

Vegan & Vegetarian Dining

Helping animals, one bite at a time! Please support the Palm Beach County restaurants listed below, and tell them you saw them on VegSouthFlorida.com. Of course, we can't list every restaurant with a salad on the menu. To be listed, a restaurant must offer 3 or 4 vegan dishes, or be exceptional with fewer. Please let us know if there are restaurants that should (or should not) be listed here, or if you have updates. We're relying on you to keep this web site current. Contact us at info@vegsouthflorida.com. Restaurants are listed by region: North, Central, West, and South. *Veg-friendly restaurant chains= 100% vegetarian

Central Palm Beach County

*Darbster

8020 South Dixie Highway
West Palm Beach 33405
(561) 586-2622
([web site](#))

Darbster serves vegan versions of old time classics as well as new innovative dishes. Try the Palm Cake entree (the fried hearts of palm have a delicious creamy texture), Tempeh Reuben sandwich, Mac & Cheeze (elbow pasta with a subtle cheesy flavor, topped with toasted bread crumbs), a Caesar salad, or the Sliders appetizer (faux-steak bites on a crunchy bun with tangy sauce). Ask about the weekly specials, and don't miss brunch on Saturday/Sunday! The menu also includes raw and gluten-free dishes, vegan desserts, and wine and beer. Indoor or outdoor seating in a relaxed setting. Closed Monday. Darbster also has a Boca Raton location.

*The Bee

123 Datura Street
West Palm Beach 33401
(561) 651-9796
([web site](#))

The cafe at The Bee features a 100% organic, vegan menu. Open for breakfast, lunch and dinner. Start the day with a fruity acai bowl, porridge or a protein bowl. For lunch, try the raw pad thai, one of their excellent salads, or a hot dish such as coconut curry. They also offer smoothies, juices, wheat grass, coffee and teas, and locally made kombucha on tap. Before you leave, check out their market (bulk foods, vegan snacks, body care products and much more!), and the yoga schedule.

[Avocado Grill](#)

125 Datura Street
West Palm Beach, FL 33401
561.623.0822

[Menu](#) [Press](#) Voted 2014 Best New Restaurant and 2014 Rising Star Chef, Julien Gremaud by the Palm Beach Post
Lunch: Mon-Fri 11:30 a.m. - 2:30 p.m.

Dinner: Mon-Thurs 4:30 p.m. - 10:00 p.m.

Fri - Sat 4:30 p.m. - 11:00 p.m. Sunday 4:30 p.m. - 9:30 p.m.

Brunch: Sat: 11:30 a.m.- 2:30 p.m. Sun: 11:00 a.m. - 3:00 p.m.

Avocado Grill is a new culinary destination created to offer farm-to-table artisanal cuisine to food enthusiasts around the globe. The epicurean creativity and expertise will take center stage at Avocado Grill vis-à-vis small plates of seasonal, locavore-driven fare and a full raw bar. The menu includes house-made desserts and a sophisticated collection of wine, beer, and signature libations. Avocados are a healthy, South Florida staple that complements the menu's coastal, farm-to-table cuisine and will pair perfectly with the restaurant's unique, indoor grilling

experience. Located at 125 Datura Street, steps from West Palm Beach's idyllic Intracoastal Waterway. Reservations are available through OpenTable.com and are strongly recommended.

[The Chickpea](#)

400 Clematis Street
West Palm Beach 33401
(561) 755-5151
([web site](#))

Mediterranean cuisine with a modern twist. Build your own pita wrap, bowl or platter. Start with falafel or hummus (made fresh from organic ingredients) and add a sauce (tahini, cilantro or spicy tomato). Or try a sampler plate (choose from among six hummus flavors, babaganoush, guacamole, mhamara or tzatziki) or salad. Closed Sunday.

[Field of Greens](#)

412 N. Clematis Street
West Palm Beach 33401
(561) 820-2465
([web site](#))

[Leila](#)

120 South Dixie Highway
West Palm Beach 33401
(561) 659-7373
([web site](#))

Upscale Middle Eastern restaurant. Menu features several vegetarian entrees and salads. Located on the corner of Datura Street and Dixie Highway.

[The Alchemist](#)

The Alchemist Gastro Pub
Hours of operation: Mon. through Fri. 11:30am to 1:00am
Sat 11:00 to 2:00am Sunday 10:00 to 1:00am
223 Clematis Street
West Palm Beach, FL. 33401
561.355.0691

[Menus](#) [Testimonials](#)

Offers an offers an inviting and upscale hand crafted menu proudly designed by true culinary minds. Our beverage selection is inspired by mixologist bringing tasteful craft beers and exquisite cocktails to elevate your dining experience. The Alchemist transforms nightly as live entertainment creates a unique energetic atmosphere. Another concept proudly developed by Daiza Restaurant Group LLC. The team that brought you The Atlantic Surf Club Fort Lauderdale, The Atlantic Fish & Chophouse, and The Boathouse Martha's Vineyard.

[Pat Go Go Sushi and Thai Restaurant](#)

1649 Forum place Suite 4A
West Palm Beach, Florida 33401
(Same Plaza as INDUS and Nature's Way Cafe) [Menus](#)
Hours of Operation:
Lunch: M-F 11:30 am - 3:00 pm
Dinner: M-S 3:00 am - 10:00
Closed Sunday
Phone: 561.507.5510 Delivery Available

Mellow Mushroom

700 South Rosemary Avenue (CityPlace)

West Palm Beach 33401

(561) 653-1351

[\(web site\)](#)

Popular pizza chain. Where else can you get tempeh and five different flavors of tofu on your pizza? And vegan cheese (Daiya)! Mellow Mushroom's pizza crust is vegan, but you may need to tell your server that you do not want butter or parmesan added. Also, excellent hoagies and calzones. Choose from among 100 beers. Weekly specials. Fun atmosphere. Open late ('till midnight on Friday and Saturday).

