

# Indianapolis Area Vegan-Friendly Restaurants

## Criteria to appear on the list

Restaurants must have at least one vegan item on menu.

## Disclaimer

Vegan menu options do not include any animal products in the ingredients. Indy VegFest cannot guarantee that vegan food has not come into contact with animal products or shared cooking tools through cooking, preparing or processing. All restaurants on this list were contacted to confirm the availability of vegan options, and we make an effort to keep this list up to date. However, sometimes things change faster than we can make updates. If you are unfamiliar with a restaurant or visiting for the first time, it is always a good idea to call ahead and inquire about vegan options. If you would like to suggest an update to this list, please send an email to [indyvegfest@gmail.com](mailto:indyvegfest@gmail.com).

*Last updated April 14, 2017*

---

## Vegan-Friendly Restaurants

### 3 Sisters Café

6223 N. Guilford Ave.  
Indianapolis, IN 46220  
(317) 257-5556

[www.3sisters.in](http://www.3sisters.in)

[facebook.com/3-Sisters-Cafe-140804079297532](https://facebook.com/3-Sisters-Cafe-140804079297532)

This café has numerous vegan items throughout its breakfast, lunch and dinner menus with the items clearly marked as vegan. Some options include multigrain porridge, calico homestyle potatoes, the veggie club, king of siam, black bean burger and a portabella burger.

### 317 Burger

915 E. Westfield Blvd.  
Indianapolis, IN 46220  
(317) 251-1317

[www.317burger.com](http://www.317burger.com)

[facebook.com/317beer](https://facebook.com/317beer)

This family friendly burger joint has a veggie burger that is vegan. There is also a black bean burger and a deep fried zucchini sandwich that

are vegetarian. There are salads and appetizers including hummus and pita. Kids eat free Wednesdays.

### Abyssinia Ethiopian Restaurant

5352 W. 38th St.  
Indianapolis, IN 46254  
(317) 299-0608

[abyssinianindy.weebly.com](http://abyssinianindy.weebly.com)

[facebook.com/pages/Abyssinia-Ethiopian/101419023361771](https://facebook.com/pages/Abyssinia-Ethiopian/101419023361771)

A local, family-run and family-friendly Ethiopian restaurant with many vegetarian and vegan options including sambusas, soup and numerous entrees.

### Amber Indian Restaurant

5929 E. 82nd St.  
Indianapolis, IN 46250  
(317) 578-4400

[www.amberindianrestaurant.com](http://www.amberindianrestaurant.com)

[facebook.com/amderindian](https://facebook.com/amderindian)

This, like most Indian restaurants, has great vegan and vegetarian dishes. Some may include cream or yogurt so ask your waiter for clarification on which do not.

**Asia Wok (Plainfield)**

2012 Stafford Road  
Plainfield, IN 46168  
(317) 839-0999

[www.asiawokplainfield.com](http://www.asiawokplainfield.com)

[facebook.com/AsiaWokPlainfield](https://facebook.com/AsiaWokPlainfield)

This restaurant has a lot of options. It has vegetarian items labeled on its menu but there are even more as most dishes have the option of tofu. Most of the menu can be vegetarian or vegan. Has an additional location in Brownsburg.

**Asia Wok (Brownsburg)**

1430 N. Green St.  
Brownsburg, IN 46112  
(317) 852-2967

[www.asiawokmenu.com](http://www.asiawokmenu.com)

[facebook.com/Asia-Wok-143868918988768](https://facebook.com/Asia-Wok-143868918988768)

This restaurant has a lot of options. It has vegetarian items labeled on its menu but there are even more as most dishes have the option of tofu. Most of the menu can be vegetarian or vegan. Has an another location in Plainfield.

**Axum Ethiopian Restaurant**

825 N. Pennsylvania St.  
Indianapolis, IN 46204  
(317) 964-0580

[facebook.com/Aaxum21](https://facebook.com/Aaxum21)

Ethiopian restaurant with many vegetarian and vegan options including 7 entrees and a vegetarian combo platter.

**Bangkok Kitchen**

9269 E. US 36  
Avon, IN 46123  
(317) 309-9608

[www.bangkokkitchenthai.com](http://www.bangkokkitchenthai.com)

[facebook.com/bangkokkitchenavon](https://facebook.com/bangkokkitchenavon)

As with most Asian restaurants, most entrees come with choice of tofu or vegetables instead of meat. Multiple entrees do not contain egg either.

**Barcelona Tapas Restaurant**

201 N. Delaware St.  
Indianapolis, IN 46204  
(317) 638-8272

[www.barcelonatapas.com](http://www.barcelonatapas.com)

[facebook.com/BARcelonaTapasIndianapolis](https://facebook.com/BARcelonaTapasIndianapolis)

Separate vegan menu with tapas such as spinach and mushroom empanadas, saffron roasted cauliflower, grilled asparagus and sautéed broccolini. Many vegetarian choices can be made vegan upon request.

**Bazbeaux Pizza (Westfield Blvd.)**

811 E. Westfield Blvd.  
Indianapolis, IN 46220  
(317) 255-5711

[www.bazbeaux.com](http://www.bazbeaux.com)

[facebook.com/bazbeaux](https://facebook.com/bazbeaux)

Has vegetarian and vegan salads, Italian sandwiches and of course pizza! Has vegan crust and gluten free crust. Three locations in the area.

**Bazbeaux Pizza (Mass Ave.)**

329 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 636-7662

[www.bazbeaux.com](http://www.bazbeaux.com)

[facebook.com/bazbeaux](https://facebook.com/bazbeaux)

Has vegetarian and vegan salads, Italian sandwiches and of course pizza! Has vegan crust and gluten free crust. Three locations in the area.

**Bazbeaux Pizza (Carmel)**

111 W. Main St.  
Carmel, IN 46302  
(317) 848-4488

[www.bazbeaux.com](http://www.bazbeaux.com)

[facebook.com/bazbeaux](https://facebook.com/bazbeaux)

Has vegetarian and vegan salads, Italian sandwiches and of course pizza! Has vegan crust and gluten free crust. Three locations in the area.

**Beach Bum Barbecue**

6129 E Washington St.  
Indianapolis, IN. 46219  
(317) 749-8571

[www.beachbumbarbecue.com](http://www.beachbumbarbecue.com)

[facebook.com/beachbumbarbecue](https://facebook.com/beachbumbarbecue)

This award-winning barbecue restaurant offers a vegan jackfruit sandwich with a cucumber salad. Open Friday and Saturday only.

**BJ's Restaurant & Brewhouse**

10367 US Route 36  
Avon, IN 46123

(317) 610-0810

[www.bjsrestaurants.com/locations/in/avon](http://www.bjsrestaurants.com/locations/in/avon)  
[facebook.com/BJs-Restaurant-and-Brew-house-1023814450965058](https://www.facebook.com/BJs-Restaurant-and-Brew-house-1023814450965058)

This American restaurant/brewhouse offers flatbread, pasta, pizza and salad that can be prepared vegan. They also offer a vegan burger and a vegan lentil soup.

### **BJ's Restaurant & Brewhouse (Greenwood)**

1251 US Highway 31 North  
Greenwood, IN 46142

(317) 881-3500

[www.bjsrestaurants.com/locations/in/greenwood](http://www.bjsrestaurants.com/locations/in/greenwood)  
[facebook.com/BJs-Restaurant-and-Brew-house-148093471882267](https://www.facebook.com/BJs-Restaurant-and-Brew-house-148093471882267)

This American restaurant/brewhouse offers flatbread, pasta, pizza and salad that can be prepared vegan. They also offer a vegan burger and a vegan lentil soup.

### **Bosphorus Istanbul Café**

935 S. East St.  
Indianapolis, IN 46225

(317) 974-1770

[www.bosphorusistanbulcafe.com](http://www.bosphorusistanbulcafe.com)  
[facebook.com/thebosphoruscafe](https://www.facebook.com/thebosphoruscafe)

Traditional and genuine Turkish restaurant with many vegan and vegetarian options including vegan salads, dolmas (grape leaves), hummus, tabouli and eggplant salsa. There is a special section of the menu for vegan entrees such as the vegetable moussaka, stuffed eggplant and other vegan stews served over rice.

### **Brass Ring Lounge**

1245 Shelby St.  
Indianapolis, IN 46203

(317) 635-7464

[www.thebrassringlounge.com](http://www.thebrassringlounge.com)  
[facebook.com/thebrassringlounge](https://www.facebook.com/thebrassringlounge)

Vegan nachos available and their "vegetable pleasure" (seitan) can be substituted for meat at no additional cost for other dishes.

### **Brixx Wood Fire Pizza**

8594 E. 116th St.  
Fishers, IN 46038

(317) 849-2749

[www.brixxpizza.com](http://www.brixxpizza.com)  
[facebook.com/pages/Brixx-Wood-Fired-Pizza-Fishers/805947576114205](https://www.facebook.com/pages/Brixx-Wood-Fired-Pizza-Fishers/805947576114205)

A pizza place with a great atmosphere. All the pizzas are cooked in brick ovens to enhance the natural flavors of our quality ingredients, giving the pizza a wood-fired taste. Their menu is vegan friendly, and they offer dairy-free cheese, whole-wheat crust and gluten-free menu items. They also offer local and national craft beers and microbrews, along with a great wine selection. The company has a strong community presence and strive to be environmentally responsible. They recycle everything possible, and offer most of their beers on tap to eliminate waste.

