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UTAH

FALL-WINTER 2024

VEGAN

GUIDE



INSIDE:

- Dining Guide & Recipes
- BBQ Goes Vegan
- How to Help Animals

PHOTO:
Sage Mountain
Animal Sanctuary

UTAH VEGAN GUIDE

People often say they know *why* they should go vegan, but they don't know *how*. UARC has got you covered with the Utah Vegan Guide, a practical resource to help Utah residents and visitors cut animal products from their diets. Fortunately for us and the animals, the dining scene in Utah is remarkably vegan-friendly. Whether you want to find vegan pho, pizza, or faux “chicken” wings—the Beehive State has got you covered. And for those days when you want to stay in and cook, we've tacked on a couple recipes we recommend trying that are entirely free of animal products. Your journey of compassionate choices can begin today!



If you're looking to do more to help animals, you can get involved in local activism by becoming a member of UARC! You'll get updates on events, support our important work and, as a bonus, you'll receive discounts at all listed restaurants with the 🐔 symbol! Visit uarc.io/join for more info.

UTAH VEGAN DINING GUIDE

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WRITERS & CONTRIBUTORS

Jeremy Beckham
Wes Burdett
Steph Bachman
Ashley Rackl
Jake Evans
Cody Gillette
Jacob Richardson

GRAPHIC DESIGN & LAYOUT

Design Type Service



 info@uarc.io
 385-401-4301

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New Vegan Eats in SLC!

By Steph Bachman

With our little big city continually growing every day, it's no surprise that more vegan and vegan-friendly locations are popping up throughout the valley!

Our most recent vegan business addition to SLC is veteran vegan butchery **Vegan Daddy Meats' (569 N. 300 West)** brick and mortar location. Their catch phrase "We've Got the Wheats" comes in hot with their iconic "beaf n' cheddar" sandwiches, basket of "boneless vings" and fries, and Philly sandwiches. Being

vegan has never been easier than with your vegan daddy. @vegandaddymeats

Once a bi-annual pop-up at Kiitos Brewing, **Vuture Foods (545 W. 700 South)**, now has their own shopfront inside Woodbine, a food hall in the Granary district. Their 100% vegan burgers and chik'n sandwiches are extremely photogenic, extremely delicious, and extremely addictive. @vuturefoods

Everyone's favorite, award winning VBQ: **Blatch's Backyard BBQ (186 I St)** now boasts an entirely vegan menu,



Bucket o' chik'n from Vegan Daddy Meats



Tofu aux cerises from Seasons

showing that classic barbeque can easily be made vegan. Chris Blatchford has weekly specials on Wednesdays and Fridays with lines out the door of his avenues house. Follow for your VBQ fix at @blatchbackyardbbq

Salt Lake vegan staple, **Seasons Plant Based Kitchen (916 Jefferson St)**, has finally reopened their doors in their new location along 900 south. They specialize in upscale dining and artisanal cheeses that are 100% vegan and cruelty free. Seasons is the place to impress your hard-to-please parents-in-law, or even your pickiest dining friends. @seasons_slc

Pizza Volta (1080 E. 2100 South) is a new pizzeria in Sugarhouse that offers an eclectic

and hefty vegan pizza menu. They use high quality ingredients and locally sourced veggies to offer some ridiculously flavorful and delicious pies. @pizzavolta

Xiaobaobao (214 E. 500 South), a bao pop up shop in the old Les Madeline's location, is a passion project by Romina Rasmussen, Derek & Dwight Yee. They offer two fantastic vegan baos: an eggplant tofu bao, and bok choy mushroom. Follow them at @xiaobaobaosl for pop-up info or find them stocked at Sweet Hazel & Co. Bakeshop & Bistro or The Neighborhood Hive.

Keep up with the growing vegan scene by following Steph at @theslcveggie!

SALT LAKE CITY

All Chay 

1264 W. 500 N.
801-521-4789

All-vegan and affordable Vietnamese restaurant serving popular dishes like pho, vegan shrimp, banh mi, flan, and more.

Blatch's 
Backyard BBQ

186 I Street
385-210-5029

Vegan BBQ with a different sandwich every Wednesday. Check website for current hours and menu.

Buds  

509 E. 300 S.
budssl.com

Quick service take-out sandwich shop recreating classic subs like the buffalo chicken, cheesesteak and Italian cold cut. All sauces and proteins are made in-house. Don't forget to try the lavender lemonade or the zucchini chocolate chip cookie!
Open 11:00-5:00 Mon-Sat

City Cakes & Café

1860 S. 300 W., Ste. D
801-359-2239

Bakery selling vegan & gluten-free delights, including cakes, peanut butter bars, and cheesecake. Also sells packaged cheese sauce, mac and cashew cheese, and more.

Jollofology 

67 W 1700 S
877-556-5563

Black female owned restaurant serving vegan Nigerian fusion cuisine. Limited Hours, check before going.

Mark of the Beastro

666 S. State St.
385-202-7386

Hail seitan! All-vegan comfort food with a punk vibe. Featuring "chikn" 'n waffles, "sinwiches", and milkshakes.

Monkeywrench

53 E. Gallivan Ave.

Small batch vegan ice cream shop with an abundance of rotating flavors and full espresso bar. Try the fresh waffle cones and hand-spun milkshakes, and grab some pints to take home for later. Take-out only, open late on weekends!

Passion Flour Patisserie

165 E. 900 S.
385-242-7040

Elegant vegan French pastry and coffee shop. Serving croissants, macaroons, tarts and more.

KEY

ALL VEGAN = ALL VEGETARIAN = UARC PARTNER = 

Seasons Plant-Based Kitchen

916 S. Jefferson St. • 385-267-1922

Upscale vegan restaurant serving hand-crafted gourmet comfort food. Also produces a line of tasty cheeses.

Sweet V

3678 W. 2100 S. • 801-839-5055

Vegan chocolatier and specialty bakery. Also features cinnamon rolls and many gluten free options. Pickup or shipping only.

Vegan Daddy Meats



569 N 300 W K102 • 720-772-8775

Online Order:

vegandaddymeats.com

Hand made meat substitutes, including corn'd beef, unreal bacon, and Vings. Specializing in vegan comfort/fast food.

Veggie House

52 E. 1700 S. • 801-282-8686

All-vegan Asian restaurant with soy chicken, beef, shrimp, and tofu options in classic Chinese and Thai dishes. Elaborate sushi roll options.

Vertical Diner

234 W. 900 S.
801-484-8378

Traditional diner food, made vegan, including pancakes, biscuits and gravy, and fried chicken sandwiches.

Vuture Food

545 W 700 S • 801-931-3389

Vegan comfort food featuring loaded fries and sandwiches.

Yumz

3490 S. State St. • 801-590-8092

Latin fusion bakery & cafe with a truly impressive & changing menu. Empanadas, birria tacos, nachos, candy bars, baked sweet goods, and much more.

Zest Kitchen & Bar



275 S. 200 W. • 801-433-0589

Upscale vegan restaurant with unique cocktails, gluten-free and oil-free options, and rotating menus.



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verticaldiner.com

DRAPER

City Cakes & Café



192 E. 12300 S.
801-572-5500

Bakery selling vegan & gluten-free delights, including cakes, peanut butter bars, and cheesecake. Also sells packaged cheese sauce, mac and cashew cheese, and more.

