

PRESENTED BY UARC

ALWAYS **FREE**

UTAH

2027

VEGAN

GUIDE



INSIDE:

- Dining Guide and Recipe
- The Salty Sanctuary
- Rabbit Rescue

PHOTO:

Vertical Diner

UTAH VEGAN GUIDE

Welcome! It's no secret we're living through economically challenging times, and now more than ever, where we spend our money matters. Every purchase is a vote for the kind of community we want to build. Small, local, family-run businesses are facing enormous challenges, and they need our support to survive and thrive. Here in Utah, we've sadly watched several of our favorite vegan spots close their doors over the past few years. So whenever possible, please choose a locally owned vegan restaurant, bakery, shop, or business. Your support truly makes a difference.

But our community is about so much more than where we eat. It's also about compassion, connection, and taking action for animals. Please support the people and organizations working every day to create a kinder world. Beyond being vegan, you can also volunteer your time or resources at a local animal non-profit, or visit one of Utah's many farm animal sanctuaries. **Sage Mountain, Clementine Ranch, The Salty,** and **Ritzly Rescue** are just a few of the wonderful sanctuaries and rescues doing important work, and all are deserving of our support.

If you're considering adding an animal to your family, please foster or adopt. Every day, countless dogs, cats, rabbits and other animals are waiting for loving forever homes.

And remember, giving back doesn't have to be complicated. Look for small ways to help animals, support local businesses, volunteer, donate, or simply share someone else's work. These acts of kindness can have a ripple effect. Helping others can heal us in ways we don't always expect and our actions can inspire someone else to pay it forward.

Thank you for being part of Utah's vegan community and uplifting the people and businesses that make it special!



Looking for more ways to get involved? Follow **Utah Animal Rights Coalition (UARC)** on social media to learn about upcoming opportunities to volunteer, advocate, and connect with the local animal rights community. We do everything from organizing SLC VegFest to protesting animal abuse, sanctuary projects, and feeding the unhoused. Consider becoming a member at uarc.io/join for more info!  

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The Vertical Journey:

How Ian Brandt Turned a Passion for Food into a Fixture of SLC's Vegan Scene

By Janelle Bates

No matter how one finds veganism, it often leads to big changes where they were least expected. For Ian Brandt, owner of **Vertical Diner** and **Vertical Deli**, finding veganism helped him lead a life that aligns with his values. His passion for good food and ethical business practices created spaces for people to enjoy a meal that's healthy for bodies in an environment that nurtures souls.

Ian Brandt grew up outside of Philadelphia where he spent his teenage years working in diners. "I always worked in food service and had a weird desire to be a chef and run a restaurant," he said.

In 1993, Brandt came to Utah for mountain views and to attend the U of U. His vegetarian journey began soon after, and when he was just 22 years old, veganism found him. While attending a gathering hosted by nonprofit group, EarthSave (founded by John Robbins, author of *Diet for a New America*), he found that the ethical and health benefits of veganism resonated with him deeply.

Brandt was soon checking out vegan cookbooks. He said the gourmet recipes in *The Millennium Cookbook: Extraordinary*



Sweet Stack: Pancakes topped with berries, powdered sugar, and coconut whipped cream.

Vegetarian Cuisine inspired him to create vegan alternatives. For example, at the time, items like vegan cheeses were not available commercially, so he found recipes and kept improving on them. Brandt would then take his improvised recipes to the group potlucks where he found a way to show people how delicious vegan foods can be.

With his passion for vegan cuisine, food service, and ideas for how to operate his own business, he was ready to take

the next journey. In 1998 he opened a vegan food cart, and the next year Sage's Cafe, a gourmet vegan restaurant named after his new baby. "I was young and just went for it. I gave it a shot, and after ten to fifteen years, I started to feel like I made it, and it became my long-term career," Brandt said. "It was really hard, people don't realize how hard. It was a lot of sacrifice." After Sage's Cafe was open for eight years, he found that fine dining required never-ending improvement. He returned to his original dream of opening a diner, *vegan style*.

"I really like the vibe of a diner. It's chill, and all kinds of people congregate there. It's like a church," Brandt said. **Vertical Diner** was opened in 2007, inspired by a 50s diner on West Temple and named for the Utah mountains. He found he enjoyed the laid-back environment and stability of the new restaurant. A second location, **Vertical Deli**, was opened last year. Frozen tender tigers, sauces, sides, and other ready-to-eat vegan foods are available in the deli case at both locations, with enough options to please everyone!

