

A PLANT-FORWARD FOOD GUIDE TO CHICAGO

WHERE TO GET YOUR VEG ON DURING FNCE

BY BETTINA TAHSIN, RD, LDN, CDE



DOWNTOWN LOOP:

REVIVAL FOOD HALL

125 S. Clark St.
www.revivalfoodhall.com

NATIVE FOODS

218 S. Clark St.
www.nativefoods.com

PROTEIN BAR

Multiple locations in the Loop including 10 W Lake St.
www.theproteinbar.com

BA LE VIETNAMESE

www.balesandwich.com

SNAP KITCHEN

Multiple locations including 211 W. Adams St.
www.snapkitchen.com

CHICAGO FARMER'S MARKET

Federal Plaza, corner of Adams and Dearborn
Tuesday, October 24,
7:00 am – 3:00 pm

MARIANO'S SUPERMARKET

Multiple locations including 333 E. Benton Place across from Millennium Park
www.marianos.com

ALL RESTAURANTS AND MARKETS LISTED HAVE VEGETARIAN OR VEGAN OPTIONS. RESTAURANTS HIGHLIGHTED IN GREEN AND WITH A  ARE EXCLUSIVELY VEGETARIAN/VEGAN.

WEST LOOP:

(Clinton and Morgan on the Pink and Green Lines)

GIRL AND THE GOAT

Has a separate vegan menu
809 W. Randolph St.
girlandthegoat.com

LITTLE GOAT DINNER

Has a separate vegan menu
820 W. Randolph St.
littlegoatchicago.com

BAD HUNTER

802 W. Randolph St
badhunter.com

MOMOTARO

Offers a vegan tasting menu
820 W. Lake St.
www.momotarochicago.com

FRENCH MARKET

 Includes **Vegan Now** – an outpost of **Soul Vegetarian** – and **Chicago Raw**
131 N. Clinton St.
frenchmarketchicago.com

RIVER NORTH/MAGNIFICENT MILE:

(Chicago and Grand stops on the Red Line)

ALLIUM AT THE FOUR SEASONS

Has a separate vegan menu
120 E. Delaware Place
www.alliumchicago.com

VERMILLION

10 W. Hubbard St.
www.thevermillionrestaurant.com

SLURPING TURTLE

116 W. Hubbard St.
www.slurpingturtle.com/chicago

LE PAIN QUOTIDIEN

Multiple locations including 10 E. Delaware Place
www.lepainquotidien.com

TRUE FOOD KITCHEN

1 W. Erie St.
www.truefoodkitchen.com/chicago

LYFE KITCHENS

Multiple locations including 413 N. Clark St.
www.lyfekitchen.com

WICKER PARK:

(Division and Damen stops on the Blue Line)

CLEVER RABBIT

2015 W. Division St.
www.cleverrabbitchicago.com

MANA FOOD BAR

1742 W. Division St.
www.manafoodbar.com

CUMIN

1414 N. Milwaukee Ave.
www.cumin-chicago.com

NATIVE FOODS  – the location where they introduce more innovative menu items
1484 N. Milwaukee Ave.
www.nativefoods.com

HANDLEBAR

2311 W. North Ave.
handlebarchicago.com/HB

UPTON'S BREAKROOM

2054 W. Grand Ave.
www.uptonsnaturals.com/breakroom

LOGAN SQUARE:

(Logan Square and Belmont stops on the Blue Line)

LULA CAFÉ

2537 N. Kedzie Blvd.
lulacafe.com

CHICAGO DINER

2333 N. Milwaukee Ave.
www.veggiediner.com

REVOLUTION BREWERY

2323 N. Milwaukee Ave.
revbrew.com

PARTS AND LABOR

2700 N. Milwaukee Ave.
www.partsandlaborchicago.com

MOONLIGHT VULTURE

2889 N. Milwaukee Ave.
www.moonlightvulture.com

GROUND CONTROL 🥕

3315 W. Armitage Ave.
www.groundcontrolchicago.com

DILL PICKLE FOOD CO-OP

2746 N. Milwaukee Ave.
dillpickle.coop

JOONG BOO KOREAN MARKET

3333 N. Kimball Ave.

LOGAN SQUARE FARMER'S MARKET

Logan Blvd. between Milwaukee
and Whipple
Sunday, October 22,
10:00 AM – 3:00 PM
logansquarefarmersmarket.org

