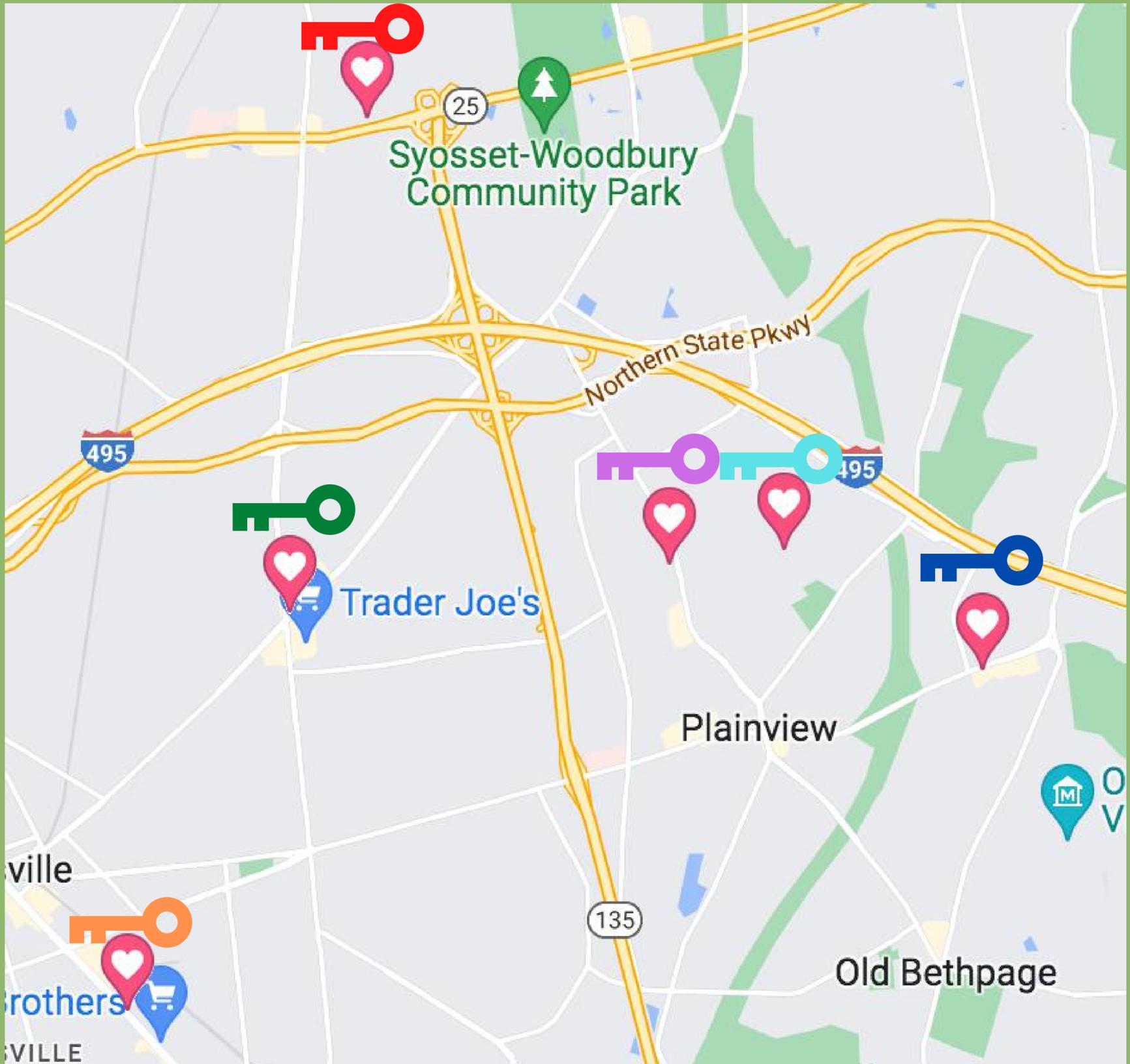


MAP



Yummy foods can be vegan and vegetable based too! Check out our compiled list of restaurants that are not only good at what they do, but fill you up with nutrients and their passion for it.

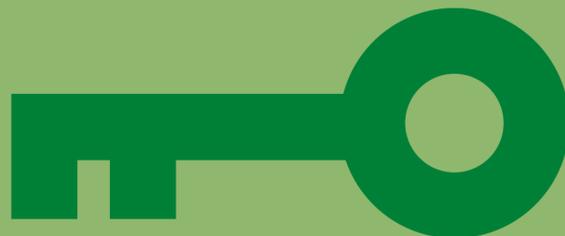
Legend:



Rajbhog Cafe:

100% Indian Vegetarian Restaurant with many vegan choices. These include Thali, Rools, and Poori, all indian specials. They are located in Hicksville and their motto is "its all about Quality, Affordability, Integrity & Service."