### **Broad Ripple Brewpub**

840 E. 65th St.  
Indianapolis, IN 46220

(317) 253-2739

[www.broadripplebrewpub.com](http://www.broadripplebrewpub.com)  
[facebook.com/Broad-Ripple-Brepub-276098818466](https://www.facebook.com/Broad-Ripple-Brepub-276098818466)

This local pub is also a family-friendly casual restaurant, offering a wide variety of vegan and vegetarian selections. It has a vegan menu with an impressive amount of options. Also has a lengthy vegetarian menu.

### **Cafe Patachou**

4901 N. Pennsylvania St.  
Indianapolis, IN 46205

(317) 925-2823

[www.cafepatachou.com](http://www.cafepatachou.com)  
[facebook.com/Cafe-Patachou-76158797987](https://www.facebook.com/Cafe-Patachou-76158797987)

Has vegan breakfast items including an omelette, salads, plus a vegan field roast sandwich (ask for this without bread as the bread is not vegan). Has vegan items clearly marked on the menu. Five locations plus one at the airport.

### **Cafe Patachou**

8697 River Crossing Blvd.  
Indianapolis, IN 46240

(317) 815-0765

[www.cafepatachou.com](http://www.cafepatachou.com)  
[facebook.com/Cafe-Patachou-River-Crossing-location-100802402084](https://www.facebook.com/Cafe-Patachou-River-Crossing-location-100802402084)

Has vegan breakfast items including an omlette, salads, plus a vegan field roast sandwich (ask for this without bread as the bread is not vegan). Has vegan items clearly marked on the menu. Five locations plus one at the airport.

#### **Cafe Patachou**

225 W. Washington St.  
Indianapolis, IN 46204  
(317) 632-0765

[www.cafepatachou.com](http://www.cafepatachou.com)

[facebook.com/Patachou-on-the-Park-Cafe-Patachou-Downtown-Location-110741237240](https://facebook.com/Patachou-on-the-Park-Cafe-Patachou-Downtown-Location-110741237240)

Has vegan breakfast items including an omlette, salads, plus a vegan field roast sandwich (ask for this without bread as the bread is not vegan). Has vegan items clearly marked on the menu. Five locations plus one at the airport.

#### **Cafe Patachou (Carmel)**

4733 126th St.  
Carmel, IN 46032  
(317) 569-0965

[www.cafepatachou.com](http://www.cafepatachou.com)

[facebook.com/Cafe-Patachou-126th-and-Gray-Road-123572806795](https://facebook.com/Cafe-Patachou-126th-and-Gray-Road-123572806795)

Has vegan breakfast items, salads, plus a vegan field roast sandwich (ask for this without bread as the bread is not vegan). Has vegan items clearly marked on the menu. Five locations plus one at the airport.

#### **Cafe Patachou (Clay Terrace)**

14390 Clay Terrace Blvd.  
Carmel, IN 46032  
(317) 566-0765

[www.cafepatachou.com](http://www.cafepatachou.com)

[facebook.com/cafepatachouclayterrace](https://facebook.com/cafepatachouclayterrace)

Has vegan breakfast items, salads, plus a vegan field roast sandwich (ask for this without bread as the bread is not vegan). Has vegan items clearly marked on the menu. Five locations plus one at the airport.

#### **Canal Bistro Mediterranean Grille**

6349 Guilford Ave.  
Indianapolis, IN 46220  
(317) 254-8700

[www.canal-bistro.com](http://www.canal-bistro.com)

[facebook.com/canal.b.grille](https://facebook.com/canal.b.grille)

This Mediterranean restaurant is a nice option for someone wanting a more elegant/classy atmosphere in the Broad Ripple area. Run locally by a Lebanese family, this restaurant offers a typical range of Mediterranean vegan choices (hummus, baba ganoush, tabouli, homemade stuffed dolma/grape leaves) and has some additional vegetarian choices (falafel, salads and a veggie kabob).

#### **Chatham Tap (Mass Ave.)**

719 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 917-8425

[www.chathamtap.com](http://www.chathamtap.com)

[facebook.com/chatham.tap](https://facebook.com/chatham.tap)

This bar has some great vegan options some of which include leek and potato soup, veggie sandwich and a veggie black bean burger (it is recommended that you specify that you don't want dairy so that your bun doesn't get buttered). Has a location downtown on Mass Ave. and one on 116th in Fishers.

#### **Chatham Tap (Fishers)**

8211 E. 116th St. #120  
Fishers, IN 46038  
(317) 845-1090

[www.chathamtap.com](http://www.chathamtap.com)

[facebook.com/chathamtap.fishers](https://facebook.com/chathamtap.fishers)

This bar has some great vegan options some of which include leek and potato soup, veggie sandwich and a veggie black bean burger (it is recommended that you specify that you don't want dairy so that your bun doesn't get buttered). Has a location downtown on Mass Ave. and one on 116th in Fishers.

#### **China Garden**

7015 Madison Ave.  
Indianapolis, IN 46227  
(317) 781-0943

[www.chinagardenva.com](http://www.chinagardenva.com)

[facebook.com/pages/China-Garden/105008266208449](https://facebook.com/pages/China-Garden/105008266208449)

This Chinese restaurant has many tofu-based vegan dishes, and will build custom meals upon request.

### **Chapati**

4930 Lafayette Rd, Suite G  
Indianapolis, IN. 46254  
(317) 405-9874

[www.eatchapati.com](http://www.eatchapati.com)

[facebook.com/eatchapati](https://facebook.com/eatchapati)

This Indian and Pakistani restaurant offers several vegan options: Veggie Biryani, Yellow/Black Daal, Aloo Tarkari, Eggplant Masala, Bhindi, Halwa Puri, Pakoras, and Samosas.

### **Delhi Palace Restaurant**

901 Indiana Ave.  
Indianapolis, IN 46202  
(317) 955-1700

[www.orderup.com/restaurants/delhi-palace/delivery](http://www.orderup.com/restaurants/delhi-palace/delivery)

Many of the items in the section of the menu titled Vegetables Selections are vegan. India Palace, Delhi Palace and Shalimar Restaurant have the same local owner.

### **Divvy**

71 W. City Center Drive  
Carmel, IN 46032  
(317) 706-0000

[www.divvycarmel.com](http://www.divvycarmel.com)

[facebook.com/divvycarmel](https://facebook.com/divvycarmel)

This 21-and over small plate bar/restaurant is in the Carmel City Center and has many vegan items throughout its menu. Some include squash tots, soft pretzel bites, edamame hummus, vegetable bisque, grilled trio, fried pickles and berry crisp. Vegan plates are specifically marked; vegetarian options are not specifically identified but are plentiful.

### **Duos Kitchen**

2960 W. Meridian St.  
Indianapolis, IN 46208  
(317) 508-8614

[www.duosindy.com](http://www.duosindy.com)

[facebook.com/duosindy](https://facebook.com/duosindy)

This Monday through Friday breakfast and lunch only restaurant has some great vegan dishes that are clearly marked on its menu. Some include a baked tofu sandwich, veggie burger, quinoa croquettes and soups, salads and sides.

### **Duos at Eskenazi**

720 Eskenazi Ave.  
Indianapolis, IN 46202  
(317) 880-5676

[www.duosindy.com](http://www.duosindy.com)

[facebook.com/duosindy](https://facebook.com/duosindy)

This Monday through Friday lunch only restaurant has some great vegan dishes that are clearly marked on its menu. Some include a baked tofu sandwich, veggie burger, quinoa croquettes and soups, salads and sides.

### **End of the Line Public House/Rooftop Garden**

1105 Shelby St.  
Indianapolis, IN 46203  
(317) 687-4857

[www.fountainsquareindy.com](http://www.fountainsquareindy.com)

This restaurant which has the Rooftop Garden for drinks and dining from Memorial Day through September (strictly 21 and older for the rooftop) has some vegetarian and vegan options available. They label their vegan dishes. The stir fry is labeled vegan.

### **Ezra's Enlightened Cafe**

6516 Ferguson St.  
Indianapolis, IN 46220  
(317) 255-3972

[www.ezrasenlightenedcafe.com](http://www.ezrasenlightenedcafe.com)

[facebook.com/EzrasEnlightenedCafe](https://facebook.com/EzrasEnlightenedCafe)

Indy's raw restaurant, featuring many vegan items! Has juices and smoothies made with almond milk.

### **Festiva**

1217 E 16th St.  
Indianapolis, IN. 46202  
(317) 635-4444

[www.festivaindy.com](http://www.festivaindy.com)

[facebook.com/FestivalIndy](https://facebook.com/FestivalIndy)

This Mexican restaurant has several clearly-labeled vegan menu choices, including guacamole, sopes/squash/kale/almond mole, seasonal citrus/mango vinaigrette salad, verdura tacos, calabacitas, and arroz con leche charred orange dessert. They do not take reservations, and you must be 21 or older.