LINCOLN PARK/

LAKEVIEW/UPTOWN:

(Armitage, Belmont, Irving Park, and
Montrose stops on the Brown Line)

GREEN CITY MARKET

1817 N. Clark St.
Saturday, October 21,
7:00 am – 1:00 pm
www.greencitymarket.org

KITCHEN 17 🥕

3132 N. Broadway St.
www.kitchen17.com

CHICAGO DINER 🥕

3411 N. Halsted St.
www.veggiediner.com

CHICAGO HOUSE OF ZA VEGAN PIZZERIA 🥕

1416 W. Irving Park Rd.

URBAN VEGAN 🥕

1605 W. Montrose Ave.
www.urbanveganichicago.com

RIVER VALLEY FARMER'S TABLE

1820 W. Wilson Ave.
rvrvalley.com/rvr-farmers-table

KAL'ISH PLANT BASED DINER 🥕

1313 W. Wilson Ave.
www.kalishvegan.com

ARGYLE VIETNAMESE:

(Argyle stop on Red Line)
Area includes a number of Asian
restaurants and markets

BA LE

5014 N. Broadway St.
www.balesandwich.com

PHO 888

1137 W. Argyle St.

CHIU QUON BAKERY

1127 W. Argyle St.

TAI NAM MARKET

4925 N. Broadway St.
www.tainammarket.com

ANDERSONVILLE/EDGEWATER:

(Berwyn, Granville and Sheridan
stops on Red Line)

MIDDLE EASTERN BAKERY AND GROCERY

1512 W. Foster Ave.
www.middleeastbakeryandgrocery.com

ETHIOPIAN DIAMOND

6120 N. Broadway St.
www.ethiopiandiamondrestaurants.com

UNCOMMON GROUND WITH ROOFTOP GARDEN

1401 W. Devon Ave.
www.uncommonground.com

DEVON AVE ASIAN:

(Western stop on Brown Line to
49B N Western bus to Devon Ave)
Area includes a number of Indian and
Pakistani groceries and restaurants

ARYA BHAVAN 🥕

2508 W. Devon Ave.
www.aryabhavan.com

UDUPI PALACE 🥕

2543 W. Devon Ave.
www.udupipalacechicago.net

MYSORE WOODLANDS 🥕

2548 W. Devon Ave.
www.mysorewoodlands.info

ANNAPUMA 🥕

2608 W. Devon Ave.
www.eatannapurna.com

URU SWATI 🥕

2629 W. Devon Ave.
www.uruswatichicago.com

PATAL BROTHERS MARKET

2610 W. Devon Ave.
www.patelbros.com

FRESH FARMS MARKET

2626 W. Devon Ave.
myfreshfarms.com

FURTHER WEST:

(Garfield Park, Oak Park, and
Harlem stops on the Green Line)

INSPIRATION KITCHEN

3504 W. Lake St.
inspirationkitchens.org/garfield-park-restaurant

MUNCH 🥕

104 N. Marian St., Oak Park
www.munchrestaurant.net

THE HERITAGE

7403 Madison St, Forest Park
www.theheritageforestpark.com

SUGAR BEET FOOD CO-OP

812 W. Madison St, Oak Park
sugarbeetcoop.squarespace.com

HYDE PARK/SOUTH SHORE:

(57th St. and South Shore stops on the
Metra Electric Line)

B'GADS 🥕

1450 E. 57 St.
www.bgabsgoodies.com

MAJANI SOULFUL VEGETARIAN CUISINE 🥕

7167 S Exchange Ave.
www.majani.biz

ON THE WAY BACK TO O'HARE:

AMITABUL KOREAN 🥕

6207 N. Milwaukee Ave.
amitabulvegan.com



Hunger and Environmental Nutrition

a dietetic practice group of the
Academy of Nutrition
and Dietetics



Also visit eatfeastly.com for dining options in chefs' homes and other venues.