With a menu of over six pages of minimally processed gluten-free and vegan options, new Vertical patrons may be



The Mountain: Country potatoes stacked with tofu scramble, sausage, grilled peppers/onions, homemade cheeze sauce, and guacamole.

overwhelmed choosing what to try first. Brandt recommends the French toast, tofu benedict, or the jackfruit and kimchi tacos. But his all-time favorite is "The Mountain," what he calls an old-style hippie dish with country potatoes, tofu scramble, vegan cheese sauce, and guacamole.

Vertical Diner (234 W 900 S) and **Vertical Deli** (3245 S State) will continue to be mainstays in the SLC vegan scene. Open 7 days a week, offers catering and event space in the Jade Room. Be sure to check out their social media for specials like monthly all-you-can-eat Pizza Nights and Taco Thursdays!

SALT LAKE CITY

All Chay

1264 W. 500 N. • 801-521-4789

All vegan family-owned Vietnamese restaurant offering banh mi, pho, rice, and noodle dishes.

Buds

509 E. 300 S. • budsslc.com

Quick service take-out sandwich shop recreating classic subs like the buffalo chicken, cheesesteak and banh mi. All sauces and proteins are made in-house. Don't forget to try the lavender lemonade or the chocolate chip cookie!

Cashew Confections **Order Online**

All vegan in-home bakery, featuring breads, cookies, rolls and more. Pre-order online, self serve pick up in Millcreek.

Cinnful Buns **Online Order**

All vegan bakery, serving sweet and savory rolls. Moving now, check social media for their new location!

Grounded Plant Based Goods **Order Online**

Homemade vegan treats, offering custom orders and pop ups. Check social media for details.

Little Bird Bakeshop **Order Online**

All vegan pop-up baker specializing in innovative cookie flavors. Online order only, check social media for details.

Love & Light Bakery

2142 S. Highland Dr • 801-698-3235

100% vegan bakery specializing in donuts and other treats. Gluten-friendly options on request!

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!

Monkeywrench Sugarhouse

1845 S. 700 E.

Second location of the popular downtown SLC spot featuring more of their delicious small batch ice cream flavors, milk shakes, malts, and pints to take home!

KEY**ALL VEGAN** = **ALL VEGETARIAN** = **UARC PARTNER** = 

Sweet Hazel

Grab & Go

1000 S. Main St. • 801-889-1466

Stock up your fridge in the mini-mart with ready made sandwiches, salads, burritos, and don't forget dessert! Mini cakes, brownies, cookies and more available. Makers of Break Free candy – get your candy bar favorites made 100% vegan. Online ordering and gluten free options available.

Unicorn Chocolates

Order Online

Vegan chocolates that can be ordered online and shipped or picked up locally.

Vegan Daddy Meats



569 N 300 W K102 • 385-315-2177

Handmade meat substitutes, including Beafy Slices, Unreal Bacon, and Vings. Specializing in vegan comfort/fast food.

Vertical Deli



3245 S. State St. • 385-500-2794

All vegan drive-thru and quick service deli location of SLC's popular Vertical Diner.

Vertical Diner



234 W. 900 S. • 801-484-8378

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

Zest Kitchen & Bar



275 S. 200 W. • 801-433-0589

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



Happy pig! Clementine Ranch, Salt Lake County.

KANAB

Angel Village Café

610 W. Seppi Ln.

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

MIDVALE

City Cakes & Café



7009 High Tech Dr.
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.

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!

PROVO

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

The Hearty Beet

969 N. 3050 E. #A2 • 435-962-0216

Vegan cafe serving minimally processed foods like healthy versions of nachos, desserts, bowls, and more.

SOUTH JORDAN

Rainbow Kitchen + Rebel Tonics

10382 S. Jordan Gateway #150
385-526-7700

Organic vegan health food cafe serving a variety of lunch dishes, smoothies, and tonics.

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.

The Green Atelier Bakery ♥

Order Online

Small batch specialty vegan cookies, cinnamon rolls, and other goodies. Check their website and social media for the current menu!

SHOPPING

Easy Does It ♥

501 E. 300 S.

Vegan self-care corner store specializing in a curated selection of plants, snacks, skincare, and locally made goods. Make sure to grab a sandwich at Buds next door!

Seasons Plant-Based Cheese ♥

Online Order

Local vegan cheese makers! Order online, also available from local vendors.



Who is The Salty. Sanctuary?

By Aaron Curry & Katie Torgersen

Emily Potter started **The salty. Clothing Company** in 2018 in the shadow of her mother dealing with the heartache of cancer. The experience inspired her to create products to remind people that they're "not alone in their struggles", paving the way for the creation of **The salty. Sanctuary** in 2021, which also coincided with Emily becoming vegan. This nonprofit sanctuary in southern Utah provides safety and a long term refuge for farm animals.

