

Eatery Companies: **31**Active Locations: **40**Click [Eatery](#) for web, [\[M\]](#) for menu, [\[C\]](#) for coupon, [address](#) for map, [phone](#) to call, other [links](#).Changes appear in **orange**.

VeganDiego

November 2025 Update**San Diego County's Vegan Directory**Refresh your screen for the latest update or click www.vegandiego.comTo be notified of updates, like & follow www.facebook.com/vegandiegoEmail 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]

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 below was obtained from the eatery website during the update timeframe above. If in doubt, call before visiting.

| FS: Full Service (wait staff) | | AL: Alcohol available | | | | Markets: storefronts, popups, farmers | | |
|--|--|---|---------------------|---------|--------------------|---|----------------|--------------|
| CO: Counter Order (fast casual) | | GF: 100% Gluten-Free | | | | Food Trucks: fixed, roaming | | |
| NS: No seating | | DE: Delivery available | | | | Food Services: chefs, meal prep, catering | | |
| VK: Virtual Kitchen (pickup/delivery only) | | CA: Catering available | | | | Food Products: snacks, staples, beverages | | |
| # | 100% Vegan Eatery | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | <u>Ben & Esther's</u> 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 |
| 2 | <u>Choice Superfood Bar & Juicery</u> CO GF CA [M] | M-Sa 8a-4p, Su 8a-3p Carlsbad Gateway: 5631 Palmer Way (& Impala) * 760-683-5008 * Nastasha McKeon | | | | | | |
| | | M-F 7a-6p, SS 8a-6p Carlsbad Village: 430 Carlsbad Village Drive (& State) * 760-994-0013 * Nastasha McKeon | | | | | | |
| | | M-F 7a-5p, SS 8a-5p Del Sur: 17135 Camino Del Sur #125 (& Paseo Del Sur) * 858-832-7905 * Nastasha McKeon | | | | | | |
| | | Daily 8a-4p Encinitas: 90 N Coast Hwy 101 Suite 212 * 760-230-2929 * Nastasha McKeon | | | | | | |
| | | M-F 7a-5p, SS 8a-5p Little Italy: 1425 India (& Ash) * 619-450-7970 * Nastasha McKeon | | | | | | |
| | | M-F 7a-5:30p, SS 8a-5:30p Solana Beach: 437 S Hwy 101 #118 (& Dahlia) * 858-704-4346 * Nastasha McKeon | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 3 | <u>Donna Jean</u> FS AL DE CA [B] [D] [C] | 11a-3p / 5p-9p | Closed | | 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 | <u>Dreamboat</u> CO AL [M] | 8a – 9p | | | | | 8a – 10p | |
| | | University Heights: 4608 Park Blvd (& Madison) * 619-790-8587 * Kory Stetina | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 5 | <u>El Veganito</u> 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 |
| 6 | <u>Eris Vegan Food Co</u> CO DE [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 |
| 7 | <u>Evolution Fast Food</u> 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 | <u>Gorilla Eats Sushi</u> 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 | <u>Grains</u> CO AL DE CA [M] | 12n – 9p | | | | | | |
| | | North Park: 2201 Adams Ave (& Mississippi) * 619-269-5999 * Napatr Chayodom / Katiya Hendricks | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 10 | <u>Kindred</u> FS AL [M] | 11:30a – 10p | 5p – 10p | | | | 5p – 12m | 11:30a – 12m |
| | | South Park: 1503 30 th St (& Beech) * 619-546-9653 * Kory Stetina | | | | | | |

FS: Full Service (wait staff)

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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 |
|----|--|---|-----------------------|-------------|-----------|-------------|----------------|-------------|
| 11 | <div>Loving Hut Mira Mesa</div> <div>FS DE CA [M]</div> | 11:30a – 8p | Closed | 11:30a – 8p | | | 11:30a – 8:30p | |
| | | Mira Mesa: 9928 Mira Mesa Blvd (& Scripps Ranch) * 858-578-8885 * Iris & Ted Cheung | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 12 | <div>Loving Hut North Park</div> <div>FS DE CA [M]</div> | 11:30a – 8:30p | | | | | | |
| | | North Park: 1905 El Cajon Blvd (& Georgia) * 619-683-9490 | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 13 | <div>Mothership</div> <div>FS AL [M]</div> | 2:30p – 12m | 4:30p – 12m | | | | | 2:30p – 12m |
| | | [Kitchen closes 10p] South Park: 2310 30th St (& Juniper) * 619-630-2187 * Kory Stetina | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 14 | <div>OB People’s Deli</div> <div>CO [M]</div> | 8a – 8p | | | | | | |
| | | Ocean Beach: 4765 Voltaire Street (& Sunset Cliffs) * 619-224-1387 | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 15 | <div>One WorldBeat Cafe</div> <div>CO DE [M]</div> | 11a – 6p | Closed | | | | 11a – 6p | |
| | | Balboa Park: 2100 Park Blvd (& Inspiration Pt Way) * 619-230-1190 * Makeda Cheatom | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 16 | <div>Peace Pies</div> <div>100% Raw CO GF DE [M]</div> | 11a – 8p Leucadia: 133 Daphne St (& N Coast Hwy 101) * 760-452-6193 * JP Alfred | | | | | | |
| | | 11a – 8p Ocean Beach: 4230 Voltaire St (& Catalina) * 619-223-2880 * JP Alfred | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 17 | <div>Plant Power Fast Food</div> <div>CO DE CA [M]</div> | 8a–9p Encinitas: 411 Santa Fe Drive (West of I-5) * 760-452-2352 | | | | | | |
| | | T–Sa 11a–8p Escondido Digital Kitchen VK PO DE 1309 Simpson Way, Unit A (West of I-15) * 760-294-2285 | | | | | | |
| | | 8a–10p Ocean Beach: 2204 Sunset Cliffs Blvd (& Voltaire) * 619-450-6845 | | | | | | |
| | | M–Th 11a-8p, F 11a–7p UCSD Campus La Jolla: 9685 Scholars Drive North (& Pangea) * 858-777-2054 | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 18 | <div>Roots</div> <div>CO [M]</div> | Closed | 11a – 4p | | | | | Closed |
| | | La Jolla: 9545 Scholars Dr N (& Muir Ln) * 858-822-5230 * Panicha Aguilar | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 19 | <div>Sabor a Vida</div> <div>CO DE [M]</div> | 8a – 3p | Closed | 8a – 3p | | | | |
| | | Vista: 735 Shadowridge Dr (& Watson Way) * 760-536-3331 * Mario/Veronica Cabrera | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 20 | <div>Saigon Vegan Bistro</div> <div>VK DE CA [M]</div> | 12n – 8:30p | 11:30a – 3p / 4p – 8p | | | | 12n – 8:30p | |
| | | Inside Loving Hut North Park: 1905 El Cajon Blvd (& Georgia) * 619-683-9490 | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 21 | <div>Tacotarian</div> <div>CO AL DE CA [M]</div> | 11a – 9p | | | | | | |
| | | North Park: 4332 30th St (& El Cajon Blvd) * 619-432-1815 * Tom McGowan / Andres Castillo | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 22 | <div>Thanh Tinh Chay</div> <div>FS DE CA [M]</div> | 10:32a – 9p | | | Closed | 10:32a – 9p | | |
| | | City Heights: 4591 El Cajon Blvd (& 46th) * 619-255-0134 * Helen Nguyen | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 23 | <div>The Plot</div> <div>FS AL CA [M]</div> | 11a – 3p / 4p – 9p | | | | | | |
| | | Oceanside: 1733 South Coast Hwy (& Cassidy) * 442-266-8200 * Jessica & Davin Waite | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 24 | <div>The Purple Mint</div> <div>FS CA [M]</div> | 11a – 8p | | | | | | |
| | | City Heights: 4616 El Cajon Blvd #3 (& 46th) * 619-280-3388 * Jay | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 25 | <div>Trilogy Sanctuary</div> <div>CO GF DE CA [M]</div> | 8a – 8:30p | | | | | | |
| | | La Jolla: 7650 Girard Ave #400 (& Kline) Rooftop * 858-633-3893 * Leila Dora | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 26 | <div>UCSD Food Co-Op</div> <div>CO</div> | Closed | 10a – 4p | | | | | Closed |
| | | La Jolla: 9500 Gilman Dr, Unit 0323-F (Price Center) * 760-886-0232 | | | | | | |

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|----|--|---|----------------------------------|---------|-----------|----------|----------|----------|
| 27 | <u>Uumbal</u> CO [M] | Closed | Temporarily closed since June 13 | | | | | Closed |
| | | Chula Vista: <u>2490 Main St. Unit B (& Jacqua)</u> * <u>619-349-2512</u> * Brenda Parra | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 28 | <u>Val's Vegan Kitchen</u> CO DE [M] | 8p – 2a | Closed | | 8p – 2a | | | |
| | | North Park (w/Evolution): <u>2611 El Cajon Blvd (& Hamilton)</u> * <u>619-333-0573</u> * Michael & Fernanda | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 29 | <u>Veganic Thai Cafe</u> FS AL DE [M] | 11a – 9p | | | | | | |
| | | Hillcrest: <u>1417 University Ave (& Richmond)</u> * <u>619-230-5540</u> * Emmy Tan | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 30 | <u>Veggie Grill</u> CO AL DE CA [M] | 11a–9p | | | | | | |
| | | Carlsbad: <u>965 Palomar Airport Rd (& Armada)</u> * <u>858-609-6066</u> * Matt & Cierra de Gruyter | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |
| 31 | <u>Vulture</u> FS AL [M] | 5p – 10p | 5p – 9p | | 5p – 10p | | 5p – 12m | |
| | | University Heights: <u>4608 Park Blvd (& Madison)</u> * <u>619-790-8587</u> * Kory Stetina | | | | | | |
| | | SUN | MON | TUE | WED | THU | FRI | SAT |



Smartphone Shortcut: To add a VeganDiego Directory icon to your smartphone home screen for easy offline access, search your phone's File Manager "Downloads" or "Adobe" section for **VeganDiego.pdf**. Select or long-hold the filename then the "Add to Home Screen" (or equivalent) option. When an update is released, delete the old icon, download the new release, and repeat the add-to-home-screen process.

Why Patronize 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!

The VeganDiego Directory is a free resource maintained as a public service. There is never a charge to be listed. Entities must be 100% vegan and located in San Diego County.



100% Vegan Markets

Storefront Markets

Fixed locations with regular hours.

CO: Counter Order (fast casual) **NS:** No seating **DE:** Delivery available **CA:** Catering available

| 100% Vegan Market | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|----------|---------|-----------|----------|----------|----------|
| San Diego Vegan Market CO DE CA [M] | 9a – 8p | 10a – 8p | | | | 9a – 8p | |
| | Grantville: 4606 Mission Gorge Pl Ste A (& Mission Gorge Rd) * 619-521-9788 * Sunny Bhanage | | | | | | |
| | SUN | MON | TUE | WED | THU | FRI | SAT |
| Thousand Petal Lotus NS | 10a – 6p | | Closed | | | 10a – 6p | |
| | Vista: 264 Vista Village Dr #A (& Plymouth) * 760-536-3339 * Ky Do | | | | | | |

Popup Markets

Multivendor events. Visit the website for schedules and locations.

First Friday Vegan Market Mitch Wallis

La Mesa: Grossmont Center

Viridian Productions Michelle May

Regular Markets: North Park Vegan Market (North Park Mini Park), San Diego Vegan Night Market (AleSmith Brewing Company), Vista Vegan Night Market (Local Roots Boochyard). Special Events: Balboa Park EarthFest, San Diego Sustainable Food Festival, Record Fair, Book Fair, Wellness Fair, Halloween Skate Party, San Diego Super Adoption, Winter Fair, Oceanside Vegan Food Festival.

100% Vegan Food Trucks

Locations & schedules change. Check the website before visiting.

Phatties Food Truck Carlos

Mexican specialties. Text 760-626-4036 for live location.

Underdog Food Truck Mark & Chelsea

Corn dogs, burgers, hot dogs, fries.