Joy Noodles & Rice

2200 S. Dixie Highway

West Palm Beach 33401

(561) 655-5212

[\(web site\)](#)

Joy noodles & rice is a brand-new restaurant, from the owners of the excellent Wattana Thai down the road. Joy is not an exclusively vegetarian restaurant, but there is a good selection of vegan dishes on the menu. We recommend the Chiangmai Noodle Soup (potato noodles, fried tofu, bok choy and bean sprouts in a spicy/sweet curry coconut broth). We were also impressed with the Mixed Vegetables with Mushroom Sauce because of the fresh, varied vegetables such as asparagus, yellow squash and edamame (not your standard stir-fry selections). The Cucumber Kim Chi Salad makes a great starter. Open for lunch and dinner. Located half mile north of Belvedere Road.

Wattana Thai

7201 S. Dixie Highway

West Palm Beach 33405

(561) 588-9383

[\(web site\)](#)

Family-run restaurant with over a dozen vegetable dishes on the menu. Start with the deep fried tofu appetizer, then try a delicious stir-fry of tofu and vegetables with your choice of sauces like green curry, savory basil or the spicy volcano sauce. Or try their Pad Thai, soup or a clear rice noodle dish. Wattana also has a smaller menu of Japanese favorites.

Indus Herbal Indian Cuisine

1649 Forum Place

West Palm Beach 33401

(561) 249-0123

[\(web site\)](#)

Indus Herbal Indian Cuisine opened in the Summer of 2010 and quickly found a following. Large selection of vegetable dishes. Vegan items are marked on the menu. Lunch buffet.

The India Palace

4778 Okeechobee Boulevard

West Palm Beach 33417

(561) 478-5606

[\(web site\)](#)

Indian cuisine is usually a safe bet for vegetarians, and India Palace doesn't disappoint. The menu features a wide variety of meatless dishes, including popular favorites such as Aloo Gobi (cauliflower and potatoes) and Channa Masala (chick peas cooked with onion and tomatoes), as well as less common dishes. Closed Monday.

Café Toscano

2635 Old Okeechobee Road

West Palm Beach 33409

(561) 951-2550

[\(web site\)](#)

The vegetarian section on Café Toscano's menu features several authentic Italian dishes. The escarole and cannellini beans (canelli beans, in a red wine sauce with a touch of garlic) is recommended. Many dishes on the menu can be prepared vegan; ask your server. A small salad comes included with your meal (butternut squash is among the vegan salad dressings). Soy milk is available for an after dinner cappuccino or coffee. Closed Sunday.

Salloum Foods

327 5th Street
West Palm Beach 33401
(561) 659-7322

There are many excellent Middle Eastern restaurants in south Florida, but if you're looking for authenticity you can't beat Salloum Foods. This deli, market and pita bakery serves falafel sandwiches, lentil & potato soup, excellent salads (we recommend the Fattoush or butter bean salads), veggie cabbage rolls and spinach pies. Pastries available for dessert include cashew/almond "Birds nests" (sweetened with sugar syrup, not honey). When you're there, grab a tub of hummus, olives or a bag of pitas to take home. A few outdoor tables, but primarily take-out. Located at North Dixie Avenue and 5th Street.

Mother Earth Sanctuary Cafe

410 Second Avenue North
Lake Worth 33460
(561) 460-8647

[\(web site\)](#)

Organic/fair trade coffee and teas. Try one of their signature veggie burgers, of which eight are vegan. Also, soups and salads. Mother Earth hosts weekly music/storytelling events. Cash only. Closed Monday.

Snappers

398 N. Congress Avenue
Boynton Beach 33426
(561) 375-8600

[\(web site\)](#)

Snappers is a seafood restaurant but with a good selection of vegetarian and vegan dishes. Menu items include Risotto Italiano (vegan), a Steamer Basket (filled with steamed tempeh and vegetables), vegan nut loaf with sage gravy, and several pasta dishes made with fresh vegetables. Located in Oakwood Square.

Joey's Home Bakery

1532 SW 8th Street
Boynton Beach 33426
(561) 292-4004

[\(web site\)](#)

Gluten-free bakery offering a variety of cookies, muffins, cakes, pies and breads. The bakery also has a number of fresh baked sugar-free, dairy-free and vegan choices. Located in the Home Depot shopping center (Woolbright Road, west of I-95). Closed Monday. Joey's Home Bakery also operates a kiosk at the Palm Beach Outlets mall, or order online.

Eclectic Eats

1731 N Federal Hwy.
Delray Beach 33483
(561) 271-6240

[\(web site\)](#)

Eclectic Eats is an outdoor/indoor restaurant serving fusion cuisine with plenty of vegetarian and vegan options (for example, stuffed vine leaves, tofu tartar, or falafel panini with homemade tahini sauce). Ask for the separate vegan/vegetarian menu.

Veggie Bungalo ✓

Delray GreenMarket
Old School Square Park
NE 2nd Avenue, 1/2 block north of Atlantic Avenue
Delray Beach 33444
([web site](#))

Veggie Bungalo is a vegan food cart serving a variety of foods: black bean burgers, veggie "chicken" patties, Tofurky hot dogs, falafel, 3 bean chunky chili, lentil soup, apple cinnamon waffle sticks, banana oat bran muffins and more! Find the Veggie Bungalo at the Delray GreenMarket every Saturday from 9am - 2pm.

