**RESTAURANT LIST**

These restaurants told us they have **vegan options**, but don’t be afraid to ask for vegan options anywhere.

**2 Dogs Pub**

1705 S. 1st Ave, Iowa City

**Atlas Restaurant**

127 Iowa Ave, Iowa City

**Backpocket Brewing**

903 Quarry Rd. Coralville

Crust and sauce are vegan ( beer is vegan, too).

**Basta Pizzeria Ristorante**

121 Iowa Ave, Iowa City

319 337-2010

**Blackstone Restaurant**

503 Westbury Dr, Iowa City

**Blaze pizza**

201 S. Clinton St Unit 167, Iowa City

**Bo-James**

118 E. Washington, Iowa City

**Bread Garden Market**

225 S. Linn St, Iowa City

Salad bar with soup and lettuce salads and hot food. ‬Lots of options. ‬Some are labeled. ‬Also have a vegan muffin and brownie.

**Big Grove Brewery**

[1225 S Gilbert St, Iowa City](https://www.bing.com/local?lid=YN873x13165682313855279150&id=YN873x13165682313855279150&q=Big+Grove+Brewery+and+Taproom&name=Big+Grove+Brewery+and+Taproom&cp=41.6467323303223%7e-91.5330505371094&ppois=41.6467323303223_-91.5330505371094_Big+Grove+Brewery+and+Taproom)

Chips, ‬salsa, ‬guacamole; hongos tacos are vegan minus the dairy cheese.

**Chili’s**

2651 2nd St, Coralville

They will make it vegan at your request.

**China Wok**

2302 S. Clinton St., Coralville

**Chipotle**

201 S. Clinton St., Iowa City

Website says that beans, ‬rice and tortillas are vegan( might ask), sofritas-tofu.

**Cortado Coffee & Cafe**

[26 S Clinton St, Iowa City](https://www.bing.com/local?lid=YN873x5362576624922184288&id=YN873x5362576624922184288&q=Cortado+Coffee+%26+Cafe&name=Cortado+Coffee+%26+Cafe&cp=41.6604309082031%7e-91.5343017578125&ppois=41.6604309082031_-91.5343017578125_Cortado+Coffee+%26+Cafe)

Vegan falafel, hummus, and pita, sandwiches and salads can be made vegan. Non-dairy milk available for coffee drinks. Also some vegan muffins.

**Dumpling Darling**

[213 Iowa Ave, Iowa City](https://www.bing.com/local?lid=YN873x11374621888079899744&id=YN873x11374621888079899744&q=Dumpling+Darling&name=Dumpling+Darling&cp=41.6610107421875%7e-91.5324172973633&ppois=41.6610107421875_-91.5324172973633_Dumpling+Darling)

Vegan kimchi dumplings, green curry bao buns, edamame etc.

**El Bandito’s**

‬327 E Market St. Iowa City

Has separate vegan menu - fajita salad, ‬black bean salad, ‬chips and guacamole, ‬portabello mushroom tacos, ‬black bean tacos, ‬portabella tacos, ‬potatoes with rajas  ‬calabacitas, ‬green gigantic. ‬Some salsa is vegan, some is not—you need to ask. ‬Specify vegan when ordering to make sure they don’t sauté ‬anything in butter.

**Fairgrounds**

[345 S Dubuque St, Iowa Ci](https://www.bing.com/local?lid=YN250x28483910&id=YN250x28483910&q=Fair+Grounds+Coffeehouse&name=Fair+Grounds+Coffeehouse&cp=41.6569137573242%7e-91.533073425293&ppois=41.6569137573242_-91.533073425293_Fair+Grounds+Coffeehouse)ty

Vegan breakfast burrito, ‬different wraps and sandwiches, ‬roasted potatoes with salsa, ‬waffles,pancakes, ‬baked goods including regular and gluten free muffins, ‬and cookies etc.

**Forbidden Planet Pizza**

[111 S Dubuque St., Iowa City](https://www.mapquest.com/us/iowa/forbidden-planet-358292540)

Forbidden Planet is a non-vegan restaurant, but all three kinds of crust are vegan. They also have several different sauces that are vegan: traditional marinara, garlicky olive oil, and black bean sauce. (Their slow cooked marinara is not vegan. It contains cheese.)

