

Dining Guide

Updated November 19, 2011

While El Paso does not yet have a vegetarian restaurant, one can still find vegetarian selections at the following places. Most of the restaurants listed here have been Restaurant Hoppers locations. Restaurants marked with **V** offer vegan choices or can customize a dish for vegans. Vegan dishes are marked with (V). Menu items and their preparation can change quickly, so be sure to discuss your food preferences ahead of time with your server, or better still, call ahead. If you visit a restaurant and find menu changes, we would appreciate your feedback. Also, if you would like to add a restaurant to our list, please e-mail us at **dining@vsep.org**.

|American | |Coffee Shops and Deli Eateries| |Asian| |Indian| |Italian| |Mediterranean| |Mexican| |Helpful Hints|

American

V Andre's Pizza

7000 Westwind Dr. 833-0255 Website: **<http://andrespizza.net/>**
3233 N. Mesa St. 543-3233
1881 Saul Kleinfeld Dr. 849-0160
Vegetarian and vegan pizza, salads and sandwiches upon request.

V Ardovino's Pizza

206 Cincinnati 532-9483
1879 N. Zaragoza 856-9111
865 N. Resler 760-6000
Website: **<http://www.ardovinospizza.com/>**
Vegetarian Sandwich (Vegan on white roll w/o cheese); Joanna's Pizza;
Request vegetarian and vegan pizzas without red sauce (contains anchovies);
salads, desserts

Chili's

7600 N. Mesa St. 585-2001
1421 Airway Blvd 772-2778
1510 Lee Trevino 595-3445
4525 Woodrow Bean 757-3609
Vegetarian Suggestions Website: **http://www.chilis.com/EN/Vegetarian%20Menu/Chilis_Vegetarian_Menu_Generic.pdf**
Salads and sides, Tomato Basil Pasta, Black Bean Burger

V Deli Street Buffet (was Veggie Good)

3800 N. Mesa St. 544-1321

Website: <http://www.veggiegood.net/>

Salad bar with pasta salads, potatoes, vegetarian soups

V Denny's

6650 Montana 772-8085

9567 Dyer St. 751-4015

6144 Gateway East Blvd. 772-1908

11045 Gateway West Blvd. 592-1550

11315 Montwood Dr. 855-8104

4690 Woodrow Bean 751-6344

510 N. Zaragoza 790-0313

Website: <http://www.Dennys.com>

Veggie Burger, Veggie Omelet

V Geske's Fire Grill

1506 Lee Trevino, Suite C 593-3473

<http://www.geskesgrill.com/>

Starters, sides, salads, veggie sandwich,

Vegetarian Platter(V), sweets



V Greenery Restaurant

and Market

750 Sunland Park Dr. (Sunland Park Mall) 584-6706

Website: <http://www.gotogreenery.com/>

Appetizers, pizzas, salads, Vegetable Chopped Salad (V),
pastas, sandwiches, quiche & crepes.

Grilled Eggplant Panini w/o tapenade.

Request vegan dishes.

Hudson's Grill

1770 N. Lee Trevino Dr. 595-2769

Website: <http://www.hudsonsgrill.com/>
Salads, baked potatoes, Garden Burger

Jaxon's

4799 N. Mesa 544-1188
1135 Airway Blvd. 778-9696
7410 Remcon Circle 845-6557

Website: <http://www.jaxons.com/>

Snacks & Starters, soups, side dishes, salads,
Black Bean Burger, Portobello Mushroom Sandwich,
Baked Potato. "Burger patties can be replaced by
portobello mushroom or black bean patty."

V Nothing But Noodles

Sunland Square
630 Sunland Park 581-9290

Website: <http://www.nothingbutnoodles.com/>

Pastas, side dishes, salads & desserts
(Tofu or veggies can be substituted in some dishes, ask.)

VThe Ripe Eatery

910 E. Redd Road
(Corner of Redd and Westwind)
584-RIPE (7473)

Website: <http://eatripe.com/>

Veggie, Florentine & Portabella Omelets;
Veggie Hash; variety of pancakes;
appetizers; salads; Grilled Cheese Sandwich;
Garden Veggie Sandwich (vegan without
cheese or pesto); Moroccan Vegetable Tagine (vegan
without feta yogurt drizzle); Portabella Rockafeller;
Substitute portabella cap for any burger patty
sandwich at no extra charge.

V Souper Salad

7105 N. Mesa St. 833-5395
8900 Viscount Blvd. 594-6617

Website: <http://www.souper salad.com/>

Salad bar, pasta salads, potatoes, soups, breads.
Some items like cornbread and soups are labeled
vegan or vegetarian.

V Sunset Brewery & Pizzeria

4176 N. Mesa St. 532-2700

Soups & salads, wood-fired pizzas,
Traditional white or red pizzas, calzones, Grilled Eggplant Sub.

