



VEGAN TRAVEL GUIDE

eh vegan

los angeles, california



YOUR VEGAN GUIDE TO LA



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Los Angeles — the City of Angels, sandy beaches, movie stars, and a seemingly endless choice of vegan restaurants. Known for a culture of good vibes, you'll find yourself in like-minded company among the cities' many vegan residents. The attitude towards veganism will feel like a breath of fresh air and have you wanting to visit again and again.



the don't miss list

eh vegan

Unless you're planning to stay a month, you probably won't have time to try it all. LA has a lot to offer — more than most cities. Between the scenic views from Mulholland Drive to the breezy air on the Santa Monica Pier, there are plenty of sights that shouldn't be missed. But this is about food, so when you're ready to eat, here are the restaurants that should be at the top of your list.



@crossroadskitchen

Crossroads

Crossroads is the best upscale vegan food you'll find anywhere. Created by Tal Ronnen, author of the amazing **Crossroads cookbook**. The menu is a delicious offering of local, seasonal ingredients. It's the vegan restaurant you never expected would be vegan.

100% vegan ⑤
crossroadskitchen.com
IG @crossroadskitchen

Sun Cafe

Sun Café is the star of Studio City. Eclectic decor and a menu to match — nachos, pizza, mac & cheese, and milkshakes. There are salads and noodle bowls of course, but **comfort food**, right? The parking lot is snug, but don't give up! It's worth it.

100% vegan ⑤
suncafe.com
IG @suncafela

Donut Friend

Donut Friend is the **build-your-own donut bar** that every city needs. Think Subway, only donuts and all the vegan fillings and toppings you can dream up. For the overwhelmed or indecisive, there's a set menu of crowd-pleasing favourites to choose from.

100% vegan ⑤
donutfriend.com
IG @donutfriend

TO-GO PLEASE!



@falabar

Fala Bar

You can stick to traditional, but when Fala Bar offers the **falafel equivalent of a burger**, you order that! Big buns, loads of toppings, and a generous falafel patty.

This is exactly the kind of place that comes to mind when someone says, 'hole in the wall'. Indoor seating is mostly non-existent, with only a few tables and chairs outside, but don't let it scare it you. The food is delish! The Kale Burger tops my list, but there's plenty to choose from.

100% vegan ①

falabar.com

IG @falabar

Hugo's Tacos

Hugo's Tacos is always a hit. The veggie burger is a crowd pleaser, but the **tacos are where they really shine**. There are plenty of mixed veggies and soy chorizo to satisfy your taste buds. The Nachos Grande is exactly that — grande! Enough chips, soy chorizo, cheeze shredz, salsa, and guac to feed a small group.

Parking can be tough during peak hours and there aren't many tables, so to-go is always a good choice.

vegan options

hugostacos.com

IG @hugostacos

GIVE BACK WHILE YOU EAT

100% of profits go to animal rights organizations



Little Pine

Little Pine is the restaurant **owned by musician-turned-animal-activist, Moby**. All of the profits go to animal rights organizations.

It's a beautiful space with a great vibe. Not overly expensive, but the portions aren't huge. It's great food, served up for a great cause, that'll put a smile on your face.

100% vegan ① littlepinerestaurant.com
IG [@littlepinerestaurant](https://www.instagram.com/littlepinerestaurant)

The food at little pine is, of course, why the restaurant exists. I don't eat non-vegan food at home, so I don't know why I'd serve anything other than vegan food in my restaurant.

- moby



Now, I'm all about the whole foods — fruits, veggies, nuts. But who doesn't love comfort food? Waffles and pancakes. Burgers and fries. Maybe some mac & cheese and cauliflower wings? There's no wrong answer.

These restaurants take comfort food to a whole new level.

Krimsey's Cajun Vegan Kitchen

Krimsey's Kitchen is the **world's first vegan Cajun restaurant**. Krimsey, the founder and a Louisiana native, has created a menu that's full of authentic southern flavour. Be sure to grab a jambalaya mix to take home!

