



Veg Guide

2020



Cambridge, Guelph, Kitchener, Waterloo & Area

**Restaurants & Cafés, Bakeries,
Catering & Delivery, Farmers'
Markets, Health Stores & More**

Restaurants and Cafés

Vegan

Cadence

88 Yarmouth St, Guelph
plantbasedwholefood.ca

Copper Branch

80 King St S, Waterloo
copperbranch.ca

Fresh Ground

256 King St E, Kitchener
www.theworkingcentre.org

Okay Great Coffie

1 Water St N, Cambridge
facebook.com/okaygreatcoffee

Show & Tell

30 Ontario St N, Kitchener
showtellcoffee.com

The Plant Society

37 Mill St E, Acton
theplantsociety.ca

VEDGE Smoothie Café

22 Metcalfe St, Elora
vedgesmoothiecafe.com

Vegetarian w/ Vegan Options

Cafe Pyrus

16 Charles St W, Kitchener
www.cafepyrus.com

Jane Bond Café

5 Princess St W, Waterloo
www.janebond.ca

Queen Street Commons

43 Queen St South, Kitchener
www.theworkingcentre.org/queen-street-commons-cafe/170

The Cornerstone

1 Wyndham St W, Guelph
facebook.com/thecornerstoneguelph

The Healthy Owl Bakery Café

620 Davenport Rd Unit 15, Waterloo
thehealthyowl.ca

Zen Gardens

104 Surrey St E, Guelph
www.facebook.com/zengardnesguelph

Vegan Menu Options

13 Food & Beverage

13 Main St, Cambridge
local13.ca

Abe Erb

151 Charles Street W, Kitchener
1-5 Edinburgh Road S, Guelph
abeerb.com

ALMADINA Woodstone Oven & Grill

330-2 The Boardwalk, Waterloo
almadinacuisine.com

Aroma Café

33 Erb Street W, Waterloo
facebook.com/aromacafewaterloo

A&W

Multiple locations
web.aw.ca

Bangkok Cuisine

1500 Weber St. E, Kitchener
bkuisine.ca

Beertown Public House

561 Hespeler Rd Unit 1A, Cambridge
75 King St S Unit 37 Waterloo Town Square, Waterloo
www.beertown.ca

Blaze Pizza

30 Clair Rd W Unit 1, Guelph
blazepizza.com

Boston Pizza

Multiple locations
bostonpizza.com

Classic Indian Restaurant

150 Wissler Rd #4, Waterloo
www.classicindiancuisine.com

Crafty Ramen

17 Macdonell St, Guelph
276 King Street W Unit 5, Kitchener
craftyramen.com

Crazy Carrot

30 Wyndham St N, Guelph
facebook.com/CrazyCarrotResturant

Cultures

Conestoga Mall, Waterloo
Stone Road Mall, Guelph
cultures-restaurants.com

Darlise Café

33A Queen S, Kitchener
darlisecafe.com

Desert Rose Café

130 Metcalfe St, Elora
www.thedesertrosecafe.com

Diwa Classic Indian Cuisine

336 Speedvale Ave W, Guelph
www.diwaindiancuisine.com

East African Café

50 Ontario St S, Kitchener
www.eastafricancafe.com

EVO Kitchen

31 Water Street, Cambridge
www.evokitchen.com

Famoso Neapolitan Pizzeria

15 King St S Waterloo Town Square,
Waterloo
famoso.ca

Fork and Cork Grill

1458 Weber St E, Kitchener
www.forkandcorkgrill.com

Frat Burger

247 King Street N, Waterloo
www.fratburger.ca

freshii

Multiple locations
freshii.com

Harvey's

Multiple locations
www.harveys.ca

Kirtida

265 Eramosa Road #3, Guelph
kirtidakitchen.weebly.com

Korner Kitchen

183 Weber St. N, Waterloo
korkerkitchen.ca

Lou Dawg's

80 King Street S, Waterloo
www.loudawgs.com

