

***Restaurants which serve
or will make vegan meals upon request***

compiled by Alaska Vegetarian Society members

ANCHORAGE:

Yak & Yeti's Himalayan Restaurant (Spenard Rd across from the Carousel)

Namaste Shangri-La Tibetan & Indian (just north of Tudor & Lake Otis)

Middleway (next to REI)-lots of vegan pastries, always a vegan soup (my favorite is the north african peanut-not actually peanut), smoothies, sandwiches (my favorite is the Lebanese veggie)

Simon & Seafort's (portabello dinner can be made vegan & is delicious)

Organic Oasis

Bear Tooth (turnagain tofu wrap is delicious-no cheese, of course)

Southside Bistro (Huffman-next to Paramount Cycles, if you call ahead they will make a special meal for you)

Chiang Mai Thai Restaurant (Old Seward-in front of the University Center) one of the few Thai restaurants that serves brown rice

Terra Bella (you have to request an order-but the owner is very vegan friendly)

Thai Village (on Muldoon near the Fred Meyer at Muldoon & Debar) many options, serves brown rice on request.

Sizzlin' Cafe (downtown on 2nd-across from the Hilton, next to the Woodshed) vegan wraps & salads

Bombay Deluxe Indian Restaurant (NL)

Aladdin's Mediterranean Restaurant (Old Seward & Tudor) serves vegan entrees (*The owner, Rabah Chettfor, is vegan and his [Vegan Story](#) is featured in the [August AVS Newsletter](#)*)

Spenard Roadhouse (only been once, but they do have vegan options)

GIRDWOOD:

Jack Sprat (Girdwood-definitely one of my favorites-excellent food)

PALMER:

Turkey Red will prepare vegan food on request.

Taco Del Mar has vegan fast food.

La Fiesta have a veggie burrito and spinach enchilada dishes which they can make vegan (no cheese or sour cream). (Warning: The veggie burrito is very large and apparently the rice is made with chicken broth. Darn.)

Vagabond Blues (Palmer-usually one soup is vegan)

WASILLA:

Red Beet usually has a vegan entre' and will prepare a vegan meal on request. (Has moved to a new location on the Palmer/Wasilla Hwy between Trunk road and Seward Meridian.)

Taco Del Mar has vegan fast food.

HATCHER PASS:

Hatcher Pass Lodge (Tempeh sandwich is good)

HOMER:

Cafe Cups

Sourdough Express

Cosmic Kitchen

Two Sister's Bakery (vegan muffins-absolutely delicious)

TALKEETNA:

Cafe Michele (owner is very vegan friendly)

Talkeetna Lodge will make a vegan meal for you

This is only a partial list. Eating out in Alaska can be done in almost any restaurant. *Be bold and ask for what you want!* Pasta with marinara sauce, potatoes with steamed veggies, a very large fresh salad are all possibilities at a minimum. Most chefs delight in the chance to make something different. Remember when you ask for what you want you are not only helping yourself, you are also helping the restaurant learn there are people that want health vegan food.