



VEGAN MENU

We know eating out while vegan can sometimes be difficult! From picking the restaurant to ordering, it can be stressful. Lucky for all of us vegans in OTO (or those of us trying to make plant-based choices) we have a ton of options. OTO is going green - and we cannot wait to dive in!

Haven Craft Kitchen + Bar

Roasted Asparagus (ask for no cheese), Baby Heirloom Beets (ask for no yogurt and cheese), Mixed Herbs and Green Salad, Roasted Local Cauliflower (ask for no yogurt). Grilled Broccolini (no cheese).

Gabbi's Mexican Kitchen

Chips and salsa. Guacamole. Salads without cheese. Flatbreads (ask for no cheese and black beans). Veggie tacos. Grilled broccolini. Grilled esquites without cream or butter. Yucca fries.

Blue Frog Cafe

Vegetable Sandwich (without mayo). Veggie burrito without cheese (add salsa for a yummy dip)!

Impact Juice Bar

Most of the menu is vegan except for the protein smoothies which use whey protein powder. Order an açai bowl or smoothie!

Francoli Gourmet Emporio

Pasta primavera with marinara sauce and no cheese. Italian bread (as long as it is plain, not the garlic bread).

Blaze Pizza

Any crust. Red sauce. Spicy red. Vegan cheese. Vegan chorizo. All vegetables. Buffalo sauce. BBQ sauce. YUM!

Paris in a Cup

A salad with a vinaigrette dressing. And all of the teas.

Two's Company

Order a veggie sandwich (ask for it without mayo and cheese). Luckily, all sandwiches are customizable so you can ask them to throw in more veggies!

Watson's Soda Fountain and Cafe

Avocado toast without egg.

Pasta with red sauce and steamed broccoli.

Salads without meat and cheese.

Renata's Cafe Italiano

Salads (ask for no meat or cheese, use olive oil and vinegar-based dressing).

Starbucks

Drinks: Ask for coconut, almond, or soy milk in all drinks. The vanilla, hazelnut, caramel, mocha, peppermint, and toffee nut syrups are vegan. Chai tea and matcha powder are vegan. Lemonades, teas (without honey), and refreshers are vegan.

Food: Lentils & Vegetable Protein Bowl With Brown Rice, Avocado spread, Justin's Classic almond butter and chocolate hazelnut butter, oatmeals, fruit salads, HIPPEAS chickpea puffs, Macadamia oat cookie, mixed nuts, overnight grains, Emmy's Organic coconut cookies, and Plain, Sprouted Grain, Cinnamon Raisin, and Blueberry bagels.

The Wall

French fries. And the Hariara Moroccan soup.

Afters Ice Cream

Afters will occasionally have vegan sorbets and ice cream flavors!

Check in to see what they have!

Tokyo Cafe

Cucumber rolls and veggie tempura. Avocado roll. Miso soup and tonkatsu soup. Ask for a veggie roll and they can make it!

Provisions Deli & Bottle Shop

Corn nuts. Pretzel bites (without cheese sauce).

Cucumber avocado (ask for no goat cheese).

Avocado toast (as is).

The Pie Hole

Coffee with soy and almond milk.

Pandor Artisan Bakery & Cafe

Tomato and avocado tartine without cheese. Grilled veggie sandwich with no cheese and pesto sauce. (Gluten free crepe batter is vegan as well, however uses butter to cook. Ask for no cheese or pesto. Salads (take off meats and cheeses).

Coffee with soy and almond - ask which syrups are vegan!

Smoqued BBQ

Veggies tacos. Fried avocado. Fried pickles (everything is fried in the same fryer, cross contamination is highly likely).

The Filling Station

Fruit. Oatmeal made with water. Coffee. Juices. Bread (ask if the certain bread you want is vegan). I have asked them to make me a vegetable and potato scramble with spinach before - so yummy!

Rutabegorz

Many of the menu items at Rutas are vegan or can be made vegan quite easily. They even use soy beef in their chili. There is a wide selection of vegan soups, sandwiches, bowls, wraps, and more - which are noted on the menu.

Bruxie Waffles

There are two salads (remove the meat, cheese, egg, and dressing).

T-Mik Boba

T-MILK teas can be made vegan. Boba is vegan. Ask for non dairy milk for milk teas. Matcha and lemonades are vegan.

Growl Juice Pub

Smoothie bowls are vegan (ask for no honey) and the juices are all vegan.

Zitos Pizza

Pizza dough and red sauce are vegan. Veggie pizza without cheese.

Greek salad without any cheese.

Thai Towne Eatery

Most of the menu can be made with tofu and vegetables. Ask about sauce. No egg. The eggplant + tofu dish is my personal favorite!

Haute Sweets Baking Company

They will occasionally have vegan items - call to ask!

Jalapenos's Mexican

Bean tostadas. Veggie burrito or taco (ask for no rice).

Bagel Me!

Vegetarian Sandwich - ask if bread is vegan that day!