KANAB

Angel Village Café

610 W. Seppi Ln.
435-429-0464

All-vegan lunch café with a buffet and a salad bar. Located at the Best Friends Animal Sanctuary.

LOGAN

Bloom Cafe Logan

13 W Center St.
435-535-3050

Healthy eatery with gluten-free options. Soups, salads, sandwiches, signature toasts, smoothies, kid's menu and more.

MOAB

Moab Kitchen Food Truck

180 W. Center St.

All-vegan food truck in Moab offering many different options like tacos, burgers, cupcakes. Cash only!

Moab Rainbows Food Truck

39 W. 100 N.
(Food Truck Park)

Truck offering plant-based menu of avocado toasts, nachos, waffles, fruit bowls, acai, and smoothies.

MIDVALE

Sweet Hazel Bakeshop & Bistro



282 W. 7200 S. • 801-889-1466

Bakeshop, mini-mart and bistro offering cakes and vegan versions of candy bars. Gluten free options available. Serving breakfast and lunch.

OGDEN

Cuppa

552 25th St.
385-384-3966

All vegan restaurant that offers items like bowls, small bites, juices, coffee and tea.

PROVO

Ra'Living Food Truck

385-201-7935

Utah's first 100% raw vegan, organic, gluten-free food truck. See Instagram or Facebook for location.

Vegan Sun

225 W. Center St. • 801-375-0807

Vegan Vietnamese spot serving pho, banh mi, ramen, rice dishes, fried rolls, fresh rolls, and vermicelli noodle salad.

ST. GEORGE

Gaia's Garden Cafe

695 S. 100 W. • 435-879-3560

Fully vegan restaurant serving rice bowls, tofu scramble, breakfast burritos, avocado toast, and more.

The Hearty Beet

Parking Lot, 1770 Red Cliffs Dr.
801-336-7227

Vegan food truck serving minimally processed foods like healthy versions of nachos, raw desserts, smoothie bowls, and more. Check social media to verify location and hours.

VINEYARD

Cinnaholic

569 N. Mill Rd • 385-233-5700

100% vegan classic cinnamon rolls also available in flavors like cookie dough, s'mores, and caramel apple pie.

WEST JORDAN

Vegan Bowl

8672 S. Redwood Rd.
801-692-7237

From the same family as All Chay, this restaurant serves vegan versions of Vietnamese favorites, including pho, banh mi, bubble tea, and ramen stir-fry.

SWEET HAZEL & CO. VEGAN BAKESHOP AND BISTRO




100% vegan bakery & mini-mart,
specializing in candy bars, mini cakes,
cannolis, pies and more.

*Now serving brekkie,
brunchie & lunchie!*



282 W. 7200 South
Midvale, Utah

 :
@sweethazelandco

SALT LAKE CITY

Aces High Saloon

1588 S. State Street • 801-906-8908
 SLC's premier metal/outlaw country venue and bar, with great options. We recommend the french dip sandwich using Vegan Daddy Meats' seitan.

Alchemy Coffee

390 E. 1700 S. • 801-322-0735
 Coffee shop with homemade soups and sandwiches. Vegan baked goods, fresh fruit, large selection of organic coffee, fine teas and non-caffeinated beverages.

All Chay 

See page 6

Arempa's

350 S. State St. • 385-301-8905
 Venezulean cuisine featuring a small, separate vegan menu with empanadas, protein bowl, salad, and more. Try the Donald Watson!

Ascent Kitchen

49 Gallivan Ave. • 801-456-2513
 439 E. 900 S. • 385-267-1092
 "Elevated" cafe with smoothies, bowls, and wraps. Tofu available as protein in most bowl options.

Beer Bar

161 E. 200 S. • 385-259-0905
 Popular bar with dozens of beer options, as well as vegan field roast sausage. Open late, 21+.

Big Willies Sports Bar & Grill

1717 S. Main St. • 801-463-4996
 Vegan bar food options including onion rings, pita + hummus, black bean burger.

Blue Gene's

239 S. 500 E. • 801-364-4655
 Full bar and cocktails, late-night food, and brunch. Vegan items are clearly marked on menu.

Blue Iguana

165 S. W. Temple • 801-533-8900
 Mexican restaurant featuring vegetarian chimichangas and burritos. Most items on vegetarian section can be made vegan upon request.

Brass Smoothies 

925 E. 900 S. • 801-208-6542
 Offering a wide range of vegan craft smoothies, bowls, and steel-cut oatmeal made fresh with plant-based milks.

Buds  

See page 6

Café Shambala

382 E. 4th Ave. • 801-364-8558
 Tibetan restaurant with numerous vegan options and a daily lunch buffet. Try the veggie mo-mo!

Chanon Thai Café

278 E. 900 S. • 801-532-1177
 Authentic family operated Thai restaurant. Many items available vegan upon request. Closed Monday and Tuesday.

Charlie Chow's Dragon Grill

255 E. 400 S. • 801-328-3663
 Mongolian grill where you can create your own stir fry with tofu and veggies. Put a green stick in your bowl to have your creation cooked separately in veg oil.

City Cakes & Café



See page 6

Curry in a Hurry

2020 S. State St. • 801-467-4137

Quick, cheap option close to Salt Lake Community College. Vegan options clearly marked.

East-West Connection

1400 S. Foothill Dr. #270

801-581-1128

Asian fusion restaurant with several options, including lemon grass tofu, curry, and hot pots.

Este Pizza

Multiple Locations

NYC-style pizza with vegan options including meatballs, daiya cheese, salad, and dessert.

Eva's Bakery

Food Truck

Bakery and café with a few vegan breakfast options and desserts.

Falafel Tree

155 S. Main St. • 801-355-3942

Food truck specializing in Middle Eastern cuisine. Vegan options include falafel, hummus, and dolmates.

Fiddler's Elbow

1063 E. 2100 S. • 801-463-9393

Sports pub with a couple vegan options listed, including chili and a black bean burger.

Gracie's

326 S. West Temple • 801-819-7565

Popular bar serving vegan lunch and dinner options including burgers, tacos, salads, and more. 21+

Green Pig

31 E. 400 S. • 801-532-7441

Popular bar with vegan section that includes seitan wings, wraps, chicken sandwich and more. Open late.

Grid City Beer Works

333 W. 2100 S • 801-906-8390

Brewery with extensive menu of vegan options. The seitan wings can be finished in 4+ sauces.

Gurkhas

3025 E. 3300 S. • 801-755-3499

Indian restaurant with many items labeled vegan, including chana masala, coconut korma, and veggie kofta.

Handlebar

751 N. 300 W. • 801-953-0588

Huge vegan selection of bar food, including "wings", burgers, sandwiches, wraps, brunch, and more! 21+

Hatch Family Chocolates

376 8th Ave., Ste. A • 801-532-4912

Family chocolate store with vegan dark chocolates and hot chocolate.

Hopkins Brewing

1048 E. 2100 S. • 385-528-3275

Brewery that has multiple vegan options available – vegan burger, buffalo cauliflower wings, veggie tacos, and avocado toast. Specify vegan when ordering.

