

Plant-based restaurants all over NJ - Vol. 2

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Last week we shared Vol. 1 of NJ vegan restaurants - please check out our blog or Pinterest to access Vol. 1, if you missed last week's newsletter! The following lists vegan/vegetarian friendly restaurants in all counties of New Jersey, as of January 2025.

Please reach out if you know a place in your town that is not listed but also offers primarily vegan or plant-based options. —have to change intro

Mercer County

(Hamilton)

Mama Dude's -salad & protein bowls, snacks and teas

(Lawrence Township)

Savory Leaf Cafe -ribs, burgers, reubens, hoagies, meatball sub, breakfast sandwiches, pizza, and tons of gluten free options

Lady and the Shallot -breakfast & brunch, air fried spuds (various flavors), sweet potato/grain/or taco bowls

Crave Nature's Eatery -paninis, tacos, salad, veggie & rice bowls

(Princeton)

Agricola eatery -avocadomtoast on sourdough, roasted cauliflower soup, organic kale salad, wild mushroom pate, mushroom and potato ravioli

TripT food LLC -vegan and vegetarian Indian food options

A2B Indian Veg Restaurant -vegan and vegetarian Indian cuisine

Arlee's Raw Blends -vegan restaurant, serves raw juices, organic coffee, smoothies, wellness shots, breakfast foods, wraps, salads, vegan dips, vegan desserts

Mistral -kimchi, cauliflower bolognese w/ miso and pecorino, salads

roots -asian restaurant with various vegan & vegetarian options

Plant-based restaurants all over NJ - Vol. 2

(Trenton)

Health Is Wealth Vegetarian/Vegan Restaurant & Juicebar

Middlesex County

(Edison)

True Food Kitchen -health food restaurant, roasted brussel sprouts, roasted butternut squash soup, avocado toast, blueberry pancakes, southwest tofu scramble, brunch on weekends only, fresh iced beverages, coffees & teas

(Edison)

The Vegan Spot -smoothies, hummus toast, tofu scramble wrap, chocolate pancakes, bean burgers, salad, crabless cakes, hot V-strami sandwich, hot V-urkey sandwich, loaded nachos, loaded sweet potato, lentil soup, cauliflower chickpea bisque, spaghetti & meatless balls, fishless sliders & grilled potato wedges, organic fresh juices, organic coffees, mushroom coffee

Khushboo Pure Vegetarian Restaurant -plant-based indian cuisine

The Vegan Spot -vegan cafe serving breakfast & lunch, hot drinks

(Metuchen)

Red's Leaf Café -vegan restaurant- DOG FRIENDLY - fried oyster mushrooms, corn on the cob, loaded baked sweet potatoes, roasted vegan tofu panini, stuffed zucchini, roasted cauliflower, veggie burgers, refreshing beverages

Soul Bowls -acai, pitaya & coconut bowls, smoothies, kids menu, juice shots, brunch foods

(New Brunswick)

honeygrow -packaged salads, stir-fries, various plant-based platters

Plant-based restaurants all over NJ - Vol. 2

Middlesex County... continued

Freshii -health food restaurant, salads, plant-based meals

Veganized -vegan restaurant, serving soups, salads, fresh appetizers, wraps, flatbreads, falafel, sandwiches, veggie burger, mac & cheese, desserts, BBQ skewers, sweet potato wedges with cashew cheese, fries, weekend brunches

Veganica -vegan restaurant, mushroom nuggets, various styles of vegan pizza with tons of topping choices, salads, sandwiches, fresh drinks and mocktails

(Parlin)

Mike's Pizza -vegan pizza options with veggies and vegan meats

Monmouth County

(Asbury)

Crust and Crumble - full vegan menu with many options such as baked pasta dishes, hot sandwiches, pizza, and handheld appetizers - they also make all bread/dough in house

(Atlantic Highlands)

JÜS Organic -vegan & vegetarian options, juices, soothies, adaptogenic beverages, coffee & teas

(Avon By the Sea)

Seed To Sprout -vegan restaurant, daily specials, sandwiches, grilled avocado sandwich, veggie burger, breakfast all day, veggie / protein / rice bowls, soups, juices, kids menu, lattes, smoothies

Plant-based restaurants all over NJ - Vol. 2

Monmouth County... continued

(Belmar)

Kaya's Kitchen -vegan restaurant, sandwiches, falafel, tempeh reuben, BLT, philly cheesesteak, thai tofu, eggplant pesto, chick'n parm, oyster mushroom po boy, seitan gyro, various veggie burgers, vegan breakfast, homemade soups, salads, tempeh buffalo wings, seitan ribs, mac & cheese, cauliflower buffalo wings, soul food, mexican food, vegan pizzas

Luna Verde Vegan Mexican Restaurant - vegan mexican and caribbean food, a must try!! Family owned, specials put out daily, fluctuating hours, follow on ig!