Farmers Markets

Some vegan booths but most vendors are not 100% vegan.

| | | |
|---|---|--|
| Cardiff 3333 Manchester Ave | Little Italy 600 W. Date | Rancho Bernardo 13330 Paseo Del Verano Norte |
| Carlsbad 2970 State | Linda Vista 6939 Linda Vista Rd | Rancho Santa Fe 16079 San Dieguito |
| Chula Vista 300 Park Way | Mira Mesa 10510 Marauder Way | San Marcos 251 North City Dr |
| Coronado 1201 First St | Mission Valley 7960 Civita Blvd | Santa Ysabel 21887 Washington |
| Del Mar 1050 Camino Del Mar | North Park 3000 North Park Way | Santee 9608 Carlton Hills Blvd |
| Escondido 262 E Grand | Ocean Beach 4900 Newport | Scripps Ranch 10045 Carrol Canyon Rd |
| Fallbrook 100 S Main Ave | Oceanside Morning Pier View & Coast Hwy | SDSU 5500 Campanile Dr |
| Hillcrest 3960 Normal | Oceanside Sunset Pier View & Coast Hwy | Serra Mesa 3333 Sandrock Rd |
| Imperial Beach 10 Evergreen Ave | Otay Ranch 2015 Birch | Solana Beach 410 South Cedros Ave |
| La Jolla 7335 Girard | Pacific Beach 901 Hornblend | South Bay 4475 Bonita Rd |
| La Mesa Palm & 4 th | Point Loma 2740 Chauncey Rd | Vista 345 S. Melrose |
| Leucadia 185 Union | Poway 14134 Midland | |

100% Vegan Food Services

Meal popups, catering, meal prep/delivery, virtual kitchens, recipe/menu development, cooking classes, nutrition coaching...

| | |
|--|---|
| A Plant Based Production www.aplantbasedproduction.com John Swafford, Skyler Heyman Sky's the Limit Foods: Dips, sauces, spreads, dressings. (For podcast, see Organizations: Information Sites.) | Dips Sauces Popups |
| Brite Moon V'gan Eats www.instagram.com/urbritemoon Singapore vermicelli, noodle soup, spring rolls, eggloaf, chili oil, squid jerky, mushroom jerky, matcha lattes... | Soups / Snacks Lattes Popups |
| Buddha Foods [C] www.eatlikebuddhas.com Jai Wurfain Bowl-based meals, gluten-free. Custom sauces, online orders, catering. Formerly BITE/Buddha Sauce. | Bowls / Sauces Catering Popups |
| Buenas Burgers https://buenasburgers.us Burgers, personalized options. Popups. Catering. | Burgers Catering Popups |
| Casa de Luz www.instagram.com/casadeluz.veg Barrio Logan. Authentic Mexican comida. Jackfruit birria/carnitas, elote, horchata, shroom asada, al pastor. | Mexican Catering Popups |
| Chef Bai www.chefbai.kitchen Bailey Jeann Virtual cooking classes, cookbook, mocktail/cocktail eBook, recipes, online shop. | Cooking classes Cookbooks Recipes |
| Cocina Folklore http://www.instagram.com/folklorecoquina Francisco J Morales Golden Hill. Home kitchen. Traditional Mexican food. Tacos, burritos, pozole. | Mexican Delivery Pickup |
| Cocina Tonalnan www.instagram.com/cocinatonalnan Diosa Guerrero Horchata, sushi, arroz con leche, almond treats, falafel, pozole, birria, boba, curry ceviche, cookies, aguachile. | Mexican Catering Popups |
| Eat Clean With Sarah https://www.instagram.com/eatcleanwithsarah Sarah Considine Encinitas based: Private chef, meal service, recipes. | Private chef Meal Service |
| Elevation Eating https://www.elevationeating.com Perla Chef, cooking classes, food education workshops, menu design, catering. Artfully crafted grazing tables, boxes. | Retreat chef Cooking classes Catering |
| El Taquero Vegano www.instagram.com/el_taquero_vegano Tacos, quesadillas, birria, el pastor, horchata, ceviche... | Mexican Catering Popups |
| Forage & Flame / Vegan Supper Club Socal Chef Kujo Kumro www.instagram.com/forageandflame www.instagram.com/vegansupperclub_socal WFPB Food Stylist. Multiple styles of cuisine. Veganize traditional comfort foods. Private events and catering. | Private Events Catering Consulting |
| Green Door Plant Based www.instagram.com/greendoorplantbased Martin Hall Gourmet, packaged, vegan and gluten-free meals, desserts, teas. Successor to Green Door Café in La Jolla. | Catering Popups |
| Health Buddy www.facebook.com/coachhealthbuddy Brenda Parra Chula Vista: Personalized WFPB meal plans / cleanses. Special diets, cancer survivors. Component of Uumbal eatery. | Health Coach Meal prep Cleanses |
| Health Coach Jenn https://healthcoachjenn.com Jenn Nemeth, RN, BS, PHN, Certified health coach Remote health coaching and cooking classes through PCRM Food for Life program. | Health Coach Cooking classes |
| Katie's Healing Kitchen [C] www.katieshealingkitchen.com Katie Farina Group classes, personal chef, small scale catering, private lessons, kids cooking parties, pop-up events. | Catering Cooking classes Private lessons |
| Let's Go Vegan https://letsgovegan.org Eileen Elizabeth Popvich Online health coach, vegan transitional consultant, private chef, weekly delivery & in-home services. | Private chef Catering Delivery |
| Ma Table Végane www.instagram.com/matablevegane Sandra Hurtault French private chef, catering, events, meal prep, cooking classes. Organic whole foods, minimally processed. | Private chef Catering Cooking classes |
| Plant Patty Paradise https://postmates.com/store/plant-patty-paradise/JeTs1KURVHGP5pD0FyRYXg Postmates delivery: burgers, fries, potato tots, soda. | Burgers Delivery |



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|--|---|
| rawrawrawfood www.instagram.com/rawrawrawfood Jayna Carter Holistic Nutritionist & Personal Chef. I make & deliver healthy raw vegan food in San Diego to busy families and people who don't like or want to cook. I help people help themselves to reverse illness & disease through nutrition and detox. | Catering Delivery Detox |
| Rooted in Raw www.rootedinraw.com Kaitlyn Kinder Chef services, raw food specialist, online cooking courses, retreat catering, cleanse program, meal delivery. | Chef services Catering Delivery |
| Safe Snail www.instagram.com/safe.snail Astra Blu Chu Pacific Beach: Home kitchen, free delivery or pickup. Kimchi Mac & Cheese, Thai Curry, Misir Wat, Gochujang... | Global menu Delivery |
| Santosha Nutrition www.santoshanutrition.com Liz Murphy Personalized nutrition coaching services. Free consultation. Vegan food tours, cooking classes, organic farm tours. Santosha is the Sanskrit word for contentment. Learn how eating more plants can change your life and our planet. | Coaching Food tours Cooking classes |
| Scratch House www.scratchhousevegan.com Chef Tony Howe, Chef Grant Plummer, Kip Anderson Artisan vegan cheese, charcuterie, & sauces. Extensive catering menu. | Cheese / Sauces Charcuterie Catering |
| Sibee in the Kitchen www.instagram.com/sibeeinthekitchen Charles Beard Meal prep | Meal prep Delivery |
| Stone Monkey http://stonemonkeyusa.com Chinese food, catering, delivery, farmers markets | Chinese Catering Delivery |
| The Dal y Mama www.instagram.com/thedaly mama Bianca Dal (dried lentils, beans, peas) dishes and sides. | Indian Food Catering Popups |
| The Grateful Taco Company www.instagram.com/gratefultaco Mexican seafood-inspired tacos, dishes. | Seafood Tacos Popups |
| The Radical Beet www.instagram.com/theradicalbeet Mandy Conroy Burgers, sandwiches, bowls, pancakes. | Burgers Catering Popups |
| The Remix www.facebook.com/TheRemix619 Joann & Lori Guillory Jackfruit Ribs, Mac n' Chz, Candied Yams, Fried Chik'N, etc. | Soul Food Popups |
| The Succulent Vegan [C] www.facebook.com/thesucculentvegan Vikki Widick Personal chef, cheese artisan. Enticing all your senses. Certified yoga instructor: private/group lessons. | Personal chef Cheese artisan Yoga |
| The Vegan Bella www.instagram.com/the_vegan_bella Tara Caruso Meal planning & catering. Customized meals, veganized Italian dishes. | Italian Catering Delivery |
| Veg-Appeal [C] www.veg-appeal.com Tracy Childs Make us your health partners! Educational cooking classes, corporate wellness, individual cooking lessons, store tours, personal coaching. Achieve your health goals through a whole-food, plant-powered, planet-friendly way of eating. | Cooking classes Store tours Coaching |
| Vegan Culinary Memoirs https://veganculinarymemoirs.com Liz Gary Plant-based foods recipe development, free cooking classes, new cookbooks & digital media productions spring 2023. | ePublishing Classes Outreach Events |
| Vegan Mirai https://www.instagram.com/vegan_mirai Sushi. Popups. Farmers Markets. | Sushi Popups |
| Veggies Don't Bite www.veggiesdontbite.com Sophia DeSantis Beyond the Recipes: group and individual online guidance, systems, and support. Food blog. Recipes. Cookbooks | Online coaching Food blog Cookbooks |
| VeggyJess www.facebook.com/VeggyJess-1946287808719024 Burgers, sandwiches, lasagna, tamales. Women-owned, gluten-free options, homestyle cooking. | Variety Catering Popups |
| Vibrant Fork https://vibrantfork.com Angela Stanger Meal prep, delivery, meal planning, private chef services, catering for events. Formerly Plant Based Meals. | Meal prep Catering Delivery |
| Yuseong Mandu www.yuseongmandu.com Home-style Korean dishes. Kimchi, mandu, kimbap, japchae. | Korean Popups |

100% Vegan Food Products

Baked goods, cakes, cookies, bars, candy, ice cream, beverages, tofu, fermented foods...



| | |
|---|---------------------------------------|
| A'SMORE https://asmore.com Anwaar Spence Handcrafted artisanal Parisian macarons. Multiple flavors. Gluten free. | Macarons |
| AstraBakehouse www.facebook.com/astradelic Custom-designed cakes, delightfully crafted. | Custom cakes Cupcakes |
| Babe Kombucha https://babekombucha.com Linda Vista tasting room. Yerba Mate, Maui Wowie, Sandia, Moroccan Citrus, Cali Gold, Hawaiian POG. | Kombucha |
| BeanVivo https://beanvivo.com Ready-to-eat seasoned organic beans, dips, and snacks. Formerly Vivotribe. | Bean pouches Dips & snacks |
| Bear Bar www.instagram.com/eatabearbar Brian Bowers Savory energy bar, certified organic, gluten free, low-temp dried. | Energy bars |
| Beet Rooted www.instagram.com/2beetrooted Noelia Aquino Handmade veggie beet patties that are free of gluten, soy, oil, and nuts. | Beet patties |
| Before The Butcher https://btbfoods.com Uncut/Mainstream gluten-free burgers (beef, chicken, turkey), sausage, chorizo, pulled pork, ground & crumbles, tips. | Burgers /Sausage Pulled Pork |
| Bibi's Kitchen www.instagram.com/bibiskitchenandthings Frances Quinones Cookies, cupcakes, tarts, cookie decorating kits, charcuterie boards. | Cookies / cupcakes Decorating kits |
| Bitchin' Sauce https://bitchinsauce.com Starr & L.A. Edwards Nut-based dips, gluten-free, non-GMO. Bitchin' Organics are certified organic. | Nut-based dips |
| Blackbird's Cookies https://blackbirdscookies.com Marci Brantveyn Custom sugar cookies. Theme of your choice. Various shapes, colors, lettering. | Custom cookies |
| Bliss Elephant By Misha www.etsy.com/shop/BlisselephantByMisha Misha Hathiramani Decorated cookies, PYO (Paint Your Own) & DIY (Do It Yourself) cookie kits. Ships nationwide. | Cookies Cookie Kits |
| Boochcraft https://boochcraft.com Adam Hiner, Andrew Clark, Todd Kent High alcohol kombucha (7% ALC) made using 100% organic ingredients and cold pressed juices. On tap and in bottles in select locations. Product locator tool on website. Chula Vista based. | Kombucha |
| Botanica Artisan Goods www.botanicagoods.com Karima Plant-based cheese crafted using old world techniques. Inoculated with European cultures rich in natural microorganisms and aged to perfection, each wheel and log is made with love, care and attention to detail. | Artisan cheese |
| Brekki www.brekki.com Russell Radebaugh, Greg Peyser Muesli mix: oats, fruit, seeds, grains, almond milk powder, certified non-GMO, gluten-free, soy-free. | Muesli |
| Caña Love www.instagram.com/canalovejuice Fresh pressed sugar cane juice. | Sugar cane juice |
| Chani's Donuts https://chanisdonuts.com Chantelle Harris Murphy Canyon. Gluten-free mini donuts. Free from common allergens. | Donuts |
| ChipZ Happen www.chipzhappen.com Chips. Gluten-free, non-GMO, no preservatives. San Diego Style. Various flavors. | Chips |
| Cool Kids Snack Cakes www.coolkidssnackcakes.com Claire Howe & Jesse Flavored rice-crispy-like treats to support Raven Corp, a vegan advocacy group. | Rice Crispies |
| Coyotas Tortillas https://eatcoyotas.com Janet & Alfredo Flores Handmade in small batches from cassava flour (peeled, dried, and ground yucca root). Non-GMO. | Tortillas Grain/gluten free |
| Cross Roots Juice https://crossrootsjuice.com Kristen Boyar Raw, organic, cold-pressed juice. Delivery throughout San Diego. | Juices |
| Domaine Santé www.facebook.com/domainesante Emily Aromatic and functional nectars at a lower calorie and glycemic index than other sweeteners. Supports the environment by using surplus grapes from the annual California wine harvest. | Grape nectar |
| Donut Flyer https://donutflyer.com Organic donuts, fritters, cinnamon rolls, many innovative flavors. | Organic Donuts Fritters / Rolls |





