

Vegetarian Eateries

Berry Beet Juice Bar

Website

4206 East Chandler Blvd, Suite 9
Phoenix, AZ 85048
(602) 449-9200

The Berry Beet is a local, family-owned-and-operated juice bar located in the heart of Ahwatukee. Health focused and plant based, the Berry Beet is serving fresh, made to order juice, smoothies and açai/pitaya bowls. Our items are crafted from the best organic ingredients to provide you with key essential nutrients for optimal health.

Descent Coffee

Website

2428 N 16th St.
Phoenix, AZ 85006
(810) 407-4078

Local coffee shop with dairy alternatives and a selection of vegan pastries.

Dosa Grill Veg Restaurant

Website

3539 W Bell Rd.
Phoenix, AZ 85053
(623) 289-2321

Vegetarian Indian restaurant in North Phoenix. Vegan items are clearly labeled on the menu.

FiftyOne West Coffee

Website

51 West Southern Ave.
Tempe, AZ 85282
(480) 228-3151

Coffee shop, live music venue, and community art space serving coffee, pastries, and breakfast sammies.

Fresh Mint

Website

13802 N Scottsdale Rd #161
Scottsdale, AZ 85254

(480) 443-2556

Vegetarian Asian restaurant. Most entrees are vegan. Two of the dessert options are NOT vegan. Gluten-free options available.

From the Roots Up Vegetarian Soul Food

Website

1130 w Grove Ave, Suite 111

Mesa, AZ 85210

(480) 597-5157

Vegetarian soul food restaurant located in west Mesa. All vegetarian and most items can be made vegan.

Genuine Fresche

Website

Locations

Health-oriented restaurant serving acai bowls, smoothies, and shakes. There are many vegan options.

Kind Bean

Website

1020 E Pecos Rd #7

Chandler, AZ 85225

(480) 726-8300

The Kind Bean is a full service coffee house featuring organic coffee, specialty cold drinks, and a cafe with amazing vegan options including quick service breakfast, lunch, baked treats, gourmet chocolates and soft-serve ice cream.

Lotus Deli

Website

2043 S Alma School Rd.

Mesa, AZ 85210

(602) 842-7005

Vegetarian Indian street food restaurant located inside Lotus Market. Vegan options are clearly labeled.

Namaste Veg Kitchen

Website

4707 N 47th St.

Phoenix, AZ 85032

(480) 499-2737

Indian Vegetarian restaurant at Bell Rd and Tatum Blvd. The restaurant is egg-free! Vegan items are clearly labeled on the menu. Gluten-free options available

OM Indian Bistro

Website

18631 N 19th Ave #150

Phoenix, AZ 85027

(602) 497-4971

A large vegetarian restaurant in North Phoenix serving Indian fusion cuisine!

Pomegranate Cafe

Website

4025 E Chandler Blvd #28

Phoenix, AZ 85048

(480) 706-7472

Organic vegetarian restaurant in Ahwatukee. Vegan options clearly labeled on menu. Gluten-free options available.

Raw Organic Juice Bar

Website

2055 W Frye Rd.

Chandler, AZ 85224

(480) 855-6556

Juice and smoothie bar in Chandler. Mostly vegan with the exception of ingredients like honey and bee pollen.

Ruchi Vegetarian South Indian Cuisine

Website

2051 W Warner Rd #7

Chandler, AZ 85224

(480) 786-3333

Vegetarian Indian restaurant. Vegan items are clearly labeled on the menu. Gluten-free options available.

Udupi Cafe

Website

1636 N Scottsdale Rd.

Tempe, AZ 85281

(480) 994-8787

Vegetarian Indian restaurant. Most dishes are vegan!

The Uprooted Kitchen

Website

3000 E. Ray Rd. Building 6

Gilbert, AZ 85296

(480) 332-2104

The Uprooted Kitchen is a small family restaurant that started as a vegetarian food truck. The food is all vegan with the exception of a few dishes that contain honey. The restaurant is located in BarnOne at Agridropia in Gilbert.

Veggie Village

Website

1255 E Northern Ave. Ste 5

Phoenix, AZ 85020

(602) 944-1088

Vegetarian restaurant featuring Asian cuisine. When ordering, specify that you want your food made vegan.

Woodlands Vegetarian South Indian Kitchen

Website

4980 W. Ray Rd, Suite 10

Chandler, AZ 85226

(480) 820 2249

Vegetarian South Indian cuisine. Most dishes are vegan!

Vegan-Friendly Eateries

Abyssinia Restaurant and Cafe

Website

842 E Indian School Rd.

Phoenix, AZ 85014

(602) 795-4113

Family-owned Ethiopian restaurant in Central Phoenix!

Alien Donuts

Website

7111 E 5th Ave Suite D
Scottsdale, AZ 85251
(480) 588-4668

Alien Donuts is a donut shop in Old Town Scottsdale that serves a few vegan flavors daily!

America's Taco Shop

Website

Locations

A nation-wide taco/burrito restaurant with roots in Phoenix. A note from the restaurant: "We have some wonderful vegan options when you dine at America's Taco Shop. The following are those choices: Corn tortillas; Corn chips; One of our Salads, with the Cilantro Lime Vinaigrette, and without meat and cheese; Our Homemade Beans (without cheese); Guacamole; and All of our salsas - Chip Salsa, Fire Roasted Tomato (Tatemada) Salsa and Tomatillo Salsa. With that said, another great option would be our Cuatro, which is Chip Salsa, Beans (without cheese), Guacamole and Corn Chips." 7/13/15

Barrio Cafe

Website

2814 N 16th St.
Phoenix, AZ 85006
(602) 636-0240

Local Mexican restaurant. A note from the restaurant: "We have beautiful and very bountiful salads that are made to order and we can take the cheese off of them for you. We also offer our award winning guacamole with chips that are house made and also gluten free. We can also special make Tortas or Tacos with sautéed vegetables, like poblanos, zucchini, red onions, and tomatoes. Our bolillo rolls are made with shortening, not lard. We are happy to cater to your individual needs... And can alter most items. The only item we cannot ever alter is Chef Silvanas Chiles en Nogada." 6/27/15

Bella Gusto Urban Pizzeria

Website

1964 N Alma School Rd #1
Chandler, AZ 85224
(480) 696-4455

Bella Gusto Urban Pizzeria dishes out Neapolitan style pizza in a contemporary atmosphere. Here are the vegan options as of March 2018:

-Bruschetta - Marinated heirloom grape tomatoes, vegan cheese spread, baby arugula, balsamic glaze, house-made bread

-Pizza Napoletana-

-Mary Margherita - San Marzano sauce, basil, vegan cheese, garlic oil

-Vegetale - San Marzano sauce, basil, vegan cheese, heirloom grape tomatoes, roasted mushrooms, artichokes, zucchini, tomato jam, pickled red onions

-Funghi - San Marzano sauce, basil, vegan cheese, roasted mushrooms, truffle oil

Blaze Pizza

Website

Locations

A pizza chain making build-your-own pizzas. Vegan cheese available! Use this allergen chart to see vegan options.

