



## THE 14 BEST VEGETARIAN-FRIENDLY RESTAURANTS IN DALLAS

8.6.15 LUCAS BUCKELS



Lest we face the wrath of Michelle Obama’s arms, it’s about time we roll some more vegetables into our diet in Big D. Now before you let out screams of carnivorous agony, have a look at these 14 restaurants that offer veggie dishes that are so hearty, you might just forget you’ve gone meatless for a meal.

### **Nammi Truck**

*Wherever you can find it*

**What you’re getting:** Ginger soy tofu bánh mì

Food trucks have gained notoriety around Dallas in the past five years, all of which have their quirks. However, finding that “healthier” option, or even one that is devoid of meat and still capable of filling you up can be trickier. The Nammi Truck brings Vietnamese cuisine to wherever you are (or wherever you find them). Choosing the ginger soy tofu for your bánh mì isn’t so much an option as it is a necessity.



### **BuzzBrews**

*Deep Ellum/Lakewood/Oak Lawn/North Henderson*

**What you're getting:** Nopales

When people say nothing good happens past 2am, they have not been to a solid 24-hour restaurant. BuzzBrews' nopales are sautéed with fresh-cracked scrambled eggs, served with BB refried black beans, griddle tomatoes, and corn tortillas, and then topped off with Greek feta. Regardless of whether this is your first meal of the day or your midnight snack, you'll be satiated.



## **Cosmic Cafe**

*Oak Lawn*

**What you're getting:** Portabella Trance

The Portabella Trance -- mushrooms, spinach, and onions sautéed in a garlic-basil butter and served on naan with cream cheese and tomatoes -- is a house favorite. But if that's not in your wheelhouse, maybe mushrooms weird you out because it's a "texture thing," the rest of the menu is vegetarian and spot on. Need another incentive to head to Cosmic Cafe? You know that Indian guy in all of Wes Anderson's movies? He totally used to own the place and the Wilson brothers and Wes Anderson used to spend a lot of time there. That alone should be more than enough reason.



### **Spiral Diner & Bakery**

*Oak Cliff*

**What you're getting:** The Mitch with avocado and potato salad

Spiral's entire menu is chock-full of items that you simply wouldn't think are capable of being vegan. A Philly cheesesteak? Hamburgers? A sandwich that references a comic genius' joke involving food and frilly toothpicks? CHECK, CHECK, AND CHECK!



## **Small Brewpub**

*Oak Cliff*

**What you're getting:** Start with the fried wild mushrooms and then enjoy the strangolapreti

Before Small Brewpub opened, it made sure to find the best chef that was looking to bring five-star food at amazing prices. The irony of the whole thing is that Chef Misti Norris even used to be a vegan. She's made sure to bring that aspect of her life into her menu. The fried wild mushrooms are the perfect start to an evening at Small and great for sharing, but when it's time to indulge in your entrée, the strangolapreti bats a thousand.

## **Good 2 Go Taco**

*Eastwood*

**What you're getting:** Green Machine

They say breakfast is the most important meal of the day. If that's the case, then Good 2 Go Taco is the most important place to go to any day. If you've never been, you're definitely missing out. While it is a hike past White Rock Lake, it's one that's well worth the reward. Nestled inside the building, you'll also find Cultivar Coffee to get your day started as well as a huge list of the weirdest breakfast tacos that are capable of curing any hangover. The Green Machine is filled with sweet potato hash, spinach, charred broccoli, and super powers to soak up any residual grain alcohol.



## **Sundown at Granada**

*M Streets*

**What you're getting:** Start with the stuffed avocados and then enjoy the Machu Picchu

Shoving food into other food is the American way. But until we get a veggie turducken, your best stuffed offering comes from Sundown at Granada in the form of gorgeous haas avocados filled with options ranging from tomato, feta, black beans, sweet corn, hemp seed, and agave, to sun-dried tomato, toasted almond, basil, and shaved Parmesan, to free-range chilled grilled chicken and candied nuts for the person that still wants meat.



## **Nova**

*Oak Cliff*

**What you're getting:** Veggie enchiladas

If you ever want to experience Bishop Arts, but want to steer clear of the crowds, Nova is the place to go. The veggie enchiladas are not like the typical ones you'll find at any Tex-Mex restaurant. The house-made red salsa perfectly coats a tortilla filled with black beans, corn, mushrooms, anaheims, cilantro cream, and pepper Jack cheese. My favorite part of the dish is the fact that you won't even need to add salt, which is a big plus.

## **pizzaLOUNGE**

*Fair Park*

**What you're getting:** The Nickel Bag/Dime Bag

pizzaLOUNGE has always been THE go-to place for late-night munchies. It's hard to pass up pizza at 3am, and this is one place that knows that demographic. The Nickel Bag/Dime Bag pizza is the night cap to end all night caps. It's made with sautéed secretly (don't ask because they won't tell you) raised spinach, mozzarella, sharp provolone, broccolini, rapine, freshly picked budsil, and a secret ingredient perfected with a lid of the house white sauce. It'll put your late-night hunger woes to rest.



## **Barcadia**

*Knox/Henderson*

**What you're getting:** Veggie Frito pie

If you're going to be surrounded by a great patio, life-sized Jenga, and classic video games, you'll have to get the Frito pie with veggie chili. It brings patio food to a whole new level.



### **Torchy's Tacos**

*Northeast Dallas/North Dallas*

**What you're getting:** Fried avocado tacos

Tacos are one of the most versatile foods there is. They can be for breakfast, lunch, or dinner and every/all kinds are always good. Torchy's Tacos has a fried avocado taco that has the perfect amount of batter around each piece to give great texture with each bite and that full flavor of avocado.

### **Yucatan Taco Stand**

*Lower Greenville*

**What you're getting:** Veggie nachos

Yucatan Taco Stand recently opened on Lower Greenville, by way of Fort Worth, and the food is nothing to scoff at. The nachos are as big as your head, maybe even bigger. If you think you've seen nachos piled high, you haven't seen these nachos yet. Plan to split them with another person, unless you think you have enough room in your stomach for the rest of the week.



### **Blue Sushi Sake Grill**

*North Dallas*

#### **What you're getting:** Shojin

Sushi has a reputation for only being raw fish. This misrepresentation limits the number of people able to experience amazing sushi without wanting meat. Blue Sushi Sake Grill has just the menu for those people. It has a full vegetarian/vegan sushi menu with numerous options that all sound amazing. The shojin maki comes with BBQ seitan, grilled asparagus, pineapple, shallot, bibb lettuce, nori, soy paper, and sweet soy and is one of the best sushi rolls that I've ever had.

### **Strangeways**

*Between Knox/Henderson & Old East Dallas*

#### **What you're getting:** Elotes

Strangeways has become one of the most loved dive bars in Dallas. The drink menu is staggering, and if you really want to battle the night after a few shots of tequila and some cervezas, you're going to have to get the elotes. The portion is huge and will give you enough energy to carry on with more liquid courage and a full stomach.