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"out to dine"

New Orleans Restaurants/Stores with Vegetarian Meal Offerings Updated 4.17.2005

Restaurant	Location(s)	Recommended Veggie Items	Staffing & Service	Dress	Cost
Grocery/Deli					
Whole Foods Market A healthy grocery store	Uptown: 5600 Magazine St - (504) 899-9119	Lots of deli department items Many salads Prepared veggies	Good Usually efficient	Casual	Medium
Asian					
Basil Leaf Thai food	Uptown: 1438 S Carrollton Ave - (504) 862-9001	Pad thai is great (add tofu!)	Excellent	Casual or better	Medium to high
Sukothai Thai food	Just out of the French Quarter 1913 Royal St - (504) 948-9309	Many veggie appetizers and entres	Good	Casual or better	Medium
Pho Tau Bay Vietnamese food	1. Downtown: Tulane Avenue near Claiborne across from LSU Health Sciences 2. Mid City: Carrollton near Canal 216 N Carrollton Ave - (504) 485-7687 3. Metairie: 3116 N Arnoult Rd, Metairie - (504) 780-1063	Veggie po-boy made with tofu! Veggie soup with tofu and lots of basil and sprouts Other Vietnamese items are available.	Friendly efficient staff. Fast service	Casual	Inexpensive
Italian					
Semolina Pasta Restaurant	1. 5080 Ponchartrain Blvd - (504) 486-7448 2. Uptown: 3226 Magazine Street - (504) 895-4260	Lots of pasta choices which can be custom ordered	Friendly	Casual or better	Inexpensive to medium
Louisiana Pizza Kitchen "Gourmet Pizza"	1. French Quarter 95 French Market PI - (504) 522-9500 2. Uptown: Carrollton near St Charles, 615 S Carrollton Ave - (504) 866-5900	Many salads, appetizers, and gourmet veggie pizzas Roasted garlic pizza Margharita pizza Spinach salad Feta cheese salad	Friendly staff	Casual	Inexpensive to Medium
Mixed Bag					

Slim Goodie's Diner	3322 Magazine Street near the intersection of Louisiana Ave (504) 891-EGGS	Non-vegetarian Americana diner-style food with a vegetarian twist Veggie & vegan breakfast food served all day Veggie burgers	Friendly Good	Casual Family Bohemian	Inexpensive to Medium
Barracks Street Cafe	Barracks St at the French Market French Quarter 430 Barracks St (504) 525-0330	Eclectic variety of food Tofu quesadillas highly recommended. Also tofu tacos and many other items Under new ownership Oct 2004	Friendly. Delivery offered to the French Quarter area.	Very casual	Inexpensive

Southwestern U.S.

Kokopelli's	Off of North Claiborne uptown 3150 Calhoun St - (504) 861-3922	Many veggie versions of Southwestern foods: tacos, burritos, and yummy salads	Friendly staff (sometimes they deviate from the recipes of ordered items)	Very casual	Inexpensive
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Indian

Tandoori Chicken	Downtown, just off Canal near the French Quarter 115 University Pl - (504) 299-1926	Many veggie items - very, very filling Noon or Sunday night (all you can eat) buffet highly recommended	Friendly, but quiet	Casual or better	Medium priced
Nirvana	Uptown on Magazine Street near Jefferson 4308 Magazine St - (504) 894-9797	Many veggie items Noon buffet highly recommended!	Fair service	Casual or better	Medium (noon) to higher (evening)
Taj Mahal	In Old Metairie on Metairie Road 923 Metairie Rd - (504) 836-6859	Many veggie items including appetizers and entrees Veggie dinner for two people Great rice pudding :)	Excellent service	Casual or better	Medium

Middle Eastern / Mediterranean

Fellini's Cafe	900 N Carrollton Ave (504) 488-2155	Middle Eastern and Italian Foods with several veggie selections including hummus, salads, calzones, sandwiches, and more.	A bit slow	Very casual	Inexpensive
Mona's Cafe	1. Frenchman St right outside the French Quarter 504 Frenchmen St - (504) 949-4115 2. Mid City: Banks right off of Jeff Davis 3901 Banks St - (504) 482-7743 3. Uptown off of North Claiborne 3151 Calhoun St - (504) 861-2124	Middle Eastern food including tabouli, hummus, falafel, baba ganoush	Friendly	Very casual	Inexpensive

South of the U.S. Border

Taqueria Corona

1. Uptown: 5932 Magazine Street -
(504)897-3974
2. 857 Fulton St., (504) 524-9805
Warehouse district

Latin food including veggie
version of California burrito,
taco salad
Great pico de gallo!

Friendly

Casual

Inexpensive
to medium

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