Request vegan dishes.

Thyme Matters

5857 N. Mesa, #24 585-0309

Website: <http://thymematters.com/>

Appetizers, salads, pasta dishes

TOP

Coffee Shops & Deli Eateries

V The Bagel Shop

3800 N. Mesa St. 532-7070

985 N. Resler, Ste. A 581-7770

10060 Rushing, Ste. 1 751-7099

Website: <http://www.elpasobagels.com/index.html>

Variety of vegetarian and vegan bagels, veggie sandwich, desserts

V Kinley's House

2231 N. Mesa 838-7177

Website: <http://www.kinleyshouse.com/>

Soy lattes (V), bagels, crepes, Crys Salad (V), Lorraine Salad (vegan w/o cheese), Japanese Veggie Sandwich , Veggie Noodle Bowl (V)

TOP

Asian

V Beijing Lili

4017 N. Mesa St. 577-0888

10501 Gateway West 592-8808

Tofu and Vegetables Menu (V), Vegetable Spring Rolls (V)

Tofu Vegetable Noodle Bowl (V), Beijing Tofu and Vegetable Noodle Plate (V),

Vegetable Fried Rice (V), Vegetables & Rice Noodles (V),

Vegetables and Lo Mein

V China House

420 E. Redd Rd. 585-8878

Website: <http://www.chinahousetx.com/>

Steamed Soy Beans(V); Crispy

Spring Rolls(V); House Veggie Soup(V);

Extensive Vegetarian & Tofu Menu with

many vegan dishes. Tempura Sauce and Brown Sauce are Soy Based(V). White Sauce has a cream base.

Fried dishes are cooked in vegetable oil, and

other menu items may be made with tofu instead of meat upon request.

V Japanese Kitchen

4024 N. Mesa St. 533-4267

Vegetables and tofu dishes, fried rice, white rice (V)
(Vegans ask that dishes be cooked with oil instead of butter.)

V Moon Day

6600 N Mesa St, #501 587-7115

Healthy & Tasty Tofu and Vegetable menu items are all vegan, Mixed Vegetable Noodle Plate (V), Tofu and Vegetable Noodle Plate (V), Vegetable Lo Mein (V), Vegetable Dumpling, Tofu and Vegetable Pan-Fried Noodles (V), Tofu Family Style (V), Vegetable Fried Rice w/o egg (V)

V Pei Wei Asian Diner

Westside -- The Promenade

7500 N Mesa St, #101 581-8340

Eastside -- Las Palmas Marketplace

1325 George Dieter Dr, #K 591-2006

Website: <http://www.peiwei.com>

Vegetable Spring Rolls, Edamame, Japanese Teriyaki Bowl (V), a variety of Signature Dishes with tofu or tofu and vegetables (V), white and brown rice (V)

V Peking Garden

3306 Fort Blvd. 565-9090

1810 Trawood 593-4900

1831 N. Zaragoza 855-2866

Variety of vegetable and tofu dishes (V) (specify w/o oyster sauce).

May request steamed vegetables.

V P.F. Chang's China Bistro

760 Sunland Park Dr. 845-0166

Website: <http://www.pfchangs.com/index.aspx>

Vegetarian menu is vegan.

Tofu(V), vegetables(V), rice(V), noodles(V),

spring rolls(V), appetizers(V), sides(V)

V Pho Tre Bein

8838 Viscount Blvd. 598-0166

Website: <http://www.photrebien.com>

Vegetarian menu is vegan.

Includes a variety of tofu dishes (V), vegetables (V),

Soy meat and Potatoes (V), eggrolls (V), soups (V),

vegetarian crepe (V), springrolls (V)

V Quick Wok

1320 Lomaland Dr. 595-0717

1700 N. Zaragoza Rd. 856-9558

Website: <http://www.quik-wok.com/>

Chinese Mixed Vegetables (V), Broccoli w/Garlic Sauce (V)
Tofu Homestyle (V), Snow Peas & Mushrooms (V), Mapo Tofu (V)

V Saigon Taste

6940 N. Mesa 760-6026

Everything on the vegetarian menu is
vegan except the Crispy or Soft Noodles (egg) with
Tofu and Mushrooms. This menu includes a variety
of tofu dishes (V), Vegetarian Pan Cake (V), Veggie Springrolls (V),
Fried Potatoes and Soy meat (V), veggie soups (V).

