



Vegan News

San Diego



May, 2026

Vegan-News.org

Click for: [Eateries](#) [Businesses](#) [Organizations](#) [Resources](#) [Coupons](#)

Eatery Companies: 30

Active Locations: 39

Click [Eatery](#) for web, [M] for menu,

[C] for coupon, address for map,

phone to call, other links.

Changes appear in orange.



VeganDiego

April 2026 Update

San Diego County's Vegan Directory

Refresh your screen for the latest update or click www.vegandiego.com

To be notified of updates, like & follow www.facebook.com/vegandiego

Please email corrections or changes to mike.weinberg1952@gmail.com



= newly added

Vegan Virtuous Circle
Vegans supporting vegan entities
leads to more vegan entities!

To search directory

[Ctrl F] or [Cmd F]

To open link in new tab

[Ctrl click] or [Cmd click]

100% Vegan Eateries

Thoroughly screened so you can dine with peace of mind at these restaurants knowing there is no need to ask about hidden animal ingredients, no possibility of cross-contamination, and no chance of being inadvertently served animal products.

Usage example: You want a Full Service [FS] eatery that serves alcohol [AL] at 6 pm on Mondays.

Click for an interactive Happycow.net [Map](#) of San Diego County's 100% vegan eateries. Zoom in/out & click [Search this area].

Operating info was obtained from the eatery site on or near the footer date below. If in doubt, call before visiting.

FS: Full Service (wait staff)

CO: Counter Order (fast casual)

NS: No seating

VK: Virtual Kitchen (pickup/delivery only)

AL: Alcohol available

GF: 100% Gluten-Free

DE: Delivery available

CA: Catering available

[Markets](#): storefronts, popups, farmers

[Food Trucks](#): fixed, roaming

[Food Services](#): chefs, meal prep, catering

[Food Products](#): snacks, staples, beverages

	#	100% Vegan Eatery	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	Ben & Esther's CO DE CA [M]	7a – 3p Rolando: 6663 El Cajon Blvd (& Montezuma) * 619-467-7825 * Justin King / Marc Bennett						
			SUN	MON	TUE	WED	THU	FRI	SAT
			M-Sa 8a-5p, Su 8a-3p Carlsbad Gateway: 5631 Palmer Way (& Impala) * 760-683-5008 * Nastasha McKeon						
			M-F 7a-6:30p, SS 8a-6:30p Carlsbad Village: 430 Carlsbad Village Dr. (& State) * 760-994-0013 * Nastasha McKeon						
			M-F 7a-6p, SS 8a-6p Del Sur: 17135 Camino Del Sur #125 (& Paseo Del Sur) * 858-832-7905 * Nastasha McKeon						
			Daily 8a-5p Encinitas: 90 N Coast Hwy 101 Suite 212 * 760-230-2929 * Nastasha McKeon						
			M-F 7a-6p, SS 8a-6p Little Italy: 1425 India (& Ash) * 619-450-7970 * Nastasha McKeon						
			M-F 7a-6:30p, SS 8a-6:30p Solana Beach: 437 S Hwy 101 #118 (& Dahlia) * 858-704-4346 * Nastasha McKeon						
			SUN	MON	TUE	WED	THU	FRI	SAT
	3	Donna Jean FS AL DE CA [B] [D] [C]	11a-3p / 5p-9p	5p – 9p	Closed	5p – 9p			11a-3p / 5p-9p
			North Park: 2611 El Cajon Blvd (& Hamilton) * 619-299-5500 * Roy Elam / Mitch Wallis						
			SUN	MON	TUE	WED	THU	FRI	SAT
	4	El Veganito CO DE CA [M] [C]	11a – 6p	Closed	11a – 7p				
			La Mesa: Grossmont Center Food Court * 619-303-7247 * Victor Gamboa						
			SUN	MON	TUE	WED	THU	FRI	SAT
	5	Eris Food Company CO DE CA [M]	11:30a – 7:30p			Closed	11:30a – 7:30p	11:30a – 8p	
			Oceanside: 302 Wisconsin Ave (& Cleveland) * 760-231-9986 * Scott Steele						
			SUN	MON	TUE	WED	THU	FRI	SAT
	6	Evolution Coffee CO	8a – 2p North Park (w/ Evolution): 2611 El Cajon Blvd (& Hamilton) * 619-550-1818 * James Victor Balmer						
			SUN	MON	TUE	WED	THU	FRI	SAT
	7	Evolution Fast Food CO DE CA [M] [C]	11a – 7p		Closed	11a – 7p			
			North Park (w/ Val's): 2611 El Cajon Blvd (& Hamilton) * 619-550-1818 * Mitch Wallis						
			SUN	MON	TUE	WED	THU	FRI	SAT
	8	Gorilla Eats Sushi VK NS DE [M]	12n – 12m	12n – 3p / 4p – 12m			12n – 12m		
			Rolando: Aztec Food Hub 6334 El Cajon Blvd (& 63rd) * 619-400-6563 * Justin Ramirez						
			SUN	MON	TUE	WED	THU	FRI	SAT
	9	Kindred FS AL [M]	11:30a – 10p	5p – 10p			5p – 12m		11:30a – 12m
			South Park: 1503 30th St (& Beech) * 619-546-9653 * Kory Stetina						

<https://www.maxlearning.net/HEALTH/VeganDiego.pdf> * Feb 21, 2014 - Apr 16, 2026 * Page 1 of 40

Interview: Mike Weinberg, VeganDiego • Sabor a Vida
Mother's Day Recipes from The Carrot Underground

Vegan News San Diego

www.Vegan-News.org

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San Diego seeks to support and
grow the local vegan community
by highlighting the work of local
restaurants, activist groups,
animal sanctuaries, diet and
nutrition classes, and vegan/
cruelty free businesses.

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From the Editor

Welcome to our May issue! We're proud to bring you some really special stories this month.

Our cover story is an interview with Mike Weinberg, the man behind the *VeganDiego* directory, a comprehensive guide to the vegan restaurants, groups, businesses, and services in San Diego, as well as several other projects and resources which benefit our community.

Sabor a Vida in Vista is our featured restaurant this month. Their inspiring story shows how a proactive response to adversity can lead to new opportunities with a focus on health.

May is Asian American / Pacific Islander Heritage Month, and we touch on vegan individuals and groups from several AAPI cultures.

Instead of one recipe this month, Connie Edwards McGaughy of the amazing Carrot Underground provides a wealth of delicious recipes in honor of Mother's Day. As Connie aptly points out, there are all kinds of mothers and mother-figures, and these recipes are the perfect way to show them some love.

The "Movies and TV" page (AKA "Free Vegan Movie of the Month"), spotlights *Earthlings*, the hard-hitting 2005 documentary narrated by Joaquin Phoenix that has led many people to a vegan life.

Don't forget to look over the Community Calendar for May, there are several opportunities for activism, touring or volunteering with animal sanctuaries, a PlantDiego pot luck and a lunch, and the Cinco de Mayo Dinner & Comedy Show by Viridian Productions.

Vegans united!
Stephen White

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LOCAL NEWS

- In addition to his interview in this issue, Mike Weinberg appeared on the radio show Vegan Nation with Marlene Narrow on March 24, focused on his upcoming Vegan Himalayas: Tibet, Nepal & Bhutan trip. Check out “Mike’s Vegan Adventures” on [Vegan Nation](#).



