vegan hot dogs (Lightlife Smart Dogs).

LELAND & SOUTHPORT

Asia and Sushi ▶ 497 Olde Waterford Way, Leland, 399-2071. Vegan dishes marked on menu, numerous vegan sushi options, plus "Vegan Specialty" section with several mock-meat dishes. Highly accommodating.

Cafe Koa ▶ 302 N Howe St, Southport, 363-4206. Avocado toast, creative salads, veggie wraps and sandwiches, GF bread available.

Gusto Grill ▶ 2013 Olde Regent Way, Leland, 769-4900. Hummus, stuffed grape leaves, and baba ghanoush (roasted eggplant spread).

Six Happiness ▶ 1114 New Pointe Boulevard, Leland, 371-0021. Several veg sushi rolls, tofu teriyaki and hibachi, tofu curry options, but check to see if curry base is vegan.

Thai Peppers ▶ 115 E Moore St, Southport, 457-0095. Tofu options for entrées, curries, and noodle dishes. Check about use of fish sauce.

Trolley Stop ▶ 111 S Howe St, Southport, 457-7017. Local franchise serving vegan hot dogs (Lightlife Smart Dogs).

VEGAN COOKING & BAKING

★ **Lotus & Lentils** ▶ Local vegan Tish Lynn Vincent providing meal prep, catering, recipes, yoga classes, and amazing granola. Website lotusandlentils.com.

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

SWEET TREATS

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

Brooklyn Cafe ▶ 706 N 4th St, 399-1676. Vegan donuts and beignets, made fresh to order.

Cashew Guru ▶ thecashewguru.com. 100% vegan cheezecakes at many locations including Tidal Creek Co-op, Panacea Brewing, Clean Juice, Epic Food Co. and more. Custom cheezecakes available also.

Cravings Snacks ▶ Vegan GF brownies, blondies, and cinnamon buns, available in numerous coffee shops and other locations. For full list or to purchase online visit www.cravingsthehealthyfix.com.

Gluten Free by the Sea ▶ gfreebysea.com, 352-1619. Vegan GF cupcakes, carrot cake, chocolate cake, and other goodies available at farmers' markets, Surf City Coffee (Surf City), Brown Dog Coffeehouse (Burgaw) and Tidal Creek Co-op. Call for custom cakes, muffins, cookies, pies, etc.

JC's Brownies ▶ JCsBrownies (Facebook), 474-1113. Vegan brownies and brookies, customized to your specific taste buds. Catering available

Latella Gelato ▶ 11 Boardwalk Ave, Carolina Beach, 636-3424. Vegan gelato in an always-changing variety of flavors.

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

Royally Raw ▶ mhuth7@gmail.com, 398-0099. Custom vegan cakes and raw vegan treats by Marianna Huth.

Wake N Bake Donuts ▶ 114 Princess St (Downtown), 470-4348; 1401 N Lake Park Blvd, Carolina Beach, 707-0166. A changing variety of vegan donuts. Call ahead for availability.

FARMERS' MARKETS & CSA'S

Carolina Beach Farmers Market ▶ Every Saturday May-Sept, 8am-1pm, at Carolina Lake (S Lake Park Blvd & Atlanta Ave). Live music.

CSAs (Community Supported Agriculture) ▶ CSAs connect local farmers and community via a weekly box of fresh seasonal produce. For a list of CSAs in the area see www.feastdowneast.org/eat-local.

Kure Beach Market ▶ 105 Atlantic Ave, Tuesdays 8am-1pm, June-Aug.

Poplar Grove Farmers Market ▶ 10200 Hwy. 17 N (Porter's Neck area, Wilmington). Wednesdays, 8am-1pm, Apr-Sept, Poplar Grove Plantation.

Riverfront Farmers Market ▶ Water St. (Downtown). Saturdays, 8am-1pm, late March-November, except during Riverfest & Azalea Festival.

Southport Waterfront Market ▶ 203 E Bay St (Fort Johnston Garrison Lawn), Wednesdays, 8am-1pm, May-Sept.

Wilmington Farmers Market at Tidal Creek ▶ 5329 Oleander Dr, 799-2667, Saturdays 8am-1pm, year-round. Producer-only market.

Wrightsville Beach Farmers' Market ▶ Municipal Lane, Mondays 8am-1pm, May-Sept. Free parking in Farmers' Market field.

ENTERTAINMENT

Dead Crow Comedy Room ▶ 265 N Front (Downtown), 520-5520. Comedy club with vegan burger, tempah tacos, and tots. Substitute vegan cheese on gangster wrap & nachos. Vegan ranch & mayo. Guacamole balls are not vegan.

Theatre Now ▶ 19 S 10th St (at Dock), 399-3669. Dinner theatre featuring a 3-course meal that changes with each production. Vegan-knowledgeable chef can accommodate vegans if reservation is made at least 24 hours in advance.