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| Down to Ferment www.instagram.com/down2ferment Fermented, kombucha-based hot sauce. Uses vinegar. | Fermented Hot sauce |
| Dr. Bronner's Magic Chocolate www.drbronner.com/pages/magic-all-one-chocolate Chocolate bars: 70% cocoa, coconut sugar. Swiss chocolatiers, fairly treated farmers, regenerative organic agriculture. | Chocolate bars |
| Fuelthycells https://fuelthycells.com 100% wildcrafted raw & fruit Seamoss gels. Skin care, refreshers, merchandise. | Seamoss gels |
| Gelu Italian Ice https://www.lovegelu.com Danny Packard Escondido mobile van serving San Diego County. Dairy/gluten/fat-free sorbet. Multiple flavors. | Italian Ice |
| Grow Eco Farm https://www.growecofarm.com Farmer Andy Zemlick Community Supported Agriculture (CSA). Eco-friendly veg box delivery. Customizable boxes. South Bay plot using regenerative agriculture can supply 15-20 households year round in El Cajon & La Mesa. Looking to expand. | CSA Veg box delivery |
| Hazel & Jade http://hazelandjade.com Cakes, pies, cookies, muffins, cinnamon rolls. Nov 2025: Under new ownership. May add nonvegan products. | Bakery |
| Juice Jerky https://juicejerky.com Michael Fruit leather: peach, cranberry, mango-pineapple, raspberry, strawberry, blueberry... | Fruit leather |
| Juice Plus+ https://dareen.juiceplus.com/us/en Dareen Nasser (Partner) Blended fruit and vegetable powder capsules, chewables, shakes, bars. | Capsules Shakes / Bars |
| Kombucha Cares https://kombucha-cares.square.site Pick your choice of flavors. We will hand deliver your kombucha. | Kombucha |
| Lath House Gardens www.lathhousegardens.com Lynette Hunter Small, family-owned urban farm & licensed nursery. San Carlos area. Sell microgreens, heirloom tomatoes, assorted produce directly & in Farmers Markets. Sell custom-designed screened-in lath houses to area gardeners. | Microgreens Lath Houses |
| Le Beignet www.instagram.com/lebeignetsandiego Sophie Mebarki Classic French pastries: deep-fried square pieces of dough generously powdered with sugar. Various flavors/toppings. | Beignets |
| Lick It Lollipops www.lickitlolliops.com Lollipops & hard candies: 200+ flavors. Bridal showers, wedding favors, birthdays, corporate gifts. | Lollipops Candies |
| Los Verdes3 www.facebook.com/LosVerdes3Organics Superfood option in Barrio Logan, catering to health conscious, health curious and health needed, providing high nutrition green smoothies. Blended fresh day of sale. Delivery. | Smoothies |
| Luv Mylk www.luvmylk.com Vincent Dotson Hemp mylk, organic, reusable glass bottles. Stores, Farmers Markets, delivery. | Hemp mylk |
| MarcieSweets www.marciesweets.com Marcie Chocolate & nut products: organic, gluten-free, soy-free, direct trade. Available in bulk. | Chocolate / Nuts |
| Maya's Cookies [C] www.mayascookies.com Maya Madsen Storefronts: Grantville, San Marcos. Online orders. Cookies: gourmet, organic, small-batch. | Cookies |
| More Life Liquid www.morelifeliquid.com Ashley Donaldson Natural cold-pressed juices, teas, cleanses. | Juice / Tea Cleanses |
| Nibble Chocolate Café [C] https://nibblechocolate.com Shambra Clifford Chocolate bars: no artificial flavors, non-GMO. Retail outlets Old Town / Little Italy. Factory in Pacific Beach. | Chocolate bars Retail outlets |
| No Harm Done – Jerkless Jerky https://jerklessjerky.com Roberto Trada Beefless Jerky. Teriyaki Agave Chili, Teriyaki Pineapple | Jerky |
| Oli's Cookies https://oliscookiescompany.com Laura Bache Spreading autism awareness one delicious cookie at a time. Chocolate chip, oatmeal, gluten-free option... | Cookies |
| Opal's Paradise https://opalsparadise.myshopify.com Homemade gluten-free cookies, cupcakes, cakes, muffins, snickerdoodles, swirls, holiday baskets, platters. | Cakes / Cupcakes Cookies |
| Pinch of Vanilla www.instagram.com/pinch_of_vanilla Olga Avergun Home bakery. Cakes, cupcakes, macarons, pies to order. | Cakes / Cupcakes Pies |
| Plantiful Kitchen https://plantiful-kitchen.com Barbara Carlsbad. Bread, snacks, cookies, cheese. Gluten-free, refined-sugar free. Formerly Rawsome Delights. | Bread Snacks / Cheese |

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| Protective Diet https://protectivediet.com Julie Marie Christensen Plant-Based Broth Mix: low sodium, oil free, non-GMO. BPA-free recyclable container. (Also Organizations: Info Sites) | Broth |
| Pulp Pantry https://pulppantry.com Kaitlin Mogentale Chips made from pulp fiber leftover after juicing. Gluten/grain free. | Veggie chips |
| Rayluca Chocolate https://raylucachocolate.com Raluca & Bryan Award winning artisan chocolate treats, protein bars, custom cakes. | Chocolate Cakes |
| Romolo & Remo www.romoloremo.com Nico Del Guidice-Piña Small batch, roman-style, artisanal tomato sauces. Gluten-free, no added sugars, garlic or basil, spicy or mild. | Tomato sauces |
| Ruth's No. 5 www.ruthsno5.com Authentic Mexican salsa, tortillas, tortilla chips | Salsa Tortillas / chips |
| Salty Lemonade www.saltylemonade.com Fermented lemonade, apple cider vinegar, kimchi, garlic, lemons, limes. No added chemicals. | Salty lemonade Fermented foods |
| San Diego Tempeh www.sandiegotempeh.com Max Petrich Handcrafted tempeh made from organic beans, seeds, and nuts. Available at retail stores and Farmers Markets. | Tempeh |
| SeaCo Catch www.seacocatch.com Mike Perez Organic, gluten-free, coconut-based fysh tacos. Formerly in Food Truck section. | Fysh tacos |
| Sequoia Nut Butter https://sequoianutbutter.com Samantha Grant Gluten-free nut butters: almond, pistachio, cashew, pecan, macadamia, walnut. Flavors: vanilla cinnamon, sugar cookie, chai spiced, brown sugar, chocolate chip cookie, blueberry lemon, espresso, matcha, strawberry, chocolate.... | Nut butters |
| Seva Foods [C] http://sevafoods.com Michelle May, Elia Nikolaev Snacks: freeze-dried space ice cream, coconut jerky, whole food, non-perishable. | Snacks |
| Simple Sumptuous Cooking www.mrishtanna.com Uma Raghupathi Indian spice powders: Biryani Masala, Bisi Bele Bhath, Chai, Chutney, Garam Masala, Kashaaya, Kurma Masala, Sambar Masala, Tikka Masala, Vangi Bhath. Also Indian recipe index/blog. | Indian Spice Powders |
| Simply Perfect Powder www.simplyperfectpowder.com Ben & Kristy Fitts Sprouted black rice powder for workouts, heart health, weight/blood-sugar management. Energy bite / smoothie mixes. | Rice powder |
| SoCal Lemonade www.instagram.com/socallemonade Flavored lemonades. | Lemonade |
| Sol-ti https://solti.com Lindsay Ray Organic SuperAde and SuperShot Living Beverages. Organic Activated and Sprouted SuperMix, SuperFood Trail Mix. Mira Mesa tasting room with grab-n-go snacks. | Beverages Trail Mix |
| Split Bakehouse www.splitbakehouse.com Vanessa Corrales La Mesa Grossmont Mall. Cookies, muffins, bagels, bread, croissants. No more storefront; order for next-day pick up. | Baked Treats |
| Stacy's Vegan Cake-Mix www.facebook.com/Stacysvegancakemix Stacy Lighten Vanilla, chocolate, lemon cake mixes—add water and oil. | Cake Mix |
| Starry Lane Bakery www.starrylanebakery.com Jaime & Jennifer Schwartz Allergen-free cookies, bread, bars, tarts, cakes, muffins, cupcakes. Wholesale available. | Baked Goods |
| Superfood & Company www.superfoodandcompany.com Probiotic kefir soda, kombucha, no added sugar. | Kefir soda Kombucha |
| Sweets by Victoria https://sweetsbyvictoria.com Victoria Ramos Assorted pastries, gluten-free options, monthly pastry boxes, custom orders on request. | Pastries |
| TapShack Kombucha www.instagram.com/drinktapshack Chris & Amanda Ocean Beach. Handcrafted kombucha on tap, bottles. Nitro cold brew coffee. Also sold in retail locations. | Kombucha |
| The Coco Cruiser www.instagram.com/thecococruiser Saad Rasouli Fresh organic coconut water. | Coconut water |
| The Laughing Vegans www.thelaughingvegans.com Marti Avila Organic, gluten-free desserts. Chocolate chip cookies from quinoa flour, applesauce, coconut sugar, dark chocolate. | Cookies |
| The Loose Leaf https://thelooseleaftea.com Meghan Mercier Variety of tea blends for comfort, detox, insomnia, weight loss. | Tea |

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| The Mulk Co https://themulkco.com Melissa Finestone Flavored almond milk: vanilla, chocolate, lavender, strawberry, cold brew, matcha, pumpkin, gingerbread... | Almond milk |
| Tracy's Real Foods https://tracysrealfoods.com Tracy Childs, Steven Sarnoff Whole-food, oil-free cookies, muffins, crackers, granola. | Cookies / Muffins Crackers |
| Trupo Treats https://trupotreats.com Brian Trupo Candy bars: mylk chocolate, rice crunch, caramel cookie, candy cane crush. Helps support animal sanctuaries. | Candy bars |
| Veg'n Out www.facebook.com/vegnoutsd Grant Plummer Grantville—San Diego Vegan Market: Grab'n go sandwiches, pasta salads, frozen meats. Catering available. | Sandwiches Frozen meats |
| Violet Vegan Cakery www.instagram.com/violetvegancakery Tara Gazder Cakes, cupcakes, cookies, cinnamon rolls, muffins. | Cakes / Cookies Muffins |



Vegan Virtuous Circle



Vegans supporting vegan entities leads to more vegan entities!

Advantages of 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!

MaxVegan HEALTH Topics
Humans, Environment, Animals, Learning
www.maxlearning.net/health.htm

VeganDiegoBlog
Veganizing the world through dining & online activism!
www.maxlearning.net/HEALTH/VeganDiegoBlog.pdf

Foreign Language V-Cards
Ensuring cruelty-free meals/groceries while traveling!
www.maxlearning.net/HEALTH/V-Cards.pdf

MaxVegan No-SOS Recipes
Toppings, Meals, Treats. No refined Salt-Oil-Sugar.
www.maxlearning.net/HEALTH/MaxVeganRecipes.htm

Why do normally smart people continue to smoke tobacco products?

Nicotine addiction

Why do normally kind people continue to eat animal products?

Animal-food addiction




VeganDiego Businesses

Changes appear in **orange**.

Listed businesses are based in San Diego or have a San Diego branch or representative.
They are vegan-owned or vegan-promoting but are not extensively screened to be 100% vegan.
Click to go to desired category. Click [Businesses](#) in header to return to this page.