J. Wong's Asian Bistro

163 W. 200 S. • 801-350-0888

Vegan lettuce wraps, Thai fried tofu, vegetable rolls, and other commonly vegan Asian foods.

Kathmandu II

250 W. 2100 South • 801-935-4258

Indian and Nepali restaurant with vegetarian section, most are vegan upon request. Lunch buffet also includes plenty of vegan choices.

Kathmandu Grill

212 S. 700 E. • 801-355-0454

Indian and Nepali restaurant with vegetarian section, most are vegan upon request. Lunch buffet also includes plenty of vegan choices.

Lazy Day Café

2020 E. 3300 S. Ste. 23/24
801-953-0311

Breakfast café with vegan french toast, benedict, and burrito options.

Lobby Lounge

555 S Main St. • 801-258-6006

Located in the Grand American Hotel, the Lobby Lounge is a fine dining vegetarian restaurant.

Long Life Vegi House

2561 S. State St. • 801-467-1111

Chinese restaurant featuring vegan beef, chicken, and pork. Try the General Tso's!

Louks Greek Baby Donuts

6949 S. 1300 E. • 801-981-8090

Crispy vegan donut holes which can be customized with various sauces and toppings, not all vegan.

Mahider Ethiopian Restaurant

1465 S. State St., #7 • 801-975-1111

Vegetarian section of menu is vegan. We recommend sharing the veggie combo platter!

Mano Thai

41 W. 3300 S. • 801-485-1209

Separate vegetarian menu. Protein options include perfectly fried tofu, veg beef, and veg chicken. Many items can be made vegan.

Mark of the Beastro



See page 6

Mazza

1515 S. 1500 E. • 801-484-9259

A flagship restaurant for SLC, Mazza features many vegan appetizers and entrees, including exquisite falafel.

The Melting Pot

340 S. Main St. • 801-521-6358

Upscale fondue restaurant chain with a vegan option of "polpette" meatballs and dumplings.

Mi Ranchito Grill

3600 S. State St. • 801-263-7707

Offers a separate vegan menu with traditional favorites like enchiladas and tamales.

Monkeywrench

See page 6

Mumbai House

2731 E. Parley's Way • 801-581-0222

Popular Indian restaurant with vegan naan & 20 vegetarian specialties, most can be made vegan. Dinner only.

Nacho Daddy

241 W. 200 S. • 801-869-1066

Nacho Daddy has a full vegan section of their menu. If you are looking for a margarita and nachos, it can't be beat!

Nostalgia Cafe

248 E. 100 S. • 801-532-5638

Coffee shop that sells vegan baked goods and has a vegan section on their food menu, including a hummus sandwich and mac+cheese. Food menu available until 11 pm!

O'Falafel Etc.

790 E. 2100 S. • 801-487-7747

Quick Middle Eastern cuisine with clearly marked vegan options, including a vegan falafel burger.

Oasis Café

151 S. 500 E. • 801-322-0404

A slightly upscale restaurant with numerous vegetarian items, some of which can be made vegan. Popular spot for brunch.

Old Cuss Cafe



2285 S. Main St.

Coffee shop and cafe connected to a vintage antique market. Open for breakfast and lunch, with sandwiches, burritos, and salads.

Passion Flour Patisserie



See page 6

The Pearl

917 200 W • 801-205-9416

This trendy bar offers great and clearly marked Vietnamese-inspired vegan options.

Pho 33

285 E. 2700 S. • 801-889-4090

Vietnamese and Chinese restaurant with vegetarian section of menu. Options include vegan chicken with broccoli and tofu or vegetable pho.

Pie Hole

344 S. State St. • 801-359-4653

Pizza by the slice open late. Vegan pies available and always have vegan by the slice option. Cheese is nutritional yeast mixed into the marinara.

The Pie Pizzeria

Multiple Locations

Large vegan menu including vegan "wings" and several custom pies with dairy-free cheese and vegan proteins. Open late!

Piper Down

1492 S. State St. • 801-468-1492

Huge vegan selection of bar food, including burgers, "wings," and nachos. Also offers vegan options for weekend brunch. The daily lunch special can be made vegan. 21+

Pizza Volta

1080 E. 2100 South

Pizzeria in Sugarhouse with hefty and eclectic vegan pizza menu.

Pizzatwist

675 E. 2100 S. Ste G. • 801-634-3334

American/Indian-influenced pizzeria with vegan meats, cheese, and gluten-free options.

Powder Peak Sweets

Online Order

www.powderpeaksweets.com

Baked goods, including cronuts which can only be ordered online and delivered to Salt Lake County residents. Flavors with a (v) are vegan, and make sure to select a vegan box.

Proper Burger Co.

865 Main St. • 801-906-8604

Burger joint connected to a brewery, with vegan patty option and delicious fries. Try the vegan chili cheese burger! Open late.

Publik Ed's

210 S. University St. • 385-549-1928

Vegan waffles, house-made burgers, portobello sandwich. Serves coffee and beer.

Purgatory

62 E. 700 S. • 801-596-2294

Bar with a few brunch and dinner items, including the Beyond Burger and sweet & sour cauliflower.

Red Iguana

736 W. North Temple • 801-322-1489

Veg items marked on new menu. All moles over veggies except Almendras are vegan. Veggie fajitas, chimichangas, burritos, and more can be made vegan.

Red Iguana 2

866 W. South Temple • 801-214-6050

Veg items marked on new menu. All moles over veggies except Almendras are vegan. Veggie fajitas, chimichangas, burritos, and more can be made vegan.

Robin's Nest

83 E. 300 S. • 801-466-6378

Lunch cafe with vegan sandwich and salad, other options can be customized vegan.

Ruth's Diner

4160 Emigration Canyon Rd.
801-582-5807

Longtime SLC icon with wonderful patio area. "For our vegan friends" section on menu offers a couple options.

Salt Lake Pizza & Pasta

1063 E. 2100 S. • 801-484-1804

Place to watch the game and get a vegan burger or chili. Serves beer, wine, and liquor.

Seasons Plant-Based Kitchen



See page 7

Shanghai Café

145 E. 1300 S. • 801-322-1841

Traditional Chinese choices, with a vegetarian section that includes faux meats.

SkinnyFATS

153 S. Rio Grand St • 801-415-9886

If you find yourself in the Gateway, SkinnyFATS has an awesome veggie burger and great caesar side salad!

Squatters

147 W. Broadway • 801-363-2739

Local brewpub with clearly marked vegan options including yellow curry and taco salad.



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Stanza Italian Bistro

454 E. 300 S. • 801-746-4441

Italian restaurant with separate vegan menu.

Sugarhouse Coffee

2011 S. 1100 E. • 801-883-8867

Popular coffee shop with live music several days a week. Vegan options include chicken salad sandwich, fresh juices, and pastries.

Sushi Groove

2910 S. Highland Dr. • 801-467-7420

10 veggie rolls, many of which are vegan. DJs and live music.

Sushi Squad

Food Truck

Sushi food truck with a full vegan menu. Check social media for location!

Takashi

18 W. Market St. • 801-519-9595

Famous sushi restaurant with a handful of vegan sushi roll options.

Tamarind

120 S. Main St. • 385-259-0277

Vietnamese restaurant that uses self-order kiosks. Separate vegan menu, including banh mi & a delicious vegan pho with tofu. Open Sunday.

