

## Local Dining Guide

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 [vsep@elp.rr.com](mailto:vsep@elp.rr.com).

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### 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*

#### **V 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/vegetarian\\_menu](http://www.chilis.com/vegetarian_menu)

*Salads and sides, Tomato Basil Pasta, Black Bean Burger,*

*Black Beans(V), Tortillas(V)*

#### **V Deli Street Buffet**

3800 N. Mesa St. 544-1321

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

*Salad bar with pasta salads, potatoes, vegetarian soups*

#### **V D'lox**

630 Sunland Park Dr 760-4889

*Variety of vegetarian breakfast foods including Veggie*

*Omelet, pancakes, and oatmeal. Veginini Panini (vegans*

*ask for no cheese, pesto or butter), Tomato Basil Soup,*

*Fruit Cup(V), French Fries, Onion Rings.*

*Request salads without meat. Foods are fried in Canola*

*Oil.*

#### **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(ask if vegan), Veggie Omelet*

#### **V Geske's Fire Grill**

1506 Lee Trevino, Suite C 593-3473

Website: <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*

#### **V Opus World Bistro**

7128 Mesa 585-2221

*They are currently adding vegan and vegetarian*

*items to their menu for us!*

#### **V The 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; Cheesy Sandwich;*

*Quinoa Tabouli(V);*

*Garden Veggie Sandwich (vegan without cheese or pesto);*

*Ripe's Veggie Burger; Curried Coconut Veggie Tagine(V);*

*Mushroom Risotto; Portabella "Rockefeller;"*

*Substitute portabella cap for any burger patty*

*sandwich at no extra charge.*

#### **V Ruli's International Kitchen**

2900 N Mesa Suite K 541-9990

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

*Portabello Mushroom Sandwich (vegan w/o cheese)*

*French Fries (V). Many items can be*

*prepared vegetarian or vegan.*

#### **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.*

#### **Thyme Matters**

5857 N. Mesa, #24 585-0309

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

*Appetizers, salads, pasta dishes*

#### **V Tom's Restaurant**

204 Boston Avenue 500-5573

*Veggie Burger(V), Ratatouille(V), Vegan Terrine(V),*

*Vegetarian Special every Tuesday night!*

## 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, cupcakes (ask about daily vegan varieties), Crys Salad (V), Lorraine Salad (vegan w/o cheese), Japanese Veggie Sandwich, Veggie Noodle Bowl (V)*

### **V Spec's Liquor Deli**

655 Sunland Park 584-1008

*Veggie Delight (Vegans ask for no goat cheese),*

*Veggie Burger (Vegans ask for no cheese), Tots (V), Fried Veggies, French Fries (V)*

## Asian

### **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

*Vegetarian Menu. Onion Pancake (V), Vegetable Spring Rolls, Vegetable Tempura, Eggplant, Vegetable Noodle*

*Plate (V), Tofu and Vegetable Noodle Plate (V), Vegetable Lo Mein, Vegetable Dumplings, Tofu and Vegetable Pan-Fried Noodles, Kong Pao Style Tofu (V), Spicy Moo Goo Tofu (V), Tofu Family Style (V), Vegetable Fried Rice w/o egg (V), Green Beans (V).*

### **V Oriental Cafe**

931 N. Resler Suite 107 581-2702

*Spring Rolls (V), Vegetable Lo Mein, Egg Fried Rice,*

*Vegetable Fried Rice, Steamed Rice (V), Mixed*

*Vegetables (V), Hunan Tofu (V), Tofu Homestyle (V), The*

*Healthy Vegetarian Food Menu has 20 Vegetarian and Vegan Items.*

### **V Pei Wei Asian Diner**

Westside — The Promenade

7500 N Mesa St, #101 581-8540

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, except fried rice (contains egg):*

*Tofu (V), vegetables (V), steamed 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 Soybean (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*

### **V Yamato Japanese Restaurant**

2500 N. Mesa, Suite E 351-2415

*White Rice(V), Vegetable Fried Rice (Vegans ask for no egg), Hijiki(V), Wakame(V), Horenso(V), Moyashi(V), Edamame(V), Kappa Maki(V), Yakisoba w/Vegetable(V), Agedashi Tofu(V), Inari(V), Vegetables only Oshinko(V). Will make California roll w/tofu, carrot, avocado, cucumber, and no crab or cream cheese(V).*

## **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 Bajji, 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.*

### **V Indian 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).*

## **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 Italian's Pizzeria**

4176 N Mesa 532-2700

*Variety of Salads, Pasta and Veggie Pizzas (vegan w/o cheese).*

### **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)*

## **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 rice (vegan w/o yogurt(V), salad, desserts [Rice and Lentil Soup made with chicken broth.]*

### **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 Nour Mediterranean Café**

3800 N. Mesa St., C-10 351-9757

*Appetizers: Hummus(V), Spicy Hummus(V), Baba Ghannouj(V), Falafel(V), Labneh, Feta Cheese, Tomato Kibbe(V) Potato Harrah(V), Grape Leaves(V). Soup and Salad: Tabbouli(V), Fattoush(V), House Lebanese Salad(V), Yogurt Cucumber Salad, Lentil Soup(V). Sandwiches: Falafel. Vegetarian Combo Plate(V). Side Orders: French Fries(V), Basmati Rice(V), Desserts, Smoothies.*

### **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.*

## **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.casajuradooniphan.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 Chipotle Mexican Grill**

2900 N. Mesa St., H-1 351-9361

Website: [www.chipotle.com](http://www.chipotle.com)

*Burritos, Burrito Bowl, Tacos and Salad ordered with*

*Vegetarian Black Beans(V), Cilantro-Lime Rice(V),*

*Chips(V), Guacamole(V), Salsa(V), Cheese, Sour Cream.*

### **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*

### **V Mercado Mayapan**

2101 Myrtle 915-532-6206

Website: [mercadomayapan.org/foodcourt.html](http://mercadomayapan.org/foodcourt.html)

*Vegetarian Fridays! The food court is*

*offering an all vegetarian food menu*

*every Friday. Vegetarian friendly menu*

*Saturdays and Sundays!*

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## **Helpful Hints**

- 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.

## **Published by:**

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