The sanctuary is currently home to horses, goats, sheep, chickens, a llama, and a group of cows from a dairy farm. When the cows were rescued as calves, they were emaciated, fragile, and fighting against life-threatening pneumonia. However, after persistent love and care, they were able to recover. While some of Emily's rescues suffered abuse on farms, others were simply abandoned after their humans no longer had a "use" for them. All they needed was a place to lay their heads, and live their lives out in peace.

Even though many of the animals have experienced mistreatment from humans, they still show gentleness and affection towards people. Saving one



Emily Potter

animal's life may not change the whole world, but it will certainly change the world for that one animal. As Emily puts it, "they are a beautiful reminder that every life has value beyond what it can produce".

Emily's two creations, the clothing brand and the sanctuary, share a beautiful mission of compassion for all. "The word 'salty' became a reminder that life doesn't always turn out the way we planned, but we can still choose resilience, hope, and compassion in the middle of it."

Q+A with Emily Potter and Katie from UARC!

Katie: *What is your favorite part about **The salty.**?*

Emily: I really love the connection I get to make with the animals, especially the ones rescued from bad places. Over time you get to really learn their personalities, including their individual expressions of joy.

K: *What is your long term dream for the sanctuary?*

E: I would love for this to be a forever home for these animals with space and means to rescue even more. Southern Utah is a hard place, though, as property is scarce. I am happy that they are safe and loved in the space I'm currently renting,

but ultimately I would love to own a property for them. I would also really love for it to include a space for a community garden.

K: *What is the most impactful way for people to support?*

E: Right now the most important thing is paying for feed and care supplies for the animals. I would really love to find sponsors. Although scheduling and managing can be difficult, I am also open to volunteers.

Those looking to spend time with the animals or help in other ways can reach out to Emily on instagram @**the.salty.sanctuary**



SALT LAKE CITY

Aces High Saloon

1588 S. State Street • 801-906-8908

SLC's premier metal/outlaw country venue and bar, with great vegan options featuring Vegan Daddy Meats.

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!

Avenues Proper

376 8th Ave • 385-227-8628

Brewpub with a few vegan options.

The Bagel Project

779 S. 500 E. • 801.906.0698

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

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.

Bricks Corner Pizza

1465 S. 700 E. • 801-953-0636

Detroit-style pan pizza, vegan cheese available for an extra charge.

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 vegetarian stick in your bowl to have your creation cooked separately in veg oil.

Cinnful Buns



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.

The Dough Miner

945 S. 300 W. #101 • 385-334-3389

Bakery offering bagel sandwiches and enormous vegan glazed donuts!

Eats Bakery & Coffee



248 E. 100 S. • 385-337-8368

Vegan bakery offering cookies, cinnamon rolls, cupcakes, donuts, brownies, and more! Serves dairy.

Este Pizza

2148 S. 900 E. • 801-485-3699

NYC-style pizza with vegan options including vegan cheese, salad, and garlic knots.

Eva's Bakery

155 S. Main St. • 801-355-3942

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

Falafel Tree

Food Truck

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

Goat Head

702 S. 300 E. • 801-938-4505

Vegan-friendly brunch in a spooky setting.

GOZO

432 S. 900 E.

Local producer of healthy vegan and gluten free snacks. Available online, in stores, and at their pop-up shop.

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 many vegan options.

Gurkhas

3025 E. 3300 South • 385-261-2160

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.

Himalayan Kitchen

360 S. State Street • 855-800-6226

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

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.

Hot Buns

290 S. Edison St. • 801-355-0543

Walk up window attached to Copper Common. Offering vegan bao buns and housemade vegan black bean burger.

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.

Just Organic Juice

2030 S. 900 E. • 801-953-0112

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

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.

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.

Koyote

551 W. 400 N. • 835-262-5559

Japanese style eatery with vegan ramen and many other dishes.

Krua Thai

212 E. 500 S. #3204 • 801-328-4401

Vegan-friendly Thai cuisine in downtown SLIC.

Kuchu Shabu

2121 S. McClelland St. #106 • 435-800-9590

Japanese spot with some vegan options.

Lazy Day Café

2020 E. 3300 S. Ste. 23/24

801-953-0311

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

Long Life Vegi House

2561 S. State St. • 801-467-1111

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

Love & Light Bakery

See page 6

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.

Mazza

1515 S. 1500 E. • 385-215-7289

Features many vegan appetizers and entrees, including exquisite hummus and falafel.