Bodega 13

Website

8876 E Pinnacle Peak Rd #100

Scottsdale, AZ 85255

(480) 284-7600

A far North Scottsdale restaurant serving tapas from around the world. Vegan options clearly labeled on the menu.

Bri

Website

2221 North 7th St

Phoenix, AZ 85006

(602) 595-8635

Tapas restaurant along 7th Street with several vegan small plates.

Bowl of Greens

Website

Locations:

- Phoenix: 555 N Central Ave. Phoenix, AZ 85004 (602) 795-9710
- Scottsdale: 16447 N Scottsdale Rd, Scottsdale, AZ 85254 (480) 991-9100

Salad restaurant that also serves sandwiches and smoothies.

Cafe 8

Website

5235 E Southern Ave #107

Mesa, AZ 85206

(480) 338-2640

Locally owned cafe and market. A note from the restaurant: "We make everything to order here so it is easy to customize many items to make them vegan. Any cheese on salads or sandwiches can be omitted. Just let us know what you're in the mood for and we can customize it to your liking in most cases." 7/3/15

Cafe Lalibela

Website

849 W University Dr.

Tempe, AZ 85281

(480) 829-1939

Ethiopian restaurant with a myriad of vegan options!

Caribbean Spice

Website

219 E Baseline Rd.

Tempe, AZ 85283

(480) 361-7445

Caribbean restaurant with a menu that includes a "Vegan Corner" with daily vegan specials.

Carly's Bistro

Website

128 E Roosevelt St.

Phoenix, AZ 85004

(602) 262-2759

Bistro serving salad and wraps. Vegan options clearly labeled on the menu.

C.A.S.A. & SunBar

Website | <https://www.sunbaraz.com/>

5 E. 6th St.

Tempe, AZ

(480) 557-8226

Trendy patio/bar restaurant on Mill Ave. New menu in 2017 has vegan carne asada tacos and burritos.

Caveman Burgers

Website

430 E Bell Rd #103

Phoenix, AZ 85022

(602) 358-7130

Burger joint in North Phoenix that offers a vegan Black and White Bean Burger on a Gluten Free Vegan Bun.

CHAR Pizzeria Napoletana

Website

25101 N Lake Pleasant Pkwy #1325

Peoria, AZ 85383

(623) 249-5366

A pizzeria in North Peoria creating 11" pizzas in the authentic Neopolitan style.

Chelsea's Kitchen

Website

5040 N 40th St.

Phoenix, AZ 85018

(602) 957-2555

American comfort cuisine in Arcadia. Vegan options as of Feb 2018:

- Guacamole & Chips: charred tomatillo salsa, all house-made (\$12)
- Brussels Sprout Salad: almonds, dried berries (\$15)
- Shredded Kale and Quinoa Salad: sunflower seeds, grapes (\$14)
- Vegetarian Black Bean Burger: made here, house-made nut cheese – spicy! With your choice of fries, yanks or fresh vegetables (\$15)
- Ethan's Vegetarian Tacos: selection of locally farmed vegetables with made-to-order corn tortillas, guacamole, pico de gallo and kale slaw
- Soup & Salad: today's soup (varies on vegan-friendly depending on soup) and choice of caesar, kale or brussels sprout salad (\$11)
- Farmer's Market Vegetables
- Today's Fresh Fruit
- French Fries Made-In- House
- Roasted Potato Yanks
- LGO English Muffin

Chestnut

Website

4350 E Camelback Rd.

Phoenix, AZ 85018

(602) 708-7679

Local American restaurant. Thurs-Sat starting at 5pm, the restaurant transforms into Water Chestnut, a ramen concept with vegan options! A note from the restaurant: "All the breads that we use at chestnut are vegan! All of our salad dressings are vegan. Our green goddess salad is specifically made gluten free and vegan. All other salads can be done without cheese

or meat. Any egg options on the menu can be done with a substitute of avocado. For example, the morning bibimbap bowl without eggs sub avocado would be vegan. The 5-spice banh Mi w/ tofu without the sriracha like mayo would be vegan. We also offer soy and almond milks for any coffee drinks and of course all out fresh pressed juices are vegan!"
6/27/15

Chon Thai Food

Website

2330 N Alma School Rd #116-118

Chandler, AZ 85224

(480) 963-1247

Thai restaurant with an extensive, dedicated vegan menu!

Classic Crust Pizza

Website

2150 E Cactus Rd #130

Phoenix, AZ 85022

(602) 996-1025

A brick oven pizzeria that serves Daiya cheese. A note from the restaurant: "All our pizza crusts are vegan, as well as our marinara and pizza sauces. Make sure to order pastas with no cheese/shaker options." 2/28/18

The Coffee Shop at Agritopia

Website

3000 E Ray Rd.

Gilbert, AZ 85296

(480) 279-3144

Coffee shop and eatery in Agritopia. Vegan options are clearly labeled on the menu. The Coffee Shop offers a delicious vegan tofu benedict for breakfast and a vegan southwestern style bean and veggie wrap for lunch. Soymilk is available for coffee. The best part is that they always have delicious vegan cupcakes and pastries available that are clearly marked in their display case. Their outdoor eating area is really nice as well.

Cornish Pasty Co

Website

Locations

British restaurant that has 1-3 vegan pasties available at all times! Make sure you call ahead to hear what vegan options are available as they change daily.

The Counter

Website

50 N. Central Ave.
Phoenix, AZ 85004
(602) 466-3411

Build-your-own burger restaurant with vegan patty, Just Mayo (vegan mayonnaise), and bun.

The Covenant

Website

4740 E Shea Blvd #104
Phoenix, AZ 85028
(602) 595-7440

The Covenant is a 900 degree kitchen concept utilizing an array of organic, locally-sourced ingredients complementing an extensive wine list and hand-crafted cocktail program. All with a casual and elegant atmosphere. The vegan menu can be found [here](#).

Creamistry

Website

Locations

Hand-crafted ice cream made using liquid nitrogen. Please see [this chart](#) for vegan options.

Cuff

Website

5819 W Glendale Ave.
Glendale, AZ 85301
(623) 847-8890

A Southern restaurant in Downtown Glendale with a separate vegan menu! [Click here](#) to see the vegan menu.

Culinary Dropout

Website

Locations:

- Phoenix: 5632 N. 7th St, Phoenix, AZ 85014 (602) 680-4040
- Scottsdale: 7135 E. Camelback Rd, Suite 125 Scottsdale, AZ 85251 (480) 970-1700
- Tempe: 149 S. Farmer Ave, Tempe, Arizona 85281 (480) 240-1601

A Sam Fox restaurant serving American cuisine. A note from the restaurant: "Please see below for a list of menu items that are or can be modified to be vegan. Also, keep in mind that we have some pretty talented chefs, and with advance notice, they would be happy to customize a dish for you. Just speak with a manager when making your reservation. We

appreciate your support of Fox Restaurant Concepts. Snacks: Fig, date & walnut terrine; Marinated Olives; Grilled asparagus; Pickled sweet peppers; Roasted beets & balsamic; Marcona almonds; Crusty bread....traditional ciabatta is made with a starter or poolish which contains yeast, but no dairy. Soup & Share: Chips.....no dip though; Hummus....flatbread is not made with any butter, or could just get veggies instead if preferred. Salads: Cheap House...substitute Italian vinaigrette, champagne vinaigrette or balsamic and oil. No cheese.; Gorgonzola....no chicken mix or gorgonzola (sold for \$8); Kale & Sweet Corn....no goat cheese, no almonds or substitute for smoked or roasted almonds since the toasted almonds have butter; Italian Chopped.....no meat no cheese, sub extra veggies and cous cous." 7/8/15

The Dhaba

Website

1872 Apache Blvd.

Tempe, AZ 85281

(480) 557-8800

This Tempe Indian restaurant has clearly labeled vegan options on the menu.

