



2017
KINGSTON
**VEGETARIAN
NETWORK**
VEGOUT DIRECTORY

Discover Kingston's
Vegan- and Vegetarian-Friendly
Restaurants, Retailers, Resources
and more!



WELCOME...

Welcome to the **Kingston Vegetarian Network's** 2017 veg*n directory! We invite you to use this directory to browse the restaurants, retailers, and services in downtown Kingston, ON that offer vegan- and vegetarian-friendly options. The icons below will be used throughout the directory to indicate the type of restaurant/retailer and the type of products they offer.

DIRECTORY LEGEND



Location with vegetarian options



Natural Food Store



Location with vegan options

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Restaurants.....

Bakeries and Cafés.....

Other.....

PLEASE NOTE: Many of the following restaurants are willing to customize your meal to make it vegan. Don't be afraid to ask!



RESTAURANTS

AJI SAI SUSHI

178A Ontario St, Kingston, ON • 613-541-1888
Fine Japanese cuisine at reasonable prices

AKIRA RESTAURANT

86 Aberfoyle Rd. Kingston, ON • 613-767-7664
Japanese Cuisine

ALI BABA KABAB

320 Princess St. Kingston, ON • 613-531-9999
Persian and Middle Eastern Dishes

AMADEUS CAFÉ

170 Princess St. Kingston, ON • 613-546-7468
Authentic German and Austrian Cuisine

APSARA ANGKOR

189 Ontario St. Kingston, ON • 613-545-1234
Authentic Thai and Cambodian Cuisine

AQUA TERRA

1 Johnson St. Kingston, ON • 613-549-6243
An exceptional culinary experience

ATOMICA PIZZA & WINE BAR

71 Brock St. Kingston, ON • 613-530-2118
Fresh Italian Food

BLU MARTINI

178 Ontario St. Kingston, ON • 613-766-8880
Bar and Grill

BUBBA'S POUTINE & PIZZERIA

401 Princess St. Kingston, ON • 613-549-5425
Offers poutine, homemade pizzas, pitas, and more!

CAMBODIANA

161 Brock St. Kingston, ON • 613-531-0888
Exotic Cambodian and Thai Cuisine

CASA DOMENICO

35 Brock St. Kingston, ON • 613-542-0870
Fine Italian Dining

CHA VILLA

20 Market St. Kingston, ON • 343-477-1318
Café, Tea, & Dessert

CHEZ PIGGY

68R Princess St. Kingston, ON • 613-549-7673
Menu inspired by the flavours of world travels