The Med

420 E. 3300 S. • 801-493-0100

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

The Melting Pot

340 S. Main St. • 801-521-6358

Upscale fondue restaurant chain with a vegan cheese option.

Mi Ranchito Grill

3600 S. State St. • 801-263-7707

Offers a separate vegan menu with traditional favorites like enchiladas and tamales. Features an incredible all-vegan dinner buffet on select days!

Monkeywrench

See page 6

Monkeywrench Sugarhouse

See page 6

Mumbai House

2731 E. Parley's Way • 801-581-0222

Popular Indian restaurant with vegan naan and 20 vegetarian specialties, most can be made vegan.

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!

Namash Swahili Cuisine

Food Truck

East African cuisine with vegan options. Mainly a food truck, also offers catering and online orders.

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

325 Pierpont Ave

Vegetarian coffee shop featuring breakfast, lunch, pastries, and vintage clothing.

Oromian

1522 S. State St. • 801-978-9673

East African family-owned cuisine, vegan-friendly selection.



ARTS, CULTURE, & ENTERTAINMENT

ACE Grant provided by the SLC Mayor's Office

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. 21+

Pizzatwist

675 E. 2100 S. Ste G. • 801-634-3334

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

Prime Corn

Order Online

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

Proper Burger Co.

865 Main St. • 801-906-8604

Burger joint connected to a brewery, with several vegan options including shakes.

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

Popular second location near to the original Red Iguana with the same menu.

Robin's Nest

83 E. 300 S. • 801-466-6378

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

The Rose Establishment

235 S. 400 W. • 801-208-5569

Cozy coffeehouse with several vegan breakfast and lunch items.

Rubi's Peruvian Taste

970 E. 3300 S. • 801-899-7507

Traditional cuisine from Peru with a special selection of vegan platters.

Ruth's Diner

4160 Emigration Canyon Rd.

801-582-5807

Longtime SLC icon with wonderful patio area. Serving breakfast, lunch, and dinner.

Scovilles

2121 McClelland St. Ste 101 • 256-801-2121

21+ hot wing bar offering vegan wings, a variety of sauces, and vegan ranch.

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 a few clearly marked vegan options for breakfast, lunch, and dinner. Additional location in SLC Airport.

Sugarhouse Coffee

2011 S. 1100 E. • 801-883-8867

Popular coffee shop with live music/events several days a week. Multiple vegan cafe options, fresh juices, and pastries.

Sushi Groove

2910 S. Highland Dr. • 801-467-7420

Large variety of veggie rolls, many of which are vegan. Ricebowls and starters. Live music.

Sushi Squad

Food Truck

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

Sweet Hazel Grab & Go



See page 7

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.

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.

Tosh's Ramen

1465 S. State St. • 801-466-7000

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

Vegan Daddy Meats



See page 7

Veggie House



52 E. 1700 S. • 801-282-8686

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

Vertical Deli



See page 7

Vertical Diner



See page 7

Violet Eatery

1588 E. Stratford Ave • 385-229-4276

Cafe featuring a variety of vegan sandwiches,
soups, and salads

Vive Juicery



Order Online

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

Zest Kitchen and Bar



See page 7

AMERICAN FORK

Thai Village

208 W. Main St. • 801-492-7677

Thai restaurant serving curries, noodle dishes,
and soups.

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.

Sweet Cake Bake Shop

96 S. Main Street • 801-683-8396

Vegan and gluten-free baked goods available,
check daily menu for details. Also offers
custom catering for weddings and special
events.

DRAPER

Ikea

67 Ikea Way • 888-888-4532

Furniture retail chain store with food counter
offering cheap and filling veggie hot dogs and
other Swedish specialties.

FARMINGTON

Ramen Haus

1060 UT-225 #112 • 385-988-3917

Japanese spot with several items on the menu
that are vegan friendly, including ramen.

HERRIMAN

Guras Spice House

5530 W. 13400 S. • 801-666-8754

Tasty Indian restaurant featuring vegan curries, daal, aloo gobi, and other dishes. Vegan items clearly marked.

HOLLADAY

Dasks Greek Grill

6522 Big Cottonwood Canyon Rd.
801-733-5010

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

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).

Uncle Jeffi's

1968 E. Murray Holladay Rd • 801-515-4999

Brunch spot offering both American and Asian cuisine. Majority of the menu items can be prepared 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

Clearly labeled vegan options for lunch and dinner.

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.

Red Fort Cuisine of India

1600 Woodland Park Dr • 801-820-6646

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

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.

Sabaidee

250 W. State St. • 801-766-4076

Thai restaurant with many dishes that can be made vegan.