Dilla Libre Gourmet Quesadillas and Cantina

Website

Phoenix: 1339 E Northern Ave, Phoenix, AZ 85020 (602) 399-4024

Scottsdale: 8018 E Thomas Rd, Scottsdale, AZ 85251 (480) 947-5100

Dilla Libre is known for their fresh fully loaded quesadillas. They have vegan quesadillas on their menu and give you the option to veganize any item on their menu. They use vegan tortillas, vegan cheese, vegan mayo and vegan beans. You can also add the Impossible Burger carne asada to any quesadilla!

D'Lite Healthy on the Go

Website

Locations

Local restaurant serving coffee, breakfast, and lunch.

Donut Bar

Website

16205 N Scottsdale Rd.

Scottsdale, AZ 85254

(480) 656-5754

Donut joint with rotating daily vegan donut specials.

D.P. Dough

Website

933 E University Dr #118

Tempe, AZ 85281

(480) 373-6844

A calzone restaurant in Tempe. The calzone dough and sauce are both vegan and Daiya cheese available! Open until 3 or 4am daily.

Engrained Cafe

Website

1290 S. Normal Ave.

Tempe AZ 85287

(480) 965-4239

Located on the ASU Tempe campus- 2nd Floor of the Memorial Union Building. Serves soup, salad, hummus, and pizzas. Vegan options are clearly labeled on the menu.

Fair Trade Cafe

Website

1020 N. 1st Ave.

Phoenix, AZ 85003

(602) 354-8150

Coffee shop with various vegan pastries. Menu includes a vegan Veggie Hummus Sandwich.

Fà-me Caffè

Website

4700 N Central Ave.

Phoenix, AZ 85012

(602) 314-4660

This New American cafe serves breakfast and lunch. Vegan options are clearly labeled. Vegan pastries usually available.

Fire and Brimstone

Website

3000 E. Ray Road, Building 6, Suite 101

Gilbert, AZ 85296

(602) 558-1907

Located inside Barnone at Agritopia, Fire and Brimstone serves bold and hearty food cooked over an open flame. Vegan options clearly labeled on the menu. Vegan cheese made by Uprooted Kitchen is used for vegan pizzas.

Fired Pie

Website

Locations

Pizza restaurant chain with many locations around Phoenix. Vegan options are house made dough, homemade pizza sauce, margarita sauce, buffalo sauce, oil and garlic, oil, bbq sauce, and Daiya vegan cheese.

Flower Child

Website

Locations

A health-focused restaurant with kombucha on tap! Vegan options are clearly labeled on menu. Gluten-free options available.

Freak Bros Pizza

Website

(Located at The Churchill)

901 N. 1st St.

Phoenix, AZ 85004

Pizzeria serving electric-fired pizzas. Vegan and gluten-free options available.

Fresh Millions

Website

Locations

A health-focused restaurant serving bowls, wraps, salads, and paninis.

Focaccia Fiorentina

Website

112 N Central Ave.

Phoenix, AZ 85004

(602) 252-0007

Downtown Phoenix eatery serving pizza, salad, and sandwiches. The menu includes a Farmer's Market Vegan Wrap. Focaccia Fiorentina also serves vegan breakfast burritos every Saturday at the Phoenix Public Market farmers market. There is also a location of Focaccia Fiorentina in Sky Harbor Airport.

Foosia Asia Fresh

Website

13610 N Scottsdale Rd #1

Scottsdale, AZ 85254

(480) 389-1520

Build-your-own Asian rice/noodle bowl. Serves tofu. Most sauces are vegan. The Muay Thai Vinaigrette and Crispy Wontons are not vegan. More information on ingredients can be found here.

Freshbox

Website

10101 E Bell Rd #114

Scottsdale, AZ 85260

(480) 245-4469

Health-oriented restaurant serving smoothies, salads, and wraps. The protein powder used is vegan.

Gadzooks Enchiladas & Soups

Website

3313 N 7th St.

Phoenix, AZ 85014

(602) 279-5080

Fast casual restaurant featuring build-your-own enchiladas. A note from the restaurant: "Our corn tortillas, spinach mushroom filling, green sauce, pico, salsas, and 3 chile vinaigrette [are vegan]. Our slaw is vegetarian but has honey." 8/9/15

Ghost Ranch

Website

1006 E Warner Rd.

Tempe, AZ 85284

(480) 474-4328

A Tempe restaurant serving modern, Southwestern cuisine. Vegan options clearly labeled on menu.

Gluten Free Creations

Website

Locations:

- Phoenix (Retail): 10880 N. 32nd St., Suite 39, Phoenix, AZ 85028 (602) 680-7258
- Scottsdale (Retail & Cafe): 7607 E. McDowell Rd, Scottsdale, AZ (480) 990-2253

Bakery and cafe serving only gluten-free food. Vegan options at the South Scottsdale cafe include vegan grilled cheese, Adzuki Bean & Jasmine Rice Burger, pancakes, and waffles.

Gojo Restaurant

Website

3015 E Thomas Rd.
Phoenix, AZ 85016
(602) 840-3411

Ethiopian restaurant with many vegan options. All of the vegetarian options are vegan.

Grabbagreen

Website

Locations

Juice, smoothies, grain bowls, and salads.

The Grand

Website

718 N Central Ave.
Phoenix, AZ 85004
(602) 795-8552

Open 24 hours, The Grand serves cocktails, coffee, and food. The menu features several vegan options.

Grassroots Kitchen

Website

Locations:

- Phoenix: 2119 E. Camelback Rd. Ste. A21, Phoenix, AZ 85016 (602) 368-8766
- Scottsdale: 8120 N. Hayden Ste. E-100, Scottsdale, AZ 85258 (480) 699-0699

Southern restaurant. A note from the restaurant: "We offer a vegetable platter (which includes three of the vegetables on our menu as well as our daily featured vegetable) that can be made vegan friendly by leaving off the cheese that used to garnish some of the vegetables. We can also modify any of the salads on our menu to be vegan friendly by leaving off any proteins and/or cheeses. Most of our dressings are vegan as well. Last, we have a Portobello Sandwich that is vegan friendly when modified without the cheese on." 6/27/15

Grateful Spoon Gelato

Website

4410 N 40th St.
Phoenix, AZ 85018
(602) 254-5440

Local gelato shop. Extensive vegan gelato options. Full list of vegan flavors can be found here.