<https://www.rajbhog.com/hicksville/>
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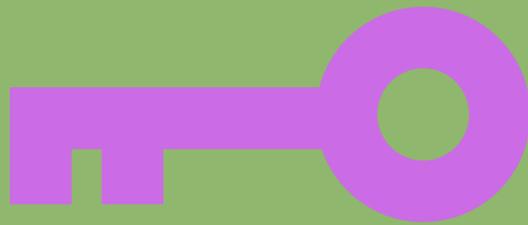


Bareburger

Bareburger sells burgers that are vegetarian. They also specialize in making vegan and vegetarian sides and specialities. Also, they claim to use the best ethically sourced ingredients. They use impossible and veggie patties.

<https://bareburger.com/>

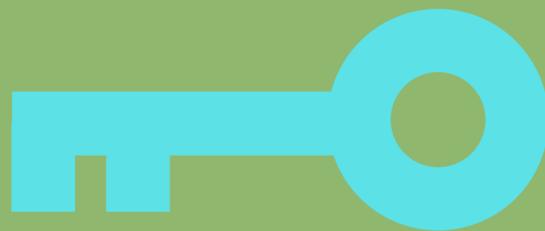




Vitality Bowls

Vitality Bowls specialized in all foods healthy and sustainable. They make bowls, smoothies, wraps, and juices. Most of their options are vegan or vegetarian. Vitality bowls also offers preset bowls that they know will make you feel good and include lots of nutrients that are essential.

<https://vitalitybowls.com/menu/>

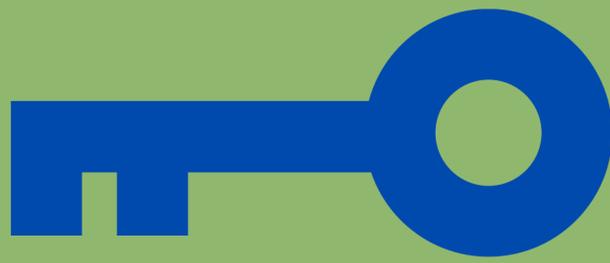


Green Street Eatery

This FOOD TRUCK was named the best vegetarian AND food truck restaurant on Long Island. They make so many things including nachos, bowls, and smoothies that are ALL vegetarian and Vegan. Their idea came from how athletes were transitioning to these diets and it was effective.

<https://www.greenstreeteatery.com/menu>

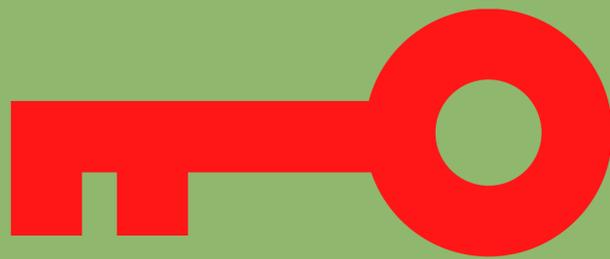




Organic Krush Kitchen

While this restaurant is not all vegetarian, I wanted to include it because of its amazing mission statement and promotion of healthy and sustainable foods. They have a lot of transparency in their sourcing and lots of dishes including vegan and veggie ones.

https://organickrush.com/why-organic/#our_mission



Way of Life Cafe

The way of life cafe is dedicated to creating food that not only nourishes you, but makes you feel good about what you ate and its footprint. It makes omelettes, sandwiches, salads, bowls, and smoothies. Many of their items are also customizable to your interests.

<https://www.wayoflife.getsauce.com/>



Responses:

Many restaurants in my area are environmentally conscious and offer a lot of vegan and vegetable meals. Also, there are a lot of specialized vegetable restaurants. They source their ingredients transparently.