***The New Vegan** ✓

528 NE 2nd Street
Delray Beach 33483
(561) 404-5301
([web site](#))

The 100% vegan menu (also soy, wheat & gluten free) at The New Vegan features dehydrated raw appetizers (such as broccoli or cauliflower nuggets), entrées (curry plantain, raw zucchini fettuccine), wraps and sandwiches (try a Toona Melt sandwich or a chickpea burger), soups, salads and desserts.

Also open for breakfast (pancakes, waffles, French toast!). Located 2 blocks north of Atlantic Avenue in downtown Delray Beach. Closed Monday and Tuesday.

Bamboo Fire

149 NE 4th Avenue
Delray Beach 33483
(561) 749-0973 or (954) 907-4174
([web site](#))

Caribbean cuisine in a comfortable environment. Menu features several vegetarian entrees—including spicy jerk tofu, coconut tofu, curry vegetables and grilled tofu strips—starters (such as cumin-seasoned garbanzo beans) and sides (sweet plantains, rice & peas, braised cabbage, okra fried rice). Open for dinner. Hours vary in the off-season, so call ahead.

DIG

777 East Atlantic Avenue
Delray Beach 33483
(561) 279-1002
([web site](#))

DIG has a healthy, "green" menu with many options for vegetarians and vegans. From salads and soups, to veggie (vegan) burgers and homemade hummus. DIG offers organic juices and smoothies, and a full selection of cocktails, wine and beer.

Mellow Mushroom

25 SE Sixth Avenue
Delray Beach 33483
(561) 330-3040
([web site](#))

Way Beyond Bagels

16850 Jog Road
Delray Beach 33446
(561) 638-1320
([web site](#))

It is easy to find tofu cream cheese spreads at bagel shops in New York City, but for some reason it's rare to find it in South Florida. Way Beyond Bagels offers specialty tofu spreads (scallion, and cinnamon hazelnut), in addition to a wide variety of bagel flavors.

Northern Palm Beach County

***Christopher's Kitchen**

4783 PGA Boulevard
Palm Beach Gardens 33418
(561) 318-6191
([web site](#))

Creative, organic, vegan cuisine. Christopher's Kitchen has received great reviews since opening in January 2011. The large, varied menu offers many choices. CK Tacos (handmade corn tortillas filled with a delicious mix of avocado, nuts, fresh vegetables and a sweet/spicy sauce) is a favorite. The Lettuce Cups, and the BBQ and Omega trios, are also popular. Christopher's Kitchen also offers fresh juices and blended drinks, and before you leave check out the pastry case full of desserts (pecan balls, chocolate macaroons and more!). Quality ingredients and large portions. Open for lunch and dinner. Indoor and outdoor seating. Located on the north side of PGA Boulevard, west of Military Trail, in the Midtown shops.

One Thai

4232 Northlake Blvd.
Palm Beach Gardens 33410
(561) 622-6555
([web site](#))

Recommended Thai restaurant. The owner is happy to modify ingredients in dishes to accommodate vegetarians and vegans. Delicious food at a good price. Attentive service, pleasant dining environment.

The Yard House

11701 Lake Victoria Gardens Ave.
Palm Beach Gardens 33410
(561) 691-6901
([web site](#))

The Yard House is a popular place to go for drinks (they promise the "world's largest selection of draft beer"), but you might think that there is nothing on the menu for vegans to eat. Think again! The menu features over one dozen of their popular entrees made with garden brand fake meats, including veggie boneless wings, veggie beef sliders, veggie chicken & avocado sandwich, veggie chicken rice bowl, and more! The veggie wings and sliders are available during happy hour. The busy restaurant has indoor and outdoor seating. Open for lunch and dinner. Located at Downtown At The Gardens.

Field of Greens

11701 Lake Victoria Gardens Ave., Suite 3103
Palm Beach Gardens 33410
(561) 625-0036
([web site](#))

The highlight of this "fast food" restaurant is the salad bar, where you choose greens, veggies, toppings and dressing, and the staff toss it for you. Great selection of vegan garnishes, including black beans, pistachios and sun-dried tomatoes. Also popular are homemade vegan soups (Portabella Mushroom, Lentil, Split Pea, Asparagus and Roasted Butternut Squash), vegan chili and vegetarian, grilled panni sandwiches. Located at Downtown At The Gardens.

Sun Hai Tokyo

2534 PGA Boulevard
Palm Beach Gardens 33410
(561) 627-9200
([web site](#))

Recommended restaurant serving delicious, authentic Chinese dishes and sushi. Accommodating to vegans (make sure to tell your server).

Western Palm Beach County

Thai Room

6901 Okeechobee Blvd.
West Palm Beach 33411
(561) 689-1830
([web site](#))

Recommended Thai restaurant with many choices for vegans/vegetarians (make sure to tell your server so he can accommodate you). Friendly service, reasonable prices. Located in Lake Point Center.

*Hippocrates Health Institute

1466 Hippocrates Way
West Palm Beach 33411
(561) 471-8876
([web site](#))

Raw, organic, vegan buffet featuring different dishes each day; delicious, raw versions of caesar's salad, tacos, pizza, Pad Thai, nut loaf, etc. Also, salads, home-grown sprouts and wheatgrass and a variety of juices. All-you-can-eat buffet is open to the public every day of the week except Wednesday. Lunch is served from 12:30-2pm and dinner from 5:30-7pm. \$25 per person.