V Sam's Chinese Restaurant

1501 E. Yandell Drive 577-0961

Vegetarian Delight (V), Eggplant w/ Spicy Garlic Sauce(V),
Family Style Bean Cake(V), Broccoli w/Spicy Sauce(V),
Vegetarian Mu Shu, Shanghai Tofu(V), Asparagus w/ Black Bean(V),
Egg Rolls, Avocado Rolls(V), Fried Rice, White Rice(V)

V Samurai

7040 N Mesa St, #Q 585-8848

Vegetables and Tofu (V),Vegetable Sushi (V),
Vegetable Tempura (V),Edamame (V), Miso Soup (V)

V Singapore Café

4120 N. Mesa 533-2889

Website: <http://www.thesingaporecafe.com/>

Vegetarian menu items can be ordered vegan.
Menu includes a variety of tofu dishes and
noodle soup. Some dishes may use eggs or fish sauce,
so be sure to specify your preferences. Several
dishes from the regular menu may be ordered with tofu
instead of meat.

V Tara Thai

2606 N. Mesa 533-1300

Website: <http://www.tarathairestaurant.com/>

Thai dishes can be made with tofu (V) instead
of meat. Salad (V), desserts

V True Thai Restaurant

4309-B Fred Wilson Ave. 564-4300

Thai dishes can be made with tofu (V) instead
of meat. Salad (V), desserts

TOP

Indian

V Chutney

5435 N. Mesa Suit B, 587-7788

Starters: Appetizers, soups, vegetable dish menu, beverages, desserts.
Request vegan dishes w/o ghee, milk or yogurt.
Bhel Poori(V), Onion Baji, Potato Pakora(V), Palak (Spinach) Pakora(V), Samosa(V), Gobi Machurian(V), Plain Utappam(V), Chili & Onion Utappam(V), Vegetable Utappam(V), Mysore Masala Dosa, Dosa, Rava Masala Dosa, Plain Dosa, Bangan Barta, Chana Masala, Veg Curry(V), Veg Jalfrazie Bendi Masala(V) Bangalore Mirch Masala, Masal Bagar Dal(V), Sambar(V), Tandoori Roti(V), South Indian (served with Coconut Chetny and Sambar) Idli(V), Medu Vada(V), Veg Biryani and rice dishes, Tandoori breads.

V India Palace

5380 N. Mesa 833-2245

Website: <http://www.indiapalaceelpaso.com/>
Appetizers, soups, vegetable dish menu, rice, chef's specialties, Biryani and rice dishes, Tandoori breads, extras, beverages, desserts. Request vegan dishes w/o ghee, milk or yogurt.

VIndian Curry Leaf

1360 N. Lee Trevino Dr., 247-6566

Website: <http://www.indiancurryleaf.com/>
Starters: Bhel Poori(V), Ragada Patties(V), Palak (Spinach) Pakora(V), Samosa Gobi Machurian(V), Chopped Kutchumber(V); Veg Curry(V); Veg Jalfrazie [have Paneer Sabji Jalfrazie, but can make it without paneer(V)]; Bendi Masala(V); Bagar Dal(V); Sambar; Tandoori Roti(V); South Indian Specialities (served with Coconut Chetny and Sambar): Idli(V), Medu Vada(V), Masala Vada(V); Plain Utappam(V); Chili & Onion Utappam(V); Vegetable Utappam(V).

TOP

Italian



V Café Italia

6705 N. Mesa 832-0587

Website: <http://www.elpasocafeitalia.com/>

Salad, pizza, pasta, sandwiches, desserts

Marinara Pizza (V)

V Carinos

1201 Airway 778-7771

675 Sunland Park Dr. 581-7042

Website: <http://www.carinos.com/page/home>

Pizza, variety of vegetarian pasta dishes, desserts,

Special order whole-wheat penne pasta with marinara, tomato sauce, or garlic and olive oil (V),

Salad with house vinaigrette and w/o cheese or croutons(V),

Specify vegetables cooked w/o butter or cheese(V).

V Pasta Avanti

8001A North Mesa (At Mesa & Crossroads) 875-0002

Website: <http://www.pastaavanti.com/menu.html>

Vegetarian pasta dishes, Eggplant Parmegiana, desserts

Vegetarian Pizza (vegan w/o cheese); Homemade Bread (vegan w/o butter) and Marinara Sauce (V);

Rigatoni w/ Marinara Sauce (V), Spaghetti w/ Garlic and Olive Oil, Mushrooms or Marinara Sauce (V), Spaghetti Artichoke Hearts (V);

Garden Salad--Ask for no pepperoni!