The Grid

Facebook Page
525 S Gilbert Rd A-7
Mesa, AZ 85204
(480) 621-8088

Arcade and music space in Mesa with vegan bar food on the menu. Vegan menu options include vegan popcorn chicken, vegan pulled pork sandwich, and vegan chicken fries.

Grimaldi's Pizzeria

Website
Locations

A pizza chain with multiple locations in the valley. A note from the restaurant: "Our pizza dough contains zero animal-based products and all of our salad dressings meet the same requirements other than our Cesar. You can order any of our pizzas without cheese and meat and there is no cheese in our sauce." 7/13/15

Hana Japanese

Website
5524 N 7th Ave.
Phoenix, AZ 85013
(602) 973-1238

Family-owned Japanese restaurant. The Hana Yasai Suki is vegan. Also available are seasonal vegetable chef specials and vegan sushi rolls.

The Henry

Website
4455 E Camelback Rd.
Phoenix, AZ 85018
(602) 429-8020

Upscale restaurant by Fox Restaurant Concepts. A note from the restaurant: "Our Made to Order Guacamole is vegan, from our Appetizer selection. All of our Salads can be made vegan with some removal of certain ingredients and dressings and our Heirloom Quinoa Tacos are vegan without the cheese. Our Chefs are always more than happy to accommodate vegan preferences by making a special vegetable only based Entree. Please let us know when you are making your reservation if you would like any special dishes made and we will be happy to accommodate with the fresh produce that we have in house." 6/28/15

The Herb Box

Website
Locations

Health-conscious restaurant with many vegan options.

Hot Noodles Cold Sake

Website

15689 N Hayden Rd #127

Scottsdale, AZ 85260

(480) 432-9898

Noodle restaurant in Scottsdale serving vegan ramen.

Hula's Modern Tiki

Website

Locations:

- Central PHX: 4700 N Central Ave #122, Phoenix, AZ 85012 (602) 265-8454
- Old Town: 7213 E. First Ave. Scottsdale, AZ 85251 (480) 970-4852

Island-inspired cuisine! Vegan Jungle Tofu! Dishes that can be veganized: Spicy Tofu Tacos, Big Sur Black Bean Burger, and Asian Tofu Salad. French fries and sweet potato fries are vegan. Servers are friendly and knowledgeable.

Humble Pie Pizza

Website

Locations

Local pizzeria. A word from the restaurant: "We have several salads and cheese free pizza options that would be quality vegan options at our restaurants. There is a strawberry salad that I usually eat without the Gorgonzola that is delicious. All of our pizzas are made to order and can have cheese and meat omitted. Our roasted mushroom pizza without cheese and pancetta is very good. Same goes for the organic local vegetable pizza cheese free." 6/27/15

Hummus Xpress

Website

930 W Broadway Rd.

Tempe, AZ 85281

(480) 968-2311

Fast casual Mediterranean restaurant. Vegan options are clearly labeled.

Ike's Place

Website

Locations

Sandwich shop with many vegan options including vegan meat and vegan cheese.

Ingo's Tasty Food

Website

4502 N 40th St.

Phoenix, AZ 85018

(602) 795-2884

This gourmet food stand has a simple menu including a black bean burger served with vegan nut cheese! Vegan options as of Feb 2018:

- Vegan Dalai Lama Breakfast Burrito: black bean, sweet potato, kale, vegan cheese, sundried tomato, avocado, our hot sauce (\$8.50)
- Ingo's Chopped Chef Salad: romaine, shredded cabbage, Arizona dates, white beans avocado, mama lil's (\$8.50)
- Veggie Black Bean Burger: cashews, poblano peppers, lettuce, tomato, pickle, house-made vegan nut cheese – spicy! (small size \$4.75 / large size \$8.75)

Jewel's Bakery & Cafe

Website

4041 E Thomas Rd.

Phoenix, AZ 85018

(602) 714-5243

This gluten-free bakery and restaurant has a plant-based menu with several vegan options.

Jobot Coffee

Website

333 E Roosevelt St,

Phoenix, AZ 85004

(602) 501-9076

Hipster coffee shop with a Vegan Salad on the menu. Occasionally serves vegan pastries.

Joe's Farm Grill

Website

3000 E Ray Rd.

Gilbert, AZ 85296

(480) 563-4745

The Farm Veggie burger is 100% vegan- "Hand-made w/black beans, brown rice, oats, ten fresh vegetables. Served on multi-grain bun with vegan thousand island. 100% vegan. Contains wheat and soy."

Joyride Taco House

Website

Locations

A modern Mexican restaurant with locations in Uptown Phoenix and Downtown Gilbert. A note from the restaurant: "Vegan options:

- Guacamole (no cheese)
- Mexican Corn (no cheese, no mayo)
- Ensalada Fila (no pinto beans, no cheese)
- Lola Grain Salad (no cheese)
- Garden Variety Burrito (no cheese, no white magic, no rice- best if you sub quinoa for substance)
- Veggie Taco (no slaw, no white magic)
- Veg Enchiladas (no cheese, no rice, no pinto beans- best if you sub market veggies vegan style as the side)
- Almond Horchata AF- made in house and DELICIOUS
- Cucumber Mint AF- same ^
- ALL MARGARITAS- YAY!

All of our salsas are vegan, as well as both the red and green enchilada sauces. Both corn and flour tortillas are vegan as well as our house chips.

Some things to look out for:

Aiolis- our white magic and aji amarillo sauces are aiolis and contain egg.

Orange Cucumber Salad- has a honey lime vinaigrette which obviously contains honey

Pinto beans- contain butter

Black beans- contain butter and ham hock

Rice- contains butter

Soup- soup changes daily but most of the time even veggie soups have a chicken stock base

Market veggies- also change frequently and often are topped with cheese or aioli so its always safest to ask

Most importantly: IDENTIFY YOURSELF AS VEGAN AND LET US HELP YOU NAVIGATE THE MENU!!!" 1/16/18

Kale & Clover

Website

20511 N Hayden Rd.

Scottsdale, AZ 85255

(480) 568-8707

Healthy salad, bowls, and sandwiches. Vegan options clearly labeled on menu.

Kaleidoscope Juice

Website

Locations

Organic juice bar that also serves salads, bowls, and snacks. Vegan options are clearly labeled.