Taste of India

7750 Okeechobee Blvd. Suite 11
West Palm Beach 33411
(561) 721-8600
([web site](#))

Menu features nine strictly vegan dishes and over a dozen vegetarian dishes (may include yogurt or cream), along with delicious appetizers, breads and soups. Try a traditional favorite like Aloo Gobhi or Channa Masala, or one of several less common dishes, like Vegetable Chettinadu (vegetables in spicy black pepper and roasted coconut sauce). Located just west of the Land Rover dealership.

Talay Thai

7100 Fairway Drive
Palm Beach Gardens 33418
(561) 691-5662
([web site](#))

Recommended Thai restaurant with many vegan/vegetarian options. Appetizers include vegan spring rolls, summer rolls and dumplings. Any of the curries, noodles and stir fry dishes can be prepared vegan (no eggs or fish sauce), and with tofu. Knowledgeable servers and a great atmosphere. Located in the LA Fitness shopping center.

Thai Basil

10311 Southern Blvd.
Royal Palm Beach 33411
(561) 798-5003
([web site](#))

Recommended Thai restaurant. Most dishes (curries, noodle bowls, Pad Thai, stir fry entrees, Tom kha gai soup, etc.) can be made vegetarian/vegan. Each entree comes with an appetizer soup (vegan broth). Located on the corner of 441 & Southern in the Village Shoppes center.

Field of Greens

10140 Forest Hill Boulevard
Wellington 33414
(561) 795-4345
([web site](#))

Taylor Made Cafe

12160 South Shore Blvd. #105
Wellington 33414
(561) 729-0441
([web site](#))

Ask about the daily vegan special (the banana peanut butter bread pudding is recommended). The menu includes many wraps and salads that can easily be prepared vegan, with homemade spicy or regular hummus, organic sunflower sprouts and/or avocado. Protein shakes (available with almond milk), vegetable juices, and wine and beer. Dine in, take out, delivery and catering. Located in the Village Place Shopping Center. Closed Sunday.

Southern Palm Beach County

The Salad Spot

690 Yamato Road #6
Boca Raton 33431
(561) 997-0339
([web site](#))

Make your own salad with fresh ingredients. Huge assortment of salad fixings. Also, fresh fruit and soups. Open M-F. Located at southeast corner of Yamato and Congress.

5-Spice

1200 Yamato Road, #A1
Boca Raton 33431
(561) 989-1688
([web site](#))

Recommended Asian-theme restaurant. Add tofu to create-your-own noodle or rice bowls. Starters include vegetarian curry samosas, summer rolls and tempura. Located in the Shoppes of Blue Lake.

Farmer's Table

1901 N. Military Trail
Boca Raton 33431
(561) 417-5836
([web site](#))

Farmer's Table offers healthy dishes centered around fresh, seasonal ingredients. Menu includes a variety of salads and flatbreads, veggie burger, vegan lasagna and more. Daiya vegan cheese can be substituted on any dish. Farmer's Table is very accommodating to vegans/vegetarians and people following a gluten-free diet. A special, healthy kids menu is also available. Serving breakfast, lunch and dinner. Located on the corner of 19th and Military Trail, adjacent to the Wyndham Hotel.

***Maoz Vegetarian**

6000 Glades Road
Boca Raton 33431

(561) 393-6269

[\(web site\)](#)

The first Florida location for this international vegetarian restaurant chain. When you spot the employees wearing "Veg Out" aprons, you know you're in the right place. Start with warm falafel balls served in pita bread or on a salad, add eggplant, hummus or babaganoush, then head to the toppings bar where you'll find a great variety of sauces and fresh vegetables (such as chickpeas, pickled baby eggplant, beets, and brocolli and cauliflower). Add Belgian fries or sweet potato fries and some freshly squeezed juice or mint-flavored iced tea to complete your meal. Located in the Food Court of Boca Raton Town Center mall.

***Raw Juice**

2200 Glades Road, Suite 403

Boca Raton 33431

(561) 424-5823

[\(web site\)](#)

Smoothie & juice bar, live & raw food restaurant. Raw Juice offers a wide selection of cold-pressed juices, smoothies and other drinks in addition to "solid" foods such as oatmeal, acai bowls, salads and more!

Aladdin's Eatery

21200 St. Andrews Blvd.

Boca Raton 33433

(561) 419-9466

[\(web site\)](#)

Aladdin's Eatery serves healthy, Lebanese-American food in a casual setting. The menu features several dishes suitable for vegans and vegetarians. For example, rolled pitas (falafel, hummus, tabouli) and specialty dishes such as the Mujadara Plate (bed of steamed lentils and rice topped with Lebanese salad and garnished with fried onions). Also, excellent soups (lentil, nine vegetable, chili) and salads.

Juice & Java Cafe - Boca Raton

21316 St. Andrew Boulevard

Boca Raton 33431

(561) 852-2230

[\(web site\)](#)

Large health-centric menu (with a focus on delicious!) includes many options for vegetarians/vegans as well as children. Open for breakfast, lunch and dinner, serving wraps, burgers, pasta, platters, fresh juices, smoothies and desserts as well as meal and juicing/detox plans. Dine-in, takeout, delivery and catering available.

