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15 Restaurants with Veganizable Options
Interested in vegan & vegetarian options around the Monterey area?

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

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**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.
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!

**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

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

**ADDRESS**

**DIST. FROM CAMPUS**

- 8 minute walk
- 3 minute drive

**FUN FACT:**

Their toasts are served on Ad Astra bread!

**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 açaí base is a must try!
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

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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!