- San Diego EarthFest on April 25 in Balboa Park was a huge success, with large crowds and positive local media coverage. A news story on [CBS8](#) featured an interview with event producer Michelle May of [Viridian Productions](#), who also did extended pre-event interviews with [KUSI](#) / [FOX5](#). Coverage of the event last year on [NBC7](#) included interviews with Michelle May, Barbara Gates of [Healthy Kids Happy Planet!](#) and Jemmalyn Mitchell of vegan option Filipino food vendor [Lady G's Canteen](#).
- [SNAP - Spay-Neuter Action Project](#) held their annual vegan Spay-Ghetti & No Balls Dinner on April 26. Desserts were provided by Vegan meal delivery service [Vibrant Fork](#).
- Direct Action Everywhere - San Diego is protesting corporate “humane” washing, focused on the Meyenberg goat dairy in Stratford, CA, the largest goat milk producer in the U.S., where activists have reported animal mistreatment. The [protest](#) will be held in Hillcrest on Saturday, May 2, starting at 1 pm.
- [Kind Heart Coalition](#) is hosting a [sanctuary volunteer day](#) at Saving Animals Healing Hearts sanctuary in Ramona on Sunday, May 3, from 9:30 am to approximately 1:30 pm. The event will include a tour of the sanctuary before volunteer work. See the link above for details.
- The Open Barn sanctuary in Ramona is holding a [Paint For the Animals](#) fundraiser on Sunday, May 3, offering guests a guided painting class led by Emily, Open Barn cofounder and President. The event includes a tour of the sanctuary and light refreshments.
- Viridian Productions is presenting a [Cinco De Mayo Dinner & Comedy Show](#), on Tuesday, May 5, at the the Boochyard/Local Roots in Vista, from 6 to 8 pm. The event includes a taco bar by El Taquero Vegano and drinks (alcoholic and non-alcoholic) from Local Roots Kombucha, and a comedy set from vegan comedian [Steven Marcus Releford](#). A portion of proceeds to benefit SPOT Dog & Cat Rescue. Click on the link above to see if tickets are still available.
- PlantDiego is holding a [Raw Potluck](#) in Carmel Valley at the Pacific Highlands Ranch Library on Saturday, May 16, from 12 pm to 1:30, followed by a volunteer opportunity at [Pebble Ranch Rescue](#), to help their potbelly pigs in Lakeside, from 4 to 6 pm.

- [Scratch House](#) is offering several events in May: Cheese tasting at Windmill Farms Market (May 3, 11 am - 2 pm), Arby's Beef n' Cheddar pop up at SD Vegan Market (May 3, 5-7 pm), Mother's Day charcuterie pickup at Scratch House Kitchen (May 9, 11 am - 4 pm), Banh Mi, Banh You! Vietnamese food pop up at SD Vegan Market (May 17, 5 pm - 7 pm).

- Farm Animal Refuge in Campo is offering a [Mother's Day Tour](#) on Sunday, May 10, from 11-2 pm, including a chance to meet the animals at the sanctuary and a plant based pastry bar, as well as champagne or cider.

- Sale Ranch Sanctuary is holding their [Spring Seasonal Supper](#), billed as "an intimate garden dinner under the market lights." The event will be held at the Sale Ranch sanctuary in Temecula on May 16, from 5 to 8 pm. Tickets are \$150 per person, and it is an 21+ event.



- Advocacy and education group [Vegan Justice](#) has been active in the community. In addition to their billboard campaign around the county, the group has continued to do public outreach, appearing at the North Park Sustainable Market/Art Walk in March, and EarthFest in Balboa Park in April.

The organization will make it's first appearance at the **Santee Street Fair on Saturday, May 23**, followed by the OB Street Fair and Chili Cook-Off on Saturday, June 27. Contact the group to volunteer with them, helping the public understand the benefits of veganism.

- The Yasai by Rakiraki, an omni ramen and sushi restaurant with many vegan options, has closed its Little Italy location, at 2254 India Street. The Convoy location remains open, at 4646 Convoy Street, #101-A.

- Cocina Folklore will have several [popup appearances](#) in May, including a couple in Hillcrest at Manor Coffee Bar and several in Golden Hill.

- PlantDiego is holding a lunch at the [World Beat Café](#) in Balboa Park on Sunday, May 31, from 1:00 to 2:30 pm. RSVP on the event page.

- San Diego is participating in [Empty the Tanks](#), an annual worldwide event seeking to free dolphins and whales from captivity. A San Diego protest will take place on Saturday, May 9, at [Sea World](#) in Mission Bay, 11 am to 12:45 pm.

Have a news tip? Get in touch! info@vegan-news.org

NATIONAL/INTERNATIONAL NEWS

- A mass protest seeking to free many captive Beagles began April 18 at Ridglan Farms, a research facility in Blue Mounds, Wisconsin. Ridglan is closing due to a history of severe animal mistreatment, but still held approximately 2,000 dogs. Direct Action Everywhere (DxE) founder Wayne Hsiung explained the urgency of the protest: “These dogs are caged, poisoned, and even mutilated at Ridglan Farms...If any individual had been implicated in these crimes, the dogs would have been seized and protected.” Over 1,000 protestors sought to save the dogs, but many activists were beaten, pepper sprayed, teargassed, and shot with rubber bullets by authorities ([link 1](#), [link 2](#), [link 3](#)). Some protesters, including Hsiung, were arrested. After he was released, Hsiung gave an [extended interview](#) on the situation. [Activists are now suing](#) Ridglan Farms and Dane County for use of excessive force and civil rights violations. The protest was extremely successful in focusing attention on the issue, and [Wisconsin Rep. Mark Pocan](#) advocated for the dogs at a House of Representatives Appropriations Committee meeting. It was announced on April 29 that [Big Dog Ranch Rescue and the Center for a Humane Economy](#) had arranged to buy 1,500 of the Beagles to save them from a dire fate. While not directly related to the Ridglan Farms situation, on April 30, [DxE reported](#) “The Court of Appeals just overturned Wayne Hsiung's felony conviction for his role in rescuing 37 abused hens from a factory egg farm called Sunrise Farms. They also overturned his misdemeanor trespass conviction for his role in the rescue of 32 sick ducklings from Reichardt Duck Farm.” Readers may also wish to read a blog post, both fascinating and troubling, on an earlier clash [Hsiung had with Ridglan](#).
- Greyhound racing was [recently banned](#) in both Wales and Scotland, recognizing the cruelty inherent in this “sport.”
- Nutella, famous for their chocolate hazelnut spread, has released a new vegan product, [Nutella Peanut](#). The company, owned by Ferrero, describes the new product as “the brand's first flavor innovation in its over 60 year history.”
- Miyoko Schinner’s YouTube channel, [@thevegangoodlifewithmiyoko](#), is regularly posting amazing videos, recently including [medicinal mushroom soup](#), an improvement on her [vegan mozzarella](#), [no-knead focaccia](#), [vegan parmesan](#), and [vegan poutine](#).
- In the UK the new [Food in Prisons Policy Framework](#), introduced in September, 2025, has gone into effect as of February, 2026, requiring that vegan prisoners be offered appropriate foods and supplements.

Ben & Esther's Vegan Delicatessen • Choice Superfood • Donna Jean • El Veganito • Eris Vegan Food Co
Evolution Fast Food • Evolution Coffee • Gorilla Eats Sushi • Kindred • Mr. Charlie's • MOTHERSHIP
OB People's Deli • One WorldBeat Cafe • Peace Pies • Plant Power • The Plot • The Purple Mint Vegan
Bistro • Roots UCSD • Sabor a Vida Cafe & Deli • Saigon Vegan Bistro • Tacotarian • Thanh Tinh Chay
Restaurant • Trilogy Sanctuary • Uumbal • Val's Vegan Kitchen • Veggie Grill • Veganic Thai Cafe

San Diego Vegan Restaurants



The Story of Sabor a Vida Café & Deli

Our names are Verónica and Mario.