[Animals](#)
[Art & Artists](#)
[Business Development](#)
[Financial Services](#)
[Fitness & Wellness](#)

[Legal Services](#)
[Medical Services](#)
[Merchandise](#)
[Multimedia Services](#)
[Music & Entertainment](#)

[Personal Products & Services](#)
[Property Products & Services](#)
[Real Estate Services](#)
[Venues](#)

Animals

Vet, Grooming, Walking, Sitting, Training, Food, Treats

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| Athena Gianopoulos, DVM, CVA https://feathersandfurah.com Vegan vet at Feathers and Fur Animal Hospital / Eastridge Animal Hospital. High quality compassionate veterinary care for dogs, cats, and birds in San Diego. The best mobile veterinary care right in your driveway. | Vet Services Hospital Mobile Van |
| Char Loves Dogs www.instagram.com/char.loves.dogs11 Provide walks, overnight care, and professional grade tummy rubs. Nail trim, ear clean. | Pet sitting Pet walking Nail trim, ear clean |
| Dainty and Debonair Dog www.facebook.com/daintyanddebonairdog Pet sitting, walking, hospice, massage, yoga, psychics, errands, in-home health care. Books pet travel. | Pet sitting Pet walking Pet hospice |
| Dylan's Pet Food www.dylanspetfood.com Matthew Miksic Whole dog food. Cooked low & slow. Frozen fresh. No byproducts, preservatives, corn, soy, wheat, gluten. Quinoa base + bean, pea, or chickpea recipes. Meets AAFCO standards. Customized meal recommendations. | Dog Food |
| Green Paw Grooming www.facebook.com/greenpawgrooming La Jolla: Grooming at its finest. All natural, earth, and pet-safe products. Come see what the neighborhood is howling about. Now offering self-serve dog wash. | Grooming Self-dog wash Products |
| K9 Training Time www.facebook.com/k9trainingtime Sandra Souper Dog training and walking. Balanced, holistic training. Council of Professional Dog Trainer certified. | Dog training Dog walking |
| Sarah Vineyard, DVM https://lajollacolonyvet.com Vegan vet at Colony Veterinary Hospital in La Jolla. Preventative care and exams, puppy and kitten care, dental health, lab services, surgery, acupuncture. | Vet Services Preventative Surgery |
| Totful Treats www.totfultreats.com Health conscious, human-grade, gluten-free dog treats. Candle sales support dog rescue. | Dog treats Candles |
| Wonder Dog Training https://wonderdogs.net Jennifer LaBar We have an amazing team of experienced, talented, caring trainers. We offer in-home training, virtual training, boarding, dog daycare, and board and train! | Dog training Boarding Daycare |

Art & Artists

See Merchandise section for Arts & Craft items

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| Art Of Framing www.theartofframing.net Blythe Goodwin Bay Park. Custom picture framing. Individual, corporate, institutional, high volume. Guaranteed. | Picture Framing |
| Brittany Balcom Art www.brittanybalcom.com Whimsical landscapes, trees, flowers, & figures. | Drawings Paintings |
| Claudia Verciani Fine Art https://claudiaverciani.com Still life, portrait, landscape, seascape, dog portraits. Del Mar Art Center Gallery Artist Member. | Fine Art Oil Paintings Dog Portraits |
| Eclipsed by Sara www.facebook.com/eclipsedbysara Sara Abdelmoneim Everything but portraits. | Drawings Paintings |
| Jasmine Spence Art www.instagram.com/JasmineSpenceArt Pet portraits, card art, album covers, watercolor, colored pencil, ink, graphite. Available for commission pieces. | Pet portraits Card art Album covers |

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| Jessica Newman – Artist https://jessicanewmanart.com Fine art painting, urban architecture, street scenes, portraits, figures. | Fine art painting Scenes Portraits |
| Linda Kelson Art www.lindakelson.com Linda Kelson Figurative Expressionism. Fine art oil, oil pastels, gold leaf. Animals, people, abstracts, landscapes. Since 1983. | Fine oil painting Animals, people Offers layaway |
| Robin Sanford Roberts Art www.facebook.com/Robinsanforrobertsart Robin Roberts Female artist exhibiting & selling mixed media collages, paintings. | Paintings Collages Mixed media |
| Sandra Marshall Art https://sandramarshallart.com Art made from food used to illustrate children's books, painting events, custom art. | Food Art/Books Painting events Custom art |
| San Diego Caricature www.sandiegocaricature.com Genevieve Zzyzyx FAST Caricature Artists for Birthdays, Weddings, Corporate Events, Parties | Caricature Birthdays, Events |
| San Diego Chalk Artist www.sandiegochalkartist.com Katie Bush Large murals, 3d chalk art, menu art, signs, hand lettering, logos. Festivals, corporate events, trade shows, retail spaces, boutiques, weddings, private homes, restaurants, cafés, coffee shops, bars. (Also Fitness & Wellness.) | Chalk artist Murals Signs |
| The Vegan Painter www.theveganpainter.store Alex 'Aria' Enriquez Online art store dedicated to creating awareness of animal rights, issues, and liberation. Curation, framing. | Paintings Curation Framing |
| Business Development | |
| Holly Reville Marketing Services www.hollyreville.com Marketing strategy, branding, project management, graphic design. Print, digital, video, signage, email, direct mail, products, packaging, social media, SEO, SEM. | Marketing Branding Graphic Design |
| Hoppy Promo Gear https://hoppybeergear.com Joey Hanna Merchandise & service branding, strategy, & marketing. Custom apparel, hats, bags, drinkware, keychains, etc. with your name & logo. Graphic & web design. Print, packaging, & display design. | Branding Marketing Web/Print Design |
| Ink and Laurel http://inkandlaurel.com Sam Elias Graphic design, branding. | Graphic Design Branding |
| Launch Site https://launchsitellc.com Andrew Lee Web design, website development, social media management, ad campaigns & PPC, email marketing, SEO & organic traffic, WordPress migrations, logo design. | Web Design Social media Marketing |
| Sample Design Print + Web http://sampledesign.com Gina Sample Graphic Design, Branding, Art Direction, and Production of print and website design for small- to mid-size businesses, corporations, and non-profit organizations. | Graphic Design Branding Art Direction |
| Financial Services | |
| Brave Bookkeeping LLC [C] www.elizabethbrave.com Elizabeth Brave Bookkeeping, accounting data entry, tax prep. Over 20 years' experience with commercial and nonprofit industries. Using all versions of QuickBooks. Legal billing. Corporate accounting. Experienced with numerous software packages. | Bookkeeping Accounting Tax Prep |
| Fitness & Wellness Physical training, Yoga, Sports, Nutrition, Counseling, Coaching | |
| Alchemystic Studio https://alchemysticstudio.com Meesha Sharma Virtual yoga and meditation melding the wisdom of ancient India and the mission of modern activism. | Virtual yoga Meditation |
| AriFit Wellness www.arifit.com Arielle Kantor Self-defense seminars & strategies. I empower all genders to harness their natural abilities and embrace their body for protection so they can thrive in peace. Myofascial deep-muscle stimulation neuromuscular bodywork. | Self-defense Myofascial bodywork |
| Becoming Peaceful www.facebook.com/becomingpeaceful Lisa Howe, MSW Certified Peaceful Parenting Coach with the education, experience, and knowledge to be a mentor as you navigate the unpredictable waters of parenting. Online or in-person sessions. | Parenting coach |
| Body and Soul Nourishment www.bodyandsounourishment.com Elaine Bryan, RYT Nutritional counseling, corporate programs, yoga, classes & events, tower garden, juice plus+, recipes, blog. | Nutrition counseling Yoga |
| Chain Reaction Therapy https://chainreactiontherapy.com Azilee Frye O'Neil, Loren O'Neil Educating your mind and body together. Structural integration, personal training, massage therapy. | Personal training Massage therapy |

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| Coach + Grow www.instagram.com/sarah_hagstrom Sarah Hagstrom We help health & wellness coaches make the world a healthier & happier place. | Coaching of health coaches |
| Earnestly iirie www.facebook.com/earnestlyirie7 Iirie Elevated Earnest Kemetic and Ayurvedic Therapies. Mind, body & spirit work, massage. | Holistic health Massage |
| Elemental Aquatics www.elementalsd.com Angela Soler North County: Private swim lessons for infants, children, adults (your pool), lifeguard services, dry land fitness training, staff training. Providing the essential building blocks for learning lifesaving and healthy lifestyle skills. | Swim lessons Lifeguarding Fitness training |
| Empire of the Sun Spirit www.empireofthesunspirit.com Lara De Ann Non-denominational wedding & memorial service officiant. Insightful guidance phone consultations. Poetry, books, greeting cards, world peace necklaces. | Wedding officiant Memorial services Guidance |
| Estasi Massage Therapy [C] http://sdmassage.com Kelly Buffo Therapeutic/medical massage. Specializing in pain management: headaches, carpal tunnel, tendinitis, car accidents, etc. Reflexology, ear coning, salt glow, sugar rubs. Serving San Diego, El Cajon, La Mesa, and Santee. | Massage Pain Management Accidents |
| Eunoia www.instagram.com/eunoiaessentials Veronica Morales Mental Health approach that specializes in connecting mind, body, and spirit through holistic & alternative therapies to help you heal yourself. Facial reflexology. | Holistic health Alternative therapies |
| Explore to Heal www.exploretoheal.com Carlee Krichmar Curated conversation game that uses curiosity and self-expression to explore topics that affect us, connect us, and align us closer to ourselves and each other. Group/family/friend exploration. Team building. | Coaching Team building |
| Fabiola Gomes www.fabiolagomes.com Personal trainer, dance instructor. Private, class, in-home, outdoors, virtual. | Personal Trainer Dance lessons |
| Good Intentions Wellness www.goodintentionswellness.com Ashley Dawn Mission Hills: Holistic wellness center, treatments, and workshops. Massage, Reiki, Breathwork, Facials, Astrology. | Holistic health Alternative therapy |
| Got LOVE Troubles? [C] www.HelpMyRelationships.com Tera Gardner, CLC (Certified Life Coach) Communication Coaching. LOVE Addiction Re-patterning! Nonviolent Communication (NVC). Individuals, couples, family, workplace. Classes, workshops. Vegan-activist burnout / relationships with non-vegans. Free initial consultation. | Communication coaching Vegan relations |
| Half Moon Yoga and Art www.halfmoonyogaandart.com Hannah Faulkner Group yoga lessons. (Also Music & Entertainment.) | Yoga |
| Happy Healin' Vegan [C] https://happyhealinvegan.com April Moor Fitness, nutrition, positivity, self care, animal love, and healing through food. Online and/or in-person coaching. | Health Coach Fitness Trainer Vegan transition |
| Kathleen Kastner Wellness Coaching [C] www.kathleenkastner.com Kathleen Kastner Coaching, yoga, meditation, weight loss / Food for Life Instructor. Author: "Yoga's Path to Weight Loss." | Coaching Classes Yoga |
| Katie Bush – Yoga www.artkatie.com/yoga Yoga Alliance certified E-RYT 500. Vinyasa, hatha, yin, restorative, aerial, partner yoga. (Also Art & Artists.) | Yoga |
| Let's Veg About It www.letsvegaboutit.com Pearl Jenkins Online or in-person personal training, couples training. | Personal Trainer Recipes |
| Moore Fitness https://livemooremethode.com Sarah Moore I help busy women (and men), make themselves a priority again, without feeling overwhelmed by restrictive diets. | Fitness trainer Personal coach Health & wellness |
| Nature's Whisper Family Wellness & Yoga Studio www.facebook.com/natureswhisperstudio University Heights: Support prenatal, postnatal, nursing, babies, toddlers, families through yoga, movement, breath work, mindfulness. Community support room and kids' space open to all. Pickup and delivery vegan-prepped meals. | Family Wellness Yoga Delivery |
| Nicole Miller Massage + Yoga, CMT, MLD-C, YTT200 www.nicolemillermassage.com Clinically Intuitive Bodywork certified in Manual Lymphatic Drainage for Post Op Massage. Therapeutic Massage Cupping, Hot Stones. Sliding Scale Private Yogasana Instruction. BIPOC / LGBTQ+ discount. Mobile options available. | Massage Cupping / stones Yogasana |
| Optimum You Wellness https://linktr.ee/optimumyouwellness Melanie Kantor Vegan and nutrition education; virtual and in-person master cooking classes; recipe and eBook creator; nutrition coach; Disordered Eating Specialist. | Vegan education Cooking classes Disordered eating |
| Raw Vegan Ginger www.rawveganginger.com Jennifer Joy Patrishkoff Health & lifestyle coaching. Goal setting, meal planning, recipes, weight loss/gain, nutritional deficiencies, budget shopping, juicing, fasting, eating disorder recovery, detox. eBooks, clothing, insurance. | Health coaching eBooks Clothing |

