

VEG OUT

20 TOP VEGAN RESTAURANTS
FROM COAST TO COAST



AS FEATURED IN
FOOD NETWORK



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NEW HAVEN REGISTER



by Sara Ventiera, Restaurants

<http://www.foodnetwork.com/restaurants/photos/best-vegan-restaurants>

Veg Out: 20 Top Vegan Restaurants from Coast to Coast

Ditch the meat and dairy with these flavor-packed vegan favorites.

G-Zen, Branford, Conn.

Husband and wife Mark and Ami Beach Shadle are “determined to change what people think about vegetarian food.” Together they serve high-quality plant-based dishes made from local ingredients. Everything is organic, and whatever isn’t local is fair-trade. Symbols on the menu indicate which dishes are raw as well as wheat-, gluten- and nut-free. The international dishes include spinach and potato pierogis, an artisan cheese plate (with cashew cheese), Portabella Tofu Napoleon and Kama Sutra (sweet potato, broccoli and vegetables simmered in coconut curry with local “Bridge tofu,” tomatoes, lemongrass and cashews over brown rice). Desserts are strong and forgo processed sugar. Think Raw Lemon Lavender Cheesecake and Traditional Spiced Carrot Cake.