Sabor a Vida was born from a deeply personal health experience. Mario almost lost his life when he was diagnosed with cancer. It was a long and very difficult journey, but together we were able to overcome that challenging chapter of our lives.

After he went into remission, I became very curious about understanding what makes us sick. That curiosity led me to begin researching and learning more about health and nutrition. Through that process, we came to a difficult but honest realization: the way we eat plays a major role in our health. That is when we discovered the vegan lifestyle. We started with a simple two-week trial, and we loved it. We felt so much better that we decided to make it our way of life.

After several years of eating this way, we became passionate about transforming traditional recipes into vegan versions. It brought us great joy and pride to share our food with family and friends. Everyone loved the meals we prepared with so much care and love.

People constantly told us how good this way of eating was and encouraged us to open a vegan restaurant. That is how this great idea was born—what started as a suggestion soon became a dream, and eventually, that dream turned into a meaningful project.

We began preparing for this great project at the end of 2019. It took us all of 2020 to build it from the ground up. Then, on March 10, 2021, we opened our doors to the public for the very first time.

That is how this beautiful journey called Sabor a Vida began, which in English means “Taste of Life.”

After our personal experiences with health and life itself, this name naturally came to us, because it represents not only the flavors of food, but also the flavors of life.



We truly believe that every experience we go through—whether good or challenging—becomes part of the flavors of life.

This all happened during the time when the pandemic was coming to an end, so we only experienced the final stage of it. In a way, this worked in our favor, because we did not have to face the most difficult part of that crisis.

After we opened, it took several months for the vegan community to start discovering us. One of our biggest challenges was attracting customers who were not vegan. Little by little, people began to recognize us for the freshness, healthfulness, and delicious flavor of our food.

Mario and I are originally from Mexico City. Mario comes from a family of restaurateurs, and he spent a large part of his youth working with his parents in the family business. I did not have restaurant experience, but I did have a strong background in customer service and sales. Before Sabor a Vida, I owned a boutique for three years, which I truly enjoyed, but I had to close it when we decided to fully commit to this new project.

Our menu is not strictly Mexican, although one of our best-selling and most popular dishes is our chilaquiles, a traditional Mexican dish. The rest of our menu is based on recipes made with natural, wholesome, and delicious ingredients.

Our focus is simple: to offer food that is both delicious and nutritious—food you can enjoy without guilt. And we do that very well.

Our menu includes burritos, wraps, sandwiches, salads, protein bowls, fruit bowls such as acai bowls, avocado toast, superfood toast, and a wide variety of freshly prepared smoothies and specialty coffees.

Every item on our menu has a name that was carefully chosen and thoughtfully created to match the dish itself. For example, one of our very popular dishes, the Tierra Salad, includes spinach, roasted almonds, sun-dried tomatoes, feta cheese, our homemade chickpea “tuna,” and a basil dressing. It is both delicious and highly nutritious.

In addition to carefully selecting the names, I also made sure that everything aligned with our concept—the name of the restaurant, the décor, and our personal story. Everything connects, everything makes sense, and everything has a purpose.

One of my favorite dishes, of course, is our chilaquiles, as well as the Paraíso Wrap, which includes our house-made chickpea tuna, fresh kale, avocado and jalapeños cashew cream. It is absolutely delicious.

Everything at Sabor a Vida has been carefully selected to ensure that we not only give our best to our customers, but also contribute to protecting our planet. That is why all of our containers, utensils, and takeout bags are made from compostable materials. When we first started, we were proud to be one of the few places in our area offering this environmentally responsible option.



During the Thanksgiving and Christmas holidays, we offer a special family menu, which we have proudly provided for three consecutive years. It has become a favorite among our customers. One of the highlights of this menu is our meatloaf—our famous meatless loaf.

At different times of the year, depending on the weather, we also offer seasonal items such as soups and vegan fish tacos.

We had the great opportunity to open a second location in Carlsbad, but it only lasted one year because we did not achieve the success we had hoped for in that area. However, we continue to look forward to the right opportunity to bring Sabor a Vida to other parts of the county.

For now, this is our permanent home, and we will continue giving our very best—through our food, our service, and our dedication—for as long as God allows us.

We feel truly blessed to be the creators of this meaningful project called Sabor a Vida.

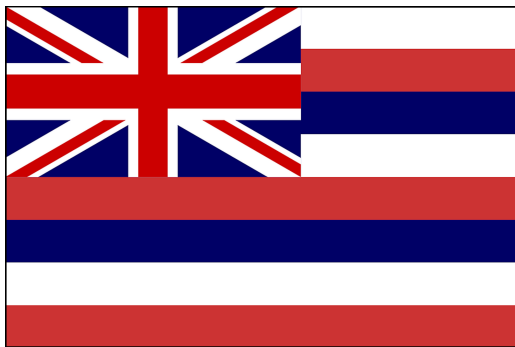
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735 Shadowridge Drive, Vista, CA 92083
Phone: (760) 536-3331
www.saboravidacafeanddeli.com

Asian American/Pacific Islander Heritage Month

May is an annual opportunity to honor Americans with Asian American and Pacific Islander heritage, as well as a broader appreciation of Asian/Pacific Islander individuals and culture. All individuals noted below are believed to be vegan, unless otherwise indicated.



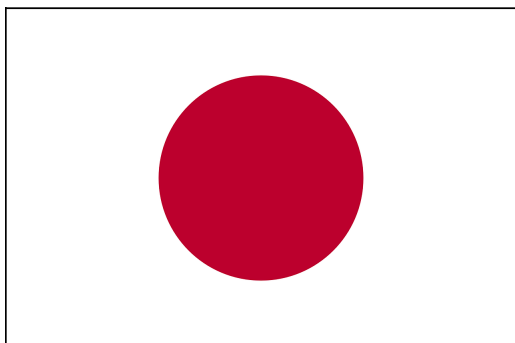
China. Hannah Che is author of *The Vegan Chinese Kitchen* (2022), which won the James Beard Award for Vegetable Cooking, and the IACP First Book Award. Vegetarian Chinese Americans include actresses Lucy Liu (Alex in *Charlie's Angels*, Kitty Baxter in *Chicago*, Master Viper in the *Kung Fu Panda* films) and Celina Jade (Shado on the *Arrow* CW TV series, *Wolf Warrior 2*), singer-songwriter/actor Leehom Wang (*Blackhat*, *Ang Lee's Lust*, *Caution*), and the late Deftones bassist Chi Cheng (1970-2013).



Hawaii. Hawaiian vegans include actress and model Maggie Q, best known for starring in the drama/thriller TV series *Nikita* (2010-2013), and playing Tori Wu in *Divergent* film series (2014-2016); Q was a co-producer of the influential documentary *Earthlings*. Vegetarian musician Khalil Fong, whose parents were Chinese, was born in Hawaii, but pursued a career in Hong Kong. The [Vegan Society of Hawaii](#) is a valuable resource for native Hawaiians and visitors to the state, with a guide to vegan restaurants and markets.



India. Hom Jay Dinshah (1933–2000), founder and president of the American Vegan Society, is a notable Indian American vegan, while sitar virtuoso Anoushka Shankar and No-Doubt bassist Tony Kanal are British-American. Veg*ans based in India include vegan Bollywood actor/director Aamir Khan, and the ruler Ashoka the Great (c. 304-232 BCE) who championed Buddhism and vegetarianism. Siddhartha Gautama, who came to be known as the Buddha, advocated vegetarianism, but it is disputed whether he was fully vegetarian.