LOGAN

Akita Ramen Poke & Boba

20 W. 400 N. • 435-232-0437

Casual Japanese cafe with a few vegan options.

Beehive Pub & Grill

255 S. Main St. • 435-753-2600

Popular grill with 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.

Le Croissant

48 Federal Ave • 435-213-9630

Bakery and cafe with a few clearly marked vegan breakfast and lunch options.

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 • 801-233-3339

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

Chabaar Beyond Thai

119 W. 7200 S. • 801-566-5100

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

City Cakes & Café



See page 8

Keyaki Sushi

777 E. Fort Union Blvd. • 385-787-4409

Sushi restaurant with many deluxe vegan sushi rolls and specials on Vegan Mondays.

The Watershed Pub & Kitchen

7176 S. 900 E. • 801-938-4505

Local bar with a separate vegan-friendly menu.

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.

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

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.

Singha Thai

92 E. Center St. • 435-259-0039

Thai restaurant with classic dishes, vegan upon request.

MURRAY

Ice Haüs

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.

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.

NORTH OGDEN

Coldwater Cannery Creamery

2000 N. Washington Blvd.

Handcrafted ice cream shop offering a few rotating vegan flavors. Non-dairy milkshakes and Italian ice also available.

Zhang's Chinese Kitchen

2586 N. 400 E. • 801-737-3393

Chinese restaurant with a couple of vegan friendly menu items.

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.

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.

Kesari Indian Kitchen

2214 Washington Blvd. • 385-333-4779

Indian restaurant with clearly marked vegan options.

Lotus Cafe

529 25th St. • 801-392-2282

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

Ogden Produce Company

582 25th St. • 385-333-7100

Health food market and cafe with colorful plant based dishes. Partners of the Ogden Food Fund, which helps the community access nutritious meals at an affordable price.

Pita Pit

309 W. 12th St. • 801-393-2460

Quick-service pita joint that has a few plant-based options including falafel and hummus.

Ramen Haus

2550 Washington Blvd. • 801-393-0000

Japanese spot with several items on the menu that are vegan friendly, including ramen.

The Fort Cuisine of India

2564 Ogden Ave • 801-872-3614

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

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. Dinner menu has several vegan versions of modern Mexican classics.

Tona Sushi Bar

210 25th St. • 801-622-8662

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

Zhang's Chinese Kitchen

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!

Thai Evergreen

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

Thai restaurant with several options that can be made vegan.

PARK CITY

11 Haus

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.

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.

Booster Juice

1890 Bonanza Dr., Suite 108 • 435-615-0099

Popular juice bar chain with many vegan smoothies and vegan pastries and small items.

Este Pizza

1781 Sidewinder Dr. Ste. 1 • 435-731-8970

NYC-style pizza with vegan options including vegan cheese, salad, and garlic knots.

FiveSeeds

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

Vegan options include smoothie bowls and avocado toast.

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.

Loma

900 Main St. • 435-800-2822

Upscale, seasonally changing menu with a few labeled vegan options.

Mumbai House

890 Main St. #5115 • 801-581-0222

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

PC Pho

1890 Bonanza Dr., #105 • 435-214-7027

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

Squatters Roadhouse Grill

1900 Park Ave. • 435-649-9868

Offers a vegan breakfast platter and a few other vegan options for lunch and dinner.

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

Parlor Doughnuts

2135 W. 450 S. • 801-692-2220

Coffee shop and bakery offering vanilla or chocolate cake doughnuts with your choice of toppings.

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

Bombay Cafe

463 N. University Ave • 801-373-6677

Popular Indian restaurant with many vegetarian specialties, many can be made vegan.

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.

India Palace

98 W. Center St. • 801-373-7200

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

Parlor Doughnuts

2319 N. 400 W. • 801-406-2009

Coffee shop and bakery offering vanilla or chocolate cake doughnuts with your choice of toppings.

Peace on Earth Coffee

35 N. 300 W., #200 • 801-577-4710

Coffee shop with vegan bagels, burritos, and sandwiches.

Silver Dish

278 W. Center St. • 801-373-9540

Thai restaurant offering a tofu replacement.

Vegan Sun



See page 8

RIVERTON

Nekter Juice Bar



1977 W. 12600 S. • 801-302-9040

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

Peace on Earth Coffee

4534 W. Partridge Hill Lane • 801-930-9201

Coffee shop with vegan bagels, burritos, and sandwiches.

SANDY

Everest Curry Kitchen

68 E. 10600 S. • 801-571-4015

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

Ike's Love & Sandwiches

1065 E. 9400 S. • 801-902-9804

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

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.

