Looking for good alternative food choices in the heart of oil country? Here are some of the best places for meat free food in Edmonton.

Name/Location/Price ($-$$$)/V of A discount (Y/N)/ Selection (1-5)/ Yum Grading (1-10)/Suggested dishes/Type of cuisine/Other comments

Closer to Campus:

Remedy Café/ 8631-109 street/$$/ Yes / 4(many options)/7/Vegan Coconut Chicken, Chana Masala, Chai latte/ Pakistani, Indian, and Western style/Close to campus, free wifi, a good place to work on assignments during the day and to drink beer at night.

Sweet Mango / 9120-82 Ave / $-$$/ Yes / 3(many vegetarian options, some vegan options) / 7 / Vegetarian Vermicelli bowls, salad rolls/ Modern Asian/ If you show your student ID you get 10% off your meal, a short bus ride from campus.

Daawat /10015- 82 Ave/ $$ / No / 4(many options)/ 7/Chana Masala, Dal Maharani/ Indian/ Can make gluten free options. Free wifi. Perfect post drinking food and location (Open until 4 am from Friday-Sat AND they deliver). Also try the lunch buffet!

Café Beirut/ 10812-Whyte Ave/ $-$$ / Yes / 3-4 / 7 / Falafel, Tabouli / Mediterranean / Good service, cute décor, combination dinners are a good deal.

Café Mosaics / $$ / No/ 5 / 6-7 / Huevos Rancheros, Tofu Clubhouse, Vegan Chocolate cake / Western with other influences/ It’s pretty small and the service is usually slow, but there is a great variety of choices and can’t go wrong with the location.

Farther from campus:

Dahlia’s Mediterranean Bistro /10235-124 st / $-$$/ No/ 3-4 / 8/ Falafel Balls, Babaghanouj, Fattoush/ Mediterranean/ Located in a very nice, walkable area with galleries and shops, grab something to eat then wander.

Lemongrass Café/ 10417- 51 Ave / $$/ 4/ 8/ Lemon Chicken, Vermicelli Bowl with tofu/ Vietnamese/ Many Vietnamese places aren’t exactly veggie friendly, but this place has a whole page of options.

Loma House/9142-23 Ave/ $-$$/ Yes/ 4-5/ 7 / Dim Sum Combo meals/ Chinese-Western fusion/ It is a little out of the way, but the staff are friendly and you can purchase their frozen vegan meat products to take home and cook with.

Habesha / 9515- 118 Ave /$-$$ /No/ 4(many options) / 8 / Vegan platter for sharing/Ethiopian/ Free wifi, affordable Shisha in many flavours, very casual atmosphere.

Blue Plate Diner/10145-104 Street/ $-$$/ No/4(many options)/ 7-8/ Veggie burger (dinner), Mediterranean Breakfast (brunch)/ Western style with a twist/ Brunch is usually busy, but worth the wait.

Padmanadi Vegetarian Restaurant/10740- 101 Street/ $$/ Yes/ 5(entirely vegan)/ 8/ Ginger Beef and Curry Chicken/ Indonesian/ Friendly atmosphere, large portions, wheat free options available. Recommend trying out the monthly buffet (check website).

Culina /9914- 89 Ave (Millcreek)/ $$-$$$/ No/ 2 (limited options)/ 9/ Moroccan Vegetable Tagine /All kinds / 30 minute walk from campus, atmosphere is cozy, make sure to check their opening hours before going.

Vegans and Vegetarians of Alberta offers information on city events, discounts, and veganism/vegetarianism in general. It’s worth checking out: <http://www.vofa.ca/about-vvoa>