100% vegan ①
krimseys.com
IG @krimseys

Hugo's Restaurant

Serving vegan eats since the 1990's, Hugo's Restaurant seems to fly under the radar. A sucker for breakfast, brunch, and anything related to it, I had to include it here. The **cinnamon swirl french toast** is what I crave in the morning.

vegan options
hugosrestaurant.com
IG @hugosrestaurants

Veggie Grill

Casual, affordable comfort food. Our favourites — the **Crispy Cauliflower, Santa Fe Chickin' Sandwich, and Beyond Burger**.

The fresh lemonades and iced teas are a nice change from your typical fast food soda fountain.

100% vegan ①
veggiegrill.com
IG @veggiegrill

RAW FOOD

not just for hippies

Wild Living Foods

Until I visited Wild Living Foods, I thought all raw food was cold, but that's totally not the case. Turns out **anything cooked below 118°F is considered raw** — which is great, because I like warm food.

Honey is the only animal ingredient on the menu, but there are 20+ options made without it. Chips & guac with a cold pressed juice is a great place to start.

vegan wildlivingfoods.com
(serves honey) **IG @wildlivingfoods**

Plant Food + Wine

Plant Food + Wine is the Venice restaurant created by the godfather of raw vegan cuisine, **Matthew Kenney**.

The menu is balanced between raw and cooked options. Everything is vegan, with the exception of honey in some desserts. Be sure to ask about that before ordering.

It's not cheap and the portions lean towards the small side, but the quality is top notch.

vegan matthewkenneycuisine.com
(serves honey) **IG @plantfoodandwine**



@plantfoodandwine



@kippysicecream



@bluestardonuts

for the sweet tooth

Kippy's Ice Cream

Kippy's is just a short walk from the Venice boardwalk. The ice cream selection is **entirely non-dairy**, though only 3 flavours are vegan — the rest include honey as a sweetener instead of dates.

Despite that, the vegan flavours are worth the visit. I'm a vanilla fan. Vic digs the cinnamon.

vegan
(serves honey)

kippysicecream.com
IG @kippysicecream

Blue Star Donuts

There's a clear winner at Blue Star — the **Mimosa Cake donut**! A vanilla donut flavoured with champagne, glazed, and sprinkled with candied orange zest.

Not your style? Maybe you prefer Bourbon Blueberry Cake, Orange Olive Oil, or Sugar & Spice.

Go early. They sell out!

vegan options

bluestardonuts.com
IG @bluestardonuts

LA VEGAN FROM A TO Z

These restaurants are scattered all over Los Angeles and the surrounding area. Depending where you stay and what your plans are, some are gonna be pretty far (it's a big area), but you can see just how many options there are.

① = 100% Vegan

Araya's Place ①	Golden Mean Café ①	Lotus Vegan ①	Stuff I Eat ①
Au Lac ①	Gracias Madre (honey)	Loving Hut ①	Sun Café ①
Azla Vegan ①	Green Leaves ①	Make Out (honey)	Thai Vegan ①
Beelman's ①	H.O.P.E. ①	My Vegan Gold ①	The Butcher's Daughter
Blue Star Donuts	Healthy Junk ①	Native Foods ①	The Good Karma Café ①
Bodhi Bowl ①	Hugo's Restaurant	Nature Foods Café ①	The Grain Café ①
By Chloe ①	Hugo's Tacos	One Veg World ①	The Juice ①
Café Gratitude (honey)	I Love Vegan ①	Plant Food + Wine (honey)	The Vegan Joint ①
Crossroads ①	Jackfruit Café ①	Pomegranate Café ①	True Earth Juicery ①
Cruzer Pizza ①	Kale & Quinoa ①	Rahel Ethiopian ①	True Food Kitchen
Donut Friend ①	Kippy's Ice Cream (honey)	Ramen Hood ①	Vegan & Spice ①
Doomie's ①	Kreation Organic Cafe	Real Food Daily ①	Vegan Glory ①
Equelecua Cuban Café ①	Krimsey's Cajun Kitchen ①	Rejuice ①	Vegan Nirvana ①
Erin McKenna's Bakery ①	LA Vegan ①	Sage Organic Bistro (honey)	Vegetable
Fala Bar ①	Lento Market ①	Salt & Straw	Veggie Grill ①
Flore ①	Little Pine ①	Seabirds Kitchen ①	Vromage ①
Glowing Juices ①	Localita and the Badasserie ①	Shojin ①	Wild Living Foods (honey)