SOUTH JORDAN

Himalayan Kitchen

11521 S. 4000 W. • 801-254-0800

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

Rainbow Kitchen + Rebel Tonics



See page 8

Sri Annapoorani



1776 W. 10610 S. • 801-686-8589

All vegetarian south Indian cuisine with many vegan options.

SPRINGDALE

Feellove Coffee

1101 Zion Park Blvd. Ste A • 435-772-5980

Coffee shop chain offering vegan brunch options and pastries.

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.

ST. GEORGE

Benja Thai and Sushi

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

Offers vegan and vegetarian options for certain menu items.

Bombay Cafe

40 W Tabernacle St • 435-673-8888

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

Feellove Coffee

Multiple Locations

Coffee shop chain offering vegan brunch options and pastries.

The Hearty Beet

See page 8

Ike's Love & Sandwiches

806 N. Bluff Sts • 435-674-8553

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

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. • 435-922-0555

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

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.

TOOELE

Mumbai House

778 N. Main St. • 801-581-0222

Popular Indian restaurant with vegan naan and vegetarian specialties, most can be made vegan.

VINEYARD

Cinnaholic

See page 8

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.

Vegan Bowl

See page 9

WEST VALLEY

Bricks Corner Pizza

2808 S. 5600 W. • 801-953-0636

Detroit-style pan pizza, vegan cheese available for an extra charge.

Burgertory

3197 S. Redwood Rd. Ste 9

385-229-4074

Horror-themed burger joint offering vegan burgers and Stake Frights (fries).

Nepali Chulo

3376 S. 5600 W. • 801-987-8404

Indian and Nepali dishes cooked in a traditional wooden stove. Vegan options are clearly marked.



SERVES
4-6

Biscuits & Gravy



UARC is deeply honored to be recognized by Volunteers of America. Thank you to all of our leads, volunteers, and supporters who make Vegan Food for Good a Success!

UARC's **Vegan Food for Good** program has been a community staple since 2016. Our dedicated volunteers coordinate, prepare, and serve nutritious vegan meals to unhoused young people at the Volunteers of America Youth Resource Center (YRC) shelter in Salt Lake City twice per month. We typically see about 50-60 clients per meal, particularly in the colder months.

This gravy recipe from **Nora Cooks** has been a solid hit with YRC clients, staff, and our volunteers. It pairs great with *Pillsbury Grands Southern Homestyle Buttermilk Biscuits*, which happen to be “accidentally” vegan. Not only is this recipe easy-to-make and delicious, but also familiar, and free from cruel animal products.

This program would not be possible without the time and dedication of our incredible volunteers.

**Would you like to get involved?
Please scan the QR code to sign up!**



Ingredients

- 14 ounces vegan sausage crumbles (such as Beyond, Impossible, Boca, Gardein, etc.)
- 1/3 cup all purpose flour
- 3 cups unsweetened plant milk
- 1 tablespoon vegan butter or margarine
- 1/8 teaspoon dried thyme
- 1/8 teaspoon dried crushed rosemary
- 1/8 teaspoon crushed red pepper flakes
- 1 teaspoon salt, or more to taste
- 1/2 teaspoon ground black pepper



Instructions

1. In a large pan over medium-high heat, cook the vegan sausage.
2. Next add the flour, plant milk and vegan butter, continue on medium heat for 5-10 minutes, stirring constantly, until the gravy thickens.
3. Add the thyme, rosemary, red pepper flakes, salt and black pepper. Taste the gravy and add any additional seasonings, as desired.
4. Serve with warm biscuits, and a side of fresh fruit, grilled peppers, or potatoes, and a smile!

Visit noracooks.com for more fantastic, easy-to-prepare vegan recipes!

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 vegan sandwiches, bowls and salads.

Baya Bar

Offers juices, smoothies, pitaya bowls and acai.

Beans & Brews

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.

Bowls Superfoods

Smoothie and fruit bowl bases with a wide variety of toppings, as well as chia seed pudding.

Café Rio

This franchise's beans, tortillas, guacamole, and salsas are vegan.

Café Trang

Vietnamese Bistro with build your own meals.

Café Zupas

Chain restaurant with healthier vegan options, including salads, bowls, wraps, and soups.

California Pizza Kitchen

Some pastas and salads can be made vegan. Website details vegetarian and vegan options.

Capriotti's Sandwich Shop

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

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.

Curry Pizza

Craft-your-own personal pizzas, with curry sauces and other Indian flavorings. Vegan cheese, crust, and "meat" are all offered.

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!

Everbowl

Superfood fruit smoothie and bowl chain with customizable vegan options.

Feellove Coffee

Coffee shop chain offering vegan brunch options and pastries.

