

## STORES

### Cambridge Food Coop

1 West Main St • Cambridge, NY  
518-677-5731  
cambridgefoodcoop.com

### Delmar Health Hut

278 Delaware Ave • Delmar, NY • 518-439-7775  
delmarhealthhut.com

### Four Seasons

120 Henry St • Saratoga Springs, NY  
518-585-4670  
fourseasonsnaturalfoods.com

### Green Grocer

1505 Route 9 • Clifton Park, NY • 518-383-1613  
thegreengrocer.com

### Healthy Living Market

3065 Route 50 • Saratoga Springs, NY  
518-306-4900  
healthylivingmarket.com/saratoga

### Honest Weight Food Coop

100 Watervliet Ave • Albany, NY • 518-482-2667  
hwfc.com

### Lark Natural Foods

217 Lark St • Albany, NY • 518-512-3428  
facebook.com/larknaturalfoods

### Niskayuna Food Coop

2227 Nott St • Niskayuna, NY • 518-374-1362  
niskayunaco-op.com

### Paradise Natural Foods

1823 Western Ave • Albany, NY • 518-456-0429  
paradisnaturalfoods.com

### Parivar Spices and Foods

1275 Central Ave • Colonie, NY • 518-512-5118  
parivarfoods.com

### Trader Joe's

79 Wolf Rd • Colonie, NY • 518-482-4538  
traderjoes.com

### Uncle Sam's Health Food Store

77 4th St • Troy, NY • 518-271-7299  
644 Loudon Rd • Latham, NY • 518-782-5233  
unclesamshealthfood.com

### Whole Foods

1425 Central Ave • Albany, NY • 518-621-5300  
wholefoodsmarket.com



### Animal Sanctuary and Beaver Rescue

The Red Robin Song Guest House is a vegan bed & breakfast nestled in the hills on the New York side of the Berkshires.

Our exclusive grounds are surrounded by hundreds of acres of forest land and 85 acres of private trails for hiking, mountain biking, skiing and snowshoeing.

Minutes from Tanglewood music venue, Jiminy Peak Ski Resort & Mount Greylock.

Vacation local at the only animal sanctuary in the Capital District.



# AVN

Albany Vegan Network

[www.albanyvegan.org](http://www.albanyvegan.org)  
[www.meetup.com/albanyveg](http://www.meetup.com/albanyveg)  
VegFest • speakers • food

Albany Vegan Network is a not-for-profit organization comprised mostly of dedicated volunteers. Our goal is to promote the global health benefits of green sustainable living, environmental awareness and compassion for animals and all beings. We provide information, encouragement and community support for anyone wishing to discover more about healthy, environmentally friendly, and humane living choices.

2016

## New York's Capital Region

# VEG DINING GUIDE

sponsored by

[AlbanyVegan.org](http://AlbanyVegan.org)



FREE!