Japan. Japanese-American vegans include Miyoko Schinner, beloved cookbook author, activist, and founder of Miyoko's Creamery (with which she is no longer affiliated), [Plant-Based on a Budget](#) blog founder Toni Okamoto, whose grandfather was Japanese, actress and author Anna Akana (*Ant-Man*, *Let It Snow*, *Jupiter's Legacy*), stock car racing driver Leilani Münter, and award winning powerlifter Sahyuri "Sahy" Lalime. Ruth Ozeki, author of *My Year of Meats*, is vegetarian.



The Philippines. Sarah Sullivan is the Filipina chef behind [Sarah's Vegan Kitchen](#), which began as a YouTube channel in 2015. RG Enriquez-Diez founded the vegan cooking website [Astig Vegan](#), and the author of the *Filipino Vegan* cookbook. In the arts, vegan Filipino Americans include actors Josh Dela Cruz (*Blue's Clues & You!* children's TV series) and Anthony Keyvan (*Alexa & Katie*, *Love, Victor*, and *XO, Kitty* TV series), and musician Oscar Albis Rodriguez, of the indie band [Albis](#).



South Korea. Vegans seem to be particularly rare in South Korea, and among Korean Americans, but they do exist. California and Chicago-based attorney, author, and blogger, Joanne Lee Molinaro has published *The Korean Vegan Cookbook: Reflections and Recipes from Omma's Kitchen* (2021), and *The Korean Vegan Homemade* (2025). In the South Korean arts community, the highest profile vegan is actress Im Soo-jung, known for her films *I'm a Cyborg, But That's OK* (2006), and *All About My Wife* (2012). Vegetarian actresses include Yoon Jin-seo, Kim Hyo-jin, and Lee Hyo-ri.



Thailand. Vegan Thais include model and actor Richie Kul (who appeared in the Vietnamese film *Pearls in the Far East*, and also played a doctor in the soap opera *All My Children*), Gam Chonnikarn and Goy Hatairat, founders of [Typical G](#) YouTube channel and the [planv.egan](#) group, bodybuilder Toon Vegan (Prakasit Kruabut), digital creator and nutritionist Punyanute Puprapussorn and Napaphatsorn Totienchai, better known as "Jajah," founder of the Veganerie restaurant chain in Thailand.



Vietnam. The most famous Vietnamese vegan is undoubtedly the influential Zen monk Thích Nhất Hạnh (nominated for a Nobel Peace Prize in 1967 by Martin Luther King, Jr.), author of *The Heart of the Buddha's Teaching* (1997), among several other books. For vegan Vietnamese recipes, Vietnamese Canadian vegan chef Lisa Le hosts [TheVietVegan](#) website. In 2025 the international press reported the wedding of famed singer Ho Quynh Huong and vegan entrepreneur Hoang Cong Thanh, described as Vietnam's "first vegan wedding" (on a large scale, anyway).

Local Asian Restaurants/pop ups (V: fully vegan, VO: vegan options)

Chinese food from ★[Stone Monkey](#) pop up/catering (V), **Filipino** food at Soul Sarap (omnivore, VO) and [Lady G's Canteen](#) (omnivore, VO), **Indian** food at Chennai Tiffins (vegetarian, VO), Dosa Studio (vegetarian, VO), Jyoti-Bihanga (vegetarian, VO), San Idli Vegetarian Cuisine (vegetarian, VO), Sattvik Foods (vegetarian, VO), **Japanese** food at ★[Gorilla Eats Sushi](#) (V), ★[Vegan Mirai Sushi](#) pop up (V), The Yasai by RakiRaki (omnivore, VO), **Korean** food at the ★[Yuseong Mandu](#) pop up (V), **Thai/Lao** food from ★[Veganic Thai Cafe](#) (V), Plumeria (vegetarian/VO), So Saap (omnivore, VO), and **Vietnamese** food from ★[Saigon Vegan Bistro](#) (V), ★[Thanh Tinh Chay](#) (V) + **Pan-Asian** cuisine: Sipz (vegetarian, VO)

Cook up something special for **Mom**

Celebrate the mothers
in your life with a tasty
creation from the kitchen!



By Connie Edwards McGaughy
The Carrot Underground

Moms come in many forms: Grandmothers, step-moms, aunts, mentors, dear friends, and the caring women who have guided, encouraged, or looked after us along the way. Mother's Day can be a lovely time to celebrate anyone who has shared that kind of love and support.

One of the nicest ways to say “thanks Mom” is by preparing a homemade vegan meal she'd love. Whether it's breakfast in bed, a relaxed afternoon tea, a family dinner, or scrumptious dessert, a home-cooked meal makes the day feel even more special.

This collection brings together some of my best plant-based recipes for Mother's Day. They're festive, comforting, and made to be enjoyed by everyone at the table - vegan or not. From brunch classics to beautiful cakes and treats, here's a taste of a few of my favorite vegan dishes that are sure to put a smile on any Mom's face!

 See the full recipe collection: [55 Favorite Vegan Recipes for Mother's Day Recipes](#)



🌸 Breakfast & Brunch

What a tasty way to start Mom's day!

Spinach Mushroom Quiche is a beautiful centerpiece for any brunch spread. Full of rich cheesy flavor - it feels elegant and special.

Fluffy Vegan Waffles and Perfect Pancakes are always a hit. Add fresh berries, maple syrup, or a dusting of powdered sugar for a festive touch.

If you prefer something a bit more casual and hearty, California Breakfast Burritos bring a sunny San Diego vibe to the table. Packed with

flavor & protein - breakfast burritos are a super tasty and satisfying option to serve.

It isn't brunch without baked treats, like Banana Muffins, or Lemon Blueberry Bread!

🌸 Afternoon Tea

Who doesn't love a tea party?

Freshly baked British Scones are fabulous served warm with vegan clotted cream and a spread of citrusy Lemon Curd, Strawberry Compote, or a drizzle of homemade Vegan Clover Honey. Yum!

Balance the sweets with a few savory bites such as Easy Eggless Egg Salad finger sandwiches, toast points spread with Spinach Pistachio Pesto. For a refreshing splash of color, serve small cups of Chilled Cucumber Avocado Soup.

Classic Scottish Shortbread pairs beautifully with tea or coffee. Lemon Drop Cookies add a cheerful citrus flavor. Cozy White Chocolate Raspberry Muffins offer just the right balance of sweet & tart. For an easy elegant final touch, serve Very Berry Mousse in small dessert cups.





Dinner

The main event!

Looking for something light, satisfying, and full of flavor? [Hawaiian Sweet & Sour Macadamia Tofu](#) checks all the boxes. Serve with a side of rice and the most refreshing [Watermelon Cucumber Salad](#). So good!

Choose [Spinach Ricotta Stuffed Shells](#) for a rich, hearty, classic entrée. Pair with either a crisp [Classic Caesar Salad](#), a bowl of citrusy [Mediterranean Lemon Orzo Soup](#) for a light

start to the evening meal or a cup of my colorful, quick & easy [1-pot Minestrone](#).



Dessert

A little something sweet.

[Lemon Cake](#) with [Cream Cheese Frosting](#) is bright, lovely, and made for spring gatherings.

Does Mom love chocolate? Might I suggest a slice of luscious creamy [Chocolate Dream Pie](#) or a dish of good old-fashioned [Chocolate Pudding](#)?

Who doesn't love homemade [Carrot Cake](#)? If you want the best carrot cake you've ever tasted – *this is the one*. Know what makes it even better? It's my mom's recipe – and a family favorite!