V Romano's Macaroni Grill

11885 Gateway West 594-3979

Website: <http://www.romanos.com>

Variety of appetizers, pasta dishes, salads, desserts,

string pastas with oil and garlic (V), Tomato Bruschetta w/o cheese (V)

TOP

Mediterranean

V Al-Zaituna

4172 N. Mesa St. 838-1260

Baba Ganoush, Shish Kebab (V), Fava Beans (V),
Falafel Pita (V) Vegetarian Burger (V),
Vegetarian Sandwich (V), Hummus (V),
Tabouleh(V), Seasoned Potatoes (V),
Vegetarian Plate w/o yogurt (V),
Lentil Soup (V), salad, desserts

V Jerusalem Grill

5360 N. Mesa St., Suite H 231-9600

Wide variety of vegetarian dishes, including
appetizers, soups, salads, sandwiches, desserts.
Vegans request dishes w/o yogurt.
Spanakopita (V), Falafel (V), Falafel w/ Hummus Sandwich (V)

V Mediterranean Cuisine

4111 N. Mesa St. 542-1012

Website: <http://www.mediterraneancuisineelpaso.com/>

Vegetarian Platter Menu (request vegan dishes w/o yogurt), Vegetarian Lasagna, Falafel (V) ,
Hummus (V), Tabouleh (V), Fava Beans (V), Pita Bread (V), Stuffed Grape Leaves (V),
Libyan Soup (V), Lentils Soup (V), salads, desserts.

V Salma Farah's Mediterranean

4126 N. Mesa St., #G 544-4404

Falafel(V), Hummus(V), Tabouli(V),
Lentil Soup(V), Greek Salad,
House Salad(V), Tomato Basil Soup,
Eggplant w/ Black Olive Pesto,
Green Beans(V).

V Sinbad

2716 N. Mesa St. 351-1350

Salads, Falafel Sandwich(V), Falafel w/Hummus (V), Grape Leaves
Stuffed w/Rice (V), Vegetarian Plate (V), Falafel Platter (V), French Fries (V), desserts

V Zino's Greek and Mediterranean Cuisine

Colony Cove Shopping Center

7040 N. Mesa, Suite H 584-8166

Website: <http://www.myzinos.com/>

Falafel(V), Dolmades(V), Hummus(V), Baba Ganouj(V),

Spanakopita, Zino's Fries, Tzatziki,
Falafel Sandwich, Vegetarian Combo Platter,
Penne Alfredo, desserts.

TOP

Mexican

V Avila's

6232 N. Mesa St. 584-3621
Boiled Beans (V), rice (V), guacamole (V),
Cheese Enchiladas, Chiles Rellenos

V Casa Jurado

4772 Doniphan Dr. 833-1151
Website: <http://www.casajuradoondoniphan.com/>
Refried beans; rice(V); tortillas (V)
Spinach Enchiladas; Enchiladas de Calabacitas; Enfrijoladas;
Bean or Guacamole Tostadas Tipicas,
Burritos, and Tacos. Some dishes may come with whole beans
which are NOT vegetarian, so specify side dishes.
Vegans request no cheese.

V Forti's Mexican Elder Restaurant

321 Chelsea 772-0066
Chiles Rellenos, enchiladas,
refried beans, guacamole (V), corn tortillas (V),
Vegans request rice cooked in oil.

V L & J Café

3622 E. Missouri St. 566-8418
Whole Beans (V) Chiles Rellenos, red or green
Cheese Enchiladas, Huevos Rancheros, Guacamole Tacos,
and Burritos (may be ordered w/ or w/o cheese or queso sauce)

V Los Bandidos de Carlos y Mickey's

1310 Magruder St. 778-3323
Tortillas (V), refried beans (vegan w/o cheese),
rice (V), Chiles Rellenos, Bean & Cheese Burrito,
Chile Relleno Burrito, Cheese Enchiladas w/ or w/o sauce,
Caldo de Verduras (V), Cucumber/Pineapple Cocktail (V),
Veggie Chimichanga

Helpful Hints

- Most Italian places serve pasta with vegetarian sauces and a variety of vegetarian pizzas. However, we have chosen not to list those that serve one of the most cruel of

foods--veal. Equally, most steakhouses have good salad bars and serve a variety of veggies, yet we will not list any restaurant that includes "Steak" or other (dead or alive) animal descriptions in their name.

- Watch for "House" dressings and sauces that have meat or fish in them!
- Vegetable soups are frequently made with animal-based stock. Ask!
- Some restaurants cook their grains in beef or chicken broth. In Asian cuisine, fried rice often contains eggs, finely diced pork, chicken or other meats and dishes often contain oyster sauce! Sometimes even items labeled "vegetarian" are served with brown sauce made with beef stock or white sauce made with chicken stock. Also, ask for vegetables to be rinsed in clear broth instead of an animal broth!
- In Mexican cuisine, refried beans, tortillas and tostadas often contain lard, and the Spanish rice is made with chicken stock. Chile sauces are often made with a beef, chicken or or pork base. Ask!
- Only some of the dishes listed here are specified as vegan (V), although additional ones, especially Asian dishes, may very well be. To be on the safe side, always ask your server.

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