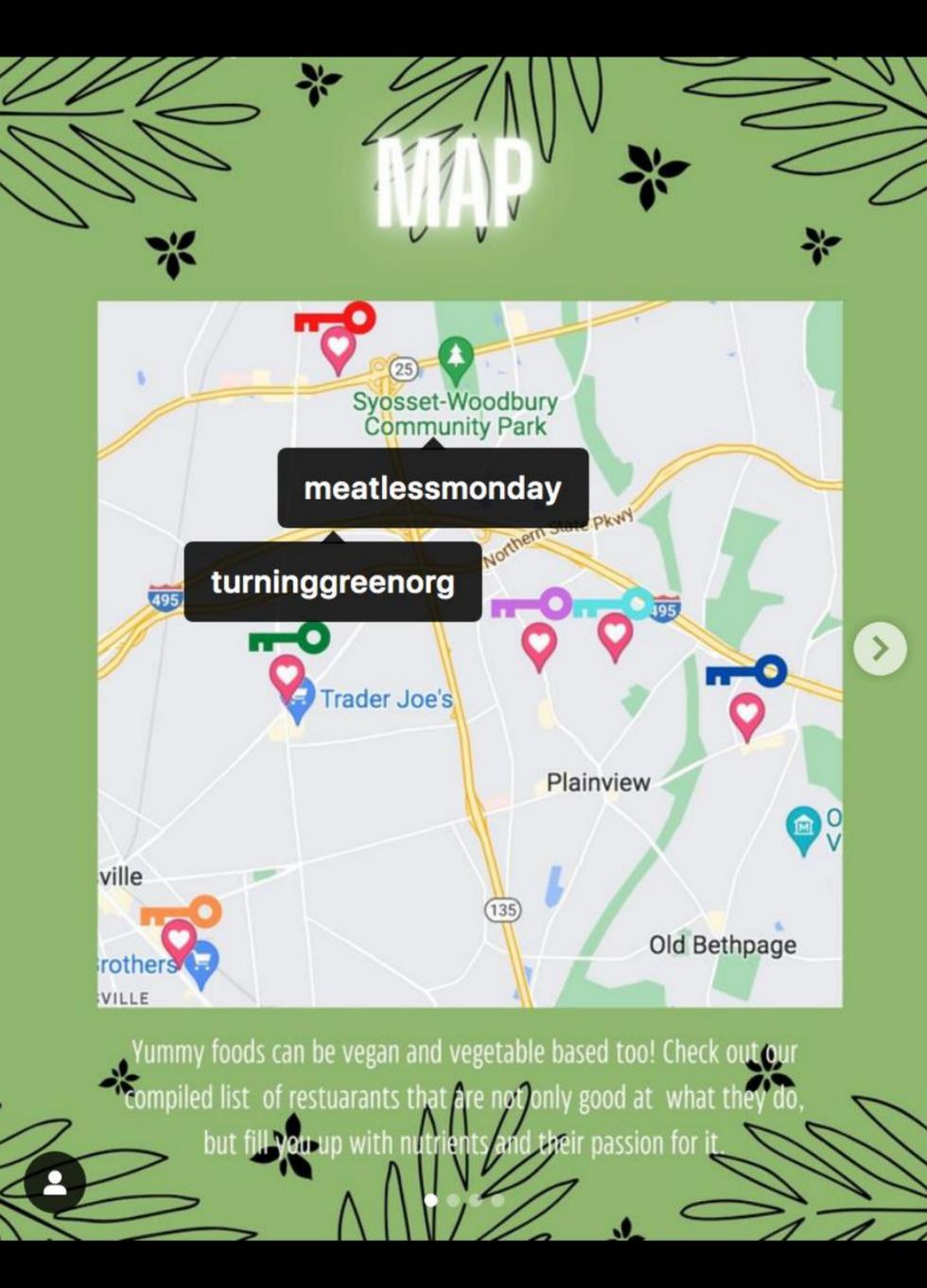
Eateries:

All eateries listed in the legend and map above are either specialized vegan or vegetable restaurants. A couple offer high quality, sustainable meals that may not be entirely plant-based.

Local Grocer:

My local grocer Whole Foods has prepared meals that look absolutely delicious! I have yet to try one of them, but they have a variety of salads, fruits, and bowls. Also, the farmer's market near me does not have directly prepared meals. Instead, they sell the ingredients.





proganic_pgc



proganic_pgc #meatlessmonday #pgc2022

Plant eating doesn't seem fun right? Stereotypes of boring dry salads have prevented us from seeing the REAL, DIVERSE world of vegetarian and vegan meals! Vegetarian meals help the environment by allowing us to depend more on plants, which take in carbon dioxide and stay away from livestock like cows, which emit tons of methane and CO2 that is harmful for the environment. Check out these restaurants if you are ever near New York and give their mouth-watering food a try!

48s



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Reflection:

Creating this map and list of foods actually opened my eyes to the possibilities of plant-based foods. I used to think of it as boring old salads over and over again. Now, I realize one can incorporate it into smoothies, bowls, and other dishes.

I look forward to trying these places soon!