### **Flatwater Restaurant**

832 E. Westfield Blvd.  
Indianapolis, IN 46220  
(317) 257-5466

[flatwaterbroadripple.com](http://flatwaterbroadripple.com)

[facebook.com/Flat.Restaurant.on.the.Canal](https://facebook.com/Flat.Restaurant.on.the.Canal)

Between the rapids of life, the twists and turns of the daily grind and the turbulent white waters, there lies the Flatwater. A place to kick back and relax, meet up with friends and family, share some laughs and enjoy good eats and drinks. Sit out on our waterfront deck and watch the ducks fly in and skid across the canal while you take a deep breath and exhale the day away. Several vegan options including: Korean Lettuce Wraps with grilled seitan, Seitan Tacos, Rice Noodle Salad and Grilled Veggies. Seitan is supplied by local chef Ian Phillips of Three Carrots/Killer Tofu.

### **Forty-Five Degrees**

765 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 634-4545

[www.fortyfiveindy.com](http://www.fortyfiveindy.com)

[facebook.com/fortyfivedegreesindy](https://facebook.com/fortyfivedegreesindy)

This popular, trendy restaurant is in the Mass Ave. arts district. Catered to the Indianapolis nightlife, this primarily sushi restaurant offers one vegan sushi roll, and one "ultimate veggie" that can be made vegan without the cream cheese. There are vegan appetizer options on their full menu such as tempura vegetables, edamame, salads and several vegetarian pasta dishes. The miso soup is also vegan.

### **Freshii (in Keystone Mall)**

8702 Keystone Crossing Blvd.  
Indianapolis, IN 46240

[www.freshii.com/us](http://www.freshii.com/us)

This chain restaurant is worth mentioning because of the amount of vegetarian and vegan options it offers along with quality ingredients not found at most chains including quinoa, kale and tofu. They also have juices.

### **Fujiyama Steak House of Japan**

5149 Victory Drive  
Indianapolis, IN 46203  
(317) 787-7900

[www.fujiyama-indy.com](http://www.fujiyama-indy.com)

Some of the veg options at this Japanese steak house include vegetable rolls, edamame, hibachi vegetables and seaweed salad.

### **Garden Deli**

8660 Purdue Road  
Indianapolis, IN 46268  
(317) 228-9705

Has numerous salads/wraps on its menu which you can follow or customize, or customize your own from scratch. Has many options to make for very interesting and unique salads and wraps.

### **Georgetown Natural Foods Market**

4375 Georgetown Road  
Indianapolis, IN 46254  
(317) 293-9525

[www.georgetownmarket.com](http://www.georgetownmarket.com)

This small locally-owned health food grocer has a deli and juice bar with plenty of vegetarian and vegan items for on the go or to eat there.

### **Greek Islands**

906 S. Meridian St.  
Indianapolis, IN 46225  
(317) 636-0700

[www.greekislandsrestaurant.com](http://www.greekislandsrestaurant.com)

They have a few vegan options including green beans, hummus and eggplant dip. Pasta with red sauce and salad can both be vegan if ordered with no cheese. The potatoes have a meat base.

### **Hellas Cafe**

Nora Shops Shopping Center  
8501 Westfield Blvd.  
Indianapolis, IN 46240  
(317) 257-6211

[www.hellascafe.net](http://www.hellascafe.net)

[facebook.com/Hellas-Cafe-411789640280](https://facebook.com/Hellas-Cafe-411789640280)

This Greek restaurant has a vegetarian section within its menu. Vegan options available, and some veg options can be requested vegan.

### **Henry's Coffee Bistro**

627 East St.  
Indianapolis, IN 46202  
(317) 951-0335

[henrysonest.com](http://henrysonest.com)

[facebook.com/pages/Henrys-on-East/](https://facebook.com/pages/Henrys-on-East/)



[147782911913451](tel:147782911913451)

This locally-owned coffee shop just off of Mass Ave. has almond milk and soy milk available for its lattes, coffees, and teas. It also has some vegetarian food options that include breakfast items, wraps, salads, paninis, and sides. Vegan options are limited (e.g. oatmeal, bagel) but they will customize wraps and panini to make vegan.

### **Hops and Fire**

1259 N. State Road. 135  
Greenwood, IN 46142  
317-300-7837

[www.hopsandfire.com](http://www.hopsandfire.com)  
[facebook.com/Hops-Fire-Craft-Tap-House-654881387936613/](https://facebook.com/Hops-Fire-Craft-Tap-House-654881387936613/)

This restaurant opened less than a year ago, and has separate vegan, vegetarian and gluten-free menus. It is best to be very clear with wait staff when ordering. Restaurant staff are still learning about vegan food. Ask questions, and ensure that they understand what you are ordering and how it needs to be prepared in order to be vegan. Popular vegan menu items include the PLT, tofu melt and eggplant tenderloin.

### **India Bistro**

130 N. Perry Road  
Plainfield, IN 46168  
(317) 742-7300

[www.indiabistro.net](http://www.indiabistro.net)  
[facebook.com/indiabistrocurryon](https://facebook.com/indiabistrocurryon)

Offers vegetarian and vegan options. Every Thursday 5:30 - 8:30 p.m. they offer a Vegan Buffet for dinner (all you can eat style)!

### **India Garden (Broad Ripple)**

830 Broad Ripple Ave.  
Indianapolis, IN 46220  
(317) 253-6060

[www.indiagardenindy.com](http://www.indiagardenindy.com)  
[facebook.com/pages/India-Garden-Restaurant/116308521731103](https://facebook.com/pages/India-Garden-Restaurant/116308521731103)

Many Indian foods are vegetarian- and vegan-friendly with many menu choices. This restaurant breaks out their meat-free options in a special section of the menu (Vegetarian Specials). Has two locations.

### **India Garden (Downtown)**

207 N. Delaware St.  
Indianapolis, IN 46204  
(317) 634-6060

[www.indiagardenindy.com](http://www.indiagardenindy.com)

Many Indian foods are vegetarian- and vegan-friendly with many menu choices. This restaurant breaks out their meat-free options in a special section of the menu (Vegetarian Specials). Has two locations.

### **India Palace Restaurant & Banquet Hall**

4213 Lafayette Road  
Indianapolis, IN 46254  
(317) 298-0773

[www.indiapalaceindy.com](http://www.indiapalaceindy.com)  
[facebook.com/indiapalacefargo](https://facebook.com/indiapalacefargo)

Many Indian foods are vegetarian- and vegan-friendly with many menu choices. There is a market behind this restaurant location where you can find all sorts of frozen and take-out items. India Palace, Delhi Palace, and Shalimar restaurant have the same local owner.

### **India Sizzling**

11301 Village Square Lane  
Fishers, IN 46038  
(317) 845-5500

[facebook.com/pages/India-Sizzling/125520907497514](https://facebook.com/pages/India-Sizzling/125520907497514)

An Indian restaurant located in Fishers with vegetarian and vegan options.

### **India Sizzling II**

4150 Lafayette Road  
Indianapolis, IN 46254  
(317) 297-3050

[facebook.com/IndiaSizzling2](https://facebook.com/IndiaSizzling2)

An Indian restaurant with a vegetarian and vegan buffet every Thursday evening.

### **Istanbul Café Mediterranean Cuisine**

1450 W. 86th St.  
Indianapolis, IN 46260  
(317) 876-9810

[www.indyistanbulcafe.com](http://www.indyistanbulcafe.com)

This Turkish restaurant offers many vegan and vegetarian choices, such as Shepherd Salad (vegan without the feta), hummus, tabouli, zucchini

pancakes, dolmas (grape leaves), vegan stuffed cabbage, vegan veggie stew and vegetable kebabs. This location is surprisingly rarely crowded and there are no wait times for seating.

### **Jasmine Thai Restaurant**

4825 E. 96th St.  
Indianapolis, IN 46240  
(317) 848-8950  
[www.jasminethaiindy.com](http://www.jasminethaiindy.com)  
[facebook.com/Jasmine-Thai-Restaurant-129741353718619/](https://www.facebook.com/Jasmine-Thai-Restaurant-129741353718619/)

Thai cuisine with veg-friendly options, many can be made vegan by requesting no egg. It is recommended to confirm that your choice contains no fish sauce when ordering.

### **Jockamo Upper Crust Pizza (Downtown)**

5646 E. Washington St.  
Indianapolis, IN 46219  
(317) 356-6612  
[www.jockamopizza.com](http://www.jockamopizza.com)  
[facebook.com/pages/Jockamos-Pizza/133839916684309](https://www.facebook.com/pages/Jockamos-Pizza/133839916684309)

This pizza place has salads, sandwiches, and desserts in addition to pizzas. Their pizza dough is vegan and so is their gluten free pizza dough.

### **Jockamo Upper Crust Pizza (Greenwood)**

401 Market Plaza  
Greenwood, IN 46142  
(317) 883-8993  
[www.jockamopizza.com](http://www.jockamopizza.com)  
[facebook.com/pages/Jockamos-Pizza/253841248053863](https://www.facebook.com/pages/Jockamos-Pizza/253841248053863)

This pizza place has salads, sandwiches and desserts in addition to pizzas. Their pizza dough is vegan and so is their gluten free pizza dough.