Connie Edwards McGaughy is a longtime vegan recipe developer, cookbook author, and creator [The Carrot Underground](#) 🥕 based in San Diego, California. ✉ connie@thecarrotunderground.com



Photo: Anita Weinberg

INTERVIEW

Mike Weinberg, VeganDiego

VeganDiego: San Diego's Vegan Directory has been an incredibly valuable resource for the local vegan community, offering a comprehensive listing of vegan eateries, products, services, groups, organizations, and resources, all 100% vegan. Mike Weinberg has been developing and updating the directory for the past 12 years, and kindly shared about his life, the directory, and other vegan projects he's developed. **CONTENT WARNING:** the answer to the first question includes graphic content.

Could you tell us how you first became vegan and how this decision affected your life?

Paul McCartney famously said: "If slaughterhouses had glass walls, everyone would be vegetarian." Not so for me. In the summer of 1977, I was hitchhiking across America (very popular and common at the time) and spent a week at my uncle's house in Wisconsin. He worked at a small slaughterhouse and invited me to visit it on Friday, which he said was "Kill Day."

It was horrible, Dante's Inferno-like, animals bellowing, guts spilling. Cows bolted in the head, their heavy bodies slamming to the ground then sawed in half. Pigs, totally-conscious, chained up by one leg screaming like women in horror films as the blood gushed from their slit throats into barrels below. Although regulations called for stunning beforehand, per my uncle, a typically kind and gentle man, "they bled out better that way."

Amid the mayhem, the six male coworkers chatted loudly but casually about sports and kids, as if they were working on an automobile assembly line. Surreal to say the least. But I'd been taught by parents, government, and industry that I needed animal products to be healthy, so I figured it was a necessary evil. In any case, I didn't feel satiated without meat, cheese, or milk at every meal.

Fast forward 20 years to the summer of 1997. A former college buddy, who I hadn't seen in months, had gone vegetarian, and he looked vigorous and healthy with glowing skin. He told me how meat rotted in your colon for 5 days. Yuck! I was into health, so that evening, I searched the web for vegetarian and came across a new word for me: vegan.

After about an hour of reading that I didn't need animal products to be healthy, in fact the opposite was true, I decided I was going to be vegan. I'm not a classical "animal lover," but I believed that killing for pleasure was wrong, and I could no longer justify animals suffering and dying solely for my eating pleasure.

The next morning, my decision to rid our home of animal products and give them to my brother (so as not to waste) caused a stir with my wife, which surprised me, since she is an animal lover, at least when it comes to pets, who she thinks of as people. To maintain the peace, she agreed to keep a vegan household while insisting on her right to eat what she wanted when dining out with others.

It wasn't long before she went vegetarian, but it took quite some time before she self-identified as vegan, which to her carried the social stigma of weirdness or otherness. Unfortunately, it still does after all these years, so I'm secretly delighted when I overhear her occasionally proselytizing to her recalcitrant omnivore friends.

Our teenage daughter went vegetarian right away then fairly quickly became a vegan activist, making presentations at libraries and even starting a student animal rights club while at SDSU.

To my deep dismay, despite my many attempts to educate them over the years, very few of my large extended family ever tried or embraced the ethics of veganism. Some began eating more plant based for health reasons, but to my knowledge, none self-identify as vegan today.

Still, my main regret, like many others, is that I didn't learn about veganism sooner. I'll always appreciate those vegan website postings I encountered nearly 30 years ago. My goal is to pass the knowledge forward so even more people will hear the message.

When did you begin the VeganDiego directory, what inspired its creation, and how has it evolved over time?

After years of going back and forth about choosing to dine or not dine with others eating animals, I'd finally had enough of watching my otherwise kind and compassionate family and friends continue to chew with relish and delight on animal body parts.

Fortunately, San Diego's vegan scene had grown to the point that I decided I would patronize only 100% vegan eateries. But rather abruptly after making this decision, two eateries closed, and I began to panic about my dwindling options.

In February 2014, I created the VeganDiego directory to help promote the remaining ten or so eateries by posting their locations and operating hours in a pdf file posted on the web and promoted through email and various Facebook groups.

Over time, I added vegan food services and products, businesses, organizations, and social groups, and the directory grew to over 600 listings including about 45 vegan eateries, several with multiple locations.

Unfortunately, over the last few years, total entities have dropped into the 450 range while rising wages, food costs, and inflation have cut the number of eateries down into the 30s. New entities are being created nearly every month, but currently not enough to offset the losses.

You're very diligent about keeping the information current and documenting the changes in the directory. Have you ever considered publishing a print version? Are you aware of any other communities that have a vegan directory?

Thank you! It takes me about 20 hours a month to keep the directory up to date. And even more hours each spring, when I revisit every link and remove defunct entities that have had no discernible activity in a year.

Admittedly, after 12+ years, I've experienced periods of burnout and even published bimonthly for a time. But I haven't contemplated abandoning the project, which is a key part of my vegan outreach.

Over the years, I've had suggestions or offers to take over the directory or convert it into a full-web version (vs pdf) or include vegan-option eateries (a full-time endeavor) or focus it more towards activist events. I've invited these well-intentioned inquirers to create their ideal version of the directory and run in parallel with me for a while to see how it goes. But to date, no one has taken me up on or sustained the effort.

I'd like to add that your decision to start the *Vegan News San Diego* newsletter this year has boosted my spirits and my resolve to continue my mission. Producing a directory or newsletter can be a lonely task with minimal recognition, so it's nice to have a like-minded collaborator such as yourself to compare notes with.



May 2025 Vegan Borneo "Komodo Add On" with Roan Barrett. Photo: Jamie Barrett

While there may be some overlap, I believe our efforts complement each other, since you publish on the first of the month, and I typically release updates in the middle of the month. In addition, your newsletter reaches beyond the local scene and provides relevant national and international news, and events calendar, and so much more. Kudos!

Regarding a print version of *VeganDiego*, being environmentally and resource conscious, I've never considered it. Of course, anyone with a printer is free to print all or parts of the directory, but it changes regularly so I don't see the benefit.

Regarding the existence of other community directories, early on, at some vegan conferences, I was invited to present guidelines on how to create a directory, which generated interest from activists residing in other cities, even abroad. To my knowledge, some created vegan eatery lists but nothing as comprehensive as *VeganDiego*.

You've been a strong advocate for supporting fully vegan restaurants. The "Why Patronize 100% Vegan Eateries?" list is pretty persuasive.

Years ago, in one of my companion projects, [VeganDiegoBlog](#), I wrote an article entitled, "Do Vegan Options Promote Veganism? Or do they just siphon dollars away from vegan eateries that do?"

This was quite controversial in the vegan community, and I get it. Vegans already deny themselves many food options so don't relish the thought of limiting their dining choices even further to the relatively few vegan eateries.

In fact, about 20 years ago, when my wife and I moved from La Mesa to downtown San Diego, there were no vegan eateries among the literally hundred or so within walking distance of our highrise condo. I made it my mission to help "veganize" some of these restaurants by calling ahead to speak to the staff. On many occasions, chefs were thrilled by the challenge of creating something other than the standard fare, and we had some fabulous vegan meals.

But ultimately, I concluded that while having vegan options in mainstream restaurants was desirable, it only promoted veganism if the options were so enticing that omnivores ordered them.

When I dined at non-vegan eateries with family and friends, I'd order the token vegan option while they predictably ordered the animal-based meals they were used to. Nowadays, when omnivores dine with me at vegan eateries, every order is vegan.

Here are my reasons for patronizing 100% vegan eateries:

- * No worries or questions about hidden animal ingredients.
- * No mix-ups of being inadvertently served animal foods.
- * No cross-contamination of utensils and cooking surfaces, especially from animal grease that permeates kitchen air.
- * No one will be hurting (eating) animals in your presence.
- * Omnivorous companions will choose & enjoy vegan options.
- * Vegan eatery owners need your help to stay in business—reward their ethics!