La Bocca Pizzeria

Website

Locations:

- Chandler: 1 E Boston St, Chandler, AZ 85225 (480) 584-5853
- Phoenix: 5415 E High St, Phoenix, AZ 85054 (480) 840-1799
- Tempe: 699 S Mill Ave, Tempe, AZ 85281 (480) 967-5244

A cozy pizzeria. A note from the restaurant: "Most of our salads can be made vegan: Harvest chop, Beet Salad, and Goat cheese and Pear. Any of our pizzas with no cheese or meat: truffle mushroom, autumn garden, Build your own pizza. Bruschetta's that can be made vegan are Brie and marmalade, Gorgonzola and pear, roasted baby beets and goat cheese, & Caprese."
1/17/18

La Grande Orange (LGO)

Website

4410 N 40th St.

Phoenix, AZ 85018

(602) 840-7777

Trendy restaurant with vegan options labeled on the menu. Vegan options as of Feb 2018:

- Famous English Muffins (\$2)
- LGO Organic Oatmeal (\$6)
- Local Organic Fresh Fruit (\$5)
- Spicy Chickpea Lettuce: chickpeas, avocado, and sundried tomato on crisp iceberg (\$8)
- The Vegan Dalai Lama Pizza: house-made cashew cheese, kale, sundried tomatoes, brussels sprouts and roasted yellow peppers (\$13)
- Today's Farmers Market Pizza: always vegetarian and in season, most pizzas can be made vegan

Liberty Market

Website

230 N Gilbert Rd.

Gilbert, AZ 85234

(480) 892-1900

Vegan options include a Smothered Vegan Breakfast Burrito. Website states: "We offer

several gluten free, vegetarian & vegan modifications."

La Santisima Gourmet Taco Shop

Website

Locations

Well-known Mexican restaurant with locations in Phoenix and Glendale. Vegan options include tacos and burritos.

Little Szechuan

Website

524 W University Dr.

Tempe, AZ 85281

No-nonsense Chinese restaurant with vegan and gluten free options listed on the menu!

Luci's Healthy Marketplace

Website

1590 Bethany Home Rd.

Phoenix, AZ 85014

(602) 773-1339

Vegan options clearly labeled on the menu, including The Humm-Dinger Vegan Wrap. Vegan cheese available.

Lucky Strike Bowling

Website

50 W Jefferson St. #240

Phoenix, AZ 85003

(602) 732-5490

Trendy bowling alley cafe at CityScape. A note from the restaurant: "Listed below are our current menu options that fit the vegan diet: Fresh Made Guacamole, Sweet Potato Tots, Belgian fries w/ curry ketchup. We also have some options that can be altered to vegan at time of order: Margherita Pizza without cheese; Green chili taco w/o chipotle aioli; Wedge Salad without bacon or blue cheese dressing, sub balsamic dressing; Caesar salad without parmesan cheese, sub balsamic dressing; Bbq salad without bacon, cheese, or ranch, sub balsamic dressing" 7/8/15

Lux Central

Website

4402 N Central Ave.

Phoenix, AZ 85012

(602) 327-1396

Coffee shop serving vegan pastries and vegan lunch/dinner items.

Mad Greens

Website

Locations

Colorado-based salad restaurant. Website has an "interactive allergen menu" that allows you to build your own vegan meal.

Main Ingredient Ale House & Cafe

Website

2337 N 7th St.

Phoenix, AZ 85006

(602) 843-6246

Ale house and cafe. A note from the restaurant: "Our Cash Money sandwich is vegan as well as The Veg if you ask for no goat cheese. Chips & salsa of course & any of our salads you can ask for without the cheese or meat." 6/28/15

Marigold Maison

Website

4720 E Cactus Rd.

Phoenix, AZ 85032

(602) 795-0020

Traditional Indian street food & platters are presented in a whimsical setting with outdoor seating. Vegan items are listed on the online menu.

McMahon's Ice Cream

Website

960 E Warner Rd #4

Chandler, AZ 85225

(480) 292-7255

A Chandler ice cream shop that has a few vegan options daily.

Mellow Mushroom

Website

Locations

Pizza chain that has a vegan menu offering Daiya vegan cheese, tofu, and tempeh.

Melrose Kitchen

Website
4306 N 7th Ave.
Phoenix, AZ 85013
(602) 274-0079

Diner in the Melrose District. The breakfast menu includes a vegan tofu scramble.

Melt PHX
Website
910 N 5th St.
Phoenix, AZ 85004
(602) 472-3246

Locally-owned ice cream shop in the Roosevelt Row area. All of the sorbets are vegan!

Mi Amigos
Website
Locations:

- Arizona Center: 455 N 3rd St #150, Phoenix, AZ 85004 (602) 256-7355
- Mesa: 1264 S Gilbert Rd, Mesa, AZ 85204 (480) 892-6822

Mexican restaurant with 2 locations in the valley. The menu has gluten free and vegan options are clearly labeled on the menu!

MOD Pizza
Website
Locations

Build-your-own pizzeria that offers vegan cheese. As of August 2016, the red pizza sauce is vegan. BBQ sauce and garlic rub are also vegan. The gluten free crust is vegan!

Modern Market
Website
Locations

A modern, health-focused restaurant with a selection of vegan options.

Mother Bunch Brewing
Website
825 N 7th St.
Phoenix, AZ 85006
(602) 368-3580

Brewery serving elevated and sophisticated bar food. Chef Holly creates delicious vegan

dishes that are clearly labeled as "VG" on the menu.

Muse & Market

Website

4602 E Thomas Rd #110

Phoenix, AZ 85018

(602) 218-6773

Vegan-friendly restaurant serving breakfast and lunch.

My Pie Pizza

Website

12601 N Tatum Blvd.

Phoenix, AZ 85032

(602) 992-2575

Pizzeria with a pizza on the menu called Very Vegan.

New India Gate

Website

4939 W Ray Rd #1

Chandler, AZ 85226

(480) 427-4141

Family-owned restaurant serving North Indian cuisine. Vegan options clearly labeled on the menu.

Noodle Bar

Website

114 W Adams St. #C-103

Phoenix, AZ 85003

(480) 454-7905

This noodle restaurant serves vegan ramen!

North Mountain Brewing

Website

522 E Dunlap Ave.

Phoenix, AZ 85020

(602) 861-5999

Brewery in North Phoenix. The Roasted Garden flatbread pizza is vegan when the cheese is omitted.

Nourish

Website

1495 S Higley Rd.
Gilbert, AZ 85296
(480) 525-1345

Allergen-friendly eatery with something for everyone! All dishes are gluten, dairy, and soy-free. (The Tempe located closed)

Novel Ice Cream

Website

1028 Grand Ave #6
Phoenix, AZ 85007
(602) 373-2235

Adorable ice cream shop in the courtyard of Third Space. Vegan sorbet available. Treehouse Bakery cookies, vegan whipped cream, and vegan sprinkles are also available!

NYPD Pizza

Website

Locations

Pizza chain with The Veganizza, a vegan pizza, on the menu. Gluten free vegan crust available.

OHSO Brewery

Website

Locations

Burgers and beer establishment. The vegan burger subs mayo for guacamole! Ask your server a copy of the vegan menu!

The Organic Bean Cafe

Website

40 N Macdonald
Mesa, AZ 85201
(480) 776-4974

A very vegan-friendly coffee shop in Downtown Mesa.

Oregano's

Website

Locations

Local Italian restaurant chain. Note from the restaurant: "Please see our current vegan options listed below:

- All pasta noodles are vegan!
- Our Chunky Tomato Sauce (special request) is vegan and can be added to any of our noodles.
- Swap garlic bread for our Italian Baguette with no butter.
- All Salads can be made vegan.
- Sweet Serrano Pepper, Balsamic Vinaigrette, and our Honey Vinaigrette Dressings are vegan, and can be added to any salad.