Marbles Restaurant

8 William Street E, Waterloo
marblesuptown.com

MELTwich

255 King St N, Waterloo
meltwich.ca/waterloo

Miijidaa Café + Bistro

37 Quebec St, Guelph
miijidaa.ca

My Thai

51 King St N, Waterloo
44 Grand Ave, Cambridge
80 Macdonell St, Guelph
www.mythai.ca

Na-Ha-Thai's Kitchen

471 York Rd, Guelph
www.nahathaikitchen.weebly.com

Panago Pizza

668 Erb Street W #9, Waterloo
panago.com

Patent Social

17 Erb Street E, Waterloo
facebook.com/PatentSocial

Pita Pit

589 Fairway Rd S, Kitchener
www.pitapit.ca

Pizza Nova

150 University Ave W, Waterloo
pizzanova.com

Pizza Pizza

Multiple locations
www.pizzapizza.ca

Proof Kitchen

110 Erb St W, Waterloo
proofwaterloo.com

PURE Juice Bar + Kitchen

305 King St W Unit 101, Kitchener
191 King St S #105, Waterloo
451 Phillip Street, Waterloo
www.purejbc.com

Quesada

Multiple locations
www.quesada.ca

Quick Chicken Pickup

35 Macdonell St, Guelph
quickchickenpickup.com

Retour Bistro

150 Wellington St E, Guelph
retourbistro.com

Rustic Slice

1606 Battler Rd, Kitchener
rusticslice.ca

Shepherd's Pub

5 E Mill St, Elora
shepherdspub.ca

Sip Club

91 Wyndham St N, Guelph
www.sipclub.ca

Stillwaters Plate and Pour

61 Grand River St N, Paris
stillwatersplateandpour.ca

Sugo

117 Surrey St E, Guelph
sugoguelph.com

Sunset Grill

594 Hespeler Rd, Cambridge
sunsetgrill.ca

Thai Express

255 King St N, Waterloo
Fairview Park Mall
Stone Road Mall
79 Clair Rd E, Guelph
www.thaiexpress.ca

The Bauer Kitchen

187 King St S Unit 102, Waterloo
www.thebauerkitchen.ca

The Boathouse

116 Gordon St, Guelph
theboathouseguelph.ca

The Busy Locavore

4293 King St E, Kitchener
www.thebusylocavore.ca

The Chopped Leaf

235 The Boardwalk Unit 8, Kitchener
36 Northfield Dr E 10, Waterloo
www.choppedleaf.ca

The Guanaquita Restaurant

273 King St W, Kitchener
www.theguanaquitarestaurant.com

The Lost & Found Café

45 W Mill St Unit 3, Elora
thelostandfoundcafe.com

The Works Gourmet Burger Bistro

92 King St S, Waterloo
589 Fairway Rd S, Kitchener
97 Wyndham St N, Guelph
worksburger.com

The Yeti Café

14 Eby St N, Kitchener
www.theyeticafe.com

TWH Social

1 King St W, Kitchener
twhsocial.com

White Rabbit

47 King St N, Waterloo
www.whiterabbitwaterloo.com

Wildcraft Grill + Long Bar

425 King St N, Waterloo
www.wildcraft.ca

Z-Teca

15 King St S Unit 5, Waterloo
89 Gordon St, Guelph
z-teca.com

Bakeries

Ambrosia Corner Bakery

324 Frederick St, Kitchener
facebook.com/AmbrosiaCornerBakery

Café Pyrus Outpost

150 Roger St, Waterloo
www.cafepyrus.com/the-outpost

Ce Food Experience

136 Moore Ave S, Waterloo
www.cefoodexperience.ca

Golden Hearth Bakery

343 King St E, Kitchener
www.goldenhearth.ca

Grainharvest Circle of Life Bakery

3-200 Lorraine Ave, Kitchener
105 Lexington Rd #3, Waterloo
www.grainharvest.ca

Portions

340 Woodlawn Rd W Unit 4, Guelph
portionscanada.com

Red Eye Cafe & Donuts

