



## NATIONAL CHAINS VEGAN EATING OUT GUIDE

*Compiled by Michelle Roberts*

Of course, we recommend supporting smaller, local/eco-friendly businesses whenever possible! Most of these businesses support factory farming and are causing a lot of waste with their excessive to-go packaging. On the other hand, our frequenting these places encourages them to continue offering vegan options, which helps those just starting out on this journey. When on the road, in a big hurry, with a group, or at the airport, these tips can come in handy. So, if you find yourself at one of these places, here are some tips on how to proceed as a plant-based human. Note that many of these selections contain lots of processed flour, oil and sugar, so keep that in mind while ordering.

Since menu items may vary by location, be sure to let your server know that you're vegan to ensure no animal products are used!

### **BAJA FRESH**

Many menu items can be converted to vegan because the Beans and Rice are made without animal products. Simply sub out the meat, cheese, and sour cream, and add extra Beans and Potatoes for a filling meal.

### **BASKIN ROBBINS**

John Robbins' grandfather is the founder of Baskin Robbins. John learned about the many environmental and ethical problems with animal agriculture and became a vegan, wrote some amazing books (like the famous *Diet for a New America* in the 1980s) and gave up his family fortune! Now, there are some Dairy-free Sorbet options at the chain's ice cream stores. They also offers Gelatin-free options—just ask the employees.

### **BJ'S RESTAURANT AND BREWHOUSE**

The Pizza Crust and Marinara Sauce are vegan! Order a Veggie Pizza without cheese, and ask for your pizza not to be brushed with butter. Not in the mood for pizza? Order the Spaghetti Marinara.

### **BRUEGGER'S BAGELS**

Several breakfast and lunch options for vegans, including its Blueberry, Chocolate Chip, Cinnamon-Sugar, Cranberry-Orange, Pumppernickel, and Rosemary-Olive Oil Bagels, which can be topped with Fresh Vegetables, Dijon mustard, or Vegan Hummus Spread. They also

serve several vegetarian sandwiches, which can be made vegan by leaving off the cheese and dressing.

### **BUFFALO WILD WINGS**

There isn't a lot for vegans to choose from at this chicken wing palace, but you can get a Salad (sans cheese) and Dressing, including the French, Asian Sesame, or Light Balsamic. There is a Black Bean Burger, but it contains dairy and is just vegetarian, not vegan.

### **BURGER KING**

Perfect for breakfast is the French Toast Sticks, Hash Browns, and the Quaker Maple and Brown Sugar Oatmeal (just ask them to make it with water). Select the Garden Salad, Fries, or their Vegan Burger without the mayo (ask them to microwave it instead of grilling it with the meat).

### **CARL'S JR. AND HARDEE'S**

The Fries are vegan, as are the Hash Rounds and Hash-Brown Nuggets. There are several Veggie Burger options—like the Guacamole Thickburger, but they're not vegan. Ask for them without cheese and sub out the bun for something else—like a lettuce wrap—to make it vegan.

### **THE CHEESECAKE FACTORY**

Plenty of vegan options including the Vegan Cobb Salad, and a Veggie Burger made with brown rice, farro, couscous, mushrooms, black beans.

## **CHICK-FIL-A**

Unless you order one of their Salads minus the chicken, the only cooked vegan options are the Hash Browns (served only at breakfast) and the Waffle Potato Fries. They do serve a Fresh Fruit Cup and Cinnamon Apple Sauce on the kid's menu.

## **CHIPOTLE**

Order the Sofritas, an organic tofu braised with peppers and spices, which you can order in a bowl, burrito, taco, or salad. You have the option of Black or Pinto Beans and Brown or White Rice. Plus, the restaurant has a great selection of vegan toppings such as Mixed Fajita Veggies, Salsas, Lettuce, and Guacamole.

## **CICI'S PIZZA**

Inexpensive and available for home delivery. All Pizza Crusts are vegan, as well as the Regular Pizza Sauce and Ole Sauce. Top your pizza with Fresh Veggies, and add a Salad with French or Lite Ranch Dressing.

## **CLAIM JUMPER**

The Pizzas are vegan if you ask for no cheese. You can also get a Chinese Salad with Spicy Peanut Dressing.

## **DAIRY QUEEN**

Their Light Smoothies and are all vegan and come in several flavors.

## **DEL TACO**

For a vegan burrito, get the 8 Layer Veggie Burrito, the 1/2 lb. Bean & Cheese Burrito, or the Value Bean & Cheese Burrito with Red or Green sauce. Simply ask for no cheese and no sour cream.