Blaze Pizza

2146 N. Federal Hwy.

Boca Raton 33431

(561) 923-9353

[\(web site\)](#)

Pizzas and salads made quick. Vegan (soy-free) cheese is a welcome option! The traditional pizza crust is vegan (the gluten-free dough is also vegan). Balsamic Glaze is the only vegan salad dressing.

Pine Garden

1668 N. Federal Highway

Boca Raton 33432

(561) 395-7534

[\(web site\)](#)

Neighborhood Chinese restaurant with a twist. Make sure you ask for the separate vegetarian menu. 100+ meatless entrees, including noodles, vegi "meats" (pork, shrimp, duck), tofu, fried rice and vegetable dishes. The mock meats can taste alike. We recommend sharing one of the "meat" dishes— such as the popular Crispy Orange Beef— and a

vegetable dish (try the Eggplant in Spicy Garlic Sauce). The soups are also excellent. Before you leave, ask them to get rid of the grubby fish tank at the entrance (it's almost enough to ruin an appetite!).

The Yard House

201 Plaza Real
Boca Raton 33432
(561) 417-6124

([web site](#)) Located at Mizner Park.

Baja Cafe

201 NW 1st Avenue
Boca Raton 33432
(561) 394-5449

([web site](#))

Cal-Mex cuisine. Excellent (lard-free) veggie burritos and fajitas, homemade salsa and chips.

***The Raw Garden / Juiceateria**

179 SE Mizner Blvd.
Boca Raton 33432
(561) 362-1661

([web site](#))

The Raw Garden is an entirely raw, vegan cafe serving creative, all natural dishes (such as nori lasagna, flax crust pizza, eggless egg salad), made fresh daily on the premises. The Raw Garden is a sister restaurant to the Juiceateria juice bar, located next door (177 SE Mizner Blvd.). Grab a meal then head next door for fresh squeezed vegetable and fruit juices! Located in the Royal Palm Place shopping center.

4th Generation Organic Market

75 SE 3rd Street
Boca Raton 33432
(561) 338-9920

([web site](#))

4th Generation Organic Market is a great place for lunch or to grab something to take home for dinner. The deli counter features freshly-made sandwiches, raw vegan options (the raw mock tuna wrap is delicious), and prepared hot foods, such as vegan lasagna, tempeh chili and mac & cheese. The raw/vegan side dishes are also excellent (we recommend the cashew cheese). Don't skip dessert! Vegan options include macaroons, coconut cake, chocolate pecan clusters and homemade ice cream! 4th Generation also has a nice variety of organic produce and packaged goods, and hosts cooking demonstrations, wine tastings and other in-store special events.

Chow Thai

23034 Sandalfoot Plaza Drive
Boca Raton 33428
(561) 487-8414

([web site](#))

Recommended restaurant. Extensive menu features many vegan selections, including tofu steak, tempeh dishes. Friendly staff.

Veg-friendly restaurant chains

Below is a short list of popular chain restaurants in Palm Beach County where you can find good, vegan food. (You can also eat vegan at Subway, Taco Bell and many others; click [here](#) for a more complete list.)

California Pizza Kitchen ([web site](#))

Pizza, pasta and salads. Many options for vegetarians. Vegan options include the California Veggie pizza (thin crust, no cheese), the Tomato Basil Spaghettoni, and the Dakota Smashed Pea + Barley Soup. Locations in Boca Raton, Palm Beach Gardens and Wellington.

Chili's ([web site](#))

Chili's is happy to substitute black beans (vegan) for meat in wraps and fajitas, and you can add sliced avocado, mushrooms or extra lettuce to the dish. Unfortunately, the veggie burger at Chili's is not vegan. 8 locations in Palm Beach County.

Chipotle ([web site](#))

Try the new vegan Sofritas (shredded organic tofu braised with chilis and spices)! Also, excellent vegetarian burritos and fajitas. Both the black beans and pinto beans are vegetarian. Vegan guacamole. 12 locations in Palm Beach County.

Denny's ([web site](#))

Denny's has a vegan Amy's burger on the menu (ask for it without cheese). The Fit Fare Veggie Skillet is another good option (ask them to hold the egg whites). 8 locations in Palm Beach County.

Houston's ([web site](#))

Great veggie burger. The "Seasonal Vegetable Platter" entree is also recommended. Boca Raton Location.

Moe's Southwest Grill ([web site](#))

Skip the meat! Choose tofu on your made-to-order burrito, taco, quesadilla, fajita or nachos. Moe's black beans and pinto beans are vegetarian. Rice is made with vegetable stock. Very large portions. Moe's guacamole is vegan. Locations in Boca Raton, Palm Beach Gardens, Boynton Beach and Wellington.

Nature's Way Café ([web site](#))

Large menu includes avocado sandwich, veggie burger, large salads, soups, shakes and smoothies. 9 locations in Palm Beach County.

Offerdahl's Cafe Grill ([web site](#))

Substitute tofu for any protein, hummus instead of cream cheese. Menu also includes a "Very Vegan" hummus sandwich, black bean burger and excellent meatless chili. Soy milk available for coffee. Boca Raton location.

Panera Bread ([web site](#))

A great lunch at Panera is their black bean or garden vegetable soup (both vegan) in a sourdough bread bowl. Also a good place for bagels and salads. 12 locations in Palm Beach County.

Pei Wei Asian Diner ([web site](#))

"Flavors from Thailand, Vietnam, Japan, Korea and China." Order vegetables & tofu in any of their signature dishes, noodle & rice bowls. Locations in West Palm Beach, Wellington, Boynton Beach and Boca Raton.