OTHER BUSINESSES

★ **Earth + Stone Jewelry** ▶ Handcrafted jewelry made with intention from sterling and stone, using cruelty-free vegan tools and chemicals. Find on Facebook or earthandstonestudio.com.

Jordyn Rice, Realtor ▶ Coastal Select Properties, (720) 352-4785, visit www.coastalselectproperties.com/jordyn-rice or email jordyn@coastalselectproperties.com.

★ **Port City Wags** ▶ Dog walking, pet sitting, and cat care services. Certified in pet first aid/CPR; insured and bonded. PortCityWags@gmail.com.

★ **Sarah Bolton, Graphic Artist** ▶ Email sarahtbolton@gmail.com or visit sarahbolton.net. Logos, newsletters, advertisements, business cards, packaging, infographics, and more.

WELLNESS

★ **Kunga Yoga School at Wilmington Yoga Center** ▶ 350-0234. Yoga instructor training which includes animal ethics, plant-based nutrition, and environmental benefits, by local vegan Kristin Cooper-Gulak.

★ **Tricia Miller, LAc, Oriental Medical Therapies** ▶ 217 N 5th Ave #203, Wilmington, 431-3836, www.acupuncturewilmington.com. Acupuncture, massage, yoga, aromatherapy, qigong, plant-based nutrition and more.

★ **Christine Sullivan, Animal Healer** ▶ earthskyanimalhealing.com. Holistic, transformational animal healing, animal reiki, medicinal herbs, essential oils, and communication for pets and their people.

★ **I Do Yoga** ▶ jdecontiyoga@gmail.com. Jackie DeConti offers custom yoga sessions for wedding events.

★ **Terra Sol Sanctuary** ▶ 507 Castle St, Wilmington, 465-2230. Historic church now sacred yoga space. Weekly classes, plus workshops and events. Vegan-owned. Online at terrasol sanctuary.com.

West Meadow Spa ▶ 212 Pine Grove Drive, Wilmington, 799-8282. De La Terre vegan skin care products. Holistic spa with body and face treatments, including oncology facials. Website westmeadowspa.com.

GROCERS, MARKETS & FOOD BARS

Asian Life Market ▶ 4302 Market St, Wilmington, 343-5287. Groceries, noodles, rice, sauces, coconut milk, curry paste, snacks, tofu, produce, etc.

Earth Fare ▶ 943 Military Cutoff Rd, Wilmington, 839-6384. Natural supermarket with groceries, produce, bulk items, deli, salad & hot bar.

Island Wellness Market ▶ 915A Lake Park Blvd, Carolina Beach, 458-5252. Locally owned market with Panacea kombucha on tap, Cravings baked goods, vegan protein bars, vegan skin care products & supplements.

Lovey's Natural Foods & Cafe ▶ 1319 Military Cutoff, Wilmington, 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.

Saigon Market ▶ 831 S Kerr Ave, Wilmington, 793-9911. International groceries (Asian, Middle Eastern, African, Latin). Rice, noodles, beans, seaweed, jackfruit, coconut milk, tahini, agar agar, black salt, herbs, veggies, miso, frozen items, produce.

★ **Session Beer Market** ▶ 3604 South College Rd, 399-4576. Vegan-owned and vegan-friendly/knowledgeable.

Tidal Creek Food Co-op ▶ 5329 Oleander Dr, Wilmington, 799-2667. Cooperative market, groceries, bulk, produce, salad bar, plus daily hot bar with vegan options. Anyone can shop, or become a member & ask for what you want from your store.

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

Veggie Wagon ▶ 3315 Masonboro Loop Rd, Wilmington, 795-2123; 608 S Lake Park Blvd, Carolina Beach, 805-3014. Local veggies, groceries, and store-made items such as hummus, homemade milkshake bar with 11 different flavors, almond butter, dressings, muffins, crackers, pickles.

Whole Foods Market ▶ 3804 Oleander Dr, Wilmington, 777-2499. Groceries, produce, bulk foods, deli, salad & hot bar, vegan pizza.

VEGAN ORGANIZATIONS

Anonymous for the Voiceless ▶ Animal rights group specializing in street activism. Facebook @AV: Wilmington, NC, USA.

Direct Action Everywhere Wilmington ▶ Uses direct action to bring awareness to animal suffering. Facebook @Dxewilmington.

North Carolina Farmed Animal Save (NCFAS) ▶ ncsave.org, facebook.com/groups/ncfas, and facebook.com/ncsave. Community education, outreach, events. Hosts vigils for animals on their way into NC slaughterhouses.

Vegan Student Association ▶ uncwvsa@gmail.com, UNCW vegan student organization. Facebook @UNCW Vegan Student Association.

Wilmington Vegan ▶ See the front of this pamphlet or visit wilmingtonvegan.com for more information. Also find us on Facebook.

Wilmington Vegan was founded in 2011 by longtime vegan Sue Cag. As of 2019 the group is managed by Lisa Neill, (Executive Director), Megan Van Hassel (Assistant Executive Director), and Elizabeth Gordon (Facebook Administrator).