CHOI'S ROLL

326 Princess St. Kingston, ON • 613 546-8800
Sushi Takeout

COPPER PENNY

240 Princess St, Kingston, ON • 613-549-4257
A casual dining experience

COPPERS PUB

125 Brock St, Kingston, ON • 613-546-0429
An authentic 19th century pub

CURRY ORIGINAL

253 Ontario St. Kingston, ON • 613-531-9376
Authentic Indian Cuisine

DARBAR

479 Princess St. Kingston, ON • 613-548-7053
Exotic Indian Cuisine



RESTAURANTS

DIANNE'S

195 Ontario St. Kingston, ON • 613-507-3474
East Coast meets the flavours of Baja Mexico

DIM SUM KINGSTON

501 Princess St, Kingston, ON • 613-766-0194
Chinese Cuisine

DOX RESTAURANT & LOUNGE

1 Princess St, Kingston, ON • 613-549-8400
The perfect blend of Canadian Fusion cuisine

EL ASADOR

375 Princess St. Kingston, ON • 613-547-6868
Authentic Latin-Indian Cuisine

FAMOUS KING RESTAURANT

505 Princess St. Kingston, ON • 613-549-5464
Traditional Lebanese Fare

FLAVOURS OF INDIA

461 Princess St. Kingston, ON • 613-536-3939
Authentic Indian Cuisine

FRANKIE PESTO'S ITALIAN EATERY

167 Ontario St. Kingston, ON • 613-542-1071
Rustic pizzas, pastas, and more!

FRESHII

271 Princess St. Kingston, ON • 613-417-0503
Fresh and nutritious meal choices on-the-go!

GABRIEL PIZZA

339 Princess St. Kingston, ON • 613-310-7777
Bigger, better pizza

GOLDEN VIET THAI RESTAURANT

304 Bagot St. Kingston, ON • 613-542-4258
Fresh Flavours from South East Asia

HARPER'S BURGER BAR

93 Princess St. Kingston, ON • 613-507-3663
Kingston's local burger joint

IRON DUKE ON WELLINGTON

207 Wellington St. Kingston, ON • 613-542-4244
Pub serving delicious, fresh, local food!



IZUMO SUSHI

499 Princess St. Kingston, ON • 613-549-0956
Traditional Japanese Cuisine

JACK ASTOR'S

330 King St. E. Kingston, ON • 613-549-1207
Casual, family-oriented bar and grill

JINA SUSHI

409 Johnson St. Kingston, ON • 613-766-7026
Takeout or dine-in sushi

KAME SUSHI

156 Division St. Kingston, ON • 613-546-6399
Authentic Japanese Izakaya



RESTAURANTS

KING STREET SIZZLE

285 King St. E. Kingston, ON • 613-544-6226
Delicious food coupled with great service

LE CHIEN NOIR BISTRO

69 Brock St. Kingston, ON • 613-549-5635
French bistro classics & 'Modern Brasserie' dishes

LIMESTONE KABOB HOUSE

2511 Princess St. Kingston, ON • 613-634-9600
Afghani, Pakistani, Moroccan, and Lebanese Cuisine

LONE STAR TEXAS GRILL

251 Ontario St. Kingston, ON • 613-548-8888
Canada's original Texas restaurant

MANGO THAI & PAN ASIAN CUISINE

161 Princess St. Kingston, ON • 613-549-3815
Thai Cuisine

MEGALOS

226 Princess St. Kingston, ON • 613-531-9788
Truly unique, family-friendly dining experience

MEKONG

394 Princess St. Kingston, ON • 613-549-5902
Vietnamese Cuisine

MILESTONES

27 Princess St. Kingston, ON • 613-544-8338
Fresh ingredients and recipes made in-house

MINO'S

340 Barrie St. Kingston, ON • 613-545-7770
Authentic Greek Cuisine

MR. DONAIR

163 Division St. Kingston, ON • 613-507-1234
Poutines, wraps, salads, and more!

MUCHO BURRITO

394 Princess St. Kingston, ON • 613-542-4747
Burritos, quesadillas, tacos, salads, and more

O MY SUSHI

272 Bagot St. Kingston, ON • 613-766-2444
Japanese Cuisine

OLIVEA RESTAURANT

39 Brock St. Kingston, ON • 613-547-5483
Family-run Italian trattoria

PHNOM-PENH RESTAURANT

355 King St. E. Kingston, ON • 613-545-2607
Authentic Cambodian Cuisine

ROYAL ANGKOR RESTAURANT

523 Princess St. Kingston, ON • 613-544-9268
Thai and Cambodian Cuisine

RUSTIC SPUD

175 Bagot St. Kingston, ON • 613-544-6969
New age Canadian cuisine

SAIGON DELIGHTS

272 Bagot St. Kingston, ON • 613-546-3690
Kingston's favourite spring rolls

SALLY'S ROTI SHOP

203 Wellington St. Kingston, ON • 613-766-6293
Authentic Caribbean Cuisine



RESTAURANTS

SCORE PIZZA

91 Princess St. Kingston, ON • 613-542-1200

Custom pizzas blazing fast!