Taste of Red Iguana

28 S. State St. • 801-214-6350

Located in City Creek Center Food Court. Veggie fajitas, chimichangas, tacos, and more can be made vegan.

TCBY

2274 S. 1300 E., G17 • 801-708-7005

Frozen yogurt chain that typically has 1-2 vegan options at a time (almond milk based). Many vegan toppings available, like fruit and nuts.

The Bagel Project

779 S. 500 E. • 801.906.0698

All bagels are vegan, hummus and jam spreads available. For lunch try the Veg'd out sandwich.

The Kathmandu

3142 S. Highland Dr. • 801-466-3504

Indian and Nepali restaurant with vegetarian section, most are vegan upon request. Lunch buffet also includes plenty of vegan choices.

The Med

420 E. 3300 S. • 801-493-0100

Middle Eastern cuisine. Vegan options clearly marked, including falafel and hummus.

Prime Corn

Order Online • primecornfood.com

Pre-Hispanic Mexican dishes such as tamales, tostadas, tacos, and more! Order online for catering or pickup.

The Rose Establishment

235 S. 400 W. • 801-208-5569

Cozy coffeehouse with several vegan breakfast and lunch items, including tartines, sandwiches, and porridge. Try the vegan chai tea with house-made cashew milk!

Ameriprise
Financial



Tosh's Ramen

1465 S. State St. • 801-466-7000

Small ramen restaurant with vegan gyoza and ramen available (specify vegan).

Veggie House

See page 7

Vertical Diner

See page 7

Vive Juicery

1597 S. 1100 E. • 801-875-8923

A cold-pressed juicery, with several vegan options for nutritious juice blends.

Whole Foods

544 S. 700 East • 801-924-9060

Grocery store and popular lunch stop with several labeled veg options on the hot bar, salad bar, soup bar, and deli. Also serves great tempeh sandwiches, pizza, burritos, and stir-fry dishes all day.

Xiaobaobao

214 E. 500 South • @xiaobaobaoslc

Bao pop up shop in the old Les Madeline's location offering two fantastic vegan baos: an eggplant tofu bao, and bok choy mushroom.

Yoko Ramen

473 E. 300 S. • 801-876-5267

Small Japanese restaurant with clearly marked vegan ramen option (specify vegan).

Yumz

See page 7

Zest Kitchen and Bar



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AMERICAN FORK

China Kitchen

648 E. State St., Ste. F • 801-756-6560

Restaurant with veganized versions of popular Chinese dishes, including kung pao "chicken" and "beef" w/broccoli.

Thai Village

208 W. Main St. • 801-492-7677

Thai restaurant serving curries, noodle dishes, and soups. Can order a half order for half the listed price.

BOUNTIFUL

Royal India

55 N. Main St. • 801-292-1835

Indian restaurant with vegetarian section on menu. Many are or can be made vegan upon request. Only open for dinner.

DRAPER

City Cakes & Café

See page 8

Samurai Noodle

11483 S. State St. • 801-987-3887

Japanese-style cuisine. A couple vegan ramen options and appetizers like vegan gyoza.

HOLLADAY

Dasks Greek Grill

6522 Big Cottonwood Canyon Rd.
801-733-5010

Vegan items clearly marked. Options include vegan gyros, burger, and falafel. Closed on weekends.

Fav Bistro

1984 E. Murray Holladay Rd.
801-676-9300

From the owner of Chabaar and Tea Rose Diner, this latest restaurant features many favorite items that can be made vegan.

Layla Mediterranean Grill

4751 S. Holladay Blvd. • 801-272-9111

Elegant Mediterranean restaurant with labeled vegetarian, vegan, and gluten-free options.

The Happy Sumo

6572 S. Big Cottonwood Canyon Rd.
801-733-9661

Offers a few veggie roll options and noodle dishes that can be made vegan.

Tosh's Ramen

1963 E. Murray Holladay Rd. • 801-278-8249

Small ramen restaurant with vegan gyoza and ramen available (specify vegan).

KANAB

Angel Village Cafe

See page 8

Peekaboo Canyon Wood Fired Kitchen

233 W. Center St. • 435-689-1959

All-vegetarian restaurant with many vegan options, including pizzas, burgers, and dessert.

Sego Restaurant

190 N. 300 W. • 435-644-5680

More upscale with signature cocktails and shared-style plates, vegan options clearly marked. Dinner only, closed Sunday and Thursday.

Wild Thyme Cafe

198 S. 100 E. • 435-644-2848

Dishes include yellow curry bowl, sesame tofu bowl, and black bean sliders. Closed Thursdays.

LAYTON

Moe's Southwest Grill

930 Antelope Dr. • 801-773-6637

Chain selling assembly-line style burritos, tacos and bowls. Tofu, bean and grilled veggie options.

Taste of India

1664 Woodland Park Dr. • 801-614-0107

Indian restaurant with many options that can be made vegan.

LEHI

Ike's Love & Sandwiches

1195 E Main St • 385-484-7437

Ike's is a sandwich shop with multiple vegan sandwiches. Their Meatless Mike was awarded "Best Vegan Meatballs in America" by PETA.

Nekter Juice Bar

3320 Digital Dr. • 385-352-0040

Fresh juice, smoothies, and acai bowls. Menu is clearly labeled, only non-vegan ingredient is optional whey protein.

Sabaidee

250 W. State Rd. • 801-766-4076

Thai restaurant with many dishes that can be made vegan.

LOGAN

Beehive Grill

255 S. Main St. • 435-753-2600

Popular grill with an entire vegetarian menu of which a few items are vegan and a few can be made vegan.

Caffe Ibis Gallery Deli

52 Federal Ave. • 435-753-4777

Coffee shop with a cafe type menu including some sandwiches that can be made vegan.

Herm's Inn

1435 Canyon Rd. • 435-792-4321

Breakfast spot that offers a fully vegan breakfast burrito and other items that can be made vegan.

Morty's Cafe

780 E. 700 N. • 435-535-3276

American cafe with veggie burgers and salads that can be made vegan.

Romo's Mediterranean Grill

661 N. Main St. • 435-799-3121

Mediterranean spot with many vegan choices like falafel, salads and hummus.

Tandoori Oven

720 E. 1000 N. • 435-750-6836

Indian restaurant with 20+ items that can be made vegetarian or vegan.

Thai House

51 W. 200 S. • 435-752-9169

Next to the Baugh hotel, this Thai restaurant has many dishes that can be made vegan by substituting tofu or vegetables.

MIDVALE

Arempa's

220 W. 7200 S. B-C • 385-379-5090

Venezulean cuisine featuring a small, separate vegan menu with empanadas, protein bowl, salad, and more. Try the Donald Watson!

Chabaar Beyond Thai

87 W. 7200 S. • 801-566-5100

Thai and American cuisine, many vegan options including breakfast and homemade vegan ice cream. Try the mango curry!

MILLCREEK

Greenhouse Effect

3231 S. 900 E. • 801-466-3273

Cozy coffeehouse serving vegan crepes. Open late.

Rawtopia

3961 S. Wasatch Blvd. • 801-486-0332

Several raw vegan entrees and desserts, some cooked vegan options. Formerly the vegan restaurant Omar's Rawtopia, now serves bison and fish.