**Eat Plants to Save You,  
Animals & the Planet**

**Visit [AlbanyVegan.org](http://AlbanyVegan.org) for more info!**

## ALBANY

### **Aashiana**

518-463-4161  
31 Central Ave  
aashianarestaurant.com

### **Ama Cocina**

518-776-4550  
4 Sheridan Ave  
amacocina.com

### **Athos**

518-608-6400  
1814 Western Ave  
athosrestaurant.com

### **Berben and Wolff's Vegan Delicatessen**

518-599-5306  
227 Lark St  
facebook.com/Berbenandwolffs

### **Blaze Pizza**

518-650-7595  
1475 Western Ave  
blazepizza.com

### **Bomber's Burrito Bar**

518-463-9636  
258 Lark St  
bombersburritobar.com

### **Café Madison**

518-935-1094  
1108 Madison Ave  
cafemadisonalbany.com

### **Crispy Basil**

518-456-4444  
1671 Western Ave  
crispybasilartisanpizza.com

### **El Loco**

518-436-1855  
465 Madison Ave  
ellocomexicancafe.com

### **El Mariachi**

518-432-7580  
289 Hamilton St  
elmariachisrestaurant.com

## ALBANY

### **Fresh Healthy Café**

518-452-0202  
One Crossgates Mall Rd  
feshrestaurants.com

### **Healthy on Lark**

518-650-7755  
healthyonlark.com

### **Ichiban**

518-432-0358  
338 Central Ave  
ichibanjapanesechinese.com

### **Ichiban**

518-869-9585  
1652 Western Ave  
ichibanwestern.com

### **Iron Gate Café**

518-445-3555  
182 Washington Ave  
irongatecafe.com

### **Lazeez**

518-465-0333  
35 Cental Ave  
eatlazeez.com

### **Little Anthony's**

518-459-5959  
1095 Central Ave  
littleanthonyspizzeria.com

### **Mamoun's**

518-434-3901  
206 Washington Ave  
mideasterndining.com

### **New World Bistro**

518-694-0520  
300 Delaware Ave  
newworldbistrobar.com

### **Parivar Spices & Foods**

518-512-5118  
1275 Central Ave  
parivarfoods.com

## ALBANY

### **Pho Yum**

518-869-9866  
1558 Central Ave  
518-465-8899  
272 Delaware Ave  
pho-yum.com

### **Phoenicians**

518-464-4444  
1686 Central Ave  
phoeniciansofalbany.com

### **Professor Java's Coffee Sanctuary**

518-435-0843  
217 Wolf Rd  
professorjavas.com

### **Sake Café**

518-459-6688  
273 New Scotland Ave  
sakecafealbany.com

### **Steuben St. Market**

518-977-4030  
58 N Pearl St  
steubenstagmarket.com

### **Sweet Basil Thai**

518-729-4111  
370 Delaware Ave

### **Tanpopo Ramen**

518-451-9868  
893 Broadway  
tanpopoalbany.com

### **Tapasia**

518-431-8818  
227 Lark St  
tapasiaonlark.com

### **Terra**

518-463-5600  
238 Washington Ave  
terraalbany.com

### **Umana**

518-915-1699  
236 Washington Ave  
umanarestaurant.com

## CLIFTON PARK

### **Antipasto's**

518-383-1209  
1028 Rte 146  
antipastos.com

### **Shalimar**

518-348-1494  
15 Park Ave  
shalimarofcliftonpark.com

## DELMAR

### **Chontong**

518-915-1907  
155 Delaware Ave  
chontong.com

### **Empire Wok**

518-478-9299  
159 Delaware Ave

### **Shalimar**

518-439-4200  
180 Delaware Ave  
goshalimar.com

## LATHAM

### **Crispy Basil**

518-782-0000  
571 Watervliet Shaker Rd  
crispybasilartisanpizza.com

### **Karavalli**

518-785-7600  
9 Johnson Rd  
karavallilatham.com

## OTHER AREAS

### **Plantae**

845-757-2200  
55 Broadway  
Tivoli, NY  
facebook.com/plantaeTivoli

### **Garden Cafe**

518-280-0388  
6 Old Forge Rd  
Woodstock, NY  
thegardencafewoodstock.com

## SARATOGA SPRINGS

### **Four Seasons**

518-584-4670  
33 Phila St  
fourseasonsnaturalfoods.com

### **Karavalli**

518-580-1144  
47 Caroline St  
karavallilatham.com

### **Little India**

518-583-4151  
60 Court St  
saratogalittleindiarestaurant.com

### **Saratoga Juice Bar**

518-583-1108  
382 Broadway  
saratogajuicebar.com

### **Scallions**

518-584-0192  
44 Lake Ave  
scallionsrestaurant.com

### **Sushi Thai Garden**

518-580-0900  
44-46 Phila St  
sushithaigarden.com

## TROY

### **Beirut**

518-270-9404  
184 River St  
beirutrestauranttroyny.com

### **The Greek House**

518-272-6058  
27 3rd St  
thegreekhouse.net

### **Mud Daddy Flats**

518-326-0630  
409 Fulton St  
muddaddyflats.com

### **Shalimar**

518-273-8744  
405 Fulton St  
shalimartroyny.com

## SCHENECTADY

### **Ambition**

518-382-9277  
154 Jay St  
ambitionbistro.com

### **Arthur's Market**

518-382-1938  
35 N Ferry St  
arthursmarketandcoffeeshouse.com

### **Blaze Pizza**

518-280-9490  
400 Balltown Rd  
blazepizza.com

### **Bomber's Burrito Bar**

518-374-3548  
447 State St  
bombersburritobar.com

### **Mexican Radio**

518-621-3700  
325 State St  
mexrad.com

### **Taj Mahal**

518-370-3664  
142 Clinton St  
indianfoodtajmahal.com

### **Tara Kitchen**

518-708-3485  
431 Liberty St  
tarakitchen.com

### **Union Tandoori Grill**

518-346-7447  
1599 Union St  
lacucinapizzeria.com

### **Zen**

518-280-0388  
469 State St  
zenasianfusionlounge.com

## CHAINS

### **16 Handles / TCBY**

**Bruegger's Bagels  
Chipotle / Moe's / Subway  
Hot Harry's Burritos**