SIR JOHN'S PUBLIC HOUSE

343 King St. E. Kingston, ON • 613-766-9296

British Pub

STONE CITY ALES

275 Princess St. Kingston, ON • 613-542-4222

Small batch craft brewery and tap room

TA-KE JAPANESE AND KOREAN RESTAURANT

120 Princess St. Kingston, ON • 613-544-1376

Japanese and Korean Cuisine

THAI HOUSE CUISINE

183-185 Sydenham St. Kingston, ON •

613-546-3888

THAI IVORY-ALRAYYAN RESTAURANT

185 Princess St. Kingston, ON • 613-767-1111

Fine authentic Thai and Syrian food.

THE BRASS PUB

403 Princess St. Kingston, ON • 613-544-8334

"The only pub in the hub"

THE GRAD CLUB

162 Barrie St. Kingston, ON •

613-546-3427

*Non-profit, student-run
restaurant/pub*



THE GRIZZLY GRILL

395 Princess St. Kingston, ON • 613-544-7566

True Canadian Fare

THE MANSION

506 Princess St. Kingston, ON • 613-531-0003

Vibrant restaurant, bar & live music venue

THE MERCHANT TAP HOUSE

6 Princess St. Kingston, ON • 613-547-1313

Pub serving lunch, dinner, and drinks!

THE PILOT HOUSE KINGSTON

265 King St. E. Kingston, ON • 613-542-0222

Humble pub offering comfort fare

THE SPORTS TAP & GRILL

125 Brock St. Kingston, ON • 613-546-0429

Sports bar and grill

THE TOUCAN

76 Princess St. Kingston, ON • 613-544-1966

Classic Irish Pub

THE WORKS GOURMET BURGER BISTRO

298 Princess St. Kingston, ON • 613-547-6000

Gourmet Burgers

TIR NAN OG IRISH PUB

200 Ontario St. Kingston, ON • 613-544-7474

Homey, old-fashioned Irish pub

TOMMY'S

377 Princess St. Kingston, ON • 613-766-6585

Locally owned and operated diner



RESTAURANTS

WINDMILLS CAFE

184 Princess St. Kingston, ON • 613-544-3948
Casual fine dining

WOODENHEADS GOURMET PIZZA

192 Ontario St. Kingston, ON • 613-549-1812
Delicious wood-fired pizza and more!

VIP CHINESE RESTAURANT

528 Princess St. Kingston, ON • 613-530-2828
Simple outpost for familiar favourites

2-4-1 PIZZA

294 Princess St, Kingston, ON • 613-547-0241
Fresh, great tasting pizza

CAFES, BAKERIES, & DESSERTS

BALZAC'S COFFEE

251 Princess St. Kingston, ON • 613-417-0600
Artisanal Coffee

BLACK CAT BAKERY

blackcatveganbakery@gmail.com
Vegan cupcakes and more! Custom orders!