Siam Orchid Thai

4410 S. 900 E. • 801-266-7899

Thai restaurant with large portions.

Tandoor Indian Grill

733 E. 3300 S. • 801-486-4542

Authentic Indian cuisine with several vegan options labeled on menu. Specify vegan when ordering.

MOAB

98 Center

98 E. Center St. • 435-355-0098

Trendy and casual restaurant with vegan dishes like pho, bánh mì, and mushroom “cheesesteak.”

Arches Thai

60 N. 100 W. • 435-355-0533

Modern Thai spot with tofu and vegetables to make most dishes vegan.

Moab Coffee Roasters

90 N. Main St. • 435-259-2725

Coffee spot with a cafe menu including some vegan sandwiches, donuts and plant-based milks.

Moab Garage Co.

78 N. Main St. • 435-554-8467

Cafe offering vegan tacos and toasties.

Moab Kitchen Food Truck



See page 8

Moab Rainbows Food Truck



See page 8

Moonflower Community Cooperative

39 E. 100 N. • 435-259-5712

Health food store stocking fresh fruit and vegetables, bulk dried food, household products, cosmetics. Kitchen makes prepared foods for take away and hot soup in winter.

Sabaku Sushi

90 E. Center St. • 435-259-4455

Sushi and Japanese restaurant with many vegan rolls and a few other dishes that can be made vegan.

MURRAY

Ice Häüs

7 E. 4800 S. • 801-266-2127

Separate large vegan menu includes traditional German foods like brats, wraps, and corn dogs. Offers vegan specials like “steak” on Friday nights. 21+ establishment.

Sweet Hazel Bakeshop & Bistro



See page 8

Tea Rose Diner

65 E. 5th Ave. • 801-685-6111

Authentic Thai restaurant that offers numerous vegan options. Owner is very friendly and knows everything that can be made vegan. Along with traditional Thai dishes, Tea Rose offers vegan ice cream and pancakes.

OGDEN

Aroy-D Thai Restaurant

1167 W. 12th St. #5 • 801-393-2828

Thai restaurant that has tofu and other dishes that can be made vegan upon request.

Bangkok Garden

2426 Grant Ave. • 801-621-4049

Many items can be made vegan including curries, noodle dishes, and stir fries.

Brixton's Baked Potato

2386 Kiesel Ave. • 801-827-0222

Baked potato eatery with options that can be made vegan.

Cuppa



See page 8

Funk 'n Dive

2550 Washington Blvd. • 801-621-3483

Many vegan bar options including chik'n tenders and crispy avocado rolls. 21+ only.

Harp and Hound

2550 Washington Blvd. • 801-621-3483

Located above the Funk N' Dive bar, featuring same menu of vegan bar food.

Lotus Cafe

529 25th St. • 801-392-2282

Healthy cafe with juices and raw dishes as well as soups and salads.

Mountain Donuts

3836 Washington Blvd. • 801-686-3681

Donut shop with several vegan donut options.

Pita Pit

309 W. 12th St. • 801-393-2460

Quick-service pita joint that has plant-based section including beyond meat crumbles, falafel, or hummus.

Ramen Haus

2550 Washington Blvd. • 801-393-0000

Ramen spot with two items on the menu that are vegan friendly.

Ruan Thai

215 W. 12th St. • 801-392-4499

Thai restaurant with items that can be made vegan upon request.

Sonora Grill

2310 Kiesel Ave. • 801-393-1999

One of Ogden's most beloved restaurants, several wonderful vegan options including black bean tostada, pineapple tacos, and fajitas.

Tona Sushi Bar

210 25th St. • 801-622-8662

Sushi restaurant with vegan sushi and a couple of appetizers that are also vegan.

Two Bit Street Cafe

126 25th St. • 801-393-1225

Cafe with a few vegan options including sandwiches with vegan cheese and vegan organic beer on tap.

Wimpy & Fritz

352 Park Blvd. • 85-492-3735

Mexican restaurant with a small selection of vegan tacos, such as soy chorizo or smoked jackfruit.

Zhang's Chinese Kitchen

2586 N. 400 E. • 801-737-3393

380 N. 2000 West • 801-732-8388

Chinese restaurant with a couple of vegan friendly menu items.

Zhang's Chopsticks

4510 Harrison Blvd. • 801-622-1688

Chinese spot with a couple of vegan dishes including a tofu dish and stir fry.

OREM

Arempa's

575 E. University Parkway, Ste. A-22

801-607-2992

Venezulean cuisine featuring a small, separate vegan menu with empanadas, protein bowl, salad, and more. Try the Donald Watson!

Green Me

160 N. State St. • 801-208-4733

Smoothie spot with plant based protein powder.

Thai Evergreen

160 E. University Pkwy. • 801-221-3765

Thai restaurant with several options that can be made vegan.

PARK CITY

11 Hauz

1241 Center Dr. L140 • 435-200-8972

Casual Jamaican restaurant with a few vegan items on the menu and some that can be veganized.

501 on Main

501 Main St. • 435-645-0700

High end dining restaurant with a few vegan items on the menu including risotto and curry.

Big Daddy's Park City Pizza Co.

1612 Ute Blvd., #111 • 435-649-1591

Pizza spot outside of town that has vegan cheese and gluten-free options.

Boneyard Saloon & Wine Dive

1251 Kearns Blvd. • 435-649-0911

Popular bar with vegan pizza and sides and additional vegetarian options.

Booster Juice

1675 Redstone Center Dr. • 435-575-3600

Popular juice bar with 2 locations in town and Kimball Junction. Many vegan smoothies, vegan pastries, and small items.

Fairweather Natural Foods

1270 Iron Horse Dr. • 435-649-4561

Small health food store in town with a small kitchen inside serving vegan soups every day and other vegan items.

FiveSeeds

1600 Snow Creek Dr., EF • 435-901-8242

Breakfast served all day, clearly marked vegan options include smoothie bowls, avocado toast, and chia pudding.

Hearth and Hill

1153 Center Dr. • 435-200-8840

Bar and Grill located in the popular Redstone shops with several vegan items on the menu including a veggie burger and a cauliflower steak.

Java Cow

402 Main St. • 435-647-7711

Coffee and ice cream shop on the famous Main Street in Park City with several vegan flavors each day.

Kuchu Shabu

3720 N. Sundial Ct. • 435-649-0088

Japanese spot with many vegan options including Ramen with mushroom or miso broth.

PC Pho

1890 Bonanza Dr., #105 • 435-214-7027

Pho restaurant close to Main street, serving vegan pho and veggie spring rolls.

**Food makes up to 25% of
your carbon footprint.**

One of the biggest things you can do to combat climate change is eating fewer animal products.



Red Rock Brewing

1640 Redstone Center Dr. • 435-575-0295
Bar and grill in Redstone Shopping Center with a couple of vegan options on the menu.

Ritual Chocolate

1105 Iron Horse Dr. • 435-200-8475
Chocolate company with a cafe including small bites and plant based milks.

Shabu

442 Main St. • 435-645-7253
Trendy Japanese restaurant on Main Street that has a few vegan options.

Squatters

1900 Park Ave. • 435-649-9868
Local brewpub with clearly marked vegan options including yellow curry, taco salad, and pancakes.