### **Jockamo Upper Crust Pizza (East Side)**

9165 Otis Ave.  
Indianapolis, IN 46216  
(317) 986-4545  
[www.jockamopizza.com](http://www.jockamopizza.com)  
[facebook.com/pages/Jockamo-Pizza/1428572757464136](https://www.facebook.com/pages/Jockamo-Pizza/1428572757464136)

This pizza place has salads, sandwiches and desserts in addition to pizzas. Their pizza dough is vegan and so is their gluten free pizza dough.

### **Kona Grill - Carmel**

14395 Clay Terrace Blvd.  
Carmel, IN 46032  
(317) 566-1400  
[www.konagrill.com](http://www.konagrill.com)  
[facebook.com/konagrill](https://www.facebook.com/konagrill)

This restaurant featuring American fare and sushi has a separate vegan menu that includes many choices such as multiple choices for vegan sushi, noodle bowls (with vegetarian adaptations that include butter or cheese), salads and sides.

### **La Chinita Poblana**

927 E. Westfield Blvd  
Indianapolis, IN 46220  
(317) 722-8108  
[www.lachinitapoblana.com](http://www.lachinitapoblana.com)  
[facebook.com/lachinitapoblana](https://www.facebook.com/lachinitapoblana)

They have vegan options labeled with a V. Crispy Japanese eggplant, Pan Seared Tofu, Peanut noodle salad and Chipotle Black Bean soup are some vegan options on their menu.

### **La Margarita Fountain Square**

1043 Virginia Ave.  
Indianapolis, IN 46203  
(317) 384-1457  
[lamargaritaindy.com](http://lamargaritaindy.com)  
[facebook.com/lamargaritatequilabar](https://www.facebook.com/lamargaritatequilabar)

Has fantastic seitan tacos as well as other vegetarian and vegan options.

### **MacNiven's Restaurant and Bar**

339 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 632-7268  
[www.macnivens.com](http://www.macnivens.com)  
[facebook.com/macnivens](https://www.facebook.com/macnivens)

This Scottish restaurant/bar has a separate vegan menu including several vegan options like vegan chili.

### **Major East African Restaurant**

1150 S. Mickley Ave.  
Indianapolis, IN 46241  
(317) 240-2700  
[majorrestaurantindy.com](http://majorrestaurantindy.com)

This Ethiopian restaurant has many vegan options including collard greens and other typical Ethi-



opian vegetable dishes, served family style with injera bread.

### **Mediterrano Café**

5941 E. 86th St.  
Indianapolis, IN 46250  
(317) 595-0399

[facebook.com/mediterranocafe](https://www.facebook.com/mediterranocafe)

The owner of this cafe gratefully shared her vegan options. Greek salad without feta cheese (customer needs to inform us as our Greek salad on buffet has feta cheese on it), cabbage or carrot salad, hummus, pita bread, pickles, onion salad, tabouli, navy bean salad, okra, eggplant salsa, rice pilaf, cracked wheat pilaf, mixed veggie stew, French fries, stuffed grape leaves, lentil soup and tomato soup.

### **Mellow Mushroom**

2340 E. 116th St.  
Carmel, IN 46032  
(317) 846-2400

[mellowmushroom.com/store/carmel](https://www.mellowmushroom.com/store/carmel)

[facebook.com/MellowMushroomCarmel](https://www.facebook.com/MellowMushroomCarmel)

Described as having a hippie vibe, this casual restaurant has an online vegan menu. Be sure to tell your server that you are vegan.

### **Metro Nightclub & Restaurant**

707 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 639-6022

[www.metro-indy.com](http://www.metro-indy.com)

A couple of the Metro Sliders are vegan – The Fountain Square and The Lockerbie, served on house-baked vegan slider buns.

### **Mimi Blue Meatballs**

874 Massachusetts Ave.  
Indianapolis, IN 46202  
(317) 737-2625

[www.mimiblueatballs.com](http://www.mimiblueatballs.com)

[facebook.com/mimiblueatballs](https://www.facebook.com/mimiblueatballs)

This restaurant that specializes in meatballs has vegan veggie balls and multiple side options for vegans. The marinara and spicy cilantro sauces are vegan. Their bread is vegan except for the bread used for the sliders.

### **Moe & Johnny's**

5380 N. College Ave.  
Indianapolis, IN 46220  
(317) 255-6376

[moeandjohnnys.com](http://moeandjohnnys.com)

[facebook.com/MoeandJohnnys](https://www.facebook.com/MoeandJohnnys)

This local sports bar has a vegan menu (be sure to ask for it) that includes soft pretzels, chipotle taco salad and an artichoke po' boy sandwich.

### **Monon Food Company**

6420 Cornell Ave.  
Indianapolis, IN 46220  
(317) 722-0176

[www.mononfood.com](http://www.mononfood.com)

[facebook.com/MononFoodCo](https://www.facebook.com/MononFoodCo)

This family-friendly casual restaurant (and outside patio) has a vegan wrap on their menu. The veggie burger is vegetarian but not vegan.

### **Naked Tchopstix**

3855 E. 96th St.  
Indianapolis, IN 46240  
(317) 569-6444

[www.tchopstix.com](http://www.tchopstix.com)

[facebook.com/Tchop96th](https://www.facebook.com/Tchop96th)

This restaurant has several vegetable sushi options including fried tofu, squash, carrot and pickle as well as the more typical asparagus, cucumber and avocado rolls. Mango tango roll is delicious.

### **Naked Tchopstix (Airport)**

Indianapolis International Airport  
(317) 241-6334

[www.tchopstix.com](http://www.tchopstix.com)

[facebook.com/Tchop96th](https://www.facebook.com/Tchop96th)

This restaurant has several vegetable sushi options including fried tofu, squash, carrot and pickle as well as the more typical asparagus, cucumber and avocado rolls. Mango tango roll is delicious.

### **Pho 54**

7280 Michigan Road  
Indianapolis, IN 46268  
(317) 298-9001

This Vietnamese restaurant receives great reviews. People are surprised by the location but are very

pleased with its quality, price and how many vegetarian/vegan options it has. Nearly half of its menu is vegan friendly.

### **Pogue's Run Grocer**

2828 E. 10th St.  
Indianapolis, IN 46201  
317-426-4963

[www.poguesrungrocer.org](http://www.poguesrungrocer.org)

This small organic and natural grocer has numerous delicious vegetarian and vegan options in its grocery section and deli. Some of its items include soups, salads, vegan tuna salad, 5 bean chili, Rambo sandwich, veggie sandwiches, tofu wrap and a roast tempeh wrap.

### **Public Greens**

900 E. 64th St.  
Indianapolis, IN 46220  
(317) 964-0865

[www.publicgreensurbankitchen.com](http://www.publicgreensurbankitchen.com)

This restaurant has several vegan options with those options indicated on its menu along with potential allergens including dairy, gluten, soy, peanuts and tree nuts.

### **Punch Burger**

137 E. Ohio St.  
Indianapolis, IN 46204  
(317) 426-5280

[www.punchburger.com](http://www.punchburger.com)

Has a veggie patty that is vegan which you can dress up with whichever toppings and sauces you choose.

### **Pure Eatery (Fountain Square)**

1043 Virginia Ave.  
Indianapolis, IN 46203  
(317) 602-5724

[www.pureeatery.com](http://www.pureeatery.com)

Vegan tacos are on the menu. Also has a few vegetarian wraps, pitas and paninis that can easily be made vegan. There are a couple veg-friendly sides, soups and appetizers. The Fountain Square location often has vegan specials on First Fridays.

### **Pure Eatery (Fishers)**

8235 E. 116th St.

Fishers, IN 46038

[www.pureeatery.com](http://www.pureeatery.com)

Vegan tacos are on the menu. Also has a few vegetarian wraps, pitas and paninis that can easily be made vegan. There are a couple veg friendly sides, soups and appetizers.

### **Ramen Ray**

5628 E. 71st St.  
Indianapolis, IN 46220  
(317) 228-7120

[facebook.com/ramenrayindy](https://facebook.com/ramenrayindy)

Ramen Ray is a restaurant specializing in Sapporo-style ramen. The AB Shoyu Ramen is vegan.

### **Red Sake Asian Fusion**

11228 Fall Creek Road  
Indianapolis, IN 46256  
(317) 913-9272

[www.redsakeindy.com](http://www.redsakeindy.com)

They have a handful of really great veg options.

### **Saigon Restaurant**

3103 Lafayette Road  
Indianapolis, IN 46222  
(317) 927-7270

[www.saigonrestaurant-indy.com](http://www.saigonrestaurant-indy.com)

This Vietnamese restaurant has many vegan and vegetarian noodle and rice dishes with a wide variety of flavors. It is closed on Tuesdays and often for a week or two during the summer. It is family-friendly and good for eating in as well as take-out.