CARD'S BAKERY

115 Princess St. Kingston, ON • 613-544-4448
All natural products with no additives or preservatives

CLASSICS TEA LOUNGE

399 Princess St, Kingston, ON • 613-546-8855
Features great soups, noodles and bubble tea

CRAVE COFFEE HOUSE AND BAKERY

166 Princess St. Kingston, ON • 613-766-7766
Something delicious for every taste

DELIGHTFULLY DIFFERENT TEA ROOM

197 Wellington St, Kingston, ON • 613-766-5966
A quaint locale offering soups, salads, sandwiches and desserts

GENEVA CREPE CAFE BISTRO

297 Princess St. Kingston, ON • 613-507-0297
Unique French style bistro

MIO GELATO

178 Ontario St. Kingston, ON • 613-547-4053
Homemade ice cream, gelato, sorbetto, and more!



CAFES, BAKERIES, & DESSERTS

MUSIIKKI CAFE

73 Brock St. Kingston, ON • 613-542-2233
Cafe and whiskey bar with live music and art

PAN CHANCHO BAKERY AND CAFE

44 Princess St. Kingston, ON • 613-544-7790
Bakery, Café, and Gourmet Food Shop

PARFAIT

268 Princess St. Kingston, ON • 613-986-5873
Café and Frozen Yogurt

SIMPLY WELL

34 Princess St. Kingston, ON • 613-888-4871
Raw, organic, cold-pressed juice bar & nutrition centre

SMALL BATCH CAFE AND EATERY

282 Princess St. Kingston, ON • 613-767-0996
Fresh sandwiches, soups, salads, and treats!

THE COMMON MARKET

136 Ontario St. Kingston, ON • 613- 548-8400
Espresso, Café, Fine Foods

THE DESSERT INDULGENCE

172 Ontario St. Kingston, ON • 613-776-9777
European-style dessert café.

THE TEA ROOM

45 Union St. W. Kingston, ON • 613-533-3295
Environmentally friendly café

OTHER

CECILE'S UNTAMED KITCHEN

cecile@untamedkitchen.ca • 613-329-8817
Cooking classes, demonstrations, catered dinner parties, eat-healthy consultations, and more!

EAT LOVER

www.eatlovervegan.com • eatlovervegan@gmail.com
All vegan donuts and mini-pizzas available for every Saturday! Donuts also found at Small Batch Café!

LUSH

Cataraqui Centre - 945 Gardiners Rd. Kingston, ON • 613-384-5874
Cruelty-free bath products and cosmetics

SIGRID'S NATURAL FOODS

506 Days Rd. Kingston, ON • 613-384-1756

SHIVA'S DELIGHT

www.shivasdelight.com
Local maker and supplier of vegan, cruelty-free soaps and bath products.



TARA'S NATURAL FOODS

81 Princess St. Kingston, ON • 613-546-4439



Vegan Recipes

Vegan "Parmesan"

A crunchy, nutritious & tasty topping!

- 2 Tbsp toasted seeds like pumpkin or sunflower
- 2 Tbsp toasted nuts like almonds, hazelnuts, pecans or walnuts
- ½ Tbsp nutritional yeast
- Olive oil
- Pinch of salt
- Freshly ground pepper

Using a coffee grinder, chop your seeds and nuts to a coarse meal. Transfer to a small bowl and mix in the nutritional yeast, salt and pepper. Add a few drops of oil to create a crumble-like texture. Keep in a small jar in the fridge.

Note... to toast seeds and/or nuts, place them on a cooking sheet to bake them at 360°F/180°C for +/- 20 minutes. The timing depends on your oven. No need to add any oil. Check and stir them around for a more even toasting!

Sesame seeds are great too. Being smaller, dry-toast them separately in a pan on low heat. Keep an eye on them as they will start popping-up. Stir them.

Tip... I toast seeds/nuts in advance to always have them around. It brings out their flavour. Keep them in recycled jars.

No Bake Puff Squares

Vegan & gluten-free

- 2 tbsp coconut oil - melted
- 1/2 cup organic brown rice syrup or maple syrup
- 1/2 cup peanut butter, almond butter or cashew butter
- 1 - 100 g chocolate bar or chocolate chips
- 3/4 cup chopped raw nuts (almonds, hazelnuts, walnuts or a mix)
- 2 cups organic puff grain like corn, millet, quinoa, rice

In a saucepan, heat the 1st batch of ingredients. Remove from heat and stir in the nuts and cereals. Press into the bottom of an 8" greased pan. Refrigerate until firm. Cut in squares or any other shape!

Note... make this recipe yours by adding your favourite flavours like cinnamon, ginger, vanilla etc.

Makes +/- 24 squares



Cécile's

untamed kitchen

French-inspired, vegetarian and vegan cuisine

P: 613 329 8817

E: cecile@untamedkitchen.ca

About Kingston Veg Net

WHO ARE WE?

Kingston Vegetarian Network (KVN) was created to unite like-minded people and inspire the community to choose a plant-based lifestyle for the environment, for the welfare of non-human animals and for better health. We are a not for profit organization dedicated to supporting individuals, families and the Kingston community through advocacy, outreach, education and networking.