Tekila

255 Main St. • 435-649-3097
Mexican restaurant with a separate vegan menu including items like enchiladas and burritos.

Twisted Fern

1300 Snow Creek Dr., Ste. RS • 435-731-8238
High end restaurant that uses all fresh ingredients and has a few vegan options on the menu.

PAYSON

Tadka Cuisine of India

952 E. 100 N. • 801-465-6999
Indian restaurant with clearly marked vegan and gluten-free options. Closed Sunday.

PLEASANT GROVE

Wok the Line

1865 S. Pleasant Grove Blvd • 385-248-0008
Build your own noodle or rice bowls. Has tofu and several clearly-marked vegan sauce options.

PROVO

Black Sheep Cafe

19 N. University Ave. • 801-607-2485
Native American restaurant with a contemporary flare; many vegetarian options available.

Fat Daddy's Pizzeria

223 W. Center St. • 801-377-4992
Pizza place with multiple vegan options, including vegan cheese, pepperoni and sausage.

Guru's Cafe

45 E. Center St. • 801-375-4878
Clearly marked vegan options including bowls, soup, and a breakfast scramble.

The Happy Sumo

4801 N. University Ave. • 801-255-9100
Offers a few veggie roll options and noodle dishes that can be made vegan.

Clean air, clean energy, and a clean future



UTAH PHYSICIANS
for a HEALTHY ENVIRONMENT

We educate, we advocate and when necessary, we litigate

India Palace

98 W. Center St. • 801-373-7200

Indian cuisine with a vegetarian menu and vegan options available upon request.

Peace on Earth

35 N. 300 W., #200 • 801-577-4710

Cafe with vegan pastries and free wifi.

Pita Pit

1240 N. University Ave. • 801-356-7482

Quick-service pita joint that has plant-based section including beyond meat crumbles, falafel, or hummus.

Silver Dish

278 W. Center St. • 801-373-9540

Thai restaurant offering a tofu replacement.

The Spoon

75 W. Center St. • 801-345-2110

Inside of the NuSkin building and offers vegan menu items.

Vegan Sun

See page 9

SANDY

Ascent Kitchen

9645 S. State Sreet • 385-557-4986

“Elevated” cafe with smoothies, bowls, and wraps. Tofu available as protein in most bowl options.

Everest Curry Kitchen

68 E. 10600 S. • 801-571-4015

Indian and Nepali restaurant with vegetarian section, vegan upon request.

India House

8660 S. State St. • 801-569-0550

Northern Indian cuisine with many vegetable options available vegan (request vegan).

Royal India

10263 S. 1300 E. • 801-572-6123

Indian restaurant with vegetarian section on menu. Many can be made vegan upon request. Only open for dinner.

SPRINGDALE

Cafe Soleil

205 Zion Park Blvd. • 435-772-0505

Clearly labeled vegan options including tofu scramble, pizza and wraps.

Oscar’s Cafe

948 Zion Park Blvd. • 435-772-3232

Vegan options are clearly marked, includes enchiladas, burritos, and a black bean veggie burger.

Thai Sapa

198 Zion Park Blvd. • 435-772-0510

Thai restaurant with several vegan options clearly marked.

SPRINGVILLE

Ginger’s Garden Cafe

188 S. Main St. • 801-489-1863

Located inside Christopher’s Herb Shop. Clearly marked vegan options including soup, salad, sandwiches, smoothies and more.

Mekong Cafe 2

546 S. 1750 W. • 801-489-1129

Thai restaurant with vegetarian section that can be made vegan upon request.

ST. GEORGE

Benja Thai and Sushi

2 W. St. George Blvd., #12
435-628-9538

Popular Japanese spot on St. George Blvd. offering vegan and vegetarian options for certain menu items.

Bombay Cafe

40 W Tabernacle St • 435-673-8888

Family owned Indian spot that has several vegan options as well as other menu items that can be made vegan or vegetarian.

Gaia's Garden Cafe

See page 9

Red Fort Cuisine of India

148 S. 1470 E. • 435-574-4050

Indian restaurant with many vegan and vegetarian options, menu is mostly gluten free.

Tias

1812 W. Sunset Blvd. • 435-767-7797

Bakery and restaurant serving pupusas, nachos, tacos, avocado toast, and soups that can be made vegan upon request.

Twisted Noodle Cafe

20 N. Main St. • 435-628-9889

Healthy American restaurant with a vegetarian menu and vegan desserts.

SYRACUSE

Thai Jasmine Restaurant

1662 S. 2000 W. • 801-825-2719

Thai restaurant with several options that can be made vegan.

TAYLORSVILLE

Red Maple Chinese Cuisine

2882 W. 4700 S. • 801-747-2888

Large menu with many tofu/veggie items often found at Chinese restaurants. Also serves some more rare vegan options like lettuce wraps.

WEST JORDAN

Sakana Sushi Bar

7626 S. Campus View Dr. • 801-282-0670

Serves 6 different veggie rolls as well as a couple vegan appetizers including the tempura.

Sri Balaji Caffe

1617 W. 9000 S. • 801-996-3628

Fusing cuisines from Northern and Southern India, offers: dosas, vada, curries, and other spicy street foods. Cheap, quick, and easy! Be sure to avoid ghee.

Vegan Bowl

See page 9

WEST VALLEY

Curry Pizza

Multiple Locations

Innovative fusion cuisine featuring craft-your-own personal pizzas, with curry sauces and other Indian flavorings. Vegan cheese, crust, and "meat" are all offered.

Silvestre's Rolled Ice Cream

3524 S. 2200 W. • 801-972-5582

Small rolled ice cream spot with vegan, nut free and soy free options.

FULL VEGAN MENU, DOG
FRIENDLY PATIO



WWW.HANDLEBAR.COM | 801-953-0588

WWW.ICEHAUS.COM | 801-266-2127

7 E 4800 S, MURRAY UTAH



ice haus

FULL VEGAN MENU

WEEKLY EVENTS

COVERED PATIO

OPEN EVERY DAY



RESTAURANTS WITH MULTIPLE LOCATIONS

Many local and national establishments now offer vegan dining options. These restaurants have multiple locations in Utah. Please use the internet to find the nearest location to you.

Apollo Burger

Burger joint with the Impossible burger and a black bean patty for vegan options.

Aubergine Kitchen

Emphasizing healthier options including pita sandwiches & salads. Try the falafel lentil-quinoa bowl!

Beans & Brew

Local coffee house chain with a few options including avocado toast and a few vegan burritos.

Blaze Pizza

Chain of build-your-own personal pizzas, offering vegan cheese.

Bombay House

Popular Indian restaurant with vegan naan & 20 vegetarian specialties, most can be made vegan. Dinner only.

Café Rio

This popular franchise's beans, tortillas, guacamole, and salsas are vegan. Try the vegetarian taco salad (no cheese or butter) with cilantro lime vinaigrette!

Café Trang

Separate vegetarian section, most can be made vegan upon request.

Café Zupas

Chain restaurant with healthier vegan options, including tofu-quinoa bowl, wraps, and soups.