Eating at Non-Vegan Restaurants



LA is very veg-friendly. If there's not already an option on the menu, **most restaurants will easily accommodate you**. If things seem bleak, look for pasta, pizza (extra veggies, no cheese), salads with balsamic vinaigrette, or sandwiches with grilled veggies.

Typically, Asian, Indian, and Middle Eastern restaurants will have several vegan options. You might have a tougher time at some steakhouses or French restaurants, but these days there's always at least a salad, veggie stir fry, or some combination of sides that can be turned into a meal — I'm looking at you fries!

Real Food Daily ① — Departure level food court, through security. Accessible from T4, T5, and T6 (Tom Bradley). Open daily from 6:30 am - 11:00 pm.

LAX

travel
tip

ENJOY LOS ANGELES



Mulholland Drive — If you enjoy driving, this is the road for you. You'll make the most of Mulholland Drive if you opt for the classic California convertible at the rental kiosk. The windy roads may not appeal to nervous drivers, but the views are worth it.

Malibu — A little ways to the north, the drive there is a scenic backdrop of mountainous greenery. Once in Malibu, enjoy the sea cliffs and coastal views. Be sure to catch a sunset at Point Dume.

Venice Boardwalk and Beach — The area is a tourist hotspot, evident by the shops that stretch the boardwalk. The walk from Venice Beach to the Santa Monica Pier is filled with interesting people and breezy ocean air. It's also great by bike!

Santa Monica Pier — Unmistakeable for the ferris wheel, with plenty of buskers to keep you entertained as you walk the pier. The beach is usually pretty busy. You'll find more room and less noise just to the south towards Venice.

Griffith Park — At 5 times the size of New York's Central Park, there's no shortage of trail to hike in Griffith Park.... 53 miles, to be exact.

Vazquez Rocks — Looking for something a little more under the radar, with some old school movie history? Vazquez Rocks is an interesting natural rock formation in the dessert area outside LA. It's hot. Bring water.

Hollywood Boulevard — Kind of a one and done attraction in my opinion, but it is worth seeing once. If you can deal with the crowds and buskers, you'll recognize plenty of famous Hollywood landmarks and pick some of your favourite names from the 2,400 stars at your feet.

LA is known for traffic, so if you do drive yourself around, know where you're going and enjoy the back roads if you have time to spare. When you eventually leave town, give yourself plenty of time to get to the airport to avoid the stress that I'm all too familiar with.

Airports

LAX is the hub, but LA is big. Keep that in mind when you're booking. Check prices into Burbank and Santa Monica airports, if they're as convenient for your plans.

Uber & Lyft

Depending on the season, do some quick math on the rental prices. Prices were once so high that **I actually saved money taking Uber everywhere** instead of paying for the rental, gas, and parking. And it's always nice to relax knowing you'll get picked up, driven around, and dropped off without ever having to fight for parking, sit bored in traffic, or gas up.

Uber and Lyft are all over the place. You'll never wait more than a few minutes for a car. Use these links to get **\$15 off your first ride**.

lyft.com/invite/lyftcbill

uber.com/invite/ubercbill



Rental Cars

When you rent cars, the points add up faster if you don't jump around between brands (just like airlines). If the price is lower elsewhere, you can always **ask for a price match**.