One of the main goals of KVN is to demonstrate that choosing plant-based meals is healthy, easy and delicious. With over 800 members and dozens of volunteers we represent a diverse community striving to choose a healthier, greener, more compassionate lifestyle!

JOIN US!

Membership is free, we're fun, and there's lots for vegans, vegetarians, veg-curious and those who love them to share and explore in the Limestone City. Visit our website (www.kingstonveg.ca) to sign-up and check out our events calendar, monthly newsletter and blog while you're there!

SOCIAL MEDIA

Connect with us on Facebook and Instagram, or follow Kingston VegNet on Twitter for regular updates from the KVN Team!



@kingstonveg



@KingstonVegNet



@kingstonveg



LIKE WHAT YOU SEE?

GET YOUR RESTAURANT IN OUR DIRECTORY

Restaurants were contacted via telephone to inquire about inclusion in the directory. If you are a restaurant or retailer in the Kingston downtown area who is not yet in the directory, it simply means we were unable to get a hold of you! If you have veg*n options and would like to be included, please do not hesitate to contact us at info@kingstonveg.ca. We would be more than happy to have you join us!

WINDOW DECAL

Special Bonus! If your restaurant's menu offers at least one fully vegan appetizer and entrée, you qualify for a free window decal indicating that your restaurant is vegan-friendly as deemed by the Kingston Vegetarian Network!



ADVERTISING OPPORTUNITY

You may have noticed that some restaurants and retailers have a logo beside their name in the directory pages. If you would like this same unique promotional opportunity, please contact info@kingstonveg.ca to inquire.



UPCOMING KVN EVENTS

BEVIES & BITES

*veg*n drinks night*

Join us on the last Tuesday of every month at the Iron Duke for delicious food and drinks!

**207 Wellington St.
5-7pm**

MONTHLY KVN POTLUCKS

Bring a vegan dish or just your empty belly. All are welcome! Potlucks are held at 99 York St. Community House

**\$2 Donation
Dates will vary**

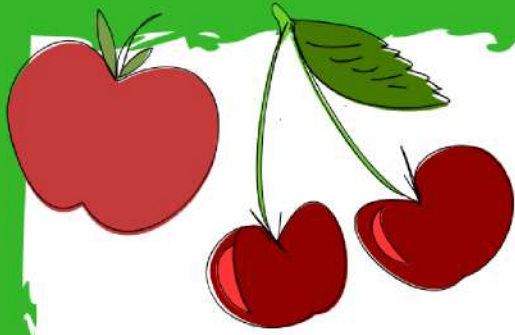
iREST® YOGA NIDRA

*Guided meditation for
Relaxation and Resiliency*

For more information about Yoga Nidra, please contact:
barefootbuddha@outlook.com

MONTHLY NEWSLETTER

Sign up for our monthly newsletter at
www.kingstonveg.com to receive additional information and regular updates about upcoming KVN events!



Kingston ^{2017's} VegFest

Saturday, October 21

11am to 4pm

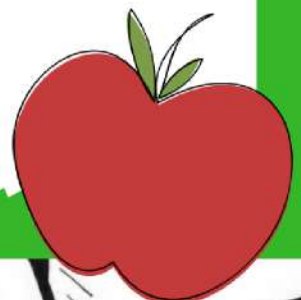
St. Lawrence College, 100 Portsmouth Ave. Kingston, ON

*Kingston's 2nd annual
celebration of...*

The fabulousness of vegan food
Physical and mental health and well-being
Connectedness



www.kingstonvegfest.ca
info@kingstonvegfest.ca





Look for this decal on restaurant windows in Kingston's downtown area to indicate a restaurant with vegan options!

JOIN THE **KINGSTON VEGETARIAN NETWORK TEAM**

Where ever you are on your own journey towards compassionate living, Kingston Vegetarian Network is here for you! Join us today to Protect The Environment - Prevent Animal Cruelty - Preserve Health