(Englishtown)

The Baklava Lady -menu changes daily, various coffees & teas, baklava, pistachio rose baklava, orange blossom semolina cake, tahini rolls

(Keyport)

Nature's plate -wholesome breakfast, lunch and dinner options ALL VEGAN and in addition many desserts and smoothie/coffee drinks

(Matawan)

Papa Ganache -baked goods, catering, and prepared foods all vegan and gluten-free options

Vegan Tree -vegan asian fusion offering sushi, rice bowls and american style sandwiches and appetizers

Stewart's - Matawan, NJ, vegan burgers, fries, cheesesteaks, chick'n sandwich

Smoothie King -vegan friendly options

(Middletown)

Pasquale's -huge vegan menu, garlic knot crust specialty pizzas, hot subs, baked pasta dishes, and appetizers

Plant-based restaurants all over NJ - Vol. 2

Monmouth County... continued

Il-Colosseo -fine italian dining, vegan cheese and entree options

Frutta Bowls -smoothie bowls, smoothies, and avocado toasts

Smoothie King -vegan friendly options

(Neptune)

Cats Luck -vegan restaurant, bagels & vegan breakfast sandwiches, vegan bacon & eggs, breakfast plates & sides, lunch meals, fried chick'n sandwich, seitan reuben, deli sandwich, sloppy caesar, crunch wraps, Macs N fries, chilis & soups, chickpea tuna

VEGAN 15 -vegan restaurant, falafel, meatballs, crispy avocado fries, vegan crab cakes, chickpea masala roll, sweet potato waffle fries, vegan chili cheese, salads, wraps & rolls, thai vegetable curry, tuscan pesto pasta, sesame ginger chicken, veggie biryani, burgers, vegan desserts

(Shrewsbury)

Greens and Grains -vegan/vegetarian sandwiches, rice bowls, pitas and salads

(Red Bank)

Good Karma Cafe -everything vegan, breakfast, lunch & dinner, desserts, fresh juices, sandwiches, bowls, salads, raw nachos, veggie burger, pad thai w/ peanuts, tofu & seitan sandwiches, fries, specials, wraps, mac & cheese w/ coconut bacon

Good Life Organic Kitchen -smoothies, baked oatmeal, guac & seeds toast, balsamic hummus toast, dark chocolate coconut crunch toast, cheesy guacamole toast, grain & veggie bowls, chipotle beet & quinoa burger, energy balls, herbal drinks, brain healthy lattes (MCT oil), raw organic foods & drinks

Harvest Moon Hut -takeout restaurant, vegan variations of almost anything on the menu

KITCH Organic -organic restaurant, vegan and vegetarian lunch & breakfast options

Bombay River -Indian food, with many vegan/vegetarian options

Plant-based restaurants all over NJ - Vol. 2

Salad house -salads, wraps with salad filling, falafel, buffalo cauliflower

The Greek spot - Red Bank, NJ. Salad, orzo, rice, Gigantes, Falafel, Hummus and eggplant dips, Fakes Soup (lentil & veggies), falafel gyro

(Wall)

Greens and Grains -vegan/vegetarian sandwiches, rice bowls, pitas and salads

Local Urban Kitchen Wall -organic restaurant, juices, espresso, veggie panini, organic breakfast, organic kids menu, smoothies, acai bowls, burrito, breakfast sandwiches, fries, soups, hummus platter, ezeziel french toast

Morris County

(Denville)

Veggie Heaven -spring rolls, veggie fried rice, veggie maki rolls, veggie sushi, vegetable noodles, noodle soups, goji berry fried rice, banana black tea, hot tea, juices & smoothies

Cafe metro -vegan and vegetarian options, salads, vegetarian asian cuisine, soups, vegan carrot cake, lunch sandwiches, vegetarian pizza

(Morristown)

Fig & Lily Garden -mediterranean restaurant serving vegan & vegetarian options

Feasty Vegan -Gourmet grocery store

Hummus republic -mediterranean restaurant serving vegan & vegetarian options

Shaka Kitchen of Morristown -Smoothies, Poke & Taco Shop

Sweetgreen -health food restaurant, smoothies, power bowls, salads, fresh food

Marjan Fine Persian Grill - persian restaurant offering vegetarian options

(Morris Plains)

Sangeetha Indian Veg Restaurants -indian restaurant, vegan & vegetarian options

Plant-based restaurants all over NJ - Vol. 2

(Morris Township)

Turning Point of Morris Township -breakfast & brunch vegan/ vegetarian options

(Ledgewood)

Loving Hut - vegan restaurant, appetizers, soups, sandwiches, burritos, rice dishes, noodles, raw dishes, salads, desserts, kids menu

Ocean County

(Brick)

Sentosa -chinese restaurant, serving vegan & vegetarian options

(Manahawkin)

Living On The Veg -vegan deli sandwiches and wraps

(Lavalette)

Happy Belly -health food restaurant, vegan & vegetarian options, gluten-free options

(LBI)

Living On The Veg -vegan deli sandwiches and wraps

Wally's -American fare, with a casual dining room & a variety of comfort food, serving breakfast/brunch, vegan options

Scojo's eatery -longtime family-owned spot serving hearty American bites for breakfast & lunch, gluten free & vegetarian options

(Toms River)

Revolutionary Lounge & Cafe -Indie coffeehouse lined with local art offering specialty beverages, sandwiches & vegan baked goods.

