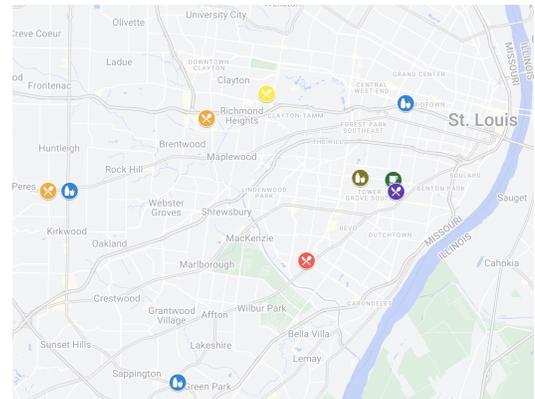


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Saint Louis is a sizable city, so there is a market for vegan eateries! A number of new and old restaurants primarily serve plant-based food. However, even in the small sample size shown in the map here, it is evident that healthy vegan options are more available for people living in certain areas. Unsurprisingly, these are the majority white areas where new developers have been flocking towards in the last few years. Seeing how healthy plant-based food is less accessible in lower-income, majority BIPOC areas like the north and inner city provides a good visualization of food deserts.

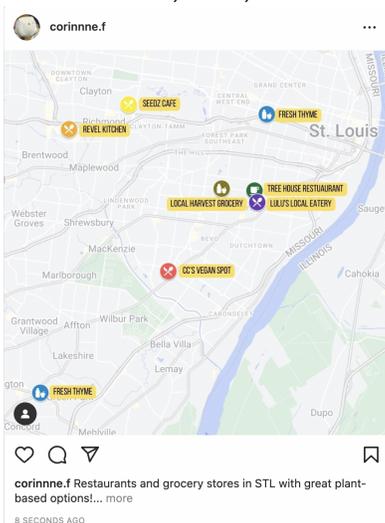
Here are the included spots on the [map](#):

-  Revel Kitchen- 8388 Musick Memorial Dr and 11215 Manchester Road
-  Fresh Thyme (grocery store)- 1018 N Kirkwood Rd, 3701 Foundry Way Suite 201, and 9920 Lin Ferry Dr
-  CC's Vegan Spot- 4993 Loughborough Ave
-  Tree House Restaurant- 3177 S Grand Blvd
-  Lulu's Local Eatery- 3201 S Grand Blvd
-  Local Harvest Grocery (local grocery and CSA)- 3108 Morgan Ford Rd
-  Seedz Cafe- 6344 S Rosebury Ave



Revel Kitchen is the only restaurant on this list that I have been to personally. It isn't entirely vegetarian, but has plant-based options and lots of healthy, sustainable food. I found the rest on Yelp and in [this article](#).

I included a few grocery stores which specialize in health foods and have good vegan options. Fresh Thyme is a chain store, but it has a wide selection of plant-based foods and meat replacements. I hadn't heard of [Local Harvest Grocery](#) before, but it evidently specializes in sustainable and local foods. It also has a fairly extensive bulk goods section and a CSA. I included it because it is a great place to get produce and sustainable plant-based protein like lentils, nuts, and beans.



Caption: Restaurants and grocery stores in STL with great plant-based options!

Eating plant-based foods creates a lot less water waste and greenhouse gas emissions, and it's a great way to find new and interesting meals. Look for vegan restaurants in your city. You might be surprised by the amount you find!

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