## **DENNY'S**

Known for its traditional breakfast, lunch, and dinner fare, Denny's has some vegan options, too, including Oatmeal, the Fit Fare® Veggie Skillet (ask for no egg whites or butter), English Muffins, Bagels, Grits, Applesauce, Fresh Fruit, Vegetable Plates, Seasoned French Fries, Baked Potatoes with several Vegetable Toppings, Garden Salads with Light Italian Dressing or Oil and Vinegar Dressing, and Sandwiches that can be made with several vegetable options. It also serves a vegan Amy's burger.

## **DOMINO'S**

The Thin Crust Pizza with Regular Sauce is the only vegan option. Add Veggies and some cruelty-free dipping sauces like BBQ, Hot Buffalo, Italian, and Garlic.

## **DUNKIN' DONUTS**

Get a fresh-baked Bagel, toasted English Muffin, or Oatmeal for a quick breakfast with your Almond Milk Latte. Craving something savory? Grab some Hash Browns!

## **EL POLO LOCO**

Order the BRC Burrito sans cheese, with a side of Broccoli or Corn on the Cob! And don't forget the Chips and Guacamole if you're looking for a salty snack. You can also add Avocado. Vegan side dishes include Pinto Beans and Corn on the Cob.

## **IHOP**

You can get Hash Browns, Fresh Fruit, Grits, Sautéed Spinach and Mushrooms, a Plain Baked Potato, or a Salad with Fat-Free or Regular Raspberry Vinaigrette Dressing.

## **JACK IN THE BOX**

Their vegan options are the Fries, Potato Wedges, Seasoned Curly Fries, Black Beans, and the Blueberry Muffin Oatmeal. Also, ask for a Jumbo Jack with no meat or cheese but with extra Tomatoes, Pickles and Onions and Mustard and Ketchup. It very tasty and they only charge for the bun (\$0.50.)

## **JOHNNY ROCKETS**

Features a vegan Gardein Black Bean Burger with Grilled Onions, Lettuce, Tomatoes, Pickles, and Mustard.

## **KENTUCKY FRIED CHICKEN**

Many of the sides at KFC are totally plant-based, including the BBQ Baked Beans, Corn on the Cob, Green Beans, and Potato Wedges.

## **LITTLE CAESARS**

Like other pizzerias, the Regular Crust and Sauce are both vegan, but the real treat is the chain's trademark Crazy Bread. Order it without Parmesan cheese—get some extra Crazy Sauce—and it's all vegan!



## **OLIVE GARDEN**

The Breadsticks are vegan, as the butter topping is made with soy. There are many vegan pasta options (be sure to order them vegan): Angel Hair, Cavatappi, Fettuccine, Gluten-free Rotini, Rigatoni, Small Shells, Spaghetti, and Whole-Wheat Linguine. All these can be topped with the vegan Marinara Sauce or kid's Tomato Sauce. The Minestrone is now dairy-free, so you can order the Soup, Salad, and Breadsticks combo! Simply hold the croutons and choose the Oil and Vinegar Dressing. You can also get a side of Steamed Broccoli to round out your meal.

## **PANCHEROS MEXICAN GRILL**

All 26 locations offer Tofusada, a tofu marinated and sautéed in Southwestern-inspired sauce.

## **PANERA BREAD**

Offers the Vegan Lentil Quinoa Broth Bowl and the Soba Noodle Broth Bowl with Edamame. The restaurant also offers a vegan Black Bean Soup that is hearty and delicious.

## **PAPA JOHNS**

It might be hard to believe, but the Garlic Dipping Sauce is vegan, as is the BBQ Sauce. Layer that with the Marinara Sauce, Veggies, and choose the original Hand-tossed Dough for a vegan delight full of taste.

## **P.F. CHANG'S CHINA BISTRO**

One of the most vegan-friendly restaurant chains around. Its vegetarian menu is terrific, and everything can be made vegan, from appetizers such as Tofu Lettuce Wraps to entrées such as Buddha's Feast.

## **PIEOLGY**

Offers Daiya cheese at select locations, and its Red Sauce, Olive Oil, and BBQ Sauce as well as its Gluten-free Crust are all vegan—so are the delicious Veggie Toppings.

## **PIZZA HUT**

Most of their crusts are not vegan, but the Thin 'N Crispy Crust is. You can also add extra Veggies.

