

VEGAN RESOURCE GUIDE



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TABLE OF CONTENTS

03

About

05

Favorites

Julia's

El Cantaro

Alta

Wild Plum Cafe

Terra Superfoods

Rock N Roll Donut Bar

Happy Girl Kitchen Co.

Nacho Bizness

Sur Burger

15

Restaurants with
Veganizable Options

ABOUT

Interested in vegan & vegetarian options around the Monterey area?

We have highlighted some local options! In an effort to make it accessible to MIIIS students, we made sure there were options within walkable distance from the MIIIS campus.

Each of the highlighted favorites have:



Ride time on public transit



Walk time



Drive time



Cost range

Spotlight Restaurants

FAVORITES

Here we have highlighted
some of our favorite places!



JULIA'S

VEGETARIAN RESTAURANT

Great local spot that highlights the use of mushrooms in their dishes.

Most of their dishes can be made vegan, and all of the desserts are plant-based!

It's a great place to go with friends and split a few dishes!

Our suggestions:

- Fried Mushrooms
- Faux Orange Chicken
- Big Sur Pizza
- Iris Salad
- Lavender Kombucha

Also try the Cauliflower Wings tossed with the House sauce!



ADDRESS

Julia's, 1180 Forest Ave Suite F,
Pacific Grove, CA 93950
juliasveg.com

DISTANCE FROM CAMPUS



25 minute ride



About 1 hour walk



9 minute drive

NOTES

Julia's ranges from \$20-\$35 a person

MYSTERY TIP



We recommend you go take a look at the bathrooms...





EL CANTARO

VEGAN RESTAURANT

El Cantaro is a local vegan Mexican restaurant with some delicious burritos! It's the perfect place to grab lunch and then enjoy the coastal trail!

Our suggestions:

- Nopal Burrito
- Veggie Supreme Burrito

Dishes tend to be large portions. Order at the counter and food is served to-go style. The menu is all-vegan and uses faux meats.

ADDRESS

791 Foam St, Monterey, CA 93940
orderelcantaro.com

DISTANCE FROM CAMPUS



14 minute ride



6 minute drive



About 30 minute walk

NOTES

El Cantaro is about \$7-\$20 a person. The parking lot is small but there is some street parking.





ALTA Bakery & Cafe

VEGAN & VEGETARIAN OPTIONS

Home in a historic adobe, Alta has options with oat milk and almond milk available for drinks. And has labeled vegan food options such as avocado toast and sometimes the "soup of the day" is vegan.

Our suggestions:

- Veggie Hummus Wrap (for only \$6!)
- Carrot-Ginger Soup & Sourdough
- Lavender Oat Latte

ADDRESS

502 Munras Ave, Monterey, CA
93940
altamonterey.com

DISTANCE FROM CAMPUS



7 minute walk



3 minute drive

NOTES

Walking is the best way to get to Alta. There is parking in the Trader Joe's parking lot or on the street if needed.

ECO-FRIENDLY TIP



Remember to bring your reusable cup, or to specify that you'd like your coffee in a mug if you intend to stay for a bit!





The WILD PLUM Cafe

VEGAN & VEGETARIAN OPTIONS

Cafe & Bakery serving fresh, organic, and sustainable American bistro style food, with house-baked bread and pastries, as well as local organic coffee.

Our suggestions:

- Mimosa
- Fresh Berry Lemonade Made In-House
- Potato skillet (add vegan chorizo!)
- Sunrise Tacos
- Latte (comes in a BOWL-sized mug)

Gets really busy for brunch on the weekend! We recommend you go a little after lunch rush, or go earlier to put your name on the waiting list and get ready for deliciousness!

ADDRESS

731 Munras Ave suite b, Monterey, CA
93940
123-456-7890
thewildplumcafe.com

DIST. FROM CAMPUS



12 minute walk



3 minute drive





TERRA

Superfoods

VEGETARIAN WITH VEGAN OPTIONS

Health shop offering acai bowls, grain bowls, toasts, and cold pressed organic juices

You can't go wrong with the build your own smoothie bowl! The açai base is a must try!

ADDRESS

1570 Munras Ave Suite 50,
Monterey, CA 93940
terrasuperfoods.com

DIST. FROM CAMPUS



8 minute walk



3 minute drive

FUN FACT:



Their toasts are served on Ad Astra bread!





ROCK N ROLL Donut Bar

VEGAN

Rock N Roll Donut Bar has reinvented the boring business of donuts and happiness into something exciting, delicious and fast! They offer 30 varieties of custom donuts made daily.

Don't forget to say you are local, so you get to enjoy deliciousness at a reduce price!

ADDRESS

685 Cannery Row Suite 101, Monterey,
CA 93940
rocknrolldonurbar.com

DIST. FROM CAMPUS



16 minute ride



30 minute walk



4 minute drive

NOTES

Parking in the San Carlos Beach
Parking lot is the best bet plus you can
walk through all of Cannery Row.





HAPPY GIRL

KITCHEN COMPANY

VEGETARIAN WITH VEGAN OPTIONS

Happy Girl Kitchen is a coffee shop / bakery that proudly serves food made with local, organic ingredients.

Their baked goods are often vegan, gluten free, or both and are ALWAYS delicious.

Lunch specials are available daily, and everything is extremely fresh!

Our suggestions:

- Avocado Toast
- Matcha Latte
- Any of the baked goods
- Lavender Lemonade
- Lunch Special of the Day

ADDRESS

173 Central Ave, Pacific Grove, CA
93950

happygirlkitchen.com

DIST. FROM CAMPUS



15 minute ride



37 minute walk



6 minute drive

NOTES

Some street parking is available.





NACHO BIZNESS

VEGETARIAN/VEGAN OPTIONS

Nacho Bizness is a fast casual Mexican restaurant.

The menu includes customizable nachos with waffle fries or tortilla chips base, vegan cheese, and various vegetable toppings such as jalapenos, beans, guacamole, and much more.

ADDRESS

470 Alvarado St, Monterey, CA
93940
nachobiz.biz

DIST. FROM CAMPUS



7 minute walk



3 minute drive





SUR BURGER

VEGETARIAN/VEGAN OPTIONS

A local burger place with vegan and vegetarian options!

Our suggestions:

- house-made veggie burger
- sweet potato fries

ADDRESS

409 Alvarado St, Monterey, CA
93940
surburger.com

DIST. FROM CAMPUS



5 minute walk



3 minute drive

NOTES

10% student discount available! Just show your student ID.



Restaurants with Veganizable & Vegetarian Options

OTHER

We added places that have
veganizable options that may or may
not be on their menu. Some dishes
need to have item removed or modified.

FOOD & DRINK

Alvarado Street Brewery

Ambrosia India Bistro

Bagel Bakery

Bookworks

Cafe Guarani

Captain and Stoker

Crystal Fish

East Village Cafe

First Awakenings

Hula's Island Grill

Ike's Love and

Sandwiches

MidiCi

Pacific Bowls and Rolls

Perfectly Pressed

Pizza My Heart

Petra Cafe

Revival

Taste of India

Tidal Coffee

Toribashi

Zab Zab Thai Cuisine



THANK YOU!

Hope this resource helps you find
some plant-based options in the
Monterey area!