600 Hespeler Road Unit 76,
Cambridge
redeyecafe.ca

Sticks and Scones

62 Balsam St, Waterloo
sticksandsconescakes.com

Unity Baking

1 Water Street N, Cambridge
www.unitybaking.com

Vege-Hut Natural Bakery

355 Elmira Rd N, Guelph
vegehut.com

With The Grain

295 Woolwich Street, Guelph
www.withthegrain.ca

Catering/Delivery

Fairly Frosted Vegan Cupcakery

Guelph
www.fairlyfrosted.com

Food Naturally

Waterloo
foodnaturally.ca

Green Goddess

Guelph
greengoddessguelph.ca

Homefield Organic Food Co.

Guelph
www.homefieldorganics.com

Hungry Ninja

Cambridge, Guelph & Waterloo
www.hungryninja.ca

Magnolia Fine Foods & Catering

Guelph
www.magnoliacatering.ca

Farmers' Markets

Bailey's Local Foods

16 William St W, Waterloo
www.baileyslocalfoods.ca

Cambridge Farmers' Market

40 Dickson St, Cambridge
www.cambridgefarmersmarket.ca

Guelph Farmers' Market

4 Gordon St, Guelph
www.guelphfarmersmarket.ca

Herrle's Country Farm Market

1243 Erbs Rd, St Agatha
herrles.com

Kitchener Farmers' Market

300 King St E, Kitchener
www.kitchenermarket.ca

St. Jacobs Farmers' Market & Flea Market

878 Weber St N, Woolwich
stjacobs.com

The Sustainable Market

275 Erb St E, Waterloo
99 Woolwich St E, Guelph
www.sustainablemarket.ca

Health Stores

Chelsea Market

710 Belmont Ave W, Kitchener
www.chelseamarket.ca

Fair/Square

Online Store
fair-square.ca

Fiddleheads

480 Hespeler Rd, Cambridge
245 The Boardwalk #5, Waterloo
75 Bridgeport Rd E, Waterloo
25 Bruce St, Kitchener
450 Columbia St W, Waterloo
438 Highland Rd W, Kitchener
www.fiddleheadshealth.com

Full Circle Foods

3 Charles St W, Kitchener
fullcirclefoods.ca

Goodness Me

36 Wellington St W, Guelph
668 Erb St W, Waterloo
www.goodnessme.ca

Greenbrook Pharmacy and Health Foods

421 Greenbrook Dr, Kitchener
www.greenrx.ca

Healthoholics

120 Ottawa St N Unit 123, Kitchener
healthoholics.com

Holistic Nutrition Nature's Apotheke

191 King St S, Waterloo
www.naturesapotheke.com

Legacy Greens

18 Ontario St N, Kitchener
legacygreenonline.com

Nature's Pharm

105 Lexington Rd Unit 7, Waterloo
natpharm.com

Nature's Vibe

38 Grand Ave S, Cambridge
www.naturesvibe.ca

New Age Health Food Store

122 Wyndham St N, Guelph
www.newagehealthfood.com

Pfenning's Organic Farm

1760 Erb's Rd, St Agatha
www.pfenningsorganic.ca

Stone Store Natural Foods

14 Commercial St, Guelph
stonestore.ca

The Garden Stand

90 Wilmot St Unit B, New Hamburg
www.chefbrenner.ca/the-garden-stand

Zero Waste Bulk

110 King St S, Waterloo
www.zerowastebulk.com

Cooking Classes

Relish Cooking Studio

70 Victoria St. N Unit B, Kitchener
www.relishcookingstudio.com

The Culinary Studio

740 Belmont Ave W, Kitchener
www.theculinarystudio.ca

Other

Anna Tolazzi Artisan Chocolate

300 King St E, Kitchener
annatolazzi.com

Call It Spring – Vegan shoes

Conestoga Mall
Fairview Park Mall
Cambridge Centre
Stone Road Mall
callitspring.com