## **QUIZNOS**

Offers a Veggie Sub that's filled with Guacamole, Black Olives, Lettuce, Tomatoes, Red Onions, and Mushrooms—just be sure to order it without the cheese and ask for the Balsamic Vinaigrette

instead of the red-wine vinaigrette. Bread options include White or Wheat, and an Herb Wrap. Grab a side Garden Salad and some Potato Chips, and your stomach will be appeased in no time.

## **RED ROBIN GOURMET BURGERS AND BREWS**

Offers a Vegan Burger Patty made with Ancient Grains and Quinoa. Order it with fresh Tomato Bruschetta Salsa, Avocado Slices, and Shredded Romaine on a Ciabatta Bun, Rustic Italian Bread, or a Lettuce Wrap. Diners can also get a side of bottomless Fries or bottomless Broccoli.

## **RUBY TUESDAY**

Has an Endless Garden Bar, where you can make your own vegan salad.

## **SOUPLANTATION & SWEET TOMATOES**

Located throughout the South and the West, they have a variety of Salads, Sandwiches, and Soups, including the Strawberry Fields Tossed Salad with Caramelized Walnuts and the Summer Vegetable Soup. Their menu changes seasonally, and vegan items are clearly marked on the menu.

## **SUBWAY**

Make a Veggie Sub piled sky-high with all the Veggies and topped with Spicy Mustard Dressing. And don't forget to add some Avocado! BONUS: The Minestrone Soup is vegan!

## **STARBUCKS**

Carries the Lentils & Vegetable Protein Bowl with Brown Rice. Other options include a Plain or Multigrain Bagel, Classic or Blueberry Oatmeal, and the Seasonal Harvest Fruit Blend.

## **TACO BELL**

A variety of sides are vegan such as the Cinnamon Twists, Chips and Guacamole (or Pico de Gallo), Cilantro Rice, Black or Refried Beans, Mexican Rice, and all the Salsas. Order the Bean Burrito "Fresco Style," the Regular Black Bean Burrito without cheese, or the Veggie Cantina Power Bowl without sauce. Several other dishes can be vegan simply by omitting a few ingredients or asking for it "Fresco Style." The 7 Layer Bean Burrito can be made vegan by forgoing the cheese and sour cream. The Tacos, Nachos, Crunchwrap Supreme, and Mexican Pizza are vegan when you hold the meat (can substitute with beans), cheese, and sour cream.



## **TCBY**

In 2013, TCBY partnered with Silk and created the first ever national dairy-free almond milk-based frozen yogurt option in Chocolate. It was so successful, they then created Vanilla Almond. Now they offer both of these as well as Silk Almond Nog and Coconut made with Silk Coconut milk. Get yours with toppings such as Almonds, Bananas, Blackberries, Blueberries, Cherries, Coconut, Dried Fruits, Mangos, Peaches, Raspberries, and of course, Oreo pieces.

## **TGI FRIDAYS**

Now serves the vegan Beyond Burger. Simply opt for the Challah Bun (the gluten-free bun isn't vegan), ask for Dairy-free Sauces, and skip the cheese. Add Peppers and Onions if you want a Philly-style Burger. The Nachos—which consist of Tortilla Chips, Jalapeños, Guacamole, and Pico de Gallo—are a great vegan option if you get them without cheese or sour cream. The Cilantro-Lime Dressing and Balsamic Vinaigrette are great vegan choices on a House Salad. The restaurant's Jack Daniel's and BBQ Sauces are also vegan and go well with its Crispy Fries or Cajun Onion Rings.

## **TUTTI FRUTTI FROZEN YOGURT**

Offers vegan soy flavors, such as Peanut Butter, Soy Latte, Black Sesame, Banana Milk, and Plain Soy as well as Fruity Sorbets, including Raspberry, Strawberry, Pineapple, and more. Top your frozen yogurt off with some Fresh Fruit, Nuts, or other vegan toppings, and you'll have a delicious treat.

## **WENDY'S**

Order a Plain Baked Potato, the Garden Side Salad with Red Italian Dressing, or the French Fries. You can also ask for a Veggie Sandwich, which has everything that would normally be included on the burger except the meat—there's even a button for it on the cash register.

## **WHITE CASTLE**

Offers a vegan Veggie Slider chock-full of veggies like Zucchini, Carrots, and Broccoli! Grab a few and choose from the Sweet Thai Sauce or Horseradish Mustard.