### **Sakana of Tokyo Japanese Restaurant**

5252 E. 82nd St.  
Indianapolis, IN 46250  
(317) 436-7774

[www.sakanaoftokyo.com](http://www.sakanaoftokyo.com)

Formerly Sushi on the Rocks. Has a new menu which still looks to offer some vegetarian options and sushi.

### **Sawasdee**

1222 W. 86th St.  
Indianapolis, IN 46260  
(317) 844-9451

Thai cuisine with vegan options, including spring rolls, fried tofu, Labb Pug and many dishes which can be made with tofu including Pad Thai and Pad See Ew. Be sure to ask for your dish to be cooked without fish sauce.

### **Seasons 52**

8650 Keystone Crossing  
Indianapolis, IN 46240  
(317) 846-5252

[www.seasons52.com](http://www.seasons52.com)

This family-friendly popular spot has a separate vegetarian menu as well as a vegan menu. A favorite dish, the Vegetarian Tasting, contains a variety of vegetarian items on a single dish (this menu item contains quinoa & citrus salad, soft taco, vegetables, cedar-roasted tofu, mango chutney) and can be made vegan minus the cheese on the taco. The cedar plank roasted tofu is another favorite vegan item. Most of the foods are grown locally, and there is a seasonal menu, so items change throughout the year based on availability. Most nights you can hear live music (pianist/vocalist) in the bar area.

### **Sesame Chinese Restaurant**

1413 W. 86th St.  
Indianapolis, IN 46260  
(317) 228-1688

[facebook.com/pages/Sesame-Chinese-Restaurant/117774328242382](https://facebook.com/pages/Sesame-Chinese-Restaurant/117774328242382)

A local, family-run restaurant that offers vegetarian and vegan options including mock meats like mock duck and mock chicken. One of our favorite dishes you have to ask for (it's not on the menu) is Vegetarian Cashew Chicken (it's vegan). It comes with veggie chicken, mushrooms, water chestnuts, celery, sugar snap peas, etc. Another favorite dish is their Homestyle Tofu.

### **Shalimar Indian Restaurant**

1043 Broad Ripple Ave.  
Indianapolis, IN 46220  
(317) 465-1100

[www.shalimarindianapolis.com](http://www.shalimarindianapolis.com)

Many Indian foods are vegetarian- and vegan-friendly. Shalimar Restaurant, Delhi Palace and India Palace have the same local owner so the menu choices are quite similar at both locations

with many vegetable choices. Vegan items noted on menu.

### **Shoefly Public House**

122 E. 22nd St.  
Indianapolis, IN 46202  
(317) 283-5007

[www.shoeflypublichouse.com](http://www.shoeflypublichouse.com)

Has vegetarian and vegan salads, sides and dishes. Has a no-meatloaf that is now vegan, however the mashed potatoes that come with the meatloaf are not. Patrons can sub fries or another side for mashed potatoes. Some other options include escarole salad and beans, yucca fries and vegan chili. They offer seitan as a protein option for all of their salads.

### **Siam Square**

936 Virginia Ave.  
Indianapolis, IN 46203  
(317) 636-8424

[www.siamsquareindy.com](http://www.siamsquareindy.com)

This Thai restaurant can get busy with the downtown lunch crowd, and has many options for vegans such as veggie tempura, fried tofu, as well as many curries, fried rice and noodle dishes that can be made with veggies and tofu. Be sure to specify no fish sauce and no egg when ordering.

### **SoBro Cafe**

653 E. 52nd St.  
Indianapolis, IN 46220  
(317) 920-8121

[www.sobrocafe.com](http://www.sobrocafe.com)

SoBro Cafe has plenty of vegetarian and vegan options that are clearly noted on the menu.

### **Soupremac**

7 E. Market St.  
Indianapolis, IN 46204  
(317) 423-0780

[www.soupremacindy.com](http://www.soupremacindy.com)

Local soup shop that features some vegan soups.

### **Spice Box**

222 E. Market St.  
Indianapolis, IN 46204

[www.spiceboxindy.com](http://www.spiceboxindy.com)

This food vendor located in the historic City Market has unique Indian food. Numerous

options are vegetarian and vegan.

### **Spice Box (Fountain Square)**

719 Virginia Ave.  
Indianapolis, IN 46203  
317-220-8590

[www.spiceboxindy.com](http://www.spiceboxindy.com)

[facebook.com/spiceboxeatery](https://facebook.com/spiceboxeatery)

Offers several clearly marked vegan options, including aloo (potato) tandoori tacos and spice wraps.

### **St. Yared Ethiopian Cuisine & Coffeehaus**

11210 Fall Creek Road  
Fishers, IN 46256  
(317) 363-4435

[www.styaredcuisine.com](http://www.styaredcuisine.com)

Ethiopian/Eritrean cuisine. Vegetarian, vegan and kid-friendly.

### **Thai Cafe**

1041 Broad Ripple Ave.  
Indianapolis, IN 46220  
(317) 722-1008

[www.indythaicafe.com](http://www.indythaicafe.com)

Thai cuisine with vegan options, including yum tofu, drunken noodles with tofu and curry and broccoli.

### **Thai Kitchen Restaurant**

11021 Allisonville Road  
Indianapolis, IN 46038  
(317) 841-8988

[www.thaikitchenfishers.com](http://www.thaikitchenfishers.com)

Thai cuisine with vegan options, such as the fried tofu, Thai salad with tofu, pad thai (specify no egg and no fish sauce when ordering) and many other spicy and non-spicy vegetable rice noodle dishes.

### **Thai Orchid**

8145 Bash St.  
Indianapolis, IN 46250  
(317) 578-8155

[www.thaiorchidindy.com](http://www.thaiorchidindy.com)

Thai cuisine with several vegan options including massaman curry with coconut milk and tofu, tofu in peanut sauce and Rama delight.

### **Thai Orchid at Plainfield**

2683 E. Main St.  
Plainfield, IN 46168  
317-838-9688

[www.thaiorchidindy.com](http://www.thaiorchidindy.com)

Thai cuisine with several vegan options including massaman curry with coconut milk and tofu, tofu in peanut sauce and Rama delight.

### **Thai Papaya Restaurant**

3905 W. 96th St. #1000  
Indianapolis, IN 46268  
(317) 334-1482

[www.thaipapayarrestaurant.com](http://www.thaipapayarrestaurant.com)

Classic Thai dishes – plenty that are veg-friendly.

### **Thai Recipes Restaurant**

404 E. Thompson Rd., Suite G2  
Indianapolis, IN 46227  
(317) 388-5152

[www.thairecipesrestaurantindy.com](http://www.thairecipesrestaurantindy.com)

[facebook.com/thairecipesrestaurantindy](https://facebook.com/thairecipesrestaurantindy)

This Thai restaurant has many tofu-based vegan dishes, and will build custom meals upon request.

### **Thai Spice**

2220 E. County Line Road  
Indianapolis, IN 46227  
(317) 881-2243

[www.thaispiceindy.com](http://www.thaispiceindy.com)

Thai cuisine with several vegan and veg-friendly options. Specify no fish sauce when ordering entrees or modifying menu items.

### **Thai Taste**

5353 E. 82nd St.  
Indianapolis, IN 46250  
(317) 879-9722

[www.thaitasteindy.webs.com](http://www.thaitasteindy.webs.com)

Thai cuisine with several vegan and veg-friendly options.

### **The Clay Oven Indian Restaurant**

7415 S. US Hwy 31  
Indianapolis, IN 46227  
(317) 888-2600

[www.clayovenindianrestaurant.com](http://www.clayovenindianrestaurant.com)

An Indian restaurant with plenty of vegetarian and vegan friendly dishes.

**The Garden Table**

908 E. Westfield Blvd  
Indianapolis, IN 46220

[www.thegardentable.com](http://www.thegardentable.com)

A local eatery and fresh juicery with simple dishes made with natural ingredients. Vegan menu items include the acai bowl, garden toast, biscuits and gravy, and banh mi. Many other items can be made vegan if honey is omitted. Juices are cold pressed mixtures of raw fruits and vegetables, herbs, and superfoods. Whenever possible they use ingredients that are locally sourced and organic. Their juices are free of gluten, dairy, soy, GMOs, preservatives, and artificial ingredients.

**The Mediterranean Grill**

10230 E. US Hwy 36  
Avon, IN 46123

(317) 273-8570

[www.themedgrillavon.com](http://www.themedgrillavon.com)

This Mediterranean restaurant has numerous veg-friendly menu options including appetizers, salads, a lentil soup, a falafel sandwich, sides, a veggie plate and a falafel plate.

**The Parthenon Restaurant**

1482 W. 86th St.  
Indianapolis, IN 46260

(317) 228-1111

[www.parthenonindianapolis.com](http://www.parthenonindianapolis.com)

The menu includes several items clearly marked as vegan, including vegan moussaka, vegan goulash, and three sandwiches: eggplant, hummus and tabbouleh and falafel.

**The Sinking Ship**

4923 N. College Ave.  
Indianapolis, IN 46205

(317) 920-7999

[www.sinkingshipindy.com](http://www.sinkingshipindy.com)

This 21-and-over funky/hipster/punk bar has a vegan- and vegetarian-friendly menu, including seitan BBQ wings, vegan chili, and vegan burgers. Vegan items are clearly labeled on the menu.