Flower Child

Chain restaurant with healthy vegan options including salads, bowls, and wraps.

Good Earth Markets

Local natural and health food grocery chain, founded in 1973.

Grounds for Coffee

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

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.

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!

Little India Fine Dining

Many clearly labeled vegan options, featuring mostly northern Indian cuisine.

Lucky Slice

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

Menchie's Frozen Yogurt

Generally offers 1-2 vegan flavors including sorbet and non-dairy milk base. Check stores for details.

Mod Pizza

Pizza franchise with daiya cheese and extensive veggie selection.

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!

Southern Utah coffee shop chain with some vegan options.

PF Chang's China Bistro

Popular chain restaurant serving several vegan options. Try the vegetarian lettuce wraps!

The Pie Pizzeria

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

Pita Pit

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

Protein Foundry

Smoothie and acai bowl chain, offers plant-based protein powder as a substitute!

Publik

Local cafe and coffee shop chain with some vegan options.

Red Fort Cuisine of India

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

Red Rock Brewing

Bar and grill with a couple of vegan options on the menu.

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.

Tandoor Indian Grill

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

Teriyaki Grill

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

Tropical Smoothie Cafe

Smoothie cafe with bowls, sandwiches and more!

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.

Rabbit Rescue:

Adoption, Education, and Reducing Overpopulation

Hamish House Rabbit Rescue Alliance

Some claim that the motto “adopt don’t shop” harms rabbits, along with other myths. As a rescue organization for those rabbits left behind when sales, breeding, or ownership goes wrong, we at **Hamish House Rabbit Rescue Alliance** believe it is important to consider those claims alongside what the research and our rescue experience tells us.

Myth: “We need ethical breeders, and rescues should support them.”

Improving rabbit welfare must include addressing the rabbits who already badly need homes. Rescue organizations exist because rabbits are abandoned, surrendered, and displaced. Reducing suffering means promoting responsible guardianship, access to spay/neuter, proper education on rabbit care, and adoption.

Myth: “Rescue rabbits are often unhealthy or medically complicated.”

Rabbit health is influenced by genetics, nutrition, stress, environment, veterinary care, and lifelong husbandry—not simply where a rabbit came from. Rescue rabbits are not “damaged goods”. They are individuals who deserve appropriate care and the opportunity to thrive.



Myth: “Rescue rabbits are more likely to have chronic illnesses such as EC or Pasteurella.”

Conditions such as Encephalitozoon Cuniculi (EC) and Pasteurella Multocida occur throughout domestic rabbit populations. They require responsible management regardless of where they come from. A rabbit’s origin does not determine their value or ability to have a good quality of life.

Myth: “Rescue rabbits are too complicated for inexperienced adopters.”

Rabbits do require informed care. This includes appropriate housing, diet, enrichment, social consideration, and rabbit-savvy veterinary care. Rescue is not simply about finding homes, the goal is to create successful, lifelong placements. We provide the necessary education and support to help new adopters succeed.

Abandonment is Unfortunately Common

Research has found that rabbits usually enter shelters because their owners could not continue caring for them, they underestimated the rabbit's requirements, or their housing circumstances changed. We constantly see rabbits who were surrendered because families were told they were “easy” pets without understanding their particular needs.

However, we also meet families who want to do the right thing, but are in need of vital education and support, which we are happy to help with! This is why running a rescue is about so much more than taking in rabbits. It is about preventing their surrender to shelters in the first place, whenever possible.

Try Fostering or Adoption!

Every single day, we come across countless rabbits who need to be adopted or fostered. The bottom line is that “adopt

don't shop” is not why so many of these rabbits are homeless. **Overpopulation, abandonment, unrealistic expectations, and lack of education are the real culprits.** When rescues are full, producing even more rabbits does not solve the problem, it only inflames an already desperate situation. We aim to reduce some of the suffering by ensuring that every rabbit we rescue receives appropriate care and a lifelong commitment. Each of them deserves the chance to be protected and loved.

*The **Hamish House Rabbit Rescue Alliance** is a Salt Lake City-based 501(c)(3) nonprofit dedicated to rescuing abandoned and neglected domestic rabbits, educating the public on proper rabbit care, and reducing overpopulation by encouraging compassionate adoption. **Want to learn more, or become a foster? Reach out to them on Facebook!***

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UTAH RESTAURANTS

DROP FOIE GRAS!