P.F. Chang's China Bistro ([web site](#))

Several vegan dishes. We recommend the vegetarian Ma Po Tofu entree (tofu in a spicy sauce with steamed broccoli) and the vegetarian lettuce wraps appetizer. Locations in Palm Beach Gardens and Boca Raton.

Pita Pit ([web site](#))

This international restaurant chain makes sandwiches fresh with ingredients you choose. Select from a variety of toppings, including falafel, hummus, artichoke hearts, spinach, dried cranberries, roasted red peppers and many more. Try the new, all-vegan spicy black bean patty. Boca Raton location.

Pollo Tropical ([web site](#))

Very tasty black beans and white rice (unfortunately, the brown rice is steamed with chicken broth). Side dishes include boiled yuca, fried yuca, sweet plantains, and balsamic tomatoes. Order separately, or try the "Vegetarian TropiChop" (black beans & rice with salad). We recommend the drive-thru; the chicken carcasses on the grill can ruin your appetite. 11 locations in Palm Beach County.

Red Robin ([web site](#))

Most Red Robin restaurants in the U.S. offer both the BOCA Original Vegan Burger and a Gardenburger patty as meatless options for any burger or sandwich at no additional charge. West Palm Beach and Wellington locations.

Seasons 52 ([web site](#))

Recommended for its vegan options, including the Winter Market Vegetable Plate (roasted vegetables, grilled tofu and cracked wheat tabbouleh). Also, vegan soups, salads and appetizers, and delicious flatbreads that can be made vegan. Tofu may be substituted for meat in other dishes (ask your server). Locations in Boca Raton and Palm Beach Gardens.

Sweet Tomatoes ([web site](#))

Vegan salads and soups. Several vegetarian pasta dishes. Buffet-style. Locations in West Palm Beach, Boynton Beach and Boca Raton.

TCBY ([web site](#)).

Vegan frozen yogurt (made with Silk brand almond milk) is available at TCBY. Vanilla and chocolate flavors. Boca Raton and Wellington locations.

Tijuana Flats ([web site](#))

Quality, fast Mexican food. They can pretty much make anything— burritos, enchiladas, tacos, chimichangas—vegan. (Black beans are vegan; refried beans have cheese.) Very reasonably priced. Locations in Palm Beach Gardens, Wellington and Boca Raton.

TooJay's ([web site](#))

We recommend the simple but delicious Mediterranean Health Trio (tabouleh, hummus and fresh fruit salad, served with pita bread), but TooJay's menu also includes sandwiches (Vegetable Reuben Ciabatta, Portobello Mushroom Stack), roasted vegetable wrap and other options for vegans and vegetarians. 9 locations in Palm Beach County.

Tropical Smoothie Café ([web site](#))

Much more than just smoothies! Beyond Meat's vegan, chicken-free strips are available to replace chicken in any wrap, sandwich or salad on the menu at no additional charge. Locations in Jupiter, Palm Beach Gardens and Boynton Beach.

Whole Foods Market ([web site](#))

Salad bar, soups, and a hot bar where you can usually find several vegetarian dishes. If you're lucky, you may find vegan cookies or cakes in the bakery department. Locations in Wellington, Palm Beach Gardens and Boca Raton

Others

PAC Pastries' Food Truck

Vegan Restaurant

Palm Beach County, West Palm Beach, Florida 33407

561-262-7734 Call for hours

Cuisine: Vegan, Bakery, Organic, Delivery

A 100% vegan mobile bakery food truck serving Palm Beach County. Check website for hours and locations.

Reservations required. Inexpensive.

Wheatgrass Depot

6238 Royal Palm Beach Blvd, West Palm Beach, Florida 33412
561-206-2281

Now Open: Mon-Fri 8:00am-4:00pm, Sat 8:00am-2:00pm

USDA certified organic greenhouse growing wheatgrass, sunflower sprouts, pea greens, and buckwheat lettuce.
Open to the public.

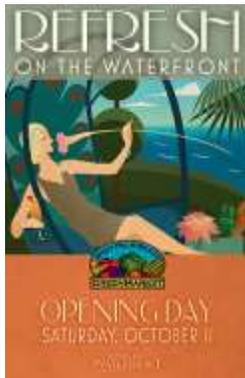
Whole Foods Market

Health Food Store

1845 Palm Beach Lakes Blvd Bldg C, West Palm Beach, Florida 33409
561-471-3800

Now Open: Mon-Sun 7:00am-10:00pm

Part of large natural foods supermarket chain. Has deli and hot foods bar. Accepts credit cards.



[West Palm Beach Green Market](#)

20th Season Schedule

[Meet the Vendors](#)

Starting: October 11, 2014

Ending: May 30, 2015

Hours: 9 AM to 1 PM

Closed: March 28, April 25, May 2

History: Public markets are as old as commerce itself. Six-thousand years ago, public markets played a prominent role in the development of the economies of Mesopotamia. Farmers would cart the fruits of their labor into the population centers.

Greenmarket beginnings: After witnessing firsthand the success of the public markets of Italy and Europe, a former Mayor, authorized the City's Community Events staff to create a public market in West Palm Beach. Work was begun determining the feasibility of a public market, and in October, 1994, the West Palm Beach Greenmarket launched its first season.

The WPB Greenmarket has become known for its friendly vendors and scenic location.

With over 70 vendors the Greenmarket represents hundreds of acres of local farm land. The past 20 years have shown a steady growth of an idea that survived because it met the needs of both consumers and farmers. Small family farmers, who willingly made the sacrifices required to live on the land, found eager consumers among those who were dissatisfied with mass-produced food. Over time, a trust developed between these two groups, based on a history of wholesome products and honest dealings.