‬

**Hamburg Inn No. 2**

214 N. Linn St. Iowa City

**Heirloom Salad ‬**

[211 E Washington St, Iowa City](https://www.bing.com/local?lid=YN250x402347811&id=YN250x402347811&q=Heirloom+Salad+Company&name=Heirloom+Salad+Company&cp=41.6599807739258%7e-91.5325393676758&ppois=41.6599807739258_-91.5325393676758_Heirloom+Salad+Company)

Most days have a vegan soup. ‬Salads and sandwiches can be vegan.

**Her Soup Kitchen**

625 S. Dubuque St. Iowa City

**High Ground Café**

301 E. Market St. Iowa City

**India Café**

227 E. Washington St. Iowa City

**Joseph’s Steakhouse**

212 S. Clinton St. Iowa City

**La Regia Taqueria**

436 IA-1 Iowa City

**Leaf Kitchen**

301 Kirkwood Ave. Iowa City

**Masala Indian Cuisine**

9 S. Dubuque St., Iowa City

Buffet has vegan options and they are labeled. ‬Several options on the regular menu. ‬They

told us that the white rice is vegan.

**Mellow Mushroom**

1451 Coral Ridge Ave,Coralville

‬Several vegan options for pizza  ‬etc

**Molly’s Cupcakes**

14 S Clinton St, Iowa City

‬They have some vegan options.

**New Pi**

22 S Van Buren St, Iowa City

1101 2nd St, Coralville,

They have vegan sandwiches, wraps and salads, ‬cookies, ‬peanut butter bars, ‬cake etc

**Nile Ethiopian Restaurant**

89 2nd St, Coralville

They have many vegan options.

**Noodles and Company**

2451 2nd St, Coralville

Some noodles are vegan, ‬They said to let them know you want vegan dishes and they will assist.

**Oasis ‬**

206 N Linn St, Iowa City

Lots of vegan options: ‬humus, ‬pita falafel, ‬tabbouleh salad, ‬red cabbage salad and majadra  (‬lentils with caramelized onions).

**Oyama**

1853 Lower Muscatine Rd, Iowa City

Gomale (steamed spinach with sesame oil and sesame seeds)‬, ‬age tofu –‬fried, ‬gyoza (‬vegetable) ‬dumplings, ‬miso soup, ‬garden salad with ginger dressing, ‬seaweed salad, ‬rolls---peanut avocado, ‬mantato ( ‬mango and sweet potato)‬, ‬shitake maki, ‬fried sweet potato, ‬tofu teriyaki, ‬vegetable yaki with udon or soba noodles.

**Pancheros‬**

32 S Clinton St, Iowa City

Rice is not vegan ( ‬has butter ), but ‬beans and veggies are vegan and so are all the toppings except sour cream and cheese.

**Red's Alehouse**

‬405 N Dubuque St, North Liberty ‬

They have a separate vegan menu with great options including a beetburger and flatbreads.

**Short's Burger's & Shine**

      18 S. Clinton St, Iowa City

**Short's Burger's Eastside**

      521 Westbury Dr., Iowa City

**Sushi Popo**

      725 Mormon Trek, Iowa City

**Takanami Resturant**

219 Iowa Ave, Iowa City

‬Several rolls are vegan such as vegetable roll, ‬cucumber ‬, ‬avocado, ‬green monster---ask to be sure.   ‬Some soups, ‬salads and entrees are vegan ‬---need to ask.

**Taste of China** ‬

1705 S 1st Ave, Iowa City

Several options, ‬but you just need to ask.

**Teddy's Bigger Burger**

     324 E Washington St., Iowa City

**Thai Flavors**

    340 E Burlington St, Iowa City

**Thai Spice**

    1210 S Gilbert St, Iowa City

Several options, ‬but ask about animal products like fish sauce or eggs.

**The Airliner**

     22 S. Clinton St., Iowa City

**The Mill**

    120 E Burlington, Iowa City

**Trumpet Blossom**

310 E Prentiss, Iowa City

All vegan ‬restaurant with great patio. Try the reuben.

**The Wedge**

517 S Riverside Dr, Iowa City,

**Which Wich**

 23 S Dubuque, Iowa City

925 25th Ave, Coralville

**Wig and Pen East**

363 N 1st Ave, Iowa City

**Z'Mariks Noodle Cafe**

19 S Dubuque St., Iowa City

Some noodles are vegan and tofu is an option. ‬Some dishes are vegan minus the cheese.

**Zombie Burger**

180 E Burlington St., Iowa City

Vegan burger and salad is vegan minus the cheese.