Guests should mention any dietary restrictions with their server, so they are able to accommodate the guest's requests accordingly." 1/19/18

Original Chop Shop Co

Website

Locations

Many vegan options, though not labeled on the menu.

Otro Cafe

Website

6035 N 7th St.

Phoenix, AZ 85014

(602) 266-0831

Vegan tacos, burritos, paella, and salads. Order guacamole with NO cheese. Vegan options are clearly labeled on the menu.

Oven + Vine

Website

14 W Vernon Ave.

Phoenix, AZ 85003

(602) 687-7632

A wine-centric restaurant with limited vegan options that are clearly labeled on the menu.

The Parlor Pizzeria

Website

1916 E Camelback Rd.

Phoenix, AZ 85016

(602) 248-2480

Upscale pizzeria and Italian eatery. Note from the restaurant: "Depending on what the soup is, we often times have a soup that would be vegan. Our pizzas can be made vegan with no

cheese. We have many salads that can be altered slightly to cater to those needs as well. We have a veggie burger that is out of this world, and omitting the cheese would be another great option. Our menu is pretty vegan friendly with some help from us altering dishes here and there." 6/29/15

Persian Garden Cafe

Website

1335 W Thomas Rd.

Phoenix, AZ 85013

(602) 263-1915

Many vegan options clearly marked on the menu. Vegan desserts!!

Persian Room

Website

17040 N Scottsdale Rd.

Scottsdale, AZ 85255

(480) 614-1414

A Persian restaurant in North Scottsdale. The vegan options include a vegetable kebab, dolmeh, vegetarian gheimh bademjan (Sauteed eggplant, onions, yellow split peas simmered in our special fresh tomato sauce and Persian spices, served with basmati rice), and vegetarian loobia polo (Sauteed green beans, mushrooms and peas simmered in fresh tomato sauce, touch of garlic and Persian spices mixed with saffron rice).

Picazzo's Organic Italian Kitchen

Website

Locations:

- Glendale: 8280 W Union Hills Dr, Glendale, AZ 85308 (623) 466-0228
- Paradise Valley: 4669 E. Cactus Rd. Phoenix, AZ 85032 (602) 923-6001
- Scottsdale: 7325 Frank Lloyd Wright Blvd. Scottsdale, AZ 85260 (480) 990-2212
- Tempe: 440 W. Warner Rd. Tempe, AZ 85284 (480) 785-0522

Local organic Italian restaurant. The menu is loaded with vegan options that are clearly marked, including vegan meats!

Pieology Pizzeria

Website

Locations

A nationwide pizza chain that offers Daiya Mozzarella. Note that the classic crust is not vegan, but the wheat and GF crusts are. Now serving vegan meats including meatballs and chicken.

Pig & Pickle

Website

2922 N Hayden Rd.
Scottsdale, AZ 85251
(480) 990-1407

Gastropub serving comfort food. A note from the restaurant: "Below are our salads. For the quinoa salad the soubise would have to be omitted and for the frisee salad the goat cheese would have to be omitted.

'dump truck'- mixed greens, shaved baby veggies, seeds, cucumber & shallot vinaigrette

quinoa salad with fennel, soubise, toasted almond, english peas, arugula

frisee & arugula salad – avocado, parmesan, fava beans, pine nuts, blood orange vin, whipped goat cheese \$10

We also have a dish that is served at

lunch and late night:

udon noodles with peanuts, sesame, lots of veggies (If you plan on coming in for dinner, please just give us a minimum of 3 hours notice so that we can have it properly prepared for you during our evening service)" 7/8/15

Pita Bistro

Website

Locations:

- Phoenix: 3110 N Central Ave, Phoenix, AZ 85012 (602) 795-9779
- Tempe: 4740 S 48th St #111, Phoenix, AZ 85040 (602) 795-9779

Fast casual Mediterranean restaurant with vegan options clearly labeled on the menu.

Pita Jungle

Website

Locations

A healthy restaurant specializing in Greek, Mediterranean, Lebanese, and Middle Eastern cuisine. Full vegan menu can be found here.

Pita Pit

Website

690 S. Mill Ave Bldg C #121
Tempe, AZ 85281
(480) 967-2322

Fast Mediterranean restaurant with many vegan options. Build your own vegan pita online here.

Pizza Heaven

Website

5150 N 7th St.

Phoenix, AZ 85014

(602) 277-8800

Pizzeria with a separate vegan menu! The owner caters to vegans and even uses separate vegan prep area to avoid cross-contamination. Vegan cheesecake!

Pizza People Pub

Website

1326 N Central Ave.

Phoenix, AZ 85004

(602) 795-7954

Local pizza joint in Central Phoenix. Vegan options include pizzas and jalapeño canoes.

Pizzeria Bianco / Pane Bianco

Website

Locations:

- Downtown: 623 E Adams St. Phoenix, AZ 85004 (602) 258-8300
- Town & Country: 4743 N 20th St.
Phoenix, AZ 85016 (602) 368-3273
- Pane Bianco: 4404 N. Central Ave. Phoenix, AZ 85012 (602) 234-2100

The Marinara pizza is vegan as-is. Ask your server about other vegan options!

Planet Sub

Website

Locations

National sub sandwich chain. Any of the veggie subs with cheese removed are vegan! Vegan options include Tempeh BBQ and Meatless Masterpiece.

Pomo Pizzeria

Website

Locations

Pizzeria serving authentic and certified Neapolitan pizza. The pizza is baked for 60–90

seconds at 905° F. The Marinara pizza is vegan as-is. Now serving Daiya vegan cheese!

Postino

Website

Locations

Local wine cafe famous for their bruschetta. A note from the restaurant: "All of our salads can be veganized by omitting cheese and substituting oil and vin as the dressing. All our dressings in house are dairy free, but they do feature honey. Every MJ bakery bread we use in house is dairy free and egg free, but do contain yeast and starter. We can help vegan diners customize bruschetta platters to fit their dietary needs, they simply need to let their server and bartender know. Our Vegetarian panini is vegan once the artichoke spread is omitted. Our yukon gold potato chips as a side are vegan. Our white bean hummus is vegan. Our side panini salad is vegan without dressing and cheese. And our basil vinaigrette is vegan as well."
6/26/15

ProteinHouse

Website

Locations

A health-focused restaurant chain serving bowls, wraps, burgers, and pancakes. Vegan options clearly labeled on the menu.

Queens Pizzeria

Website

125 W Main St.

Mesa, AZ 85201

(480) 964-1609

Pizzeria that serves vegan cheese!

Republica Empanada

Website

204 E 1st Ave.

Mesa, AZ 85210

(480) 969-1343

A downtown Mesa Latin restaurant specializing in empanadas. All of the appetizers are vegan when the dipping sauces are removed. The Achiote Potato Empanada is vegan! The Vegetarian Torta is vegan when the mayo is omitted. The sides (beans, rice, and cabbage) are all vegan, but be sure to order the black beans without cheese!