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| Riffs Yoga Studios https://riffsyogastudios.com Steve Hart La Jolla (indoor & outdoor spaces), Ocean Beach (indoor space). Classes or private sessions, massage, sound healing. yoga-teacher training, corporate classes. | Yoga Massage Teacher training |
| SoCal Wellness Retreats www.socalwellnessretreats.com John Quirk Hosts retreats and helps wellness professionals create retreats for their clients. | Wellness retreats Retreat coaching |
| Spirit Barre [C] www.spiritbarrestudios.com Dana Short Pacific Beach's community barre studio, offering group classes and workshops. San Diego's home for Mutts & Mats, puppy Pilates classes benefitting local dog rescues. Formerly Spirit Yoga & Barre. | Barre Puppy Rescue Classes |
| The Light Within www.lightwithinheal.com Dawn Ressel Healing sessions: Life activation, Soul retrieval, Full spirit activation, Purpose of life reading, Shamanic aura clearing & cord cutting, Ensofic Reiki, Egyptian aura balancing, Crystal healing. Formerly Aurora Love. | Healing sessions Life activation Soul retrieval |
| The Soul Empowered Empath www.marinayt.com Marina Yanay-Triner Transformational coaching for empaths & high achievers. | Empath coaching |
| Traveling by Groove [C] www.travelingbygroove.com Tess Collins Professional dancer offering dance/somatic, yoga, mindfulness, and functional fitness classes and private sessions. Helping people reach their mental and physical goals and feel energized, mobilized, and toned. | Dance Yoga Mindfulness |
| Trilogy Sanctuary Yoga www.trilogysanctuary.com/yoga-schedule Leila Dora & others La Jolla eatery offering class yoga: aerial, vinyasa, heated (infrared), lyra, restorative, prenatal, yin... | Yoga Aerial Prenatal |
| Zen Rose Wellness www.zenrosewellness.com Rosavel (Rose) J Downtown San Diego. Mindful skincare & energy balance services. Cruelty-free facials aligned with our love for the environment, animals, and wellness. Reiki sessions, in-person or long-distance, to harmonize the mind, body, & spirit. | Facials Reiki |
| Legal Services | |
| Bryan Pease, Attorney www.bryanpease.com Free speech, civil rights, corporate responsibility, government accountability, environmental protection, animal law, personal injury, landlord/tenant, contracts, civil litigation. | Civil rights Criminal law Animal law |
| Foldenauer Law Group http://foldenauerlaw.com Sean M. Foldenauer Business litigation for owners, shareholders, individuals, small to medium-sized companies. Personal injury specialists for auto accidents, brain injury, wrongful death, premises liability, defective products. | Business Law Personal Injury |
| Gift of the Gab Interpreting & Translating www.facebook.com/giftofthegabinterpreting Gabriela Sosa State & Federal Certified Court Interpreter offering interpreting and translating services in English, Spanish, and French. Over 25 years court, conference, medical, and immigration experience. | Court Interpreter Translator |
| Joseph W. Bassett, Attorney www.jwbassettlaw.com Serving the legal needs of the California boating community and beyond. Yacht purchase and sale, LLC creation and transfer, maritime, ocean and coastal policy, contracts, and general business law. CA # 338056. 619-600-7461 | Licensed Attorney Yacht Broker |
| T. Cardiff Law www.tcardiffllaw.com Todd T. Cardiff Helping environmental groups, community groups and individuals weave their way through the complicated world of land use, governmental law, homeowners' association disputes, contracts, and litigation. | Environment Law Organization Law HOA Law |
| Medical Services | |
| KAISER | |
| Pierre (Pete) Sayed Auokar, MD https://healthy.kaiserpermanente.org/southern-california/physicians/pierre-auokar-1238871#/map | Cardiology Electrophysiology English/Arabic |
| Luis Esquenazi, MD https://healthy.kaiserpermanente.org/southern-california/physicians/luis-esquenazi-3626259?kpSearch=Luis%20Esquenazi | Family Medicine |
| Mark Alan Harris, MD https://healthy.kaiserpermanente.org/southern-california/physicians/mark-harris-8218238 | Physical Med Rehabilitation |
| Suresh Pola, MD https://healthy.kaiserpermanente.org/southern-california/physicians/suresh-pola-7776227 | Gastroenterology Multilingual |

| SCRIPPS | |
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| Dustin Grossheim, PA https://www.scripps.org/physicians/43975-dustin-grossheim | Physician Assistant Gastroenterology |
| Roy Avalos, MD www.scripps.org/physicians/5802-roy-avalos | Cardio diseases English/Spanish |
| Michelle Dern, MD www.scripps.org/physicians/3926-michelle-dern | Pediatrics |
| Kelly Van Den Heuvel, MD www.scripps.org/physicians/6600-kelly-van-den-heuvel | Ob/Gyn English/Spanish |
| SHARP | |
| Marsha Blount, MD www.sharp.com/san-diego-doctors/dr-marsha-blount-60261 | Family medicine Cryosurgery |
| Allan Gamagami, MD www.sharp.com/san-diego-doctors/dr-allan-gamagami-61492 | General Surgery |
| Alshafie Hassan, MD www.sharp.com/san-diego-doctors/dr-alshafie-hassan-74544 | Internal medicine English/Spanish |
| Julie Roth, DO www.sharp.com/san-diego-doctors/dr-julie-roth-69073 | Family Medicine Osteopathy |
| UCSD HEALTH | |
| Cardiovascular Institute https://health.ucsd.edu/care/heart-vascular/cardiac-rehabilitation UCSD Health La Jolla – Jacobs Medical Center. Scientifically slowing, stopping, and reversing heart disease. | Plant nutrition Stress reduction Group support |
| PSYCHOTHERAPY | |
| Michelle M. Carcel, Psy.D. www.drcarcel.com La Jolla. Therapy for depression & anxiety, eating disorders, older-adult concerns, health & wellness, body image, cancer & medical, communication, life transitions, relationships, LGBT, career, insomnia, trauma. Se habla Español. | Clinical Therapy Depression Eating disorders |
| Stephen White, Psy.D. www.WhitePsych.com Teletherapy for clients in California to address anxiety, trauma/PTSD, dissociation, LGBTQ+, and the challenges of veganism in a non-vegan world. Therapeutic approaches include EMDR, IFS, CBT, and ACT. | Anxiety Trauma Vegan Life |
| Waves Psychologists www.wavespsych.com Abigail Weissman, Psy.D Rancho Bernardo. Counseling for transgender, trans, intersex, lesbian, bisexual, gay, pansexual, queer clients. Training or consultation for therapists working with queer and trans clients and/or Jewish clients or staff. | Counseling LGBTQ+ Training |
| VARIOUS MEDICAL / DENTAL | |
| Arnold Kremer, DO www.delmarim.com Del Mar Integrative Medicine & Medical Spa. Chronic disease, immigration physicals, health optimizations, adjustments, physical medicine, contracted muscle relaxation, PRP-Platelet Rich Plasma, Dermal Fillers, Botox, Laser. | General Medicine Osteopathy Cosmetics |
| Barnard Medical Center www.pcrm.org/barnard-medical-center Neal Barnard, MD PCRM-affiliated Washington, D.C. clinic offers California residents the opportunity to consult with caregivers online through their computers or phones. Expertise in combating hypertension, type 2 diabetes, heart disease, obesity. | Telemedicine General health |
| Family Allergy Center http://familyallergy.org Maryam Zarei, MD Poway: Treat adults and children for immune system issues, food/drug/environmental allergies, food intolerance, asthma, COPD, skin sensitivity, eczema.... | Allergist Immunologist Adult/Pediatric |
| Find A Doctor www.pcrm.org/findadoctor Search for local or telehealth plant-based care professionals. Provided by Physicians Committee (PCRM). | Physician Search |
| Finding Health www.findinghealth.info Walter Cohen, DO Kearny Mesa / La Jolla: Osteopathic Manual Medicine. Hands-on medicine to address underlying causes of disease. | Osteopathy |

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| Joel Fuhrman, MD www.drfuhrman.com/medical-practice Telemedicine appointments. Health products. Lose weight, reverse chronic health conditions. | Family Medicine |
| Leshay Speaks Medicare [C] www.leshayspeaksmedicare.com Leshay Bailey Personal Independent Medicare Agents. Guidance through the world of healthcare options for those eligible for Medicare and aged 65 and above. No cost consultations. Medicare plans. | Medicare Consultations Plans |
| Love.Life Telehealth https://love.life/telehealth Choose an online doctor. Reverse chronic disease with whole food, plant-based (WFPB) diet, exercise, stress reduction, improved quality of sleep, and maintaining a healthy weight. | Telehealth |
| Ocean Beach Family Chiropractic https://obchiropractic.com Kayla Ambert, D.C., R.D. Chiropractic services: adult, pediatrics, pregnancy, postpartum, athletes. Nutrition services. Exercise services. | Chiropractic Adult / Pediatric Pregnancy |
| Plantrician Providers https://plantrician.org Find a plant-based healthcare provider near you. Formerly Plant-based Docs. | Physician Search |
| Solana Beach Acupuncture and Holistic Beauty https://sbacu.nccaomdiplomates.com Dr. Lori Tusa Acupuncture, Cosmetic Acupuncture, Chinese Herbs, Microneedling, AMMA Therapy. | Acupuncture Microneedling AMMA Therapy |
| Vegan Primary Care www.veganprimarycare.com Dr. Scott Harrington, D.O. Online appointments. Write prescriptions, order imaging/lab tests, make referrals. Achieve optimum health through a whole-foods, plant-based diet, enjoyable exercise, and quality relationships. | Telemedicine Primary Care |
| Yige Zhao, DDS www.ranchopenasquitosdentistry.com/meet-our-team/team-member.yige-zhao-staff-id-26084.html Rancho Penasquitos Dentistry. | Dentist |
| Your Optimal Health Chiropractor www.facebook.com/YourOptimalHealthChiropractor Dr. Chris McLaine Pt. Loma/Ocean Beach: Chiropractor, Holistic Health Coach. Ergonomic footwear & bio-engineered orthotics. CBD oil, probiotic antioxidant combo, anti-inflammatory plant-based omega complex, hyperbaric oxygen therapy. | Chiropractor Health Coach Footwear |
| Merchandise Accessories, Clothing, Arts & Crafts, Jewelry, Furnishings, Shoes, Miscellaneous | |
| 1502 Candle Co. https://1502candleco.com Caroline Soy wax candles, diffusers, spray fragrances, hand mist sanitizers. Favor recycled, recyclable, biodegradable materials. 1% of sales benefit environmental nonprofits. | Soy wax candles Diffusers Fragrances |
| Aromalee Shop www.aromaleeshop.com Candles, incense, car diffusers, roller balls, wax melts, sprays. Formerly Veganlee Shop. | Candles Incense Car diffusers |
| Aura Gardens www.instagram.com/auragardens Spiritual aromatherapy store. Candles, bracelets. | Candles Aromatherapy Bracelets |
| Bungalow 360 https://www.bungalow360.com Susie Pusch Vegan leather pouches, wallets, hobo bags. Cotton canvas wristlets, wallets, backpacks, hats, bags, totes, towels. | Pouches Wallets Totes |
| Call It Spring www.callitspring.com/us/en_US Footwear, bags, wallets available for online order/delivery and/or pickup in various local stores. | Footwear Bags Wallets |
| Cosmic Kristen www.etsy.com/shop/CosmicKristen Kristen Allen Painted glassware, original artwork, unique clothing. DIY tutorials: https://www.youtube.com/channel/UCm7ehSDAa67n6600lsaeCmQ | Glassware Artwork Clothing |
| FlowersAndTheMoon [C] www.etsy.com/shop/flowersandthemoon Megan Sewell Custom hand-painted shoes, jackets, jewelry, drawings, paintings. Everything is vegan; some is animal themed. | Painted shoes Jewelry Drawings/Paintings |
| Hooksaurus www.etsy.com/shop/Hooksaurus Shannon Jarrell Cheerful items for the home, to wear, or just because. Crochet mini-planters, hats, scarves. | Crochet items Planters Hats |