Plant-based restaurants all over NJ - Vol. 2

Ocean Organics Juice Bar & Cafe

Healthy and Delicious -health food restaurant, vegan beef wrap, gluten free entrees, wraps w/ a side salad, chick'n or vegan beef burgers, panini with side salad, kids menu, smoothies, juices, organic coffee

Mahana Fresh -health food restaurant, noodle / rice / veggie bowls, kids bowls

honeygrow -packaged salads, stir-fries, various plant-based platters

Passaic County

(Clifton)

Happy Vegans -vegan Turkish, Mediterranean, and Asian fusion foods

(Clifton)

Happy Vegans / Çiğ Köfte -vegan restaurant, sandwiches, burgers, rice bowls, hot meals, salads, mediterranean / turkish / asian cuisine

(Hawthorne) ***might be closed at the moment***

Food Mafia Meal Prep -various foods such as vegan chicken parm, “shrimp” tacos, stuffed peppers, jackfruit sliders, asian fusion dishes, and lentil meat tacos.

(Paterson)

Vegan Soulfood Catering -vegan american/comfort food -many options such as baked pasta dishes, sweet potato pie, holiday roasts (catered), mac and potato salads, cornbread, meatless meatballs, baked mac and cheese, and kale salad

Salem County

Please contact us if you know of any vegan restaurants in Salem County, NJ

Plant-based restaurants all over NJ - Vol. 2

Somerset County

(Bridgewater)

DIG -american food restaurant, lots of vegan options

Somerset County... continued

(Somerset)

Veggie Heaven -vegan restaurant. Japanese style drumsticks, BBQ pineapple flavored drumsticks, spring rolls, steamed or fried dumplings, boneless BBQ wings, scallion pancakes, mixed veggies w/ tofu, eggplant w/ garlic sauce, sweet & sour chicken, vegan chili, soups, veggie lo mein, lunch specials

Bhog Indian Restaurant -indian food, gluten-free, vegan and vegetarian options

Nirvanis Indian Kitchen -indian food, gluten-free, vegan and vegetarian options

Sophie's Bistro - french restaurant, vegan & vegetarian options

(Somerville)

Turf Surf & Earth -nachos with cashew sour cream, salads, vegan breakfast & brunch options, cheezesteak, veggie burger w/ all the works plus guac, french onion veggie burger, gyro with chick'n or falafel, reuben with housemade vegan meat, cuban sandwich, turkey club, fried mushroom po boy (the grandma's boy)

Tacowala - vegan mexican restaurant

Sussex County

(Andover Township)

Green Life Market -health food store

Plant-based restaurants all over NJ - Vol. 2

Sussex County... continued

(Hamburg)

Blue Spice Kitchen -asian restaurant, vegan & vegetarian options

(Franklin)

The Butcher's Grill -mediterranean food, vegan & vegetarian options

(Lake Hopatcong)

All Roads Baked Goods and Coffee -vegan treats, breakfast, lunch, handhelds

(Newton)

The Farmer's Daughter -american restaurant, vegetarian options

INDIAN MASALA -indian restaurant, vegan & vegetarian options

(Sparta)

Cloveberry -coffee shop, vegan & vegetarian options

INDUSTRY Kitchen + Bar -brunch, lunch & dinner, soups, salads

(Sussex)

Eastern Garden -chinese restaurant, vegan & vegetarian options

Clove Brook Market -bakery, deli, & catering with vegan/vegetarian options

(Vernon)

The Crystal Cafe -american restaurant, gluten-free options, vegetarian friendly

Plant-based restaurants all over NJ - Vol. 2

Union County

(Cranford)

Papa Ganache Cranford - vegan gluten-free bakery

(Linden)

The Vegan Factory -breakfast burritos, breakfast tacos, pancakes, grilled chick'n salad, Mofonguitos made with BBQ pulled “pork”, Yaroa fries with quinoa meat, nachos, chck'n quesadilla, burrito bowls, “bacon” cheddar burger, Bronx cheesesteak, Sancocho

(Scotch Plains)

Soul Bowls -acai, pitaya & coconut bowls, smoothies, kids menu, juice shots, brunch foods

(Rahway)

Cultivate Plant-based Eatery -mushroom marsala pasta, crispy fried shrooms / with or without buffalo sauce, eggplant napoleon, roasted pepper rigatoni, barbeque ranch not chicken sandwich, lemon garlic linguine, butter beans and kale, vegan chocolate chip walnut cookies

(Union)

Van Gogh's Ear Cafe -Laid-back coffee house showcasing local art on its walls & staging live music throughout the week, vegan options, natural coffees and teas

(Westfield)

Chutzpah Kitchenn -middle eastern restaurant serving vegan & vegetarian options

Plant-based restaurants all over NJ - Vol. 2

Warren County

(Warren)

Uproot -american restaurant, vegan & vegetarian options

Nuray's Gourmet Food & Cafe -breakfast restaurant serving vegetarian & gluten-free

Zaytin Turkish Cuisine -turkish restaurant, serving lots of vegetarian options

Mama's Cafe Baci -italian restaurant, vegan & vegetarian options