**SCAN TO TAKE ACTION
AGAINST FORCE FEEDING DUCKS!**



**A cruel practice to
manufacture fatty goose
liver for cooking**

**Banned in the UK,
Denmark, Finland,
Germany, Israel,
Norway, Poland,
Sweden, Switzerland and
California**

**"A single worker is
expected to force-feed
500 birds 3 times each
day"**

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 chocolate chip cookie with any in-person meal order (one free cookie per card, per day, with purchase. While supplies last).

Chinese Shao-Lin Center – 1st month free for new students. 25% discount on one transaction of your choice per year.

City Cakes and Café – 10% discount.

Eats Bakery & Coffee – 10% discount.

House Hunters of Utah – For UARC members who are clients, 10% of the commission of any sale or purchase of real estate is turned into a UARC donation.

Malice Tattoo – Book with Chewie for 10% off a session.

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

Monkeywrench – Free upgrade to a waffle cone.

Moth & Moon Body Art – \$10 off all piercing service fees, up to 2 per visit.

Old Cuss Cafe – 15% discount.

Pinebee Creative Design Studio – 20% off select graphic design services. Free domain and free SSL with web development services.

Sweet Hazel Grab & Go – 10% discount on Sweet Hazel and Break Free items, excludes custom orders and clearance items.

Unveil Boudoir – 10% discount on any photo package.

Utah Co-Op – 10% discount, cannot be combined with other discounts/coupons. Must show card before closing ticket.

Vegan Daddy Meats – 10% discount on orders with \$10 value or more.

Vertical Deli – 10% discount.

Vertical Diner – 10% discount.

Zest Kitchen & Bar – 20% discount on food, cannot be combined with other offers.

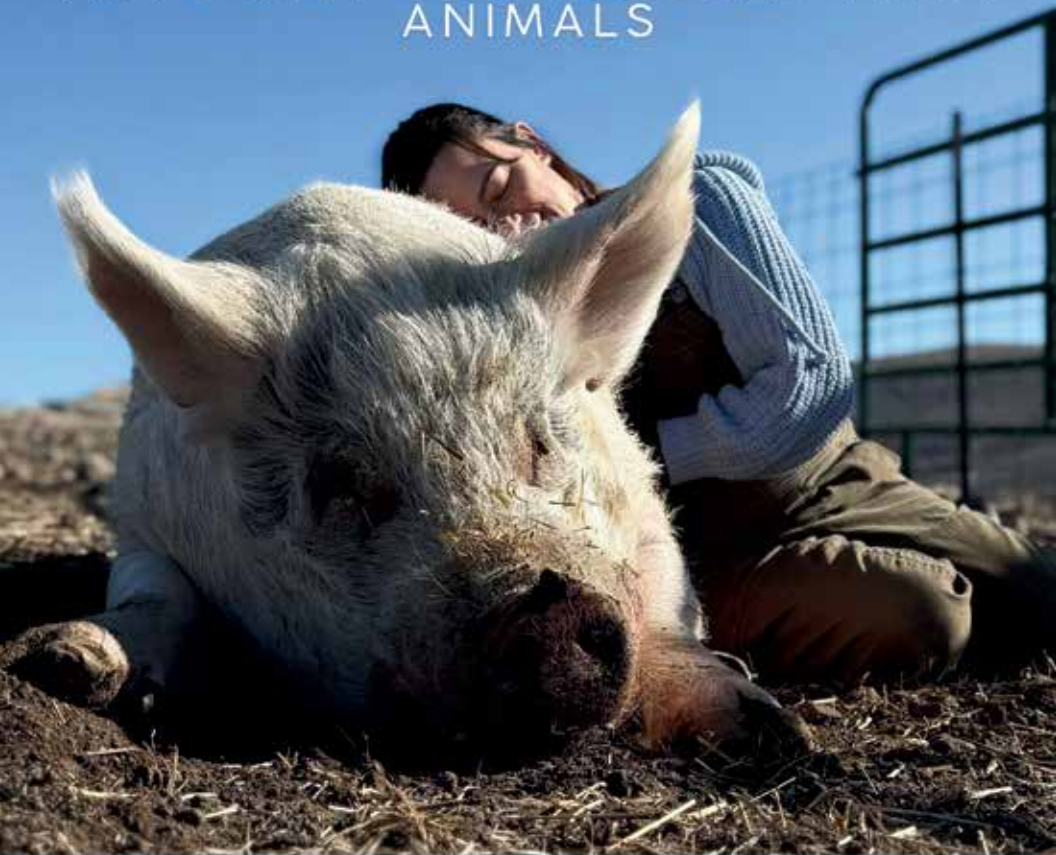
If your business would like to join the UARC membership benefits program, please email info@uarc.io.



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

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ADVOCACY FOR RESCUED FARM
ANIMALS



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