**Three Carrots**

222 E. Market St.  
Indianapolis, IN 46204

(317) 403-5867

[www.threecarrotsindy.com](http://www.threecarrotsindy.com)

Indy's only all vegan restaurant! Vegetarian Cuisine from the Heart(land). Vegan restaurant located in Indianapolis' City Market! Made to order and grab-and-go options available. Open Monday-Thursday, 8 a.m. - 6 p.m.; open until 8 p.m. on Friday-Saturday with special dinner menu items, including buffalo mac and country-fried seitan.

**Tian Fu Asian Bistro**

3508 W. 86th St.  
Indianapolis, IN 46268

(317) 872-6888

[www.tianfuindianapolis.com](http://www.tianfuindianapolis.com)

This restaurant has plenty of unique and delicious vegetarian and vegan options.

**Tinker Street Restaurant & Wine Bar**

402 E. 16th St.  
Indianapolis, IN 46202

317-925-5000

[www.tinkerstreetindy.com](http://www.tinkerstreetindy.com)

Focusing on fresh, full-flavored foods from local ingredients that inspire seasonal specials. Vegetarian and vegan options available.

**Tlaolli**

2830 E. Washington St.  
Indianapolis, IN 46201

(317) 410-9507

[www.tlaolli.com](http://www.tlaolli.com)

This carry out restaurant has reinvented traditional Mexican dishes and tamales. Has multiple vegetarian and vegan options.

**Twenty Tap**

406 N. College Ave.  
Indianapolis, IN 46202

(317) 602-8840

[www.twentytap.com](http://www.twentytap.com)

This local microbrew pub (38 craft beers on tap!) includes a casual restaurant area with clearly-labeled vegan menu choices, including appetizers (e.g. edamame, cauliflower buffalo wings) and a vegan bahn mi sandwich.

**Union Jack Pub**

924 Broad Ripple Ave.

Indianapolis, IN 46220

(317) 257-4343

[unionjackpub.co](http://unionjackpub.co)

[facebook.com/unionjackpubbroadripple](https://facebook.com/unionjackpubbroadripple)

Union Jack has recently added some amazing vegan items to their menu. The owner has gone to great lengths to test and perfect these menu items with input from the vegan community.

Vegan menu items include: seitan wings (bbq or buffalo, served with vegan ranch), chili, pulled jackfruit sandwich with avocado slaw, buffalo seitan wrap, My "Vegan" Salad (a twist on My "Chick" Salad, with vegan ranch and seitan) and buffalo seitan flatbread.

### **Vitality Bowls**

110 W. Main St.

Carmel, IN 46032

(317) 581-9496

[www.vitalitybowls.com/contact/carmel-in](http://www.vitalitybowls.com/contact/carmel-in)

This superfood cafe may be a franchise but it's worth mentioning because this is the only location in the area and because of the nutritional value of these acai bowls! Also has smoothies, juices, soups, salads and paninis.

### **WB Pizza**

6165 Allisonville Road

Indianapolis, IN 46220

(317) 205-5555

[www.wbpizza.com](http://www.wbpizza.com)

Vegetarian and vegan pizzas (with vegan cheese!), vegan garlic bread with a delicious vegan garlic butter dipping sauce and even a vegan stromboli. Occasionally has a vegan dessert option.

### **Whole Foods Market (Carmel)**

14598 Clay Terrace Blvd.

Carmel, IN 46032

(317) 569-1517

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

Whole Foods offers many vegan dishes and side dishes in its hot and cold prepared foods section including burritos, sandwiches and fresh, made-to-order pizza.

### **Whole Foods Market (Nora)**

1300 E 86th St.

Indianapolis, IN 46240

(317) 706-0900

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

Whole Foods offers many vegan dishes and side dishes in its hot and cold prepared foods section including burritos, sandwiches and fresh, made-to-order pizza.

### **Woody's Library Restaurant**

40 E. Main St.

Carmel, IN 46032

(317) 573-4444

[www.woodyscarmel.com](http://www.woodyscarmel.com)

This restaurant utilizes a unique structure that was formerly a library, hence the name. Its menu has vegan options throughout with green "V"s to indicate vegan selections. They have also taken the time to indicate lactose-free and gluten-free options.

### **Yard House**

15 Maryland St.

Indianapolis, IN 46204

(317) 917-4408

[www.yardhouse.com](http://www.yardhouse.com)

This restaurant and brewhouse has a surprising amount of Gardein brand veggie items. The Vegan Burger (Gardein patty with red quinoa, kale, shiitake mushrooms and Daiya cheese) Gardein "chicken" rice bowl and orange peel "chicken" are the only vegan items on the menu. Other menu items may be modified.

### **Yats**

Several in Indianapolis Area

[www.yatscajuncreole.com](http://www.yatscajuncreole.com)

Cajun/Creole fast food; always at least one vegetarian option (usually a spinach/mushroom etouffee), but call or go online for the daily menu to check for vegan choices, which are not available every day. Additional locations- Downtown, Avon, Fishers, Greenwood, Carmel, Noblesville and Northwest.



# Vegan Bakeries and Desserts

## **A Piece of Cake**

1275 W. Main St.  
Greenwood, IN 46142  
(317) 887-2253

[www.apieceofcakegreenwood.com](http://www.apieceofcakegreenwood.com)  
[facebook.com/pages/A-Piece-of-Cake/118085948202768](https://facebook.com/pages/A-Piece-of-Cake/118085948202768)

This bakery offers made-to-order cakes. They will gladly make vegan cakes, cupcakes, and pies.

## **Brics (Broad Ripple Ice Cream Station)**

901 East 64th St.  
Indianapolis, IN 46220  
(317) 257-5757

[www.bricsindy.com](http://www.bricsindy.com)  
[facebook.com/BRICSindy](https://facebook.com/BRICSindy)

A fun ice cream shop off the Monon Trail in Broad Ripple. Brics offers a selection of vegan ice cream. Vegan cones are available upon request.

## **General American Donut Company**

827 S. East St.  
Indianapolis, IN 46225  
(317) 964-0744

[www.generalamericandonutco.com](http://www.generalamericandonutco.com)

Has dairy alternatives for their coffee and espresso drinks. You must call ahead and pre-order vegan donuts.

## **Litterally Divine Chocolates**

1114 Prospect Street  
Indianapolis, IN 46203

[www.litterallydivinetoffee.com](http://www.litterallydivinetoffee.com)  
[facebook.com/litterallydivine](https://facebook.com/litterallydivine)

Owner/proprietor Suzanne Litteral offers several vegan chocolates, including caramels and truffles.

## **Nicey Treat**

916 E. Westfield Blvd.  
Indianapolis, IN 46220  
(317) 602-NICE. (6423)

[niceytreat.com](http://niceytreat.com)  
[facebook.com/niceytreat](https://facebook.com/niceytreat)

Great tasting, all-natural, handmade frozen treats featuring unique flavors and all-natural ingredi-

ents. There are many vegan options on the menu. Be sure to check out the Fountain Square location.

## **Nicey Treat (Fountain Square)**

655 Virginia Ave.  
Indianapolis, IN 46203  
(317) 602-6423

[niceytreat.com](http://niceytreat.com)  
[facebook.com/niceytreat](https://facebook.com/niceytreat)

Great tasting, all-natural, handmade frozen treats featuring unique flavors and all-natural ingredients. There are many vegan options on the menu. Be sure to check out the Broad Ripple location.

## **Sub Zero Ice Cream & Yogurt**

427 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 252-0271

[www.subzeroicecream.com](http://www.subzeroicecream.com)

This is one of the few places vegans can enjoy an iced almond milk treat. Each dish is made custom to order, so you can be sure it is fresh. You choose your base (vegan available) and personalize the flavors and toppings.

## **The Dancing Donut**

1134 E. 54th St., Suite G  
Indianapolis, IN 46220

[www.thedancingdonut.com](http://www.thedancingdonut.com)

A donut shop under the same ownership as The Flying Cupcake that offers vegan donuts. Call ahead to ensure availability.

## **The Flying Cupcake (Mass Ave.)**

423 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 396-2696

[www.theflyingcupcakebakery.com](http://www.theflyingcupcakebakery.com)

This bakery has regular, filled, jumbo, gluten free and vegan cupcakes along with cookies, bars and brownies.

## **The Flying Cupcake**

5617 W. Illinois St.  
Indianapolis, IN 46208  
(317) 396-2696

[www.theflyingcupcakebakery.com](http://www.theflyingcupcakebakery.com)

This bakery has regular, filled, jumbo, gluten free

and vegan cupcakes along with cookies, bars and brownies.

### **The Flying Cupcake (Carmel)**

831 S. Rangeline Road  
Suite 300  
Carmel, IN 46032  
(317) 396-2696

[www.theflyingcupcakebakery.com](http://www.theflyingcupcakebakery.com)

This bakery has regular, filled, jumbo, gluten free and vegan cupcakes along with cookies, bars and brownies.

