

Three Good Reasons to EAT VEGAN



Every single hour in the US more than one million animals are killed for us to eat. With virtually no laws to protect them, birds, pigs, and cows on factory farms are routinely abused. If those same abuses were inflicted upon cats and dogs it would result in legal prosecution. By choosing vegetarian foods we can help animals at every meal.

ANIMALS

Animal agriculture is considered one of the leading causes of global warming. According to a 2006 United Nations report, it generates more greenhouse gas emissions than all forms of transportation combined.



EARTH

According to the American Dietetic Association, vegetarians are reported to have lower rates of heart disease, lower blood cholesterol, lower blood pressure, and lower body mass index than non vegetarians. On average, vegans live 6 to 10 years longer than meat-eaters.



HEALTH

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

-- Margaret Mead

COMMUNITY

MONTHLY VEGAN MEETUP + EATUP

First weekend of every month, get together to share a meal. This local mixer is a great chance to make friends, get advice and get involved. *More info: www.vegan.meetup.com/365*



MAPLE FARM ANIMAL SANCTUARY

Near Worcester, Maple Farm houses rescued farmed animals while promoting veganism. Check the site for volunteer days and events. *More info: MapleFarmSanctuary.org*



BOSTON 2009 VEGETARIAN FOOD FESTIVAL

Oct 31 & Nov 1 - Brings together an array of natural food providers, top national speakers and chefs, and educational exhibitors. *More info: BostonVeg.org/foodfest*



MAIN SOUTH FARMER'S MARKET

Every Saturday from June - Oct on the corner of Main and Benefit Street. Area vendors sell local organic foods.



PET ROCK FESTIVAL

Sept 13 at Quinsig. Community College. Largest animal-protection festival in New England. Veg food, live music and vendors. *More info: PetRockFest.com*



We are a community group that advocates vegetarian living in Central Massachusetts. We hold educational events about animal rights, veganism, and the ecological impact of meat production. Our programs include: humane-education in local schools, restaurant outreach, distributing this dining guide, free veg literature stands throughout the city, a monthly social meetup, college outreach, and a writers group. We are the voice for the vegetarian community in Worcester.

To support our work visit: VegWorcester.com/donate
To mail a donation: 266 Olean St, Worcester 01602
Email us at: info@VegWorcester.com



VEGWORCESTER

On the web at www.VegWorcester.com

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2009

FREE

VEGETARIAN DINING GUIDE

to Worcester, MA



VEGWORCESTER

.com

Your Vegetarian Resource for Worcester



There are so many reasons to enjoy vegan meals that it should surprise no one that more and more restaurants in Worcester are offering animal-free foods. It's never been easier to savor vegan cuisine in the heart of the Commonwealth!

RESTAURANTS



BUDDHA HUT
415 Chandler Street
Worcester, MA 01602
(508) 459-0367

All-vegan Chinese restaurant with many mock-meat dishes. Even the most adamant meat eaters will enjoy the Buddha Hut. Good selection, inexpensive good location.

BELMONT VEGETARIAN RESTAURANT
157 Belmont St
Worcester, MA 01605
(508) 798-8898

This all-vegan soul food take out joint is a welcome addition to the city. Jamaican and American food. Try the faux fish fillet, curried chicken or the peppersteak.

CHRIS GOULD'S ROAMING FOOD TRUCK
Corner of Green & Temple Street
Worcester, MA

Late night food truck, parked outside the Dive Bar. Offers Tofurkey sausages and veggie dogs. Order the "complete" for a decked out dog. Open Thur-Sat after 9pm and some Wed nights.

DA LAT
425 Park Ave
Worcester, MA
(508) 753-6036

Great place for some Vietnamese food on the cheap. Good selection of tofu and vegetable curry dishes. Food comes quick!

EVO
232 Chandler St
Worcester, MA
(508) 753-1896

EVO is the perfect place for an upscale dining experience. Offers a wide variety of vegan options including vegan pizzas. Try the Tofurky reuben for lunch.

FANTASTIC PIZZA & CAFE
925 Main Street
Worcester, MA
(508) 798-5577

Small Middle Eastern eatery. Very inexpensive. In 2008, voted best falafel in Worcester! Fresh hummus and yummy baba ghanoush.

INDIA CAFE
84 Boston Turnpike
Shrewsbury, MA
(508) 754-2200

Small veg-friendly Indian place with great lunch buffet that changes daily but has good vegan options. Try the chickpea curry and traditional Indian bread.

MOE'S SOUTHWEST GRILL
3 Stafford Street
Worcester, MA
(508) 459-6060

Hip national burrito chain features a menu centered on fresh food. Build your own burrito or taco with your choice of black or pinto beans, Spanish or brown rice, tofu, and guacamole. Second location on Rt. 9.