California Pizza Kitchen

Some pastas and salads can be made vegan. Website details vegetarian and vegan options. Try the roasted veggie salad with fat-free balsamic.

Capriotti's Sandwich Shop

Sandwich chain shop with a few different veggie sandwiches and an order online option.

Carls Jr

National chain now features the "Beyond" burger which can be made vegan upon request.

Chipotle

National chain with burritos and salads available vegan with sofritas shredded tofu and plant based chorizo. Avoid cheese and sour cream.

Costa Vida

Fast-food chain restaurant serving Mexican food with limited vegan options.

Del Taco

National chain offering bean and rice burritos, tacos, tostadas and more. Be sure to ask them to hold the cheese and sour cream!

Grounds for Coffee

Coffee shops offering homemade vegan soups, sandwiches, and desserts.

Guras Spice House

Tasty Indian restaurant featuring vegan curries, daal, aloo gobi, and other dishes. The menu clearly labels which items are or can be vegan.

Himalayan Kitchen

Nepali and Indian cuisine with vegetarian section on menu, most of which are vegan and are clearly labeled. Lunch buffet mostly vegan.

HuHot Mongolian Grill

Mongolian grill where you can create your own stir fry with tofu and veggies. Sauces with shellfish or dairy are labeled, avoid Chinese noodles (egg).

Jamba Juice

Smoothie chain with numerous vegan smoothies, juices, bowls, and vitamin/protein boosts. Apple cinnamon pretzel and oatmeal (no brown sugar crumble) are also vegan. Ingredients listed on menu and on website.

Just Organic Juice

Specializes in raw, organic, pressed juices and cleanses. Also serves smoothies, acai bowls, and hot drinks.

Kneader's

Chain cafe / bakery with a few vegan suitable breads and sandwiches that can be made vegan.

Knickerbockers Deli

Deli with several vegan sandwich options. Only open weekdays for breakfast and lunch.

Laziz Kitchen

Mediterranean restaurant with clearly marked vegan options. Great dips!

The Lucky Slice

Local pizza joint with many vegan options including vegan cheese. Try the delicious dough pups!

Mod Pizza

Pizza franchise with daiya cheese and extensive veggie selection.

Mountain Mike's Pizza

Great pizza place offering vegan cheese on any pizza or garlic sticks.

Normal Ice Cream

Ice Cream shop with a few vegan options available. Their composed cone options change regularly.

Oh Mai

Clearly marked and incredibly cheap vegan options including banh mi, bun noodles, and pho.

Perks!

Vegan options include a tempeh reuben, nachos with homemade cheese sauce, and tofu scramble.

PF Chang's China Bistro

Popular chain restaurant serving several vegan options. Try the vegetarian lettuce wraps! Note: some staff will tell you there are no vegan options. This is only because they do not consider sugar to be vegan.

Pita Pit

Quick-service pita joint that has plant-based section including beyond meat crumbles, falafel, or hummus.

Rumbi Island Grill

Quick-service Caribbean style chain serving tofu for a vegan option.

Saffron Valley

Indian cuisine with many vegan options; each location offers a different atmosphere and menu.

Spitz

Fast casual mediterranean restaurant with multiple vegan options.

Sub Zero Ice Cream

Ice cream franchise that flash freezes with liquid nitrogen when you order. Choose the non-dairy base option. Many vegan options for mix-ins.

Teriyaki Grill

Japanese restaurant in town with quick service and healthy vegan options.

Trolley Wing Co.

Vegan "wings" with a wide variety of sauces, including cajun, BBQ, teriyaki, & smokey ancho. A local favorite.

Tropical Smoothie Cafe

American cafe with fast service and vegan meats available.

Tsunami

Sushi house with vegan rolls available.

Vessel Kitchen

Healthy quick-serve cafe with a few suitable vegan options and some that can be made vegan.

Whole Foods

Salad bar, soup bar, sweets, and deli have labeled vegan options.

Zao Asian Café

Fast-casual restaurant with tofu available as protein in sandwiches, tacos, salads, and bowls. Specify vegan to staff.



Rodeos: A Tradition of Cruelty

By Wes Burdett

Growing up, I went to dozens of rodeos with my family and considered it a tradition. But more recently, I have attended Utah rodeos not as a spectator, but as a cruelty investigator. I am disturbed by the incidents of abuse and serious injuries I witnessed.

During calf roping, calves are loaded into chutes where they have their tails twisted or raked against the metal bars. When the chute opens, these terrified calves flee the pain in the chute, only to have a cowboy clothesline them to an abrupt stop with a chokingly tight rope around their neck. The animals are then slammed to the ground. These acts of violence often cause

injuries to the baby animals used in rodeos.

Bronc riding, bull riding, and steer wrestling may seem slightly less cruel, but these events are only made possible by abuse. Bulls are often shocked with electric prods while they are confined in the chute to work them up into a terrified frenzy before release. Horses and bulls have painful flank straps tied tightly around their sensitive mid-section and sharp spurs are stuck into their sides. These animals desperately try to remove the flank straps by bucking. This panicked bucking can be so violent that animals often suffer broken legs, backs, or necks. A recent review of California



Calf roping at Draper Days Rodeo, July 2023

Veterinary Medical Board records found that animals used in the rodeo often suffer serious and deadly injuries, including “crushed skulls, broken legs, gored flanks and snapped spines.”¹

Perhaps the worst event I saw at a recent Utah rodeo was “wild cow milking,” where lactating cows were released into the arena while teams forcefully held them down & milked them. They were pulling their tails as hard as they could, choking them with ropes, and laying on top of them. At the end of the event all the terrified mothers were trying to hide in a corner. To round them up, the cowboys sent one of their own calves into the middle of the arena as a lure. As soon as the baby cried, the mama cows ran over to protect him from the cowboys, so this baby wouldn’t go through what they just had.

They risked enduring pain again to protect their calf. Maternal bonds are strong, and the cowboys baited these mothers with their own children. This is terribly wrong.

Animals used in rodeos are exempt from Utah’s cruelty to animals statute² precisely because rodeos are so cruel. If these were dogs or cats being roped and slammed to the ground, we’d all call it cruel and demand that it stop. Calling the rodeo “tradition” doesn’t excuse abuse. Please join me in speaking out, refusing to attend any rodeo, and urging your elected officials to pass sensible laws curtailing the worst abuses of the rodeo.

Wes Burdett is an award-winning photographer and cruelty investigator. Follow him @wesburdett.

¹ Rust, Susanne. “California rodeo animals face violent and deadly casualties: Broken backs, legs and skulls.” *Los Angeles Times*. Dec. 7, 2022.

² Utah Code § 76-9-301(b)(ii)(B).



MAKES
6 WAFFLES

Blueberry Breakfast Waffles



.....

This recipe makes six delicious Belgian-style waffles, without any added sugar. If you don't have any blueberries on hand, you can omit that ingredient and they will still turn out great. Rather than saving excess batter, we recommend cooking all of the waffles up and freezing any you don't eat. Simply pop in the toaster to reheat!