### **The Flying Cupcake**

4026 E. 82nd St.  
Suite A4 Indianapolis, IN 46250  
(317) 396-2696

[www.theflyingcupcakebakery.com](http://www.theflyingcupcakebakery.com)

This bakery has regular, filled, jumbo, gluten free and vegan cupcakes along with cookies, bars and brownies.

### **The Flying Cupcake (Greenwood)**

789 US 31 N. (at Fry Road) Suite D  
Greenwood, IN 46142  
(317) 396-2696

[www.theflyingcupcakebakery.com](http://www.theflyingcupcakebakery.com)

This bakery has regular, filled, jumbo, gluten free and vegan cupcakes along with cookies, bars and brownies.

### **Wyliepalooza Ice Cream Emporium Restaurants**

5535 E. Washington St.  
Indianapolis, IN 46219  
(317) 351-0275

[wyliepalooza.com](http://wyliepalooza.com)

[facebook.com/Wyliepaloozas](https://facebook.com/Wyliepaloozas)

A family-owned ice cream shop with ice cream, egg free ice cream, gluten free ice cream, non-dairy Italian ice (vegan), non-dairy soy (vegan), sherbet, ice cream cakes and bubble teas. Varieties and flavors may not be available at each location every day.

### **Wyliepalooza Ice Cream Emporium Restaurants (Brownsburg)**

1022 E. Main St.  
Brownsburg, IN 46112

(317) 350-2467

[wyliepalooza.com](http://wyliepalooza.com)

[facebook.com/Wyliepaloozas](https://facebook.com/Wyliepaloozas)

A family-owned ice cream shop with ice cream, egg free ice cream, gluten free ice cream, non-dairy Italian ice (vegan), non-dairy soy (vegan), sherbet, ice cream cakes and bubble teas. Varieties and flavors may not be available at each location every day.

## **Vegan Coffee, Smoothies and Juice**

### **Monon Coffee Company**

2442 N. Central Ave.  
Indianapolis, IN 46205  
(317) 690-9089

[facebook.com/mononcoffee](https://facebook.com/mononcoffee)

This locally-owned coffee company and shop has various coffee and espresso drink options with soy, almond, and rice milk options as dairy alternatives. Often has vegan pastries. Has a location in Broad Ripple and a location north of downtown.

### **Monon Coffee Company (Broad Ripple)**

920 E. Westfield Blvd  
Indianapolis, IN 46220  
(317) 255-0510

[facebook.com/mononcoffee](https://facebook.com/mononcoffee)

This locally-owned coffee company and shop has various coffee and espresso drink options with soy, almond and rice milk options as dairy alternatives. Often has vegan pastries. Has a location in Broad Ripple and a location north of downtown.

### **Natural Born Juicers**

865 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 797-4254

[www.naturalbornjuicers.com](http://www.naturalbornjuicers.com)

[facebook.com/naturalbornjuicers](https://facebook.com/naturalbornjuicers)

An Indianapolis-based juice and smoothie bar that also has pressed juice and juice cleanses.

### **Rabble Coffee**

2119 E. 10th St.  
Indianapolis, IN 46201

[www.rabblecoffee.com](http://www.rabblecoffee.com)  
[facebook.com/RabbleCoffee](https://facebook.com/RabbleCoffee)

This coffee shop on the near east side offers soy and almond milks for their coffee drinks. They also have a vegan curried tofu sandwich, and serve General American Doughnut Co. doughnuts, some of which are vegan, on weekends.

### **Strange Brew Coffee**

Sugar Grove Shoppes  
4800 W. Smith Valley Road  
Greenwood, IN 46142  
(317) 881-5282

[www.strangebrewcoffee.com](http://www.strangebrewcoffee.com)

This coffee shop located in Greenwood has soy milk available for its coffees, lattes and other espresso drinks.

### **Twenty Two Juicery & Smoothie Bar**

222 E. Market St.  
Indianapolis, IN 46204  
(765) 376-1443

[www.twentytwojuice.com](http://www.twentytwojuice.com)

This juice and smoothie bar is located within the historic City Market downtown. They also have acai bowls and use organic ingredients when available.

## **Online Ordering Only**

### **Green Box Bakery**

Online  
(317) 397-1301

[facebook.com/greenbox](https://facebook.com/greenbox)

Vegan baked goods made to order! Gluten-free available. Delivery service available. Green Box offers the following flavors (and more!): Vanilla Chocolate, Strawberry Coconut, Banana Pumpkin Carrot, Red Velvet, Italian Wedding Cake, Hummingbird, Lemon Lavender, Green tea with raspberry, Chocolate with Chai frosting, Maple Bacon, Pineapple right-side-up. They are working on about 30 more flavors like strawberry champagne, cookie dough and more!

### **Peace Treaties Bakery**

Online  
(317) 721-9122

[facebook.com/Peace-Treaties-locally-sourced-](https://facebook.com/Peace-Treaties-locally-sourced-organic-pet-people-bakery-361348873966343)

[organic-pet-people-bakery-361348873966343](https://organic-pet-people-bakery-361348873966343)

Locally-sourced organic pet and people bakery which makes vegan, gluten-free, sugar-free and traditional goodies. These treats can be made to order and/or can be found in some area stores such as Earth Fare.

### **The New Old-Standard Baking Co.**

Online  
(812) 929-2945

[www.newoldstandard.com](http://www.newoldstandard.com)

Organic vegan baked goods. Call or email to order. Cake by-the-slice available at Bazbeaux Pizza in Broad Ripple, Carmel and Mass Ave. locations. See website for more information.

## **No Vegan Options but Accommodating of Modifications**

These restaurants don't have any vegan options on their menus, but can accommodate with some modifications to existing menu items.

### **Bakersfield**

334 Massachusetts Ave.  
Indianapolis, IN 46204  
317-635-6962

[www.bakersfieldtacos.com](http://www.bakersfieldtacos.com)

[facebook.com/bakersfieldmassave](https://facebook.com/bakersfieldmassave)

Simple, authentic Mexican street fare with a large selection of tequila and whiskey. Two of the tacos, the Hongos and the Huitlacoche can be prepared vegan if ordered without the cheese and without sour cream.

### **El Hidalguense Mexican Restaurant**

5035 W. 71st St.  
Indianapolis, IN 46268  
(317) 328-0743

[facebook.com/pages/El-Hidalguense/149044511823843](https://facebook.com/pages/El-Hidalguense/149044511823843)

This Mexican restaurant has the usual veg friendly options but also some unique options including a

pumpkin flower quesadilla and cactus sole. Items can be made vegan if you remove the cheese and sour cream.

### **El Meson Mexican Restaurant**

Various locations in Indianapolis, Avon and Plainfield

[www.elmesonmexicanrestaurant.com](http://www.elmesonmexicanrestaurant.com)

This local Mexican chain of restaurants has a vegetarian section on its menu. Most other items can be made vegetarian if you substitute, and vegan if you remove the cheese and sour cream.

### **Fire by the Monon**

6523 Ferguson St. Indianapolis, IN 46220  
(317) 252-5920

[www.firebythemonontrail.com](http://www.firebythemonontrail.com)

This casual bar and family friendly restaurant (including a nice outdoor patio) has several vegetarian choices, including flatbreads as well as interesting salads, most of which can be vegan if ordered without cheese. The food served is mostly locally-grown.

### **Late Harvest Kitchen**

5 River Crossing Blvd.  
Indianapolis, IN 46240  
(317) 663-8063

There is one option on the menu that can be made vegan: North African Vegetable Tagine with couscous, golden raisins, charmoula and apricot chutney (ask for feta to be omitted)

### **Libertine**

608 Mass Ave.  
Indianapolis, IN 46204  
(317) 631-3333

This 21-and over trendy downtown lounge has a small plate menu that changes regularly. There is usually a vegan option. Best to check before going, though. Located underneath Pizzology.

### **Oakley's Bistro**

1464 W. 86th St.  
Indianapolis, IN 46260  
(317) 824-1231

[www.oakleysbistro.com](http://www.oakleysbistro.com)

The menu changes regularly, as many foods are locally obtained. There are always vegetarian

options available. This restaurant is not a particularly good location to bring children. Every dish is made to order, so anything that looks good to a vegan can be altered to suit their lifestyle. The following is an example provided by the restaurant of a special vegan dish made by the chef: grilled eggplant, oven roasted tomato, roasted artichokes with sundried tomato puree, citrus quinoa, corn tuile, crispy baked fingerlings, spring peas and morels, and a creole sauce (all vegan).

### **Old Point Tavern**

401 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 634-8943

Hummus appetizer is vegan, and vegetarian chili is vegan if ordered without cheese and sour cream.

### **Pizzology (Mass Ave.)**

608 Massachusetts Ave.  
Indianapolis, IN 46204  
(317) 685-2550

[www.pizzologyindy.com](http://www.pizzologyindy.com)

Has some vegetarian options, some of which can be modified to be vegan.

### **Pizzology (Carmel)**

13190 Hazel Dell Parkway  
Carmel, IN 46033  
(317) 844-2550

[www.pizzologyindy.com](http://www.pizzologyindy.com)

Has some vegetarian options, some of which can be modified to be vegan.