I typically stick with Enterprise because the price is right and the service is good. The points add up to free rental days pretty quickly.

enterprise.com

Public Transit

The Metro rail network connects Downtown to Santa Monica, Hollywood, Koreatown, Chinatown, and Little Tokyo.

Fares are \$1.75/trip, \$7/day, or \$25/week.

Busses to & from LAX

The Flyaway buses will take you to LAX from Hollywood, Santa Monica, Downtown, and more. (\$8+)

flylax.com/flyaway



My personal recommendation — be near the beach. First, you can always trek to Hollywood, Downtown, or Griffith Park for the day. Second, it's hard to beat spending your down time strolling the beach, boardwalk, or pier. But don't stress about it. No matter where you end up staying, expect to be moving around. There's lots to do and see all over the city.

Hotels

I don't know of any vegan hotels in LA (unfortunately Stanford by the Sea is a solid 9 hours north), but Marriott, Starwood, IHG, and Hilton will all set you up in a **feather-free room** if you request it.

[marriott.com](https://www.marriott.com)
[starwoodhotels.com](https://www.starwoodhotels.com)
[ihg.com](https://www.ihg.com)
[hilton.com](https://www.hilton.com)

Airbnb

Airbnb is a great way to get into **the exact neighbourhood you're looking for**, at prices lower than hotels. The earlier you book, the more options you'll have, but I've always found something great, even last minute.

Click the link below to **get a free \$35 credit** towards your first stay:

airbnb.ca/c/cbill



CONSCIOUS CONSUMER

Vegan Scene

Vegan Scene is a 100% vegan retail boutique and event space in Venice Beach. They sell trendy clothing and accessories for women and men. Keep an eye on the calendar for workshops and other events.

100% vegan 

veganscene.com
IG @veganscene



Erewhon Market

You'll find familiar Whole Foods locations all over LA, but Erewhon has been a local favourite since the 1960's.

While they're not a vegan store, they have a large selection of fresh juices, raw foods, and other vegan options, all free of refined sugar, corn syrup, and other additives.

vegan options

erewhonmarket.com
IG @erewhonmarket

Farmers' Markets

California produces almost half of all the fruits, nuts and vegetables grown in the country, including more than 99% of all US figs, almonds, and peaches (sorry Georgia).

vegan options

seela.org
IG @seelahollywood

smgov.net
IG @smfms

Totally not unique to LA, but if you're traveling from somewhere without **TJ Maxx**, the personal care section of each store is filled with cruelty-free products from smaller, independent companies. There are some really neat European and Australian brands in there that you've probably never seen before.

travel tip



FESTIVAL FUN

Circle V

November 2018

The Regent, Downtown Los Angeles, CA

- 2018 dates to be announced
- Tickets: \$35 GA | \$160 VIP
- Music, Speakers, Food, Beer
- Past speakers include Rich Roll, Nathan Runkle, Ingrid Newkirk, Kat Von D, Kip Andersen, Miyoko Schinner, and Tim Moore
- Past music lineup includes Waka Flocka Flame, Moby, and DREAMCAR

100% vegan ①

circlev.com

IG @circlevfest

Eat Drink Vegan

May 26, 2018 from 12:00 pm - 7:00 pm

Rose Bowl & Brookside Golf Course

Pasadena, CA

- Vegan Beer and Food Festival
- Tickets: \$45 GA | \$115 VIP

100% vegan ①

eatdrinkvegan.com

IG @eatdrinkvegan

VegFest LA

May 6, 2018 from 10:30 am - 6:30 pm

Woodley Park, Encino, CA

- Free Admission
- 100+ Exhibitors, 50+ Food Vendors
- Live Music, Speakers, Cooking Demos
- Past speakers include Steve-O, John Lewis (Badass Vegan), and Dr. Neal Barnard

100% vegan ①

vegfestla.org

IG @vegfestla

SoCal VegFest

October 2018

Costa Mesa, CA

- 2018 dates to be announced
- Tickets: \$5 online | \$10 door | \$40 VIP (free if the event has a cash sponsor)
- Live Music, Speakers, Cooking Demos
- Past speakers include Simone Reyes and Dominick Thompson

100% vegan ①

socalvegfest.org

IG @socalvegfest

Eventbrite — Small, independently organized events, including cooking classes, skill workshops, pop-up markets, and more.