Royal Coffee Bar

Website

Locations:

- Heritage Square: 618 E Adams St, Phoenix, AZ 85004
- Union: 2502 East Camelback Road #148-1, Phoenix, AZ 85016
- Tempe: 502 S College Ave, Tempe, AZ 85281

Coffee shop that serves vegan pastries made by Nami!

Rúla Búla Tempe Irish Pub and Restaurant

Website

401 S Mill Ave.

Tempe, AZ 85281

(480) 929-9500

Traditional Irish pub on Mill Ave. The menu boasts many vegan versions of traditional Irish dishes! Vegan options clearly labeled on the menu.

Sa Bai Thai

Website

Locations:

- Phoenix- 4121 E Thomas Rd, Phoenix, AZ 85018 (602) 954-8774
- Tempe- 1740 E Broadway Rd, Tempe, AZ 85282 (480) 264-4287

This Thai restaurant is very mindful of cooking vegan, vegetarian, and gluten free. Any dish can be made vegan!

Sacred Pi

Website

6434 S McClintock Dr.

Tempe, AZ 85283

(480) 897-9093

Local and independent pizzeria. Vegan options clearly labeled on the menu.

Saigon Jade

1316 S Longmore

Mesa, AZ 85202

(480) 265-0024

Vietnamese restaurant in Mesa with an extensive vegan menu including vegan appetizers, salads, soups, rice/noodle dishes, pho, and desserts. The restaurant has no website, but the GrubHub menu can be found here.

Saigon Kitchen

Website

14071 W Bell Rd.

Surprise, AZ 85374

(623) 544-6400

Vietnamese restaurant in Surprise. Ask your server for the dedicated vegan menu!

Salad and Go

Website

Locations

Salad and wraps restaurant. Vegan options clearly labeled.

Sandwich Masterz

Website

380 N Estrella Pkwy A-3

Goodyear, AZ 85338

(623) 925-2020

Sandwich shop with an extensive vegan menu!

Sardella's Pizza & Wings

Website

Locations

Local pizza chain. "Order one of our hand-tossed pizzas without cheese, and double up on our herb-infused, tomato sauce, and pile your choice of crust high with our fresh vegetable toppings. Choose from peppers – bell, hot and jalapeño – olives, mushrooms, pineapple, artichoke hearts, and garlic basil." Check THIS blog post to learn more about vegan options at Sardella's.

Sauce Pizza | Wine

Website

Locations

A Fox Restaurants Concept pizza chain with locations around the valley. The thin crust dough, hand stretched dough, and pizza sauce are vegan. All of the pastas contain egg. all salads can be modified to eliminate any dairy or protein & all dressings are safe w/ the exception of the Gorgonzola Vinaigrette & the Balsamic Vinaigrette (contains honey).

Scramble, a breakfast & lunch joint

Website

Website

Breakfast and lunch restaurant with a vegan section on the menu! Vegan options include

Seasons 52

Website

2502 E Camelback Rd Ste. 140 Bldg J

Phoenix AZ 85016

(602) 840-5252

Upscale American dining chain. Website has a seasonal vegan menu listed under "Alternate Menu Options." The vegan menu is available in the restaurant as well.

Shady Park Tempe

Website

26 E. University Drive

Tempe, AZ 85281

(480) 474-4222

Shady Park Tempe is part pizza, part ramen, part alcohol, and part ASU party scene. There are tons of vegan options here including vegan wings, pizza, sandwiches, ramen, and salads.

Short Leash Hotdogs

Website

Locations:

- Biltmore: 2502 E Camelback Rd, Phoenix, AZ 85016 (602) 954-4712
- Roosevelt Row: 110 E Roosevelt St, Phoenix, AZ 85004 (602) 795-2193

Local hot dog restaurant that originated as a food truck. A note from restaurant: Vegan options as of Feb 2018 include:

- Vegetarian hot dog
- Pretzel bun
- Veggie chili
- Assorted toppings

Simon's Hot Dogs

Website

4280 N Drinkwater Blvd #200

Scottsdale, AZ 85251

(480) 426-9218

A Colombian-style hot dog restaurant. Several sides are vegan and most hot dogs can be made vegan!

The Smith Cafe

Website

3701 E Indian School Rd.

Phoenix, AZ 85018

(602) 956-0908

A breakfast and lunch cafe with a few vegan options including a sandwich called The Vegan.

Smooth Brew

Website

1447 E McDowell Rd.

Phoenix, AZ 85006

(480) 800-9025

A locally-owned coffee shop with a drive-thru window! A note from the restaurant: "We have almond, soy, and coconut milks. We have smoothies that we can do vegan too, just request it of us to make sure they are. We usually have a couple of vegan pastries, and we also have a quinoa burrito bowl that is vegan. Then we have edamame and a non-mayo slaw to munch on as well." 8/9/15

Sosoba

Website

214 W Roosevelt St

Phoenix, AZ 85003

(602) 795-1005

This Roosevelt Row noodle shop's vegan options include vegan ramen!

Spinato's Pizzeria

Website

Locations in Phoenix (2), Tempe, Scottsdale, and Ahwatukee.

A local pizzeria with a long history in the valley. A note from the restaurant: "Our pizza dough is vegan, as well as our pizza sauce. So, we could offer a pizza (with no cheese) that would be vegan. We also have several salads (some would need to have cheese removed) that would be vegan as well." 1/22/18 Note: the pasta is not vegan.

Spirit Organic Superfood Cafe

Website

694 S. Cooper, Suite A1

Gilbert, AZ 85233

(480) 621-6218

A health-oriented cafe with a mostly vegan menu.

St. Francis

Website

111 E Camelback Rd.

Phoenix, AZ 85012

(602) 200-8111

New American restaurant with a great patio. Vegan options are clearly labeled on the menu.

Sun Up Brewery

Website

322 E Camelback Rd.

Phoenix, AZ 85012

(602) 279-8909

Local brewery. Vegan options clearly labeled on the menu. Note from the restaurant: "We don't offer many vegan choices, but here is what we have: Our Sun Up Salad (if the gorgonzola crumbles are left off), Sonoran Salad (no cheese)-use a different dressing, Spinach Salad, Veggie Wrap (no cheese, no chipotle mayo. I suggest subbing hummus!), Veggie Burger. I would also warn you to leave croutons off any salad as they contain animal product." 6/29/15

Sushi 101

Website

920 E University Dr D-101

Tempe, AZ 85281

(480) 317-0101

Sushi restaurant with a great selection of vegan sushi rolls. A note from the restaurant: "The following list are the sushi rolls that could be modified.

- Sweet potato roll. This roll comes with sweet potato tempura, avocado, crunch and eel sauce. This could be modified by simply steaming the sweet potato instead of tempura fried, as well as

holding back on the crunch due to it all being fried with the same oil used for other menu items. Our eel sauce is 100% vegan, no eel is used to make it.

- Veggie Roll: avocado, cucumber, oshinko (pickled radish), yamagobo (pickled carrot), and kanpyo (sweet pickled gourd).

- Cucumber and Avocado roll.