For more tasty, easy and versatile
vegan recipes, UARC highly
recommends the cookbook
Isa Does It by Chandra Moskowitz

Ingredients

- 2 cups non-dairy milk (soy or almond work great)
 - 1 Tbsp. apple cider vinegar
 - 1 $\frac{3}{4}$ cups all-purpose or whole wheat pastry flour
 - 1 Tbsp. baking powder
 - $\frac{1}{2}$ salt
 - 2 Tbsp. ground flaxseed
 - $\frac{1}{2}$ cup water
 - 3 Tbsp. olive oil
 - 3 Tbsp. pure maple syrup
 - 1 tsp. pure vanilla extract
 - $\frac{3}{4}$ cup rolled oats
 - 1 cup blueberries (fresh or frozen)
-

Instructions

1. Start by making a vegan “buttermilk” by mixing the non-dairy milk and apple cider vinegar in a big bowl or 4-cup measuring container. Let curdle for 1-2 minutes. While it curdles, measure out and whisk the flour, baking powder, and salt in a separate bowl.
2. To the curdled milk, whisk in the flaxseed vigorously for 1 minute until frothy. Now, in this liquid bowl, add the water, olive oil, maple syrup, and vanilla extract and mix again.
3. Pour the liquid ingredients into the dry bowl you prepped in step 1 and stir with a wooden spoon until you don't see dry patches. It will be a bit clumpy and that's OK. Finally, add the oats and blueberries and stir until combined.
4. The batter is finished! Use it to cook according to your waffle iron instructions, usually about a half-cup of batter per waffle. Be sure to spray the iron with spray oil in between each waffle to prevent sticking. Top waffles with fresh fruit, if desired.



MAKES
8 Sloppy
Joes

TVP Sloppy Joes



*UARC “Vegan Food for Good”
Volunteers Cook and Serve TVP Sloppy Joes.*

As part of our “Vegan Food for Good” program, UARC prepares and serves 50 vegan meals for unhoused young people at the Volunteers of America Youth Resource Center (YRC) shelter in SLC at least twice per month. On service days, we often turn to recipes from *The New Farm Vegetarian Cookbook*. This classic work was originally published in 1975 by a self-described “hippie commune” located in Tennessee, which is still in operation today! These recipes are often affordable and easy to scale up for large numbers of people. This TVP sloppy joe recipe is always a hit at the shelter because the clients find it familiar to the food they grew up with and enjoy.

If you'd like to sign up as a volunteer to cook and serve vegan meals for the kids at the YRC with UARC, simply scan the QR code.



Ingredients

- 1 package of 8 hamburger buns (Franz brand is an easy/affordable vegan choice)
- 1 large white or yellow onion, chopped
- 1 large green or red bell pepper, chopped
- 2 Tbsp olive or canola oil
- 1 ½ cups boiling water
- 1 15-oz can of tomato sauce
- ½ cup of ketchup
- 2 Tbsp chili powder
- ½ tsp of black pepper
- 1 tsp of salt
- 1 Tbsp of soy sauce
- 1 Tbsp of mustard
- 1 Tbsp of sugar (optional)
- 1 ½ cups of dried TVP (*you can find textured vegetable protein (TVP) at Sprouts and other retailers, often in the bulk section*)

Instructions

1. Sauté onion and pepper in oil for 5 minutes over medium heat.
2. Add remaining ingredients. Simmer for 20 minutes. Serve on toasted buns with your favorite side dish!!



**UARC recommends
the culinary classic
The New Farm
Vegetarian
Cookbook!**

BBQ Goes Vegan

By Jeremy Beckham

When I spoke with Chris Blatchford, he was in the middle of roasting 30 lbs. of poblano peppers, all of which would be used in a matter of days. For Chris, owner and operator of **Blatch's Backyard BBQ**, making ingredients from scratch is essential for good homecooked BBQ. Chris puts in about 60 hours of work per week creating and serving hundreds of meals for pickup from his house in the SLC Avenues each Wednesday & Friday. Wednesdays are rotating chef specials, like wings, fried “chikn” sandwiches, or pastrami seitan Reuben sandwiches. Fridays offer a classic “a la carte” menu with four different protein options: tempeh burnt ends, Korean BBQ, seitan brisket, and jackfruit. Meals are accompanied by familiar sides like coleslaw, potato salad, or fresh rolls. And the portions are generous. “Each sandwich we serve has a half-pound of protein. I want my customers to feel full and satisfied,” says Chris.



When Blatch's first opened, it also offered animal-based meat dishes. But earlier this year, Blatch's phased out the few remaining meat dishes, becoming Utah's first all-vegan BBQ joint. Since then, business has only boomed. Tourists now make it a point to stop by, and many impressed non-vegan customers have happily transitioned along with the business.

Chris is thrilled that Blatch's Backyard BBQ is demonstrating that going vegan doesn't mean sacrificing anything. “BBQ is an American staple, but the way it's done now [with animal products] is not sustainable. We want to show people that we can continue this beloved American tradition without harming animals or the environment.”

Blatch's Backyard BBQ is located at 186 I Street in Salt Lake City and is open for pickup orders on Wednesdays and Fridays. Follow them on Instagram @blatchbackyardbbq to stay up to date on rotating specials.



UTAH ANIMAL RIGHTS COALITION MEMBER BENEFITS

Becoming a member of Utah Animal Rights Coalition (UARC) is the easiest and most effective way you can support our organization's efforts in Utah to promote veganism and to fight against cruelty to animals, wherever it occurs.

You can become a member with a donation of \$25 or more. Members automatically receive our E-newsletter, and are eligible to receive various benefits and discounts for local businesses that participate in UARC's membership benefits program.

UARC is a non-profit organization. 100% of your donation goes to paying for the actual costs of our campaign efforts.

Sign-up now at: [UARC.io/join](https://uarc.io/join)



Buds – Free zucchini chocolate chip cookie with any purchase (one free cookie per card, per day with purchase. While supplies last).

City Cakes and Café – 10% discount.

Cranky's Bike Shop – 10% discount on parts and accessories, special pricing on select bikes.

Echelon Tattoo – 10% off any in-store boutique purchase.

Passion Flour Patisserie – 10% discount.

Mark of the Beastro – 10% discount.

Mi Ranchito – 10% discount on vegan menu Monday-Thursday.

Monkeywrench – Free upgrade to waffle cone.

Old Cuss Cafe – 15% discount

Sweet Hazel Bakeshop & Bistro – 15% discount.

Utah Co-Op – 10% discount (cannot be combined with any other discount/coupon, must show member card before closing ticket).

Vegan Daddy Meats – 15% discount

Vertical Diner – 10% discount (cannot be combined with any other discount).

YUMZ – 10% discount

Zest Kitchen and Bar – 20% discount on food (not valid with other offers).

If your business would like to join the UARC membership benefits program, please email info@uarc.io.



Sign-up now at: [UARC.io/join](https://uarc.io/join)



Sage Mountain

Health • Planet • Animals



P.O. Box 681596
Park City, Utah 84068

info@sagemtn.org

VOLUNTEER

We hold group volunteering Saturdays from 10 am-noon. Then spend the remaining minutes visiting the animals.



VISIT

Our tours run Monday, Wednesday, and Saturday from 5–6pm, beginning in Spring and ending in the Fall. By reservation only.



YOGA

Join us Tuesdays at 6pm on the Peace Platform for 45 minutes of yoga, followed by a sip and stroll with our rescued residents.



sagemtn.org