Vegan Events — A calendar of events specific to Southern California. Maintained by Andy C.

Happy Cow — Includes worldwide vegetarian events. The ones in LA are listed in green and are the same as those on Vegan Events.

ANIMAL SANCTUARIES

Farm Sanctuary

- Sanctuary to cows, pigs, turkeys, and other rescued farm animals.
- Tours: Saturday & Sunday | 11am, 1pm, 3pm
- Adult: \$10 | Child: \$5 (drop in)

farmsanctuary.org

IG @farmsanctuary

Wildlife Waystation

- Sanctuary to bears, lions, tigers, zebras, chimps, and other rescued animals.
- Tours: Sunday, biweekly | 9:30am, 10am, 10:30am
- Adult: \$40 (buy online)
- Restrictions: 18+ only, no exceptions. Members only — min \$50 donation in previous 12 months to become a member.

wildlifewaystation.org

IG @wwaystation



@farmsanctuary



@wwaystation

The Gentle Barn

- Sanctuary to horses, donkeys, cows, pigs, sheep, and other farm animals.
- Tours: Sunday | 11am, 12pm, 1pm
- Adult: \$20 | Child: \$10 (buy online)

gentlebarn.org

IG @thegentlebarn

Shambala Preserve

- Sanctuary to big cats, including lions, tigers, leopards, cougars, and others.
- Tours: Saturday & Sunday, monthly (see online calendar)
- Adult: \$50 (submit reservation form)
- Restrictions: 18+ only, no exceptions.

shambala.org

IG @shambalapreserve

LOCALS KNOW BEST

The vegan community is thriving on Instagram. There are awesome folks who are just some of the vegan activists, foodies, bloggers, business owners, and organizations who call Los Angeles home.

@veganfatkid

Tim
Food, Fitness, & Apparel

@ecovegangal

Whitney
Vegan Business Coach

@sweetsimplevegan

Jasmine
Food Blogger & Photographer

@peta

People for the Ethical
Treatment of Animals

@simonereyes

Simone
Activist & Public Speaker

@miyokoschinner

Miyoko
Founder, Miyoko's Kitchen

@carrotsandflowers

Megan
Recipe & Video Creator

@rollercoastervegan

Russell
Lover of Comfort Food

@thekatvond

Kat Von D
Vegan Makeup Company

@beetxbeet

Jacky
Vegan Apparel Company

@vegetaryn

Taryn
Vegan Apparel Company

@lavegan

Michelle
VP, Humane Society of the US

@nathanrunkle

Nathan
Founder, Mercy for Animals

@richroll

Rich
Ultra Athlete & Author

@moby

moby
Activist, Musician, & Restaurant Owner

@chefbabette

Babette
Chef, Restaurant Owner

@vegoutlosangeles

VegOut Los Angeles

@mercyforanimals

Mercy for Animals



@richroll



@chefbabette



@beetxbeet

travel tip

Use Instagram to scope out the vegan scene when you visit a new place.

Search Instagram using hashtags, locations, and tagged photos. You can scope out what meals look like at restaurants, see if people are posting stories and photos from live events, or reach out to locals to ask for suggestions.



VEGAN TRAVEL GUIDE

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eh vegan

ehvegan.com

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enjoy your trip to
los angeles, california!



PHOTO CREDITS

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no fake shit (**page 4**) — falabar.com/gallery
summer menu (**page 5**) — instagram.com/littlepinrestaurant
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avocado toast and flowers (**page 7**) — instagram.com/plantfoodandwine
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