NANCY CHANG
372 Chandler Street
Worcester, MA
(508) 752-8899

Healthy, upscale Chinese cuisine. Many mock-meats and tofu dishes. Substitute veg chicken for any chicken dish. Request the vegan menu.

ONE LOVE CAFE
800 Main Street
Worcester, MA
(508) 753-8663

Cozy veg-friendly Jamaican cafe with vegan baked goods. Buffet every Thursday night. Monthly vegan brunch with live music. Call for details.

QUAN YIN
56 Hamilton Street
Worcester, MA
(508) 831-1322

The original all-vegan restaurant in Worcester. Chinese and Vietnamese restaurant with extensive mock-meat selection. Assortment of unique groceries. Take-out available. A local favorite.

RED LANTERN
235 Shrewsbury Street
Worcester, MA
(508) 795-0500

Chinese-American restaurant and sports bar. Lots of homemade mock meats, including sweet & sour ribs. Try the General Tso's veg chicken! Exotic mixed drinks.

SAHARA CAFE & RESTAURANT
143 Highland Street
Worcester, MA
(508) 798-2181

Upscale Middle Eastern restaurant with extensive vegetarian options. Good falafel, try the fatoush salad for a quick lunch. Live music and local bands. Many meat-free soups, but some contain dairy.

SHIRAZ
259 Park Avenue
Worcester, MA
(508) 767-1639

Armenian cuisine. Offers around 5 vegetarian dishes, including delicious falafel, baba ghanoush, and hummus wraps. Lentil soup is affordable and filling.

SPIRITUAL HAZE
482 Park Ave,
Worcester, MA
(508) 799-0629

Hookah lounge with frequent live music. In addition to veg lunch items, they offer an all-day breakfast menu. Features vegan cheese, mock sausage and tofu. Be sure to sample the fresh-baked vegan sweets.

TORTILLA SAM'S
107 Highland Street
Worcester, MA
(877) EAT-SAM'S

Mexican-American fare. Variety of chili, burritos, fajitas & tofu wings. The unlick-en fajitas are fantastic. Take-out available. BYOB.

UDUPI
378 Maple Avenue
Shrewsbury, MA
(508) 459-5099

All-vegetarian Indian fare, specializing in south Indian. The channa masala, a chick-pea curry, and aloo matar are great. The samosas hit the spot. Ask for no dairy.

CAFES + BAKERIES

ACOUSTIC JAWA
932 Main St #B
Worcester, MA 01610
(508) 756-9446

Located near Clark University, this cafe has a selection of vegan baked goods, and an entire vegan lunch menu with regular specials. Soy milk available.

BAGEL TIME
194B Park Avenue
Worcester, MA
(508) 798-0440

A huge variety of fresh bagels and tasty coffee. Features Tofutti non-dairy cream cheese. Often has a vegan soup available.

BARELY LEGAL TREATS
Downtown
Worcester, MA
(508) 762-2578

Worcester's all-vegan bakery. It distributes fresh-baked organic and fair trade goods to businesses in town. Call to place an order for custom cakes, specialty items or to cater events.

THE BEAN COUNTER
113 Highland Street
Worcester, MA
(508) 754-3125

Locally owned coffee shop and bakery. Fresh-baked vegan cookies, muffins, and other goodies. Grab a soy mocha and a cookie on your way to work. One location near WPI, another on Rt. 9 in Shrewsbury.

THE Q CAFE
362 Chandler Street
Worcester, MA
(508) 757-0411

This cafe has a hip atmosphere and inexpensive fare. Monthly vegan specials. Try the vegan BLT and chili. All baked goods are vegan. Soy milk available.

GROCERY STORES



ARTICHOKE FOOD CO-OP
800 Main Street
Worcester, MA
(508) 752-3533

Great vegan selection! Worcester's best food co-op and Worcester's only all vegetarian grocery store! Mostly local and organic products. Buy in bulk to save! Discount for members.

BINH AN MARKET
64 Green Street
Worcester, MA
(508) 798-6960

Asian grocery with good selection of vegetarian mock meats. Go here to get supplies for everything from vegan pad thai to Vietnamese summer rolls.

THE LIVING EARTH
232 Chandler St
Worcester, MA
(508) 753-1896

Health food store with sizable vegan selection. Fantastic non-dairy cheese and non-dairy ice-cream selections.

TRADER JOE'S
77 Boston Turnpike
Shrewsbury, MA
(508) 755-9560

Vegetarian-friendly grocery store chain. Located on Rt. 9 in Shrewsbury. Be sure to ask for the comprehensive guide to their vegan products.