### **Revolucion**

1132 Prospect St.  
Indianapolis, IN 46203  
(317) 423-9490

[facebook.com/RevolucionIndy](https://facebook.com/RevolucionIndy)

This Mexican restaurant has veggie tacos that can be ordered without the queso fresco and other veg friendly options, such as chips, salsa, guac, potatoes and fries.

### **Tastings**

50 W. Washington St.  
Indianapolis, IN 46204  
(317) 423-2400

[www.awineexperience.com](http://www.awineexperience.com)

This 21-and-over classy wine bar has many vegetarian choices on their small plate menu, such as the artichoke and caponata salad (as with many others, can be made vegan without the cheese), hummus and Mediterranean sampler plates, flatbreads, pizzas and a tasty roasted veggie sandwich.

### **The Jazz Kitchen**

5377 N. College Ave.  
Indianapolis, IN 46220  
(317) 253-4900

[www.thejazzkitchen.com](http://www.thejazzkitchen.com)  
[facebook.com/pages/Jazz-Kitchen/  
107998452561678](https://facebook.com/pages/Jazz-Kitchen/107998452561678)

Primarily a jazz and blues club, this 21-and over venue has a small menu that includes one vegetarian entrée that can be made vegan. Call ahead for reservations and band/cover charge information.

## **Fast Food and Chains with Vegan Options**

### **Au Bon Pain**

Several in Indianapolis Area

[www.aubonpain.com](http://www.aubonpain.com)

Several soups are vegan, including: Vegetarian Chili, Tuscan White Bean, Black Bean, Curried Rice and Lentil, 12 Veggie, Barley and Creamy Lentil, Harvest Mushroom and Wheat Berries, Swiss Chard and Three Bean and French Moroccan Tomato Lentil. Selection varies from day to day, but typically at least one vegan option is available. The black bean burger is vegetarian, not vegan.

### **Blaze Pizza**

913 Indiana Ave.  
Indianapolis, IN 46202  
(317) 624-1500

[www.blazepizza.com](http://www.blazepizza.com)  
[facebook.com/pages/Blaze-Pizza-  
Indianapolis/266602156833218](https://facebook.com/pages/Blaze-Pizza-Indianapolis/266602156833218)

At this assembly style pizza spot you can choose a pizza from their menu or customize your own so you can load it up with as much veggies and you want. The dough and sauce are vegan and they

offer vegan cheese for an extra buck and only take 3 minutes to cook!

### **Blaze Pizza**

12697 N. Pennsylvania St.  
Carmel, IN 46032  
(317) 993-3535

[www.blazepizza.com](http://www.blazepizza.com)

At this assembly style pizza spot you can choose a pizza from their menu or customize your own so you can load it up with as much veggies and you want. The dough and sauce are vegan and they offer vegan cheese for an extra buck and only take 3 minutes to cook!

### **The Cheesecake Factory**

8701 Keystone Crossing  
Indianapolis, IN 46240  
317-566-0100

[www.thecheesecakefactory.com](http://www.thecheesecakefactory.com)

Vegan options include a vegan cobb salad, super antioxidant salad, lentil soup and avocado toast. The veggie burger can be ordered vegan without cheese or mayo on a sourdough or wheat bun, and Evelyn's Favorite Pasta with rigatoni pasta, tossed with olive oil instead of butter and no parmesan cheese.

### **The Cheesecake Factory**

1251 US-31  
Greenwood, IN 46142  
317-887-8440

[www.thecheesecakefactory.com](http://www.thecheesecakefactory.com)

Vegan options include a vegan cobb salad, super antioxidant salad, lentil soup and avocado toast. The veggie burger can be ordered vegan without cheese or mayo on a sourdough or wheat bun, and Evelyn's Favorite Pasta with rigatoni pasta, tossed with olive oil instead of butter and no parmesan cheese.

### **Chipotle**

Several in Indianapolis Area

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

Offers tofu sofritas - tofu braised with peppers and spices - in a bowl, burrito, taco or salad. They offer black or pinto beans and brown or white rice. A great selection of vegan toppings, including mixed fajita veggies, salsas, lettuce, and

guacamole.

### **Denny's**

Several in Indianapolis Area

[www.dennys.com](http://www.dennys.com)

Denny's vegan options include a vegan patty for their Build-Your-Own-Burgers and the sesame and whole wheat buns are vegan. In addition, there's oatmeal, the Fit Fare® Veggie Skillet (ask for no egg whites), English muffins, bagels, grits, applesauce, fresh fruit, vegetable plates, seasoned French fries, baked potatoes with several vegetable toppings, garden salads with light Italian dressing or oil and vinegar dressing.

### **Fazoli's**

Several in Indianapolis Area

[www.fazolis.com](http://www.fazolis.com)

This is a fast food Italian Restaurant. They have special \$5 lunch deals. Choices that are vegan include: Penne Pasta, salad, dry breadsticks.

### **Moe's Southwest Grill**

Several in Indianapolis Area

[www.moes.com](http://www.moes.com)

The tacos, fajitas, salads and burritos can be made vegan by substituting tofu for meat and omitting the cheese.

### **Noodles & Company**

Several in Indianapolis Area

[www.noodles.com](http://www.noodles.com)

Vegan options include the Chinese Chop Salad without wontons, the Indonesian Peanut Sauté, the Japanese Pan Noodles, the Penne Rosa without cream and cheese and the Whole Grain Tuscan Fresca without cheese. Tofu can also be added to any dish.

### **P.F. Chang's**

(Circle Centre Mall) 49 W. Maryland St.

Indianapolis, IN 46204

317-974-5747

[www.pfchangs.com](http://www.pfchangs.com)

This Asian food chain has several vegan options, including the tofu lettuce wraps, Shanghai waldorf salad, chili-garlic green beans, Buddha's Feast, coconut curry vegetables, ma po tofu and stir-fried eggplant.

### **P.F. Chang's**

Keystone Fashion Mall

8601 Keystone Crossing

Indianapolis, IN 46240

317-815-8773

[www.pfchangs.com](http://www.pfchangs.com)

This Asian food chain has several vegan options, including the tofu lettuce wraps, Shanghai waldorf salad, chili-garlic green beans, Buddha's Feast, coconut curry vegetables, ma po tofu and stir-fried eggplant.

### **Pie Five**

48 E. Washington St.

Indianapolis, IN 46204

317-955-4300

[www.piefivepizza.com](http://www.piefivepizza.com)

Offers vegan crusts (including whole grain thin, crispy thin and gluten free) and vegan cheese. Sauces are vegan except for alfredo, buffalo ranch and ranch, which are vegetarian. Farmer's Market and Margherita pizzas can easily be made vegan, and other pizza ingredients can be modified.

### **Pie Five**

6704 Whitestown Parkway

Zionsville, IN 46077

317-769-2900

[www.piefivepizza.com](http://www.piefivepizza.com)

Offers vegan crusts (including whole grain thin, crispy thin, and gluten free) and vegan cheese. Sauces are vegan except for alfredo, buffalo ranch and ranch, which are vegetarian. Farmer's Market and Margherita pizzas can easily be made vegan, and other pizza ingredients can be modified.

### **Pita Pit**

2902 W. 86th St.

Indianapolis, IN 46268

(317) 872-7482

[www.pitapitusa.com](http://www.pitapitusa.com)

There is a special 'veggie pita' menu with many choices. The falafel is vegan if you ask them to microwave it! Two locations: Downtown and Northwest on 86th.

### **Pita Pit**

1 N. Pennsylvania St. #120

Indianapolis, IN 46204

(317) 829-7482



[www.pitapitusa.com](http://www.pitapitusa.com)

There is a special 'veggie pita' menu with many choices. The falafel is vegan if you ask them to microwave it! Two locations: Downtown and Northwest on 86th.

### **Qdoba**

Several in Indianapolis Area

[www.qdoba.com](http://www.qdoba.com)

A burrito, taco or salad bowl can be made with the following vegan ingredients: corn or flour tortillas, black or pinto beans, brown or cilantro-lime rice, fajita vegetables, grilled vegetables, potatoes, guacamole and most salsas. The tortilla soup is also vegan.

### **Red Robin**

Several in Indianapolis Area

[www.redrobin.com](http://www.redrobin.com)

Red Robin offers a veggie burger made with a Boca vegan patty and topped with pickles, tomatoes, lettuce and Dijon sauce on a sesame bun. Vegan sides include a hummus plate and steamed veggies.

### **Taco Bell**

Several in Indianapolis Area

[www.tacobell.com](http://www.tacobell.com)

Several Taco Bell menu items can be veganized by omitting a few ingredients or ordering them "fresco style." The 7-layer burrito can be made vegan if the cheese and sour cream are omitted. Most tacos, nachos, Crunchwrap supreme and Mexican pizza are vegan if meat, cheese and sour cream are omitted. Many of the sides are vegan, including cinnamon twists, chips and guac, beans, cilantro rice, Mexican rice and all salsas.

### **White Castle**

Several in Indianapolis Area

[www.whitecastle.com](http://www.whitecastle.com)

White Castle offers Dr. Praeger's vegan sliders, which can be ordered plain, or with sweet Thai sauce. Onions and pickles can also be added.