Avocado Bagel - Avo, onion, tomato, bell pepper, tomatoes (ask for vegan bagel).

Citrus City Grille

Brussel sprouts. Sautéed spinach. Asparagus. Salads without the cheese.

Pasta with olive oil and vegetables.

Felix Continental Cafe

Rice and beans are vegan. Mixed fajita veggies with corn tortillas and salsas!

Wahoo's Fish Taco

Chips and salsa. Guacamole. Tofu, sautéed vegetables, blacked mushrooms.

Bowls, tacos, enchiladas. Brown rice is vegan and black beans and white beans.

Taco Adobe

Salads. Fajitas. Veggie burrito. Black beans and white rice. Chips and salsa.

Urth Cafe

Menu changes often! Falafel platter, Paradise salad, any sandwiches with soy cheese and veggies, Primavera Pizza, plant milk for drinks, and usually a vegan chocolate cake and/or a vegan pumpkin pie slice is offered. Avocado toast with almond cheese is vegan!

Vegan chili, a vegan panini, nori plum rice wrap, and a sprout sandwich (without the cheese) are offered occasionally. The green tea boba with oat milk and no ice cream is our favorite!

Omega Burger

French fries. Fried zucchini. Onion rings. Salads (no egg and croutons).

Pizza Press

The original crust is vegan - with the spicy or regular red sauce. Vegan cheese. Load the pizza with all of your favorite veggies!

Mead's Green Door Cafe

*Practically everything at Mead's is vegan or could be made vegan!
So check out their menu for a vegan treat you will surely LOVE!*

Woody's Diner

Eggplant sandwich (without cheese). Fruit. Veggie sandwich (no cheese).

Avila's El Ranchito

*Chips and salsa. Guacamole. Avocado bowl (without rice or meat). Salads.
Black and pinto beans are vegan.*

Aussie Bean

Ask for any of the drinks with almond, soy, or oat milk. Avocado toast is vegan.

Cupcakery and Co

Vegan cake doughnuts in assorted flavors including maple, blueberry, and cinnamon. So yummy!

Chapman Crafted

Beer is vegan! Ask before to double check.

Ruby's Diner

Coffee, Veggie Sandwich - (ask for without mayo, sauce, cheese.)

Vegetarian bowl soup. (French fries fried in the same oil as meat).

Salads without cheese, meats, (ask for vinaigrette).

Portola Coffee Lab

Grab your coffee or espresso with a dairy free milk alternative! Ask if the flavorings and syrups are vegan.

Kimmie's Coffee Cup

Oatmeal made with water (ask for no milk or butter). Fruit plate.

Veggie scramble without eggs (this will be a yummy vegetable scramble; ask to be scrambled with olive oil).

The District Bar and Lounge

Guacamole and chips. French fries. Southwest salad without cheese and dressing.

Side Piece Salad without the cheese.

The Wedge without bacon, bleu cheese, and dressing.

Nachos without cheese and sour cream.

Ostioneria Siete Mares Mexican

Chips, salsa, fajita veggies! Ask if rice and beans are vegan!

Pizza Hut

Thin 'N Crispy or Hand-Tossed crust—both are vegan.

Customize them by adding the Salted Pretzel flavoring.

Pizza Hut's Classic Marinara sauce is vegan, but if you feel like trying something new, order the Premium Crushed Tomato sauce or even the Buffalo sauce. Add veggies! French fries and cinnamon sticks are also vegan (without the icing).

Fork and Salad

You can order any salad with quinoa falafel as your protein (be sure to remove any meats, cheeses, or croutons to be safe). Order the quinoa falafel sandwich (with no tzatziki) and 8 of their dressings are vegan - just ask your server!

Burger Parlor

The portobello mushroom patty (in a bowl - the bun is not vegan) with a vinaigrette dressing - ask for no bacon or cheese in the bowl.

Snooze, an AM Eatery

Substitute tofu for egg scramble and soyrizo for meat. Side fruit.

Ask if toast is vegan. Hash browns. My personal favorite is the Snooze Spuds Deluxe with tofu, soyrizo, and veggies scrambled on top (ask for no dairy)!

This meal would satisfy anyone, vegan or non-vegan alike!

Also, be sure to check out their coffee menu, which can be made entirely dairy-free and vegan! And of course, the wonderful selection of mimosas!

Buttermilk Fried Chicken

No vegan options.

The Taco Stand

The refried and pinto beans are vegan! Nopales tacos (cactus) substitute cheese for beans and ask for no cilantro cream sauce. Add an order of chips and guac and head over to the salsa bar and load up!

Byblos Cafe

Byblos has a 100% Vegetarian combo plate that includes falafel, hummus, grape leaves, pita bread, tabouli salad, and the halva is a vegan dessert!

Hummus platter, grape leaves platter.



DISCLAIMER: Created July 2018 and updated July 2019.

Vegan menu items listed above may change at any time.

Always ask the restaurant to confirm whether an item is currently vegan if you are unsure.

Happy Eating!