



Plant-based food map

Discover restaurants with vegan or
vegetarian meals in Mexico City

@50shadesofgreen_mx

Mexico City

Vegan and vegetarian food

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Vegetarian and vegan eateries

- **Forever vegano:** Contemporary, varied and elaborate dishes
- **PlantAsia:** Asian beautiful vegan cuisine with down to earth design
- **Vegamo:** Unique spin on traditional dishes with a relaxed ambience
- **Greengrass:** Futuristic and diverse salad bar
- **Boola (As happy as larry drink bar):** Quaint and rustic acai bowl place

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Eateries with vegan and vegetarian options

- **Nostos:** Mediterranean greek cuisine with vegan dishes such as imam bayildi
- **Dr Pizza:** Italian pizza place which offers a variety of pizzas with the option of vegan alternatives
- **Kura:** Menu jam packed with vegan/vegetarian-friendly options
- **Quintonil:** Authentic Mexican food offering a 10 course tasting menu with a vegetarian option as well as separate vegan dishes
- **Galanga:** Thai kitchen with colorful and delicious plates

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Vegan options at local grocer (city market)

- Legume salads
- Vegan protein packed bowls
- Mexican rice with black beans and corn
- Grilled vegetables with tasty seasonings
- Nutrient packed wraps

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Vegan food/farmers markets (Mercado el 100)

- Producers are locals to the area so it reduces transportation emissions
- Traditional methods that don't use harmful chemicals or intense machinery
- They aim to inform the community on sustainability
- Minimal packing used of which can be recycled
- Supports local communities economically



Plant based food (Mexico city)

Only vegan/vegetarian



Forever



Vegamo



As Happy As Larry Drink Bar



Plantasia



Greengrass

Vegan/vegetarian options



Estiatorio Nostos (Lomas)