Mission Statement: To provide our local community with seasonal access to locally grown fresh fruits, fresh vegetables, plants & agricultural products. To support the southeast Florida agricultural community, especially Palm Beach County, providing an outlet for:

- locally grown crops,
- specialty and value added products, and
- to stimulate crucially needed agricultural development.

Directions: From I-95 / Exit #70 Okeechobee Road: Head East on Okeechobee Rd 1.2 miles, Turn left at South Quadrille Blvd 0.5 mile, Turn right at Clematis St 0.3 mile, Turn right at S Narcissus Ave – 23 ft, proceed towards the fountain. The street address is 101 South Flagler Drive, West Palm Beach, 33401.

Z Natural Foods

Veg Delivery

5407 N Haverhill Rd Unit 336, West Palm Beach, Florida 33407
888-963-6637

Online store for natural, organic foods. Can arrange for pick up in West Palm Beach.

Harold's Coffee Lounge

Other Veg Stuff

509 Northwood Rd, West Palm Beach, Florida 33407

561-833-6366

Call for hours - tell us

Coffee house and performance venue. Offers soy milk and almond milk for beverages, has vegan oatmeal and granola, locally made chocolate, Chunky Dunkies local brand of organic raw vegan cookies and brownies. Makes smoothies and fresh pressed wheat grass shots upon order. Its fridge case has pre-pressed fruit juices. Has outdoor seating.

Vegan Friendly

Agora Mediterranean Kitchen

Vegetarian-Friendly

2505 N Dixie Hwy, West Palm Beach, Florida 33407

561-651-7474 Call for hours

Cuisine: Lacto, Mediterranean, Turkish, Middle Eastern, Beer/Wine, Take-out, Non-veg

Serves meat, veg options available. In early 2013 the building was renovated and the market changed to a full service restaurant. Menu is meat-based but you could find food like falafel and cold mezze. Vegans need to specify. Has outdoor seating. Wheelchair accessible. Accepts credit cards. Moderate.

Chipotle

Vegetarian-Friendly

2380 Palm Beach Lakes Blvd, West Palm Beach, Florida 33409

561-688-8951 Now Open: Mon-Sun 11:00am-10:00pm

Cuisine: Lacto, Mexican, Fast food, Take-out, Non-veg

Serves meat, veg options available. Fast food chain where you could customize your order (tacos, burritos, bowls) and request no cheese/dairy. Offers a soyfrito filling that's made from soy protein. Accepts credit cards. Inexpensive.

Creme de la Creme

Vegetarian-Friendly

525 Northwood Rd, West Palm Beach, Florida 33407

561-667-4111 Tue-Sun 6:00am-8:00pm

Cuisine: Vegan-friendly, American, International, Take-out, Non-veg

Serves meat, veg options available. As of April 2014, owner of this bakery/restaurant is working on a formal, separate vegan menu, but does make many vegan meals upon request for eat-in or take out already. Uses Earth Balance instead of butter, and almond or coconut milks to strictly comply with vegan ideals. Some vegan choices include shepherds pie, portabello mushroom topped with mashed potatoes, eggplant and basil sandwich, pasta shells stuffed with cashew cheese, crab cakes, and almond cake. Previously located at 511 Northwood Rd, June 2015. Has outdoor seating. Accepts credit cards. Moderate.

Field of Greens

Vegetarian-Friendly

412 N Clematis St, West Palm Beach, Florida 33401

561-820-2465 Now Open: Mon-Sat 10:00am-8:00pm, Sun 12:00pm-5:00pm

Cuisine: Ovo, Lacto, American, Salad bar, Take-out, Non-veg

Serves meat, veg options available. Create your own salad or wrap, plus changing vegan soups. Previously located on Rosemary Ave. Has outdoor seating. Wheelchair accessible. Accepts credit cards. Inexpensive.

Got Rice

Vegetarian-Friendly

4619 Okechobee Blvd Unit 103, West Palm Beach, Florida 33417

561-907-6888 Now Open: Mon-Thu 10:30am-9:30pm, Fri-Sat 10:30am-10:00pm

Cuisine: Vietnamese, Chinese, Asian, Beer/Wine, Take-out, Non-veg

Serves meat, veg options available. Food is cooked to order so dishes could be specified veg/vegan with vegetables and/or tofu, without meat. Has vegetable dumplings, spring roll, various styles of tofu, lo mein noodles with vegetables, garlic sauce with veggies or tofu, and others. White or brown rice. Does not use fish sauce except for in pad thai. Has outdoor seating. Wheelchair accessible. Accepts credit cards. Inexpensive.

Indus Indian and Herbal Cuisine

Vegetarian-Friendly

1649 Forum Pl (at Palm Beach Lakes Blvd), West Palm Beach, Florida USA

561-259-0123

Cuisine: Vegan-friendly, Lacto, Indian, Beer/Wine, Non-veg

Serves meat, veg options available. A relaxed vibe with plush booths and Indian music. Menu is extensive with vegan options clearly labeled with many to choose from including desserts. A full bar with happy hour. Open Mon-Sun Lunch-Dinner. Wheelchair accessible. Accepts credit cards. Moderate.