Apart from VeganDiego, I've noticed the support you provide to the vegan community, encouraging others and advocating for healthy activities and diet.

I enjoy supporting other activists, especially linking like-minded individuals together through my various connections. In addition, the following projects stemmed from a need or desire I had that I thought others could benefit from.

[MaxVegan HEALth Topics](#): Humans, Environment, Animals, Learning

After retiring from a college-teaching career, I created www.maxlearning.net as a free educational website to share my interests in a variety of topics ranging from computers to math to piano to the outdoors to veganism. To maximize learning, it's important to be healthy in a healthy environment. And nothing HEALs Humans, the Environment, and Animals more than Learning to embrace a 100% plant-based vegan diet. HEALth topics include: Vegan Nutrition, Vegan Philosophy, Protein Facts, MaxVegan Recipes, VeganDiego, VeganDiegoBlog, V-Cards, HappyCow: Global Vegan Dining, Vegan IQ Game, Rounding of America, Vegan Nutrition Gurus.

[MaxVegan No-SOS Recipes](#): Toppings, Meals, Treats. No refined Salt-Oil-Sugar.

In 1997, when I became an "overnight" vegan after learning I didn't need animal products to be healthy, my initially-skeptical wife agreed to having a vegan household as long as I took over shopping and cooking duties. After a few years of "veganizing" and simplifying recipes from books or online, I created a series of webpages to consolidate and share recipes that maximized health by boosting nutrients and minimizing junk. From sauces & dressings to main dishes & desserts, dozens of No-SOS recipes are presented in a unique visual format that reduces the intimidation of long ingredient lists and wordy instructions. Of course, we crave and need sodium, fat, & glucose in our diets. Just in lower amounts and not from refined sources but from whole or minimally-processed foods.

You're known for your appreciation of travel and hiking. How have your travels impacted your view of people, animals, and vegan life? What do you see as ways to share veganism with the wider world?

Good questions. Perhaps I can best answer them by sharing the following resources.

[Mike's Vegan Adventures](#): Volunteer-organized physically challenging international adventures.

Contemplating a multi-day climb up Mt. Kilimanjaro but dreading being crammed in a food tent with omnivores chomping on animal products, I worked with a reputable guide company to arrange their very first all-vegan expedition. In February 2018, this culminated in the highly successful Vegan Kilimanjaro, a 6-day trek of the infamous Machame (Whiskey) Route. In retrospect, I should have selected a 7 day expedition, as our overnight summit attempt without a previous day of rest was brutal. Afterwards, I learned the average success rate for 6-day treks was a mere 44%. Amazingly, our 17-member team, with participants from several countries ranging in age from 18-70, nearly doubled that with 82% (14 of 17) of us reaching the peak. Go vegan! Since then, I've organized the following adventures, which may be repeated if a volunteer organizer steps up (with my assistance): #2-Vegan Antarctica, #3-Vegan Inca Trail, #4-Vegan Uganda Gorillas, #5-Vegan Dolomites, #6-Vegan Borneo Orangutans. Looking ahead, #7-Vegan Iceland is set for July 2026 and #8-Vegan Himalayas (Tibet/ Nepal/Bhutan) for May 2027. For my organizing and recruiting efforts, I neither seek nor receive any personal discount, perk, or compensation. I take pleasure in negotiating discounts & incentives for the entire team while striving to ensure that meals, gear, and accommodations are 100% vegan. My goal is to have compatible travel companies and companions while demonstrating that a vegan lifestyle can



be fun and adventurous! Readers can email mike.weinberg1952@gmail.com to be added to the interest list for advance notice of any adventure.

[Foreign Language V-Cards](#): Ensuring cruelty-free meals/groceries while traveling.

When traveling, my priority is to patronize only 100% vegan restaurants. However, in areas where no vegan eateries exist, and especially for foreign travel, I compiled V-Cards. These business-sized cards list vegan food restrictions in over 100 languages, courtesy of Google Translate augmented by helpful native speakers who have sent revisions. V-Cards can be printed, cut out, and given to waiters, chefs, and grocery staff to ensure cruelty-free meals for oneself and future vegan patrons.

[San Diego Vegan Hikers & Backpackers](#): Forum for group members to post outdoor outings in San Diego County and beyond.

At age 73, after over 50 years of mostly-solo hiking and backpacking, my wife preferred that I have companions. Conversation also makes the trail miles melt away, and it's fun to discuss veganism and other topics. In December 2025, to seek out others who enjoy outdoor activities, I formed this Facebook group, which quickly grew to over 100 members. To date, I've organized a dayhike and/or backpack each month as I train for Vegan Iceland's famous Laugavegur Trail (I like to call it the Lauga'vegan' Trail) in July.

Sincere thanks to Mike for sharing about his life, his many projects benefitting the local vegan community, and in particular his twelve years of providing us all with the *VeganDiego* directory. Keep up with *VeganDiego* for all the latest community resources, and look for Mike out on the trails!

VeganDiego: San Diego's Vegan Directory

www.vegandiego.com

www.facebook.com/vegandiego

[VeganDiegoBlog](#)

Vegan Food *in the Wild*



Photo: Jonathan Crespo

*El Veganito,
Grossmont
California Burrito*



Photo: Amanda Petrucci

MOVIES & TV

Earthlings

Free Viewing Links: [Unchained TV](#), [YouTube](#)

Writer: Shaun Monson

Director: Shaun Monson

Length: 95 minutes

Release date: September 24, 2005

Production Company: Nation Earth

Rating: Not Rated

Focus: Animal welfare

Content Warning: Highly graphic content

Narrated by Joaquin Phoenix and written and directed by Shaun Monson (director of *How Not to Die*, co-producer of *Dominion*), *Earthlings* is a painful, unflinching look at human exploitation of animals, including the brutal conditions animals face in factory farming, puppy mills, animal experimentation, and other situations.

At the start of the documentary, the everyday cruelty of the plight of these animals is spelled out: “The images you are about to see are not isolated cases. These are the industry standard for animals bred as pets, food, clothing, for entertainment and research. Viewer discretion is advised.”

The film debuted at the Artivist Film Festival in 2005, where it received the Best Documentary Feature award, also winning the Best Content Award at the Boston International Film Festival, and Best Documentary Film at the San Diego Film Festival. Joaquin Phoenix also received the Humanitarian Award at the San Diego Film Festival.

UnchainedTV noted the impact of the film: “There have been many vegan documentaries since *Earthlings* premiered almost two decades ago, but – perhaps – no other film has turned more people vegan than this groundbreaking masterpiece.”

While watching the film is an excruciating experience, it may be eye opening for omnivore friends or family who don’t understand veganism.