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| Hakuna Wear https://hakunawear.com Jessica Boynton Active eco-friendly swimwear that stays put. Bikinis, surf suits, board shorts, face masks, apparel, sunscreen. | Swimwear Surf suits |
| Kindred Armory & Lair Provisions https://barkindred.com/collections/shop-all-merch Kory Stetina Gift cards, apparel, shirts, patches, beanies, bandanas, etc. for KINDRED, a vegan bar and restaurant in South Park. | Gift Cards Accessories Clothing |
| Mystical Roots www.instagram.com/mystical.roots Handcrafted holistic & magical creations for your high vibe journey. Candles, sprays, oils. Workshops. | Candles Sprays / oils Workshops |
| Plantbasedfemme www.etsy.com/shop/Plantbasedfemme Home decor-seasonal + Personalized garments/items. | Home décor T-shirts Sweatshirts |
| Prodigikids https://prodigikids.com Karen Braveheart The Adi plate for kids 5+ months. Suction plate with snap tight lid and pivot technology. | Suction food plate for kids |
| Steezin' It www.steezinit.com Organic, conical hats, cork belts, hacky sack footbags. | Conical hats Cork belts |
| The Vegan General www.instagram.com/thevegageneral Mission Valley, inside Sea Hive Mini . Candies, cheeses, condiments, butters, sweets, books, balms/creams, towels... | General store |
| Thistle + Cork www.instagram.com/thistle_and_cork Kim Campbell Speed Carlsbad: Sustainable, cruelty-free luxury fashion. Cork products, wallets, backpacks, messenger bags, vegan leather handbags. All products are Peta-approved. | Handbags Wallets Accessories |
| Zero Waste Kit www.etsy.com/shop/ZeroWasteKitShop Marina Qutab Glass jar holding metal straw & tip, cloth napkin, spork, ceramic knife, cotton produce bags, cork sleeve. Solution for individuals looking to drastically reduce their daily plastic use. | Zero Waste Kit |
| Multimedia Services Audio, Graphics, Photo, Video | |
| Binh Tran Photography www.facebook.com/binh.tran.photos Binh Tran Individual to family photos. 10% discount for military, 1 st responder, teacher, law enforcement, nurses. | Photography Portrait Family |
| Brisa Roberts Photography www.brisarobertsphotography.com Families, couples, maternity, headshots, branding. | Photography People Branding |
| Captured Forever Photography www.capturedforever.com Michele & Kelsey Mother-daughter team. Engagement, wedding, maternity, birth, newborn, family & kids, senior portraits. | Photography Portrait Wedding |
| Djibril Camara Multimedia Artist www.djibrilcamara.com Studio artist with digital art skills, character design, animation, digital paintings, 3D modeling. | Digital Art Animation 3D Modeling |
| Dora Toni Photography www.doratoniphotography.com Antoinette Albert North County based. People, families, maternity, nature, food. | Photography People Nature |
| Electric Eye www.electriceyesd.com Bridget McGee Houchins Mission Valley. Retro-inspired portrait studio & pop-up. Mobile studio van. By appointment only. | Photography Portrait Studio Mobile Van |
| Fairy Fly Entertainment [C] http://fairyflyentertainment.com Lori, Noel, & Rafael Lopez Family-owned creative company: artists, authors, poets, composers, musicians, actors, filmmakers. Publish indie books, record label for indie band Fairyfly, produce in-house film projects. | Books Music Film / Art |
| Good/Room Architectural Photography www.goodroom.co Jackie Han, Aly LGBTQ+ photography group specializing architectural, vacation home, BNB, and real estate photography. Always professional, 5-star reviews on Google! | Photography Architectural Real Estate |
| Hoffman Photography https://hoffmanphotography.myportfolio.com Eddie Hoffman Activities, animals, people. | Photography Activities Animals/People |

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| Jackie Han Photography www.jackiehan.com Jackie Han LGBTQ+ photography group specializing in portrait, event, mitzvahs, and wedding photography. Telling stories through documentary style photography. Formerly Jackie X Studio. | Photography Portrait Wedding |
| Jennifer Regnier Photography https://jenniferregnierphotography.com Weddings, people. | Photography Wedding People |
| Kappel Imagery www.kappelimagery.com Jim Kappel Weddings, including small backyard and elopements. Promotional & commercial films. | Videography Wedding Commercial films |
| Keeley Miller – San Diego Boudoir Photographer https://keeleymiller.com Empowering boudoir photoshoot experiences with vegan albums and prints, private studio in downtown San Diego. | Boudoir photography |
| Lens Flair [C] www.BillBork.com IMDb Bill Bork Film making, cinematography, short films, commercials, marketing, special events, streaming. Call 619-985-0110 for booking. Second half day, my labor is free for vegan clients, business owners, or events. Up to a \$500 value! | Short films Commercials Streaming |
| Loni Brooke Photography [C] https://lonibrookephotography.com Loni Brooke Portrait photography. Family, children, maternity, high school seniors, headshots. | Photography Portrait Family |
| Lori Larocque Photography www.facebook.com/lorilarocquephotography Abstract, scenic, commercial, portraits. | Photography Portrait Commercial |
| Street Documents www.instagram.com/streetdocuments Jesse Fuentes Prints of street photography for sale. | Street photographer |
| Sun Photographer www.sunphotographer.com Kateryna Fedorova Weddings, portraits, maternity, family, events. Experienced and friendly photographers, affordable prices, custom packages, sincere emotions, help with posing, 5 stars reviews, and satisfied customers. | Photography Wedding Events |
| Music & Entertainment Lessons, Performers, Personalities | |
| Argenti Music Lessons [C] www.argentimusiclessons.com Jennifer Argenti Violin lessons. Piano lessons. All ages, experience levels. In person or virtual, customized for each student's goals and needs. North County based. | Lessons Piano / Violin In person/virtual |
| Genesiah Music www.instagram.com/genesiahmusic Genesiah Ambrose Musician & band. | Singer Band |
| Half Moon Yoga and Art www.halfmoonyogaandart.com Hannah Faulkner Private piano lessons. (Also Fitness & Wellness.) | Piano lessons |
| Pinnacle Pro Sound https://pinnacleprosound.com James Cross Recording, mixing, mastering, artist resources. | Recording Mixing Mastering |
| Romantic Violin [C] www.romanticviolin.com Jennifer Argenti Live violin music to accompany unforgettable moments: courtship, marriage proposals, anniversaries, private occasions. Over 25 years of performance experience. | Performer Special occasions |
| The Dancehouse www.the-dance-house.com Jaami Waali-Villalobos Dance house for fine and performing artists. All skill levels, ages, and artistic endeavors. Numerous dance classes. Rental spaces for rent to local companies, teachers, independent contractors, events. Point Loma. | Dance studio Classes Space rentals |
| The Orphics https://theorphics.com Matt Roth Band or solo artist available for events/festivals, etc. Psychedelic, hypnotic, 3-dimensional, avant-garde. Contact Matt Roth (323) 428-9475. | Band Solo Artist |
| Wild Caravan https://wildcaravanmusic.com/wild-caravan Leilani Gjellstad We are vegan musicians in north county, chill music like Khruangbin meets Marvin Gaye meets Radiohead. | Band |

| Personal Products & Services Beauty, Body, Face, Hair, Skin, Health | |
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| Alchemy by Kejiwa https://kejiwastore.com Monica Merino Alchemy elixirs for radiant health, inner peace, self-embodiment. Purest, highest quality ingredients. | Alchemy elixirs Minerals Aromatics |
| Arbonne (Consultants) Botanically-based skincare, bath & body, makeup, nutrition, hair products, and accessories. * Laurie McGrew-Parker www.arbonne.com/pws/laurieparker/tabs/home.aspx * Alyssa Morris https://www.arbonne.com/pws/alyssamorris/tabs/home.aspx * Bailey Vaillancourt www.arbonne.com/pws/baileyvaillancourt/tabs/home.aspx | Skin care Makeup Hair care |
| Arctic Fox https://arcticfoxhaircolor.com Kristen Leanne, Ryan Morgan Diverse and exotic hair coloring products. Clip-in hair extensions. PETA-endorsed cosmetic brushes. Percent of profits go to animal charities. Sold in retail stores and online. | Haircolor Extensions Brushes |
| Astrid, Tattoo Artist www.instagram.com/xastridax San Diego: Private studio. | Tattoos |
| Bella Donna's Salon www.belladonnas.com Ocean Beach. Organic hydrating conditioners, sulfate-free shampoos, paraben-free cleansers, non-toxic soy candles, pomades and texturizers made from pure plants and essential oils and vegan lip balms. | Hair care Color / Styling Treatments |
| Brian Lynch, Tattoo Artist www.inthemoontattoo.com/brian-lynch San Diego: Owner of In the Moon Tattoo, 14 years experience. Traditional, fine line, black & gray, lettering. | Tattoos |
| CHLF Salon www.chlfsalon.com Edna Lugo, Diana Reyes Downtown East Village: Cuts, fades, crew cut, creative short/mid/long, fringe/neck trim, color, bleach & tone, hair masque, extensions, blow outs, up dos, studio/bridal makeup. CHLF Products: https://bychlf.com | Haircuts Coloring Products |
| Paul's Antique Watch Company https://consignmentclassics.net Paul Tociapski Antique & vintage clocks & watches for sale. Repairs on old & modern watches. 619-927-2143 | Clocks Watches |
| Dirt Don't Hurt https://dirtdonthurtme.com Kaya / Sativa / Maritza Sister-owned, all natural oral care + beauty & body care activated charcoal detox products. | Oral care Skin care |
| Doctor Bronner's www.drbronner.com Vista: Certified organic, fair trade, certified vegan, non-gmo soaps, lotions & balms, hair care, home & laundry, toothpaste, hand sanitizer, coconut oil. | Soap Toothpaste Hair creme |
| Dreamy Nail Spells www.dreamynailspells.com Stina Vee Hillcrest: Elevated nail services without toxic elements. Bio Sculpture, Apres Gel X | Nail salon Gel systems Nail tips |
| Earth & Elle www.earthandelle.com Paige Feddersohn Supplements & vitamins. Omega-3-6-9, no fishy aftertaste, GMO & mercury free. Vegan collagen. Made in USA. | Supplements Vitamins |
| Elba Vegan Skin Care www.elbaveganskincare.com Elba Moisturizers, cleansers, scrubs, masks, serums, eye gel, face primers/mists, lip balm, hair serum, beard oil. | Skin care Cleansers Serums |
| Eyebrows by Samantha www.eyebrowsbysamantha.com Samantha Cox North Park: Permanent makeup artist. Micro blading, ombré/powder brows, lip blushing, lash enhancement. | Brows / Lips Lashes |
| Goddess Temple Tattoo Studio www.instagram.com/goddessstempletattoostudio Kaia Love Tattoos, piercing, reiki, sound healing, astrology, nipple reconstruction | Tattoos Piercing Reiki |
| Jill Hollingsworth, Tattoo Artist www.jillhollingsworth.com San Diego: Buju Tattoo. Also paintings, illustrations, T-shirts, prints, pins. | Tattoos Paintings Illustrations |
| Kiwi Spa http://kiwi-spa.com Maya Bethke Pacific Beach: Facials, exfoliation, hydration, microdermabrasion, lifts, infusions. 100% nutrient-rich, organic, cruelty-free, hand-crafted skincare blends free from environmental toxins, parabens, sulfates, pesticides and carcinogens. | Facials Lifts Exfoliation |



