



Tahoe Plant-Based-Friendly Restaurants

Frescana LakeTahoe.com in Meyers @ 3141 US Hwy 50 → 530-577-5304 ★★★★★

Sunrise Veggie Bowl (\$14), Avocado Toast (\$13), Beyond Guac Burger (\$17), Veggie Burrito (\$15), Vegan Enchilada (\$17), Veggie Tacos (\$6 each). Indoor and outdoor seating, or picnic at nearby Paradise Park.

Freshies Tahoe.com in Midtown @ 3330 Lake Tahoe Blvd → 530-542-3630 ★★★★★

Buffalo Cauliflower (\$11), Mana Meal (\$16), Veggie Burger (\$13), Veggie Noodle Bowl (\$15), Sweet and Spicy Veggie Stir Fry (\$16), Rippin Red Curry with Portabello (\$16), Spicy Thai Noodles (\$15), Peanut Butter and Chocolate Mousse Pie (\$8). Limited seating.

AlohalceCream Tahoe.com next to Freshies (above) offers plant-based ice creams, mud pie, frozen chocolate dipped bananas, ice cream cake by the slice, and more. Be sure to mention vegan when ordering.

SproutsCafe Tahoe.com in Midtown @ 3123 Harrison Ave → 530-541-6969 ★★★★★

Several vegan choices including the Mexican Volcano (substitute honey-mustard with Annie's Goddess dressing), veg sando, and tempeh burger. Be sure to specify vegan to get options for guacamole, hummus, vegan cheese, etc. Lakeview Commons and Regan Beach are nearby picnic spots.

Marias LakeTahoe.com in Midtown @ 2494 Lake Tahoe Blvd → 530-600-2200 ★★★★★

Authentic Mexican with several vegan options. Visit their website and click Menu→"Lo Vegano" (The Vegan) for most current choices. Burrito with vegan beef or potato+soychorizo (\$10), Taco plate with same option (\$13), Vegan mozzarella quesadilla (\$14), Super nachos (\$13).

MountainHighSandwichCo. com in Incline Village @ 120 Country Club Dr → 775-298-2636 ★★★★★

Our top pick for Incline. Some recent highlights include the House Smoked BBQ Tofu (\$10), Chickpea Salad Sandwich (\$10), Veggie Ruben (\$10), Harmony Wrap (\$10), and for breakfast the Avocado Toast (\$7) or Dreamy Coconut Chia Seed Pudding (\$5).

Artemis LakefrontCafe.com in Midtown @ 900 Ski Run → 530-542-3332 ★★★

and **ArtemisMediterraneanGrill.com** near The Y @ 2229 Lake Tahoe Blvd → 530-542-2500 ★★★

Their Falafel Pita and Lentil soup are vegan. The Vegetarian Pita and Veggie Greek Pasta can be made vegan by holding the feta. The Mezze appetizer makes a good meal. Midtown location has Vegan Tofu Scramble. Artemis would be 4★ if they offered vegan cheese and sauces (other than ketchup).

UncommonKitchen. org in Tahoe City @ 505 W Lake Blvd → 530-583-3663 ★★★

Inside New Moon health market, the Uncommon Kitchen offers some vegan sushi rolls (~\$11) and the Leaf Eater sandwich (\$8). Hot food offerings change and are posted daily. Everything is to-go.

MyThai Tahoe.com in Stateline @ 177 Hwy 50 → 530-416-1182 ★★★

MyThai Tahoe.com near The Y @ 2108 Lake Tahoe Blvd → 530-544-3232 ★★★

Orchids Tahoe.com near The Y @ 2180 Lake Tahoe Blvd → 530-544-5541 ★★★

ThaiOnSkiRun. com in Midtown @ 1169 Ski Run Blvd → 530-420-8424 ★★★

ShangrilaHimalayan. com in Midtown @ 1142 Ski Run Blvd → 530-600-3177 ★★★

120Chopsticks. com and **ThaiRecipe** Incline.com both in Incline Village

All above offer good veggie options, with many/most dishes veganizable by substituting meat with tofu, broccoli, or extra/any veggies. Be sure to specify vegan for sauces, and confirm that any curries and rices are vegan.

More South Shore recommendations: DriftwoodTahoe.com (Stateline) offers a vegan burrito (\$9) and breakfast scram (\$9).

NikkisChaat.com (Indian in Midtown) has vegan options marked on website menu. Nearby **LotusPho.com** has a veggie pho (ask for vegan broth).

BlueDogPizza.com (Stateline), **LakeTahoeAleWorX.com** (The Y), and **LakeTahoePizzaCo.com** (The Y) all offer pizzas with vegan cheese.

AzulLatinKitchen.com (Stateline) offers Veggie Fajitas (~\$20, splitable), sweet potato tacos/burrito (hold/swap the dairy), and vegan chili (\$9).

FatBurger in Harrah's has the Impossible burger. **VerdeMexicanRotisserie.com** (The Y) has veg burritos (hold dairy, then add cashew cheese).

At **Chipotle** try a "bowl or burrito with mixed beans, brown rice, fajitas, mild salsa, guac and lettuce." Decent food bar at **Whole Foods** has "v" marks.

BlackCabinCoffee.com (Stateline) has a soyrizo breakfast burrito (\$9). **Alpina Cafe** (The Y) has a breakfast burrito with plant-based sausage.

TahoeSushiPier.com (Stateline), **TheNakedFish.com** (Stateline), and **OffTheHookSushi.com** (Midtown) all offer some vegan sushi rolls.

Subway example: "Veggie Delight on wheat, no cheese, add double avocado, oil/vinegar." Taco Bell: "Bean burrito FRESCO style, add guac, jalapenos, extra onions."

More North Shore and South Shore recommendations at: www.KeepTahoeKind.org

*Menu items and prices current as of 7/15/2021

Please send corrections/suggestions to the email at bottom of www.KeepTahoeKind.org