“Those who dismiss love for our fellow creatures as mere sentimentality overlook a good and important part of our humanity, but it takes nothing away from a human to be kind to an animal.” — *Earthlings*

VEGAN & CRUELTY FREE: Dogs & Cats

ALŌH ♥ / V (cruelty-free, vegan) New York, NY | alobrand.com

Hand sanitizer, wet wipes, pet wipes. Certification: Leaping Bunny

Begley's (Lab-Clean) ♥ / V (cruelty free, vegan) Alamitos, CA | begleysbest.com

Waterless pet shampoo, pet stain/odor remover, floor cleaners. Certification: Leaping Bunny

Black Sheep Organics ♥ / V (cruelty free, vegan) Richmond, BC, Canada | www.blacksheeporganics.com

Pet grooming goods: shampoo, toothpaste, ear wash, off leash dog spray. Certification: Leaping Bunny, PETA

Chosen By Dogs ♥ / V (cruelty free, vegan) Los Angeles, CA | chosenbydogsproducts.com

Dog CBD products: Shampoo, detangler, CBD drops, paw protection balm. Certification: Leaping Bunny

Clean Coats (Dyad Candle) ♥ / V (cruelty free, vegan) Los Angeles, CA | clean-coats.com

Pet shampoo. Certification: Leaping Bunny

Dogtor Doolittle (A Joy Forever Bath + Body) ♥ / V (cruelty free, vegan) Carrollton, TX | ajoyforever.com

Dog care: solid shampoo, paw & nose balm, mane tamer. Certification: Leaping Bunny

Earth Rated ♥ / V (cruelty free, vegan) Montréal, QC, Canada | www.earthrated.com

Dog products: Grooming, toys, poop bags. Certification: Leaping Bunny

Farm Dog Naturals ♥ / V (cruelty free, vegan) Cornville, AZ | farmdognaturals.com

Dog health products: Itch relief & wound care, crusty nose & dry skin care, pet cleanup & odor remover, stress & anxiety formula, topical yeast serum. Certification: Leaping Bunny, PETA

My Pet Peed (Specialty Cleaning Products) ♥ / V (cruelty free, vegan) Spring, TX | www.mypetpeed.com

Pet stain and odor remover. Certification: Self.

Oxyfresh Worldwide ♥ / NV (cruelty-free, vegan) Coeur d'Alene, ID | oxyfresh.com

• Pet Products: toothpaste, toothbrush, tongue scraper, bad breath water additive, dental spray, ear cleaner, shampoo, stain & odor remover, cage cleaner. • Human Products: Toothpaste, mouthwash.

Certification: Leaping Bunny, PETA

Petsmile ♥ / NV (cruelty-free, vegan) New York, NY | petsmileusa.com

Pet toothpaste. Certification: Leaping Bunny

Tangle Teezer ♥ / V (cruelty free, vegan) London, England | tangleteezer.com

Hairbrushes, detangling sprays, pet brushes. Certification: PETA

Cruelty Free, not fully Vegan: Skout's Honor

Local Resources

VeganDiego, San Diego County's Vegan Directory www.vegandiego.com

A comprehensive listing of vegan restaurants, markets, food services, businesses, and organizations.

San Diego Vegans Facebook group www.facebook.com/groups/sdvegans

With 14,000 members, this is one of the best sources of information on the local vegan community.

San Diego Vegans Meetup group www.meetup.com/sandiegovegans

An inclusive group that meets regularly to connect local vegans.

PlantDiego www.plantdiego.com

A San Diego nonprofit vegan social support and education group, which offers monthly gatherings focused on whole food plant based eating and health.

San Diego Vegan Activists www.facebook.com/sandiegoveganactivists

A source for local protest and advocacy opportunities.

Vegan in San Diego veganinsandiego.com

Website featuring a listing of vegan restaurants, pop ups, and businesses.

Sustainable Market/Night Market events www.viridianproductions.com

Vegan and sustainable festivals and pop-up markets, including the San Diego Sustainable Night Market, North Park Sustainable Market, Vista Sustainable Night Market, and annual San Diego EarthFest and Oceanside Vegan Food Festival. See website for dates and locations.

San Diego Vegan Market, Grantville www.veganrestaurantsd.com

Groceries, snacks, drinks, personal care, cleaning supplies, freshly made deli sandwiches.

Thousand Petal Lotus vegan market, Vista www.thousandpetallotusvista.com

Groceries, snacks, drinks, vitamins, personal care, gifts.

Natural Foods Stores: • Chains: [Baron's Market](#), [Jimbo's](#), [Manolo Farmers Market](#), [Mother's Nutritional Center](#), [Sprouts Farmer's Market](#), [Trader Joe's](#), [Whole Foods Market](#) (owned by Amazon)

• Independent Markets: [Cardiff Seaside Market](#) (Cardiff), [Frazier Farms](#) (La Mesa, Oceanside, Vista), [Jensen's Foods](#) (Point Loma), [Keil's](#) (San Carlos), [Lazy Acres Market](#) (Encinitas, Mission Hills), [Ramona Family Naturals](#), [San Diego Farmers Outlet](#) (Grantville), [Stehly Farms Market](#) (Kensington, Valley Center), [Windmill Farms](#) (Del Cerro)

Local Activism Opportunities

[Action for Animals \(XFA\)](#) group, [Action for Animals](#) app, [BAAL \(Bold Activists for Animal Liberation\)](#) group, [Direct Action Everywhere \(DxE\)](#) group, [Kind Heart Coalition](#) group, [Strategic Action for Animals \(SXFA\)](#) group, [Vegan Justice](#) group + San Diego Vegan Activists ([Instagram](#) [Facebook](#)) pages

National/International Resources

VEGAN FOOD FINDERS

Happy Cow vegan/vegetarian restaurant finder www.happycow.net

VeggL vegan food options at restaurant chains veggl.com

VEGAN ALCOHOL

Barnivore: www.barnivore.com

VEGAN PRODUCT FINDERS/CHECKERS

Vegan Product Checkers: [Double Check Vegan](#) app, [Is It Vegan?](#) barcode app, [Vegan Verify](#) barcode app, [WhatsVegan](#) ingredient label scan app, [Conscious Bunny](#) free website, [Is It Vegan?](#) free website, [Logical Harmony Animal Ingredient List](#)

CRUELTY FREE PRODUCT CHECKERS

Cruelty Cutter app: cruelty-cutter.org

CRUELTY FREE PRODUCTS

Leaping Bunny cruelty free certification: www.leapingbunny.org

PETA cruelty free certification: crueltyfree.peta.org/product-type

Cruelty-Free Kitty: www.crueltyfreekitty.com

Ethical Elephant: ethicalelephant.com

VEGAN ORGANIZATIONS

The Vegan Society: Birmingham, England | www.vegansociety.com

The American Vegan Society, Malaga NJ: americanvegan.org

Vegan Outreach: Sacramento, CA | veganoutreach.org

Viva! The Vegan Charity: Bristol, England | viva.org.uk

Vkind (products, companies and services): www.vkind.com

VEGAN and CRUELTY FREE ONLINE COMMUNITIES

Reddit/Vegan: www.reddit.com/r/vegan

Reddit/Cruelty Free: www.reddit.com/r/crueltyfree

VEGAN CERTIFICATIONS

Vegan Society, Vegan Action/Vegan Awareness Foundation, American Vegetarian Association, BeVeg, V-Label International, VegeCert vegecert.com