Joy Noodles and Asian Cuisine

Vegetarian-Friendly

2200 S Dixie Hwy, West Palm Beach, Florida 33401

561-655-5212

Now Open: Mon-Sat 5:00pm-10:00pm, Mon-Fri 11:30am-2:30pm

Cuisine: Ovo, Asian, Chinese, Thai, Vietnamese, Non-veg

Serves meat, veg options available. Owner is knowledgeable about veg diets, and some dishes can be made vegan if you ask. Vegan appetizers include veg samosa, vegetable and tofu dumplings, fried tofu sticks, edamame, and salads. For lunch or dinner, you pick your entree base such as noodles or rice with your choice of sauce, or soup with your choice of broth and then your protein (tofu) or just vegetables. All entrees come with fresh seasonal vegetables. Substitution for egg noodles is rice or soba noodles. Accepts credit cards. Moderate.

Khyber Kabab House

Vegetarian-Friendly

4422 Forest Hill Blvd, West Palm Beach, Florida USA

561-249-0533 Call for hours

Cuisine: Lacto, Indian, Buffet, Take-out, Non-veg

Serves meat, veg options available. Daily lunch buffet has a few vegan suitable dishes. Call for hours - tell us. Accepts credit cards. Inexpensive.

Mediterranean Market and Bakery

Vegetarian-Friendly

327 5th St (at downtown), West Palm Beach, Florida 33401

561-659-7322 Call for hours

Cuisine: Mediterranean, Middle Eastern, Bakery, Buffet, Take-out, Non-veg

Serves meat, veg options available. Downtown cafe and market offering more vegan choices than the other eateries around here. Its deli case offers healthier prepared foods for to-go or to eat-in. Could ask for a vegetable platter of the various individual items, like gazpacho, lentil soup, 3-bean salad, quinoa salad, butter-bean salad, black-eyed pea salad, roasted cauliflower and basil, tabouli, green-bean salad, baba ghanoush, hummus, and falafel. The bean salads use olive oil and lemon juice for dressing and are vegan suitable. Also could order falafel wrap (vegan suitable). Accepts credit cards. Inexpensive.

Mellow Mushroom

Vegetarian-Friendly

700 S Rosemary Ave, West Palm Beach, Florida 33401

561-653-1351 Now Open: Mon-Thu 11:00am-11:00pm, Fri-Sat 11:00am-1:00am, Sun 11:00am-11:00pm

Cuisine: Vegan-friendly, Lacto, American, Pizza, Take-out, Non-veg

Serves meat, veg options available. Part of hippie-themed pizza chain. Has pizzas, calzones, hoagies, plus hummus and pita. Options for pizzas and calzones include tofu, tempeh, artichoke hearts, mushrooms, peppers, sundried tomatoes, and more. All pizzas can be made with vegan cheese. Many options for hoagies made with tofu and tempeh. Has outdoor seating. Wheelchair accessible. Accepts credit cards. Moderate.

Nature's Way Cafe - Centrepark Blvd

Vegetarian-Friendly

1475 Centrepark Blvd, West Palm Beach, Florida 33401

561-684-3020

Now Open: Mon-Fri 8:00am-3:00pm

Cuisine: Ovo, Lacto, American, Take-out, Non-veg

Serves meat, veg options available. Several locations in Florida. Offers a healthier alternative to typical lunchtime fare: salads, soups, shakes, smoothies, sandwiches and wraps made to order, and breakfast food. Accepts credit cards. Inexpensive.

Nature's Way Cafe - Forum Place

Vegetarian-Friendly

1649 Forum Pl, West Palm Beach, Florida 33401

561-686-5404

Now Open: Mon-Fri 8:00am-4:30pm, Sat 11:00am-4:30pm

Cuisine: Ovo, Lacto, American, Take-out, Delivery, Catering, Non-veg

Serves meat, veg options available. Franchise with several locations in Florida. Offers a healthier alternative to typical lunchtime fare: salads, savory soups, shakes, smoothies, sandwiches and wraps made to order, and breakfast food. Has outdoor seating. Accepts credit cards. Inexpensive.

Sweet Tomatoes

Vegetarian-Friendly Write a reviewBe first to review!

1900 Palm Beach Lakes Blvd, West Palm Beach, Florida 33409

561-640-5720 Call for hours

Cuisine: Ovo, Lacto, American, Salad bar, Buffet, Take-out, Non-veg

Serves meat, veg options available. Part of buffet-style salad bar chain restaurant. Features a large salad bar plus soups, breads, pizza, and desserts. Open daily. Inexpensive.

The Chickpea

Vegetarian-Friendly

400 Clematis St, West Palm Beach, Florida 33401

561-755-5151 Call for hours

Cuisine: Vegan-friendly, Mediterranean, Middle Eastern, Take-out, Non-veg

Serves meat, veg options available. Opened Apr 2014 this is a hummus bar where you customize what you'd like by choosing the bowl, wrap, or salad, then add fillings like falafel or hummus plus additional toppings like olives and peppers. Alternately, you could have a platter made of "extras" like quinoa salad, tabouleh, hummus, falafel, etc. Also sells bulk foods like organic chickpeas and red lentils as well organic supplements like maca, and packaged Moderate.

Tijuana Flats

Vegetarian-Friendly

11606 US Hwy 1, West Palm Beach, Florida 33408

561-622-4555 Call for hours

Cuisine: Lacto, Fast food, Take-out, Tex-Mex, Mexican, Non-veg

Serves meat, veg options available. Tex-Mex fast food chain. Casual atmosphere, order at counter. Staff reported no meat broth in rice, no dairy in guacamole, and no lard in beans or cooking. Has outdoor seating. Wheelchair accessible. Accepts credit cards. Inexpensive.