- Asparagus Tempura roll: Asparagus tempura, cucumber and avocado. Again this could be modified by steaming the asparagus instead of tempura fried.

- Krispy Green Roll: avocado, cucumber, ginger, lettuce, asparagus, and carrots topped with green vinaigrette.

- Baked Tofu Roll: baked tofom cucumber, and red beel pepper topped with avocado.
- Lotus Roll: asparagus, avocado, and mango topped with cucumber and lotus chips.
- Gardenfire Roll: fresh asparagus, kanpyo, carrot, and red bell pepper and topped with avocado, jalapeno, and dots of sriracha.

We also offer a couple salads, such as our house ginger salad and cucumber salad.

And finally we also have our miso soup." 7/22/15

Switch

Website

2603 N Central Ave.

Phoenix, AZ 85004

(602) 264-2295

Local restaurant. A note from the restaurant: "Let start with the salad dressing / the chipotle sherry, sangria vinaigrette, and fig white balsamic are all made in house and contain no animal products at all.. We are more than happy to omit dairy from any salad for you. The ciabatta we use is also vegan and we offer a sandwich of hummus, carrots, cucumber, greens, roast red pepper, onions, tomato and chipotle dressing.. I use the Morning star farms spicy black bean burger and that too is vegan. We are more than happy to omit the aioli on that burger to suit. I also use gluten free creations gluten free burger bun upon request. We offer a daily veg that is usually more the one section and I always have several things in house. As far as entree type stuff, I'm sure that I can create something for 'off the cuff' that would you would like." 6/27/15

Taco Guild

Website

546 E Osborn Rd.

Phoenix, AZ 85012

(602) 264-4143

Mexican restaurant in a renovated chapel. Vegetable tacos, vegetable burritos, and guacamole. Be sure to omit cheese.

Tacos Tequila Whiskey

Website

3950 E Indian School Rd

Phoenix, Arizona 85018

(602) 603-9411

Mexican restaurant that serves vegan tacos!

Taj Mahal Restaurant & Lounge

Website

4225 N Craftsman Ct

Scottsdale, AZ 85251
(480) 257-1791

Indian restaurant in Old Town Scottsdale. Vegan options clearly labeled.

The Tamale Store

Website
13046 N Cave Creek Rd.
Phoenix, AZ 85022
(602) 435-2604

3 vegan tamale varieties! Tamales available to pick up in the store or at farmers markets around the valley.

Tapas Papa Frita

Website
7114 E Stetson Dr #210
Scottsdale, AZ 85251
(480) 699-5004

This Spanish restaurant in Old Town Scottsdale has a vegan tasting menu!

Tasty Box

Website
621 N 7th St
Phoenix, AZ 85006
(602) 535-8772

A bento box restaurant in a historic downtown Phoenix home. Vegan options clearly labeled on the menu.

Tempe Public Market Cafe

Website
8749 S. Rural Rd.
Tempe, AZ 85284
(480) 629-5120

Vegan options clearly labeled. We offer fresh market cuisine crafted with seasonal ingredients that we source from local and organic farms whenever possible. We aim to nourish the Tempe community in every way — whether with a wholesome meal in our comfortable dining room, a hot cup of coffee on our spacious patio or a pint of local beer at our bar.

Brought to you by the team behind St. Francis and Phoenix Public Market Cafe, the Tempe

Public Market Café is the latest restaurant from chef Aaron Chamberlin. Our simple, health-focused menu includes hearty sandwiches, crisp salads, fresh-baked pastries, and handmade pizzas baked in a wood fired oven.

Thai on Demand

Website

8880 E Vía Linda Suite 104

Scottsdale, AZ 85258

(480) 550-4999

A Scottsdale Thai restaurant with vegan options marked on the menu.

Tocaya Organica

Website

Locations

Fast casual Mexican food restaurant chain that is super vegan-friendly with two locations in Scottsdale.

Tokyo Joe's

Website

Locations

A counter-order chain serving noodle bowls and other Asian food. The staff are happy to use a clean knife to cut your sushi! A nutrition chart, with vegan options clearly labeled, is available here.

Tonto Bar and Grill

Website

5736 E Rancho Manana Blvd.

Cave Creek, AZ 85331

(480) 488-0698

A Mexican restaurant with a vegan menu that can be found here.

True Food Kitchen

Website

Locations:

- Phoenix: 2502 E Camelback Road, Suite 135, Phoenix, AZ 85016 (602) 774-3488
- Scottsdale: 15191 N Scottsdale Rd #101, Scottsdale, AZ (480) 265-4500

Healthy cuisine based on Dr. Weil's anti-inflammatory diet. Vegan options clearly labeled on the menu. Gluten-free options available.

Vito's Pizza & Italian Ristorante

Website

1947 N Lindsay Rd.
Mesa, AZ 85213
(480) 832-3311

Italian restaurant specializing in Chicago-style pizza since 1986. Ask your server for the separate vegan menu. Gluten free options available. (Vegan menu only available at the Mesa location).

Welcome Chicken & Donuts

Website

1535 E Buckeye Rd.
Phoenix, AZ 85034
(602) 258-1655

Local restaurant opened by the folks of Welcome Diner. Vegan donuts are served Friday-Sunday.

Welcome Diner

Website

929 E Pierce St.
Phoenix, AZ 85006
(602) 495-1111

Vegan options clearly labeled on the menu. Welcome Diner relocated to a larger space with more indoor seating. Vegan options include Pulled Jackfruit Po'Boy and Jackfruit Fries.

What's Crackin Cafe

Website

6663 E McDowell Rd.
Mesa, AZ 85215
(480) 264-6832

A breakfast and lunch cafe in Northeast Mesa. Vegetarian items are clearly marked on the menu and most can be made vegan upon request.

Zak's Chocolates

Website

6990 E. Shea Blvd, Suite 116
Scottsdale, AZ 85254
(480) 607-6581

Local, award-winning craft chocolate shop. 100% of our chocolate is made on the premises

starting by roasting ethically-sourced cocoa beans.

Our dark chocolates contain only organic cocoa beans, organic cane sugar and house-pressed cocoa butter (from cocoa beans). We have vegan, vegetarian and dairy-free options. Our chocolates contain no soy and are also gluten free.

We also serve hot and cold chocolate and coffee drinks. Come see, smell and taste real craft chocolate.

Zinburger

Website

Locations:

- Phoenix: 2502 E Camelback Road Suite 127, Phoenix, Arizona 85016 (602) 424-9500
- Scottsdale: 15257 N. Scottsdale Rd, Suite F150, Scottsdale, Arizona 85254 (480) 285-0690
- Gilbert: 344 N Gilbert Rd. Gilbert, Arizona 85234 (480) 387-5000

To make Clint's "Almost Famous" Veggie Burger Vegan: 86 the Bun, Mayo, & Cheese...sub a Green Salad.

Zpizza

Website

53 W Thomas Rd.

Phoenix, AZ 85013

(602) 583-7002

Pizza chain restaurant serving delicious vegan pizzas, including The Berkeley Vegan made with Daiya vegan cheese and Beyond Meat vegan sausage.