Four All Ice Cream

141 Whitney Place Unit 105, Kitchener
fourall.ca

Goodvibes Juice Co

115 King St S, Waterloo
goodvibesjuice.com

Mad Dog Donuts

1027 Gordon St, Guelph
facebook.com/maddogdonuts

No Udder - Ice Cream

20 Ainslie Street N, Cambridge
nouddercambridge.wixsite.com/mysite

ReFresh Juice Co

33 Quebec St, Guelph
www.refreshjuiceco.com

The Blended Bowl

300 King St E, Kitchener
www.theblendedbowl.com

Choose vegan options at the grocery store



CHEESE
 Daiya, Earth Island,
 Toffuti, Vegan
 Gourmet, Embrog
 - Cheddar
 - Mozzarella
 - Parmesan



EGGS
 Earth Island, Bob's Red
 Mill
 - Egg Replacer
 - Chia Seed
 - Flax Seed
 - Mung Beans



BUTTER
 Earth Balance, Becel
 Vegan
 - Coconut Spread
 - Olive Oil Spread
 - Sunflower Seed
 Spread



CHICKEN
 Yves, Gardein, Lightlife
 - Schnitzels
 - Nuggets
 - Slices
 - Strips
 - Patties



MILK
 Silk, Blue Diamond,
 Oatly, Pacific, So
 Delicious, Dream
 - Soy Milk
 - Almond Milk
 - Coconut Milk



ICE CREAM
 So Delicious, Coconut
 Bliss, Ben & Jerry's,
 Breyer's
 - Almond Based
 - Cashew Based
 - Coconut Based



YOGURT
 Silk, Yoso, Almond
 Dream, Daiya, So
 Delicious, Kite Hill
 - Coconut Based
 - Almond Based
 - Soy Based



SWEETS
 Oreo Cookies, Sour
 Patch Kids, Larabar,
 Fuzzy Peaches
 - Chips
 - Chocolate
 - Candy



HONEY
 - Maple Syrup
 - Rice Malt Syrup
 - Agave Nectar
 - Coconut Nectar
 - Molasses



MEAT
 Beyond Meat, Sol
 Cuisine, Tofurky, Field
 Roast, Yves
 - Sausages & Hot Dogs
 - Meatballs
 - Patties

Ask about vegan options at international restaurants





Check out these groups on Facebook for more information and upcoming events:

KW Vegan Society

Guelph Vegan Society

Guelph Vegan Socials

Kitchener-Waterloo Climate Save

Guelph Cow Save

Vegetarians & Vegans in Guelph, Ontario, Canada

Friendly Vegetarians & Vegans KW

KW Animal Save

Cambridge Ontario Vegan Group

Vegan Anxiety Support Group KW

KW AR Activist Society

KW Vegan Food Exchange

HAPPY COW



HappyCow is an online service that lists sources of vegan, vegetarian and healthy food. Access is free to users, who can also provide content. From the original restaurant listings and reviews, HappyCow has expanded to feature information on recipes, travel, health, and other topics.

CRUELTY-CUTTER



Cruelty-Cutter is cruelty-free shopping made simple! Cast away any doubts when purchasing items by using Cruelty-Cutter to scan an item and have an immediate response about its animal testing status

BARNIVORE



It might seem weird at first, but your favourite drink might have more than just alcohol in it. Brewmasters, winemakers, and distillers may include animal ingredients in their products directly, or they might use them in the processing and filtration. The Barnivore Vegan Alcohol Directory is here to help. These ingredients don't usually show up on the label, so the only way to find out is to ask.

PLANTIFUL KW



Your one stop resource for living a plant-based & vegan lifestyle in Kitchener-Waterloo and beyond. Visit plantifulkw.ca and follow on Instagram for regular updates [@Plantiful_KW](https://www.instagram.com/Plantiful_KW).

VEGGUIDE

Please email cgkwvegguide@gmail.com to request VegGuide copies.