Dr. Pizza



Kura



Quintonil



Galanga

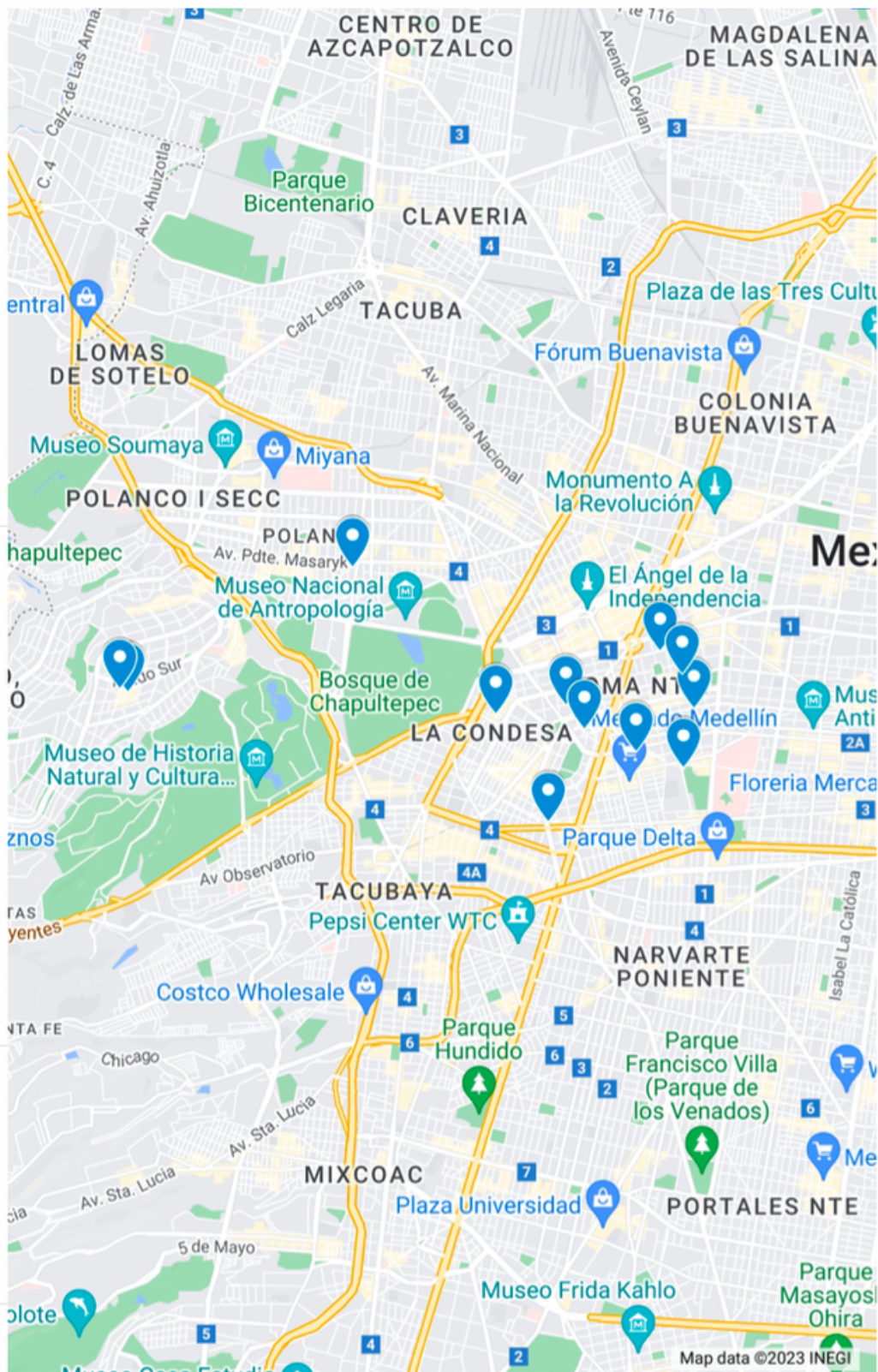
Food/farmers markets



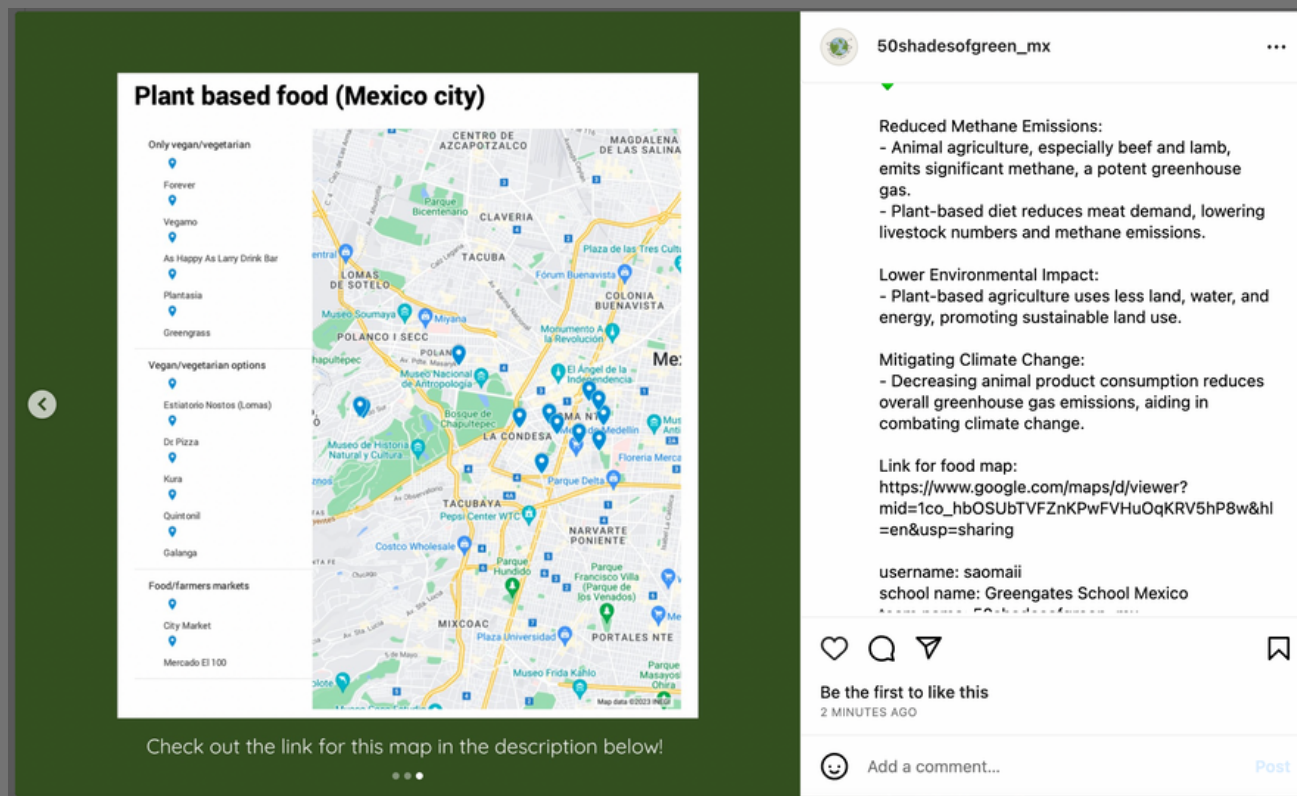
City Market



Mercado El 100



Check out the link for this map in the description below!



Caption:

Day 16: PLANT BASED (greener challenge)

Why you should consider a plant based diet!

Reduced Methane Emissions:

- Animal agriculture, especially beef and lamb, emits significant methane, a potent greenhouse gas.
- Plant-based diet reduces meat demand, lowering livestock numbers and methane emissions.

Lower Environmental Impact:

- Plant-based agriculture uses less land, water, and energy, promoting sustainable land use.

Mitigating Climate Change:

- Decreasing animal product consumption reduces overall greenhouse gas emissions, aiding in combating climate change.

Link for food map: https://www.google.com/maps/d/viewer?mid=1co_hbOSUbTVFZnKPwFVHuOqKRV5hP8w&hl=en&usp=sharing

username: saomaii

school name: Greengates School Mexico

team name: 50shadesofgreen_mx

@TurningGreenOrg @MeatlessMonday #PGC2023 #MeatlessMonday.

Instagram link: https://www.instagram.com/p/CyflsBEuybQ/?img_index=1