VEGAN HOUSING

VegVisits: vegvisits.com

CRUELTY FREE INVESTING

Cruelty Free Investing: crueltyfreeinvesting.org

ACTIVISM OPPORTUNITIES

PCRM Actions: www.pcrm.org/take-action

PETA Action Center: www.peta.org/actioncenter

VegMediaWatch: vegmediawatch.org

Factory Farm Watch: FactoryFarmWatch.org

MAY COMMUNITY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coming in June/July: • Farm Animal Refuge: Pig-nic event, meet animals + vegan picnic box (June 20) • ACTIVISM: Vegan Justice volunteering at OB Street Fair and Chili Cook-Off (June 27) • Sustainable Markets by Viridian Productions • Pride Parade & Festival (July)					1 San Diego Sustainable Night Market , Miramar 5-9 pm	2 ACTIVISM Direct Action Everywhere: Meyenberg Humane Milk is a Lie , Hillcrest, 1 pm
3 The Open Barn: Paint For the Animals , Ramona, 11-1pm Kind Hearts Coalition volunteer at Saving Animals Healing Hearts Ramona, 9:30	4 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →	5 Viridian Productions: Cinco De Mayo Dinner & Comedy Show (ticketed event), Vista, 6-8 pm	6 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian special: Dorado tacos \$1.99	7 El Veganito: Burrito Thursday \$2 off all burritos Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm	8	9 North Park Sustainable Market , North Park, 12- 4pm ACTIVISM Empty the Tanks - Sea World Protest , Mission Bay, 11-12:45
10 Farm Animal Refuge Mother's Day Tour , Campo 11-2 pm	11 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →	12 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	13 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian special: Dorado tacos \$1.99	14 El Veganito: Burrito Thursday \$2 off all burritos Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm	15 Vista Sustainable Night Market , Vista, 5-9pm	16 PlantDiego: Raw Potluck , Carmel Valley, 12-1:30 + Pebble Ranch Rescue volunteer with potbelly pigs , Lakeside, 4 - 6 pm Sale Ranch Sanctuary: Spring Seasonal Supper , Temecula, 5-8 PM
17 Scratch House at SD Vegan Market: Banh Mi, Banh You! Vietnamese food pop up , 5-7 pm Spirituality for Animal Advocates online 1-2:30 pm	18 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri → Vegan Meditation online, 6-6:30 pm	19 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	20 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian special: Dorado tacos \$1.99	21 El Veganito: Burrito Thursday \$2 off all burritos Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm	22	23 ACTIVISM: Vegan Justice at the Santee Street Fair , Santee, 10-6 pm (2 hour shifts)
24 31 PlantDiego: Lunch at the World Beat Café , Balboa Park, 1-2:30 pm	25 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →	26 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	27 Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian special: Dorado tacos \$1.99	28 El Veganito: Burrito Thursday \$2 off all burritos Donna Jean special: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm	29	30

Deals & Discounts

RESTAURANTS

[Ben & Esther's Vegan Delicatessen](#) (Rolando): Rewards program offers points with purchase

[Chani's Donuts](#) (Kearny Mesa): Free sample donut

[Donna Jean](#) (North Park): Weeknight Dinner Special: Entree, Dessert + Drink for \$35 Wed-Thu, 10% off, valid Wednesday and Thursday, coupon in [VeganDiego](#)

[El Veganito](#) (La Mesa): \$1 off, coupon in [VeganDiego](#), \$2 off all burritos on Thursdays

[Eris Vegan Food Co.](#) (Oceanside): The All-In Lunch (sandwich + a drink for \$12), Monday-Friday, 12-2 pm "Buy one, get ones" on Tuesday nights for loyalty program members

[Evolution Fast Food](#) (North Park): Free soft serve with purchase of a sandwich or burger, coupon in [VeganDiego](#)

[Gorilla Eats Sushi](#) (College Area, in SDSU at Aztec Food Hub): 10% off cash "call in for pickup" orders

[Ike's Love and Sandwiches](#) (Hillcrest, Midway, Poway, Sorrento Valley): Omni shop with many vegan options With app, free sandwich on birthday month, periodic specials and offers

[Maya's Cookies](#) (Grantville, San Marcos): \$2 chocolate chip cookies Tuesdays & Wednesdays 4-5 pm

[Nibble Chocolate](#) (Old Town's Fiesta de Reyes): 10% off coupon in [VeganDiego](#)

[Phattie's Bake Shop](#) (Point Loma): Rewards program, 1 point for every \$2 spent

[Plant-Power Fast Food](#) (Encinitas, Escondido, Ocean Beach, UCSD): Rewards program offers points with purchase to redeem for products + birthday surprise

[The Purple Mint Vegan Restaurant](#) (City Heights): Free birthday surprise at www.purplemintbirthdayclub.com VIP program offers secret menus, special offers/discounts, loyalty rewards

[Rayluca Chocolate](#) (Mira Mesa): For online orders, use code "LOVE15" for 15% off.

[Tacotarian](#) (North Park): Tuesdays: \$1 off tacos, Wednesdays: Dorado tacos \$1.99

[Veggie Grill](#) (Carlsbad): Rewards Program offers points with purchase, periodic offers, free birthday entree

FREE / DISCOUNTED EVENTS

[San Diego Sustainable Night Market](#), Miramar - free admission: Fri, May 1, 5-9 pm

[North Park Sustainable Night Market](#), North Park - free admission: Sat, May 9, 12-4 pm

[Vista Sustainable Night Market](#), Vista - free admission: Fri, May 15, 5-9 pm

[PlantDiego: Raw Potluck](#), Sat, May 16, Carmel Valley, 12-1:30 pm

STOREFRONT MARKETS

[Sprouts Farmers Market](#): Frequent Buyer program - purchases earn cash rewards, digital coupons

[Thousand Petal Lotus](#) (Vista): Low priced Rebel Cheese, buy one, get \$1 off second cheese

FUN PAGE

Vegan T-Shirt of the Month

I did the math.
The answer is vegan food.



Vegan & Vegetarian Actors

An IMDB user has posted a large "[Vegan and Vegetarian Actors](#)" list. Take it with a grain of salt, as lists like these aren't always 100% accurate or updated (e.g., Kaley Cuoco, Scarlett Johansson, Jared Leto, Sandra Oh, and Michelle Pfeiffer are pescatarian/omni now), but most of the actors and actresses listed are genuine veg*an role models.

Vegan/Vegetarian Character:

Lisa Simpson

Known to be of high moral character, Lisa in *The Simpsons* animated series (which began in 1989 and is still running) went vegetarian in the appropriately titled "Lisa the Vegetarian" (season 7, episode 5). Legend has it that, as a condition of appearing on the show, Paul and Linda McCartney made the producers promise that Lisa would stay a vegetarian throughout the series — which she has, except for a brief and disgusting bug-eating detour.

"Think of the fierce energy concentrated in an acorn! You bury it in the ground and it explodes into a giant oak! Bury a sheep and nothing happens but decay."

- attributed to
George Bernard Shaw

Vegans in the News

Following his DJ set at Coachella, **Moby** announced that he will donate the profits from the performance to the Mercy For Animals nonprofit and other animal rights organizations. English naturalist **Chris Packham** is encouraging people to consider a vegan diet for their dogs, following a noticeable improvement in the health of his own dogs after switching to vegan food. Vegetarian/mostly vegan comedian **Weird Al Yankovic** is co-headlining the Montreal comedy festival Just For Laughs in July, along with mostly plant-based Jerry Seinfeld. Vegan actor **Edward James Olmos** will appear in the upcoming romantic comedy *Office Romance*, directed by Ol Parker. Actress and vegan advocate **Natalie Portman** announced she is pregnant with her 3rd child.

The Last Word: Community Ask

There are many groups and organizations which could benefit from community support to further their vision. Community Ask is an opportunity for these groups to request whatever assistance would be most helpful. Below are some ways to help Mike Weinberg further the work of the [VeganDiego](http://www.vegandiego.com) directory.

- **Is there a way that readers could help you further the aims of VeganDiego?**

Yes, please share the directory at www.vegandiego.com and continue to patronize vegan eateries, businesses, and organizations. Consider the Vegan Virtuous Circle: Vegans supporting vegan entities leads to more vegan entities!

Next Issue

Coming in June is National Animal Rights Day, Father's Day, and Juneteenth, as well as Pride month. Events in the vegan community will include:

- The irresistible Pig-nic event at Farm Animal Refuge, where visitors can meet the animals and enjoy a vegan picnic box (June 20).
- The Vegan Justice volunteer opportunity at the OB Street Fair and Chili Cook-Off (June 27).
- Sustainable Markets by Viridian Productions

As always, we would love submissions from the community: news, interviews, a restaurant spotlight, recipes, or cruelty free & vegan products. Get in touch with us at info@vegan-news.org

Vegan News
San Diego