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| Krouned Body Care www.krounedbodycare.com Trevor and Cleopatra Davis All natural deodorants, soaps, moisturizers, shampoos, lip balm, etc. for adults, babies, skin, face, hair. | Body care Face Hair |
| Le Bijou Holistic Spa https://lebijouspa.com Michelle Reneé Hammond Oceanside. Waxing, facial/body treatments, lash & brow services. Women and men. Handmade skin care products. | Waxing Facial treatments Body treatments |
| Lini Skinfood www.liniskinfood.com Organic, natural, luxe artisan-made sustainable skin care products, cleansers, cremes, candles, body treatments. | Skin care Body crème Cleansers |
| LuisaV Artistry www.luisavartistry.com San Diego: Salon services offering eco-friendly, low-tox hair coloring & blonding. | Hair styling Coloring Bridal |
| Mod Hair Salon [C] www.modhairsalon.com Casey Brookshire Vista: Men/women/children's haircuts, coloring, styling. Eco-friendly products. Online booking. Private salon. | Haircuts Color Styling |
| Pink Pantree https://pinkpantree.com Evin Moreland Sea moss, herbal teas, meal plans, skin care, t-shirts, totes | Sea moss Herbal teas Skin care |
| Rocky Howe Tattoo www.instagram.com/rockyhowetattoo San Diego. Wolf & Shadow Tattoo. Anime tattooer for all bodies. Everything all vegan, even the stencil paper. | Tattoos |
| Rooted & True https://rootedandtrue.com Hair, face, & body butter, deodorant. | Hair & body butter Deodorant |
| Sacred Hair Studio https://sacredhair.glossgenius.com Ashley Kouza, Ashley Roederer Mission Valley: Haircuts, color, balayage, scalp treatment. Formerly Velvet Hair Lounge (Ocean Beach). | Hair styling Balayage Color |
| San Diego Teeth Whitening Center https://sandiegoteethwhitening.com Teeth whitening session using hydrogen peroxide gel and cold blue light. | Teeth whitening Hydrogen peroxide Blue light |
| Scisters Salon & Apothecary www.scisters.com Melissa Parker, Easton Bajsec La Mesa: Zero Waste Salon offering beauty products in bulk and various other supplies for living a zero waste, intentional lifestyle. Hair styling/coloring, sugaring hair removal, reiki stress-reduction treatments. | Apothecary Hair styling Reiki |
| Shade Collective www.shadecollectivesd.com Lindsay Hall Mobile sunless tanning. All products are vegan, organic, antioxidant rich and can be CBD infused. | Tanning Mobile |
| Studio V Salon http://mystudiovsalon.com Regina Martinez Mira Mesa: Expert stylist for every haircare need. Fun fashion vivid neon/pastel hair colors to relaxers, weaves, balayage, extensions, classic color retouch, barber. Pedicures. Online booking. | Hair styling Coloring Pedicure |
| Verté Salon https://vertesalonspa.com Hillcrest: Eco-friendly salon with toxic free, organic treatments. Styling, highlighting, color, lash extensions, brow tidy. Complimentary consultations. (Former name: British Beautique.). Formerly Eco Chic Salon. | Hair styling Balayage Color |
| Property Products & Services Cabinetry, Cleaning, Furniture, Gardening, Handyman, Interior Design, Moving, Plumbing, Staging, Tools | |
| A Smart Move www.a-smart-move.com Lindsay Horwood Curtis We rent out clean & sanitized eco-friendly plastic boxes delivered door-to-door, not only saving you time & money but saving the environment too. All boxes are made from re-cycled plastic & made in the USA. | Moving Boxes For Rent |
| Amador's Bubbles www.amadorsbubbles.com Maricela Alvarez & Michelle Amador Central & South County cleaning services. Move in/out, home, office. Certified cruelty-free cleaning products never tested on animals. Website lists product ingredients. Allergy friendly. Separate vacuums for homes with pets. | House cleaning |

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| AZTEC Testing www.aztectesting.com Steve Pettit Certified mold, asbestos, and lead testing in San Diego. We provide accurate assessments to help homeowners and businesses ensure safety, compliance, and peace of mind. | Tests for Mold Asbestos Lead |
| Clever-Gen Builders 619-892-6376 Poly Castro Celdon Handywoman services. Journeyman Electrician, car charger installation, assembly & installation, security cameras, cable automation, A/C minisplit power line, general repairs & maintenance. Mention VeganDiego for discount pricing. | Handywoman Services |
| David Frisk Architectural Art [C] www.davidfrisk.com David Frisk World-renowned architectural artist. Handcrafted entryways, doors, furniture, cabinetry, stairways, public works, wood carving, glass arts, sculpture, metal work since 1968. Based in Encinitas. Free one-hour consultation—a \$100 value. | Custom Furniture Cabinets/Entryways Wood/Glass/Metal |
| MJB Mobile Detailing www.facebook.com/MJBmobiledetailing Michael Brown La Mesa based, serving all San Diego County. Auto detailing services. Ceramic coating, paint correction. | Mobile Auto detailing Coating/Paint |
| Rivetti Works www.rivetticompany.com Gianni Rivetti Repair & maintenance, interior/exterior carpentry, drywall, doors, windows, floors, outdoor & more. Call 858-209-5305. | Handyman |
| Stewart Plumbing www.facebook.com/stewartplumbingsd Shawna Stewart San Diego County and Temecula. Full Service, residential & commercial plumbing. | Plumbing Residential Commercial |
| Strategy Window Cleaning https://strategywindowcleaning.com Brooke Aithne Reily Window cleaning, solar panel cleaning, pressure washing, gutter cleaning. Insured. | Window, solar panel, gutter cleaning |
| Sunshine Earth Design sunshineearthdesign@gmail.com Shani Starr, Haile Morgan Organic (animal-free) permaculture design & creation, garden planting, rainwater harvesting, gray water, composting. | Permaculture Gardens |
| The Remakery Project www.facebook.com/theremakeryproject Eulalia Lauli Mobile tool library. Borrow tools, buy smaller quantities of art/diy supplies, get help with projects. | Mobile tool library Borrow tools Buy supplies |
| Real Estate Services Realtors, Brokers, Appraisal, Loans, Mortgages | |
| Amrit Shergill Realtor [C] www.amritsellshomes.com Buy, sell, stage homes & condos. Manage properties. Serving San Diego County. DRE #02043576 | Realtor Residential Property Mgt |
| Brian D. Rubin, Real Estate Broker / Mortgage Loan Originator imbross@yahoo.com 30+ years of experience. For all your real estate needs, including just free advice if you need it, call 619-995-2042. C2 Financial Corp NMLS #135622 Loan Officer NMLS #332609 CA DRE #1170552 | Real Estate Broker Mortgage Loan Originator |
| Gloria Holland, Realtor www.coldwellbanker.com/Coldwell-Banker-West-1187c/Gloria-Holland-453099a Helping people buy and sell homes is my passion. CalDRE #01315348 | Realtor Residential |
| Integrity Mortgage Group [C] http://cmehta88.wixsite.com/cameronreverse Cameron & Hina Mehta Mother-son team specializing in reverse mortgages and home purchase, refinance, and commercial loans. | Reverse mortgages Refinance Loans |
| Jen Jones, Realtor www.instagram.com/jensjones Residential buying & selling. Connect Realty DRE# 02129774 | Realtor Residential |

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| Justin JP Chimento, Broker / Owner www.CoastalPacificRE.com Whether selling or purchasing your residence, vacation home, or income property, our network of professionals can help. The success of our business is sustained by the relationships we create. CA BRE #01313440 | Broker Residential Income property |
| Karl Kyler, Realtor www.facebook.com/KARLisMyRealtor Karl Kyler I help sellers and buyers enjoy the process of selling and buying a home. CalDre #01439839 | Realtor Residential |
| Laura Andrea Gonzalez, Realtor www.instagram.com/laurarealtorwithpurpose Buy, sell, invest. With Purpose Realty, Mission Valley. | Realtor Buy/sell/invest |
| McT Real Estate Group https://mctrealestategroup.com Mary McTernan / Z McT-Contreras We help nice people buy and sell their homes in San Diego. Join our VIP group to find out about homes before they hit the public market. We donate portion of income to local animal rescue organizations. DRE#01408605 / DRE#01715784 | Real Estate Group Residential |
| Team Spady Real Estate www.facebook.com/WeSellSanDiego Jill Spady Fuchs Proudly helping buyers, sellers, and investors in San Diego for 30 years! Re/Max United. | Realtor Residential Investors |
| The Harrington Group [C] www.facebook.com/CherieHarringtonRealtor Cherie Harrington Free home market analysis at no obligation. Keller Williams Realty, Carlsbad. | Realtor Residential |
| Zsuzsanna Murray, Realtor, Real Estate Advisor www.facebook.com/zsuzsannamurrayrealestate Residential, commercial, land, rentals, business op, income, fractional. CA DRE #01932070 | Realtor Residential Commercial |

VENUES

The following facilities are eager to host your next event!

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| County of San Diego Parks & Recreation [venue] www.sdparks.org Countywide: Beautiful indoor and outdoor spaces offering a peaceful setting in nature for your meeting or event. Provide your own vegan caterer. Weddings , Corporate & Group Events |
| Donna Jean [venue] https://donnaJeanrestaurant.com Mitch Wallis, Roy Elam North Park: 2611 El Cajon Blvd (& Hamilton) * 619-255-5060 Onsite eatery. Full service or buffet setup. Available at no charge for private bookings when eatery normally closed. Large screen and house sound system available for use. Provide your own presentation/musical equipment. Minimum 2-week lead time required. Please email Mitch Wallis at mvegan@yahoo.com for booking options. |
| Encore Event Center [venue] https://encoreeventcenter.net Kearny Mesa: 8253 Ronson Rd (& Kearny Mesa Rd) * 858-617-0902 Multiple indoor spaces, outdoor courtyards, garden terrace. Themed event halls. Custom décor and furniture options. Onsite caterer can accommodate vegan menu. Outside vegan caterer allowed. Club quality A/V systems. Can arrange for DJs, VJs, MCs, entertainers. Weddings, corporate events, birthday parties, anniversaries, nonprofit galas, music & pageants. |
| Eris Vegan Food Co. & Living Tea Brewing Co. [venue] www.erisfoodco.com Scott Steele Oceanside: 302 Wisconsin Ave (& Cleveland). 760-231-9986 Onsite eatery. Outdoor patio holds 50. Plated food or buffet available. Wifi/AV equipment available. To reserve, email scott@erisfood.com |
| Loving Hut – Mira Mesa [venue] www.lovinghut.us/sandiego2 Iris & Ted Cheung Mira Mesa: 9928 Mira Mesa Blvd (& Scripps Ranch) * 858-578-8885 Onsite eatery. Full service. Seats 65. No charge for private parties to reserve. |

Mission Trails Regional Park Visitor Center [venue] <https://mtrp.org>

San Diego: One Father Junipero Serra Trail (& Mission Gorge Rd) * 619-668-3280

Museum facility in nature park. Day-time meeting rooms. Clients can reserve the entire facility, terrace, and amphitheater. The indoor space includes an expansive lobby, library, 94-seat theater, and two floors of exhibit space. Seated events up to 150 guests and informal gatherings of up to 250. No kitchen facilities; provide your own caterer. <https://mtrp.org/rentals>

OB People's Community Room [venue] www.obpeoplesfood.coop/communityroom

Ocean Beach: : 4765 Voltaire Street (& Sunset Cliffs) * 619-224-1387

To book the space for a Workshop, Class, or Meeting that aligns with the Co-op's Mission, Vision & Values and follows our Community Room Guidelines, download the forms on webpage by clicking on them, or stop by the office to pick up an Interest Form. Drop completed forms off at our office or email them to pr@obpeoplesfood.coop.

Peace Pies [venue] www.peacepies.com **JP Alfred**

Ocean Beach: 4230 Voltaire St (& Catalina) * 619-223-2880

Onsite eatery. Counter service. Table delivery for preordered meals. Outdoor patio seats ~20. Indoor seats ~15. No charge for private parties to reserve.

Plant Power Fast Food - Ocean Beach [venue] www.plantpowerfastfood.com **Zach Vouga**

Ocean Beach: 2204 Sunset Cliffs Blvd (& Voltaire) * 619-450-6845

Onsite eatery. Counter service. Ordering kiosks. Covered, gated, sidewalk patio seats 15-20. No charge for private parties to reserve.

San Diego Vegan Market [venue] www.instagram.com/sandiegoveganmarket **Sunny Bhanage**

Grantville: 4606 Mission Gorge Pl Ste A (& Mission Gorge Rd) * 619-521-9788 * Sunny Bhanage

Convenience store with wide array of vegan items and rotating counter-service eateries. No charge for private parties to reserve. To enquire, email freshstartmarketinc@gmail.com.

Sol-ti [venue] <https://solti.com> **Lindsay Ray**

Mira Mesa: 8380 Miralani Dr. * (888) SOL-TI11

Onsite tasting room with beverages & snack foods. Counter order. Seats ~20 (more for events). Audio equipment available. Weekdays only. To inquire, email hello@solti.com.

The Purple Mint [venue] www.thepurplemint.com **Jay**

City Heights: 4616 El Cajon Blvd #3 (& 46th) * 619-280-3388 * Jay

Group meal plans or a la carte full-service available. \$100 refundable security deposit. To reserve, email thepurplemintvegan@gmail.com.

Trilogy Sanctuary [venue] www.trilogysanctuary.com/request-for-space **Alexa Hatt**

La Jolla: 7650 Girard Ave #400 (& Kline) * 858-633-3893

Onsite eatery. Counter service or buffet setup. Indoor/outdoor dining. Indoor yoga studio; outdoor yoga deck / dance floor. 2000 sq ft roof terrace. Views towards Pacific Ocean. Occupancy: 250 upstairs; 200 downstairs. Enter left of the green Pharmaca awning through the Massage Envy door. Take hallway back to elevator. Push PH (penthouse) for 4th floor rooftop.

The true test of “humane” treatment



**Would you want it done to you,
a loved one, or a pet?**

VeganDiego Organizations

Changes appear in **orange**.

Click to go to desired category. Click [Organizations](#) in header to return to this page.

[Activists / Advocates](#)
[Sanctuaries](#)

[Information Sites](#)
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[Facebook Groups](#)
[Facebook Family Groups](#)

Activists / Advocates

Animal Activism San Diego (North County) www.facebook.com/groups/122813171744341 April Moor Clark

Safe space to share events & ideas regarding animal activism and to meet like-minded people.

Animal Protection & Rescue League (APRL) www.aprl.org Bryan Pease

Influences animal protection legislation. Educates people about humane eating.

AV: San Diego, CA, USA www.facebook.com/groups/1757884704517799 Asal Alamdari, Paul Bashir

Anonymous for the Voiceless (AV) educates the public on animal exploitation and fosters highly effective activism communities worldwide. We do not promote or condone anything less than veganism and hold an abolitionist stance against all forms of animal exploitation.



Beltane Holistic Animal Massage (BHAM) <https://beltaneholisticanimalmassage.wordpress.com> Cari Beltane

Provides free massage therapy to reduce stress of animals living in shelters, sanctuaries, & foster homes. Serves private animal clients in their homes, by appointment, for donations that support pro-bono activities.

Bold Activists for Animal Liberation www.facebook.com/profile.php?id=61574006323881 Justice Owens

BAAL: We're here to spread the truth about animal rights, share the philosophy of veganism, and inspire change—calm, but with attitude. We're keeping it real. This is about compassion, justice, and standing up for those who can't.

Boycott Milk www.boycottmilk.org Animal Protection Rescue League

To raise awareness that one of the kindest things people can do for themselves and the planet is to switch from dairy to plant-based milk. No other animal on earth normally drinks breast milk after infancy.

Dharma Voices for Animals www.facebook.com/DharmaVoicesForAnimals

San Diego Chapter of the only international Buddhist animal advocacy organization in the world.

Deer Park Monastery <https://deerparkmonastery.org>

400-acre mindfulness practice & monastic training center in rural Escondido. For all who wish to cultivate peace and happiness in their lives. Founder: Thich Nhat Hanh (died Jan 2022)

Direct Action Everywhere – San Diego www.facebook.com/DxEsandiego

Local branch of the national organization, DxE's mission is to achieve revolutionary social and political change for animals in one generation through building community, creating activists, practicing nonviolence, and open rescue.

Ellen Ericksen, Activist, Humane Educator ellenericksen@gmail.com

Co-Founder of Humanity For Animals. Certified Educator in Plant Based lifestyle, mentor. Email me or call 760-408-4539 if you would like guidance on animal-rights-activist activities, a presenter to address a class/group about animal rights, or one-on-one vegan mentoring and/or learning to shop for vegan food.

Give Wellness <https://givewellness.life> Donna Pinto

Bringing wellness education, programs, and activities to low-income groups and people facing cancer or other life/health challenges.

Grandma LuLu's Table <https://grandmalulustable.org> Cindy Steele

Mobile distribution of nutritious, plant-based meals to hungry, homeless, and food insecure individuals in San Diego and surrounding areas. Focused on breakfasts, especially to children.

Healthy Kids Happy Planet <https://healthykidshappyplanet.org> Barbara Gates

Works with educators and policy makers to promote vegan-friendly nutrition education and plant-based veg school lunch options. Gives presentations and provides free educational resources to K-12 schools, cafeterias, & youth groups. Formerly Lean & Green Kids.

Kind Heart Coalition www.facebook.com/kindheartcoalition Rach Hosler, Melanie Langston-Bazzell

Grassroots social enterprise uniting compassionate, kind hearts and minds through education on animal rights through anti-speciesist messaging. Vision: Create a brick-and-mortar community space in San Diego where all Kind-Hearted souls can gather and educate.

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

Living Vegan in San Diego <https://livingveganinsandiego.com> Carolina Roberts, Jackson Kingsbury

Our aim is to promote animal rights, recruit activists, volunteers, and collect food donations for sanctuaries in the San Diego area. Together, we can reduce much needless animal suffering. <https://www.instagram.com/rawlivingenergy>

Peace Resource Center www.prcsd.org

Promotes plant-based living in response to escalating climate crisis. Invites vegan vendors to sell food at their events. Clearinghouse of peace and social justice resources to counter and alter violent approaches to problem solving and a safe, sustainable environment.

PlantDiego www.plantdiego.com Tracy Childs

To educate and inform San Diegans about the benefits of a whole-food plant-based diet for optimal nutrition and health, environmental sustainability, compassion, and mindfulness. Join Meetup/Facebook groups (below). PlantPure Nation Member Organization.

Protest SeaWorld- San Diego www.facebook.com/protestseaworldsandiego Ellen Ericksen

Fighting on behalf of imprisoned cetaceans. Centralized location for conversation, brain-storming, sharing news pertaining to SeaWorld and those who are our ocean's inhabitants - the animals. Also serves as an area to post information about our local demonstrations.

Raven Corps San Diego www.facebook.com/groups/2350348858535541 Claire Howe & Cami Hoffman

San Diego chapter of a youth-driven, nonprofit organization. Portland-based Raven Corps is devoted to making the world a more compassionate and sustainable place for people, animals, AND the environment by advocating for a plant-based diet.

San Diego NARD www.instagram.com/sandiego_nard

Home of the San Diego National Animal Rights Day, which commemorates the trillions of animals killed at human hands each year.

San Diego Vegan Activists www.facebook.com/groups/313788232487426 Rach EL, Melanie Bazzell

To connect like-minded Vegans who are interested in progressing the Animal Rights Movement. Here we can share, organize, and collaborate on a variety of ways to plant those Vegan seeds!

Strategic Action For Animals www.instagram.com/sxfaorg Amit Dhuleshia, Camila Alaasam

Sxfaorg works to eradicate animal suffering by strategically advocating for the interests of non-human animals.

VeganDiegoBlog www.maxlearning.net/HEALth/VeganDiegoBlog.pdf Mike Weinberg

Veganizing the world through dining choices & online activism. VeganDiego origin story. Tackles thorny vegan issues: Best Way to Promote Veganism / What's Wrong With Honey? / Vegan Dogs & Cats? Of Course! Ongoing log of online-activist comments.

Vegan In San Diego www.veganinsandiego.com Carly Morales

Lists & promotes San Diego vegan and veg-friendly eateries, businesses, events, news. Hosts "Best Of 20xx" contest and First Friday Night multivendor Market popups. If you have a vegan business or offer vegan services, please reach out to us! Planning a vegan-related event? We'd love to spread the word for you. Send email to submit an event: veganinsandiego@gmail.com

Events Page: <https://veganinsandiego.com/events>

Vegan Justice - San Diego <https://veganjustice.com> Hal Brody

Educates public about animal cruelty issues related to factory farmed animals. Promotes vegan lifestyle via information booths at street fairs and other events. Hosts vegan billboards throughout San Diego.

Sanctuaries

2 The Rescue Animal Sanctuary <https://www.2therescueanimalsanctuary.org> Ilana Friedman

Ramona. Rescues, rehabilitates, rehomes animals that might be euthanized in local shelters and/or sold at slaughter auctions.

Children's Nature Retreat <https://childrensnatureretreat.org> Agnes Barrelet

San Diego Animal Sanctuary and Farm: Where animals teach and children learn. Domesticated and exotic animals from around the world, many acquired from owners who could no longer care for them or rescued from harsh living conditions, will live the rest of their lives in the serenity of the retreat.

Farm Animal Refuge www.facebook.com/farmanimalrefuge

Campo. Refuge to neglected/abused/unwanted farm animals. Educates public on benefits of compassionate living and a plant-based diet.

Finding Phoenix Sanctuary www.facebook.com/findingphoenixsanctuary Lindsi Nicole

Dedicated to providing a safe space for the earth's most vulnerable: the animals. We strive to bridge the gap between humans and animals and advocate for a more compassionate way of living.

Fortuna Ranch Farm Sanctuary <https://www.fortunaranchfarmsanctuary.com> Corrie Blough

Promotes compassionate animal rescue, regenerative agriculture, and educating the next generation.



Franklin Farm Sanctuary www.franklinfarmsd.org

Lakeside. Fully vegan, family-operated, volunteer-based animal rescue and sanctuary. Help in the aid of fostering, training, and placement of animals in need using fear-free, force-free, reward-based training and handling methods. Formerly Treat Them R+ght.

Horses of Tir Na Nog <http://horsesoftirnanog.org> Amy Pat Rigney

Descanso/Pine Valley. San Diego's longest operating equine sanctuary also provides life-long homes for sheep, goats, pigs and llamas that have been rescued from abuse and neglect. Volunteer applications are available on our website.

Libby Lou's Safe Haven <http://libbyloussafehaven.com> Lori Biewen

Dulzura. Small farm sanctuary serving rescued cows, donkeys, chickens. 100% of donations benefit animal residents. Offers humane education and visits. Moved from Boulevard.

Pebble Ranch Rescue www.pebbleranchrescue.org

Rescue, rehabilitate, re-home unwanted, neglected, abused pot-bellied pigs and help people transition to a vegan lifestyle to reduce suffering for all. We welcome visitors to come meet our animals, learn their stories, and understand what amazing creatures they are.

San Diego House Rabbit Society www.sandiegorabbits.org Jennifer Lee

Our Mission is to rescue abandoned domestic rabbits within our community and find them new homes, support our local shelters in the care of their rabbits, and educate the community on the proper and responsible care of domestic rabbit companions.

Saving Animals & Healing Hearts <https://www.sahh4life.org> Teri Crutchfield

Ramona. Rescue/rehabilitation of horses, donkeys, mini horses, pigs, dogs, chickens, geese, turkeys, cats, birds, alpacas and a tortoise. Open to the public by appointment only. We are a small organization, and our founder/director works a full-time job.

Synergy Animal Rescue www.animalsynergy.org Carla Naden

Rescues geriatric, special needs, and terminally-ill companion animals from death row at animal control. Will create custom art from photo of your companion animal—50% of proceeds benefit rescued animals. Adoptions encouraged. Tax-deductible donations welcome.

The Open Barn www.theopenbarn.org Emily & Trevor McCann

Ramona. Providing a safe, happy, forever home to farm animals in need. Volunteers welcome.

The Shore Sanctuary www.facebook.com/TheShoreSanctuary Ashli Jean Shore

Primarily working with birds/special needs. Little but mighty vegan sanctuary for the misfits and unwanted. All species are welcome here.

Twilight's Safe Haven Rescue And Sanctuary

www.facebook.com/mysafehavenrescueandsanctuary Julie Schultz

Rescues starved and abandoned horses and mules and gives them a forever home. Advocates for an end to slaughtering horses for meat. Accepts volunteers on an appointment basis.

Wee Companions Small Animal Adoption

www.weecompanions.org Arryn Peters

We are devoted to the rescue and care of guinea pigs, rats, hamsters, mice, and other small exotics. Our top priority is finding permanent homes for unwanted animals.

Information Sites

A Plant Based Production <https://open.spotify.com/show> Skyler Heyman

Interviews with activists, health practitioners, dietary consultants, etc. (See also in Food Products section)

Evolution Fast Food Newsletter www.evolutionfastfood.com/news Mitch Wallis

Periodic newsletter covering a variety of topics related to vegan dining, food, businesses, personalities, events, classes, and health.

MaxVegan HEALth Topics www.maxlearning.net/health.htm Mike Weinberg

HEALth = Humans, Environment, Animals, Learning. Links to Vegan Nutrition, Vegan Philosophy, Protein Facts, MaxVegan Recipes, VeganDiego, VeganDiegoBlog, V-Cards, HappyCow, Vegan IQ Game, Rounding of America, Vegan gurus...

MaxVegan No-SOS Recipes www.maxlearning.net/HEALth/MaxVeganRecipes.htm Mike Weinberg

Dozens of free recipes with no refined Salt, Oil, or Sugar that maximize health and minimize junk. Recipe Basics, Pantry checklist, Toppings, Meals, Treats, Salad Fixin's. Unique visual recipe layout boosts efficiency and minimizes errors.



Plant Food Path www.davidakater.com/blog **David Kater**

Blog dedicated to helping people embrace a plant-based lifestyle for their health, the environment, and animals. Author of "Handbook to Higher Health Consciousness: How to Transition to Plant-Based Eating to Heal Yourself and the Planet" including recipes by Tracy Childs.

Positive Choice Integrative Wellness Center <https://positivechoice.org/healthy-cooking-classes/cooking-class-videos>

Kaiser Hospital center with plant-based eating plans and videos.

Protective Diet www.facebook.com/ProtectiveDiet **Julie Marie Christensen**

The most comprehensive & sustainable plant-based application program available. Education, lifestyle guidance, support, and plant-based recipes the entire family will love. Protection for human health, all animals, and our planet. (Also listed in Food Products: veggie broth.)

Rainbow Plant Life <https://rainbowplantlife.com> **Nisha**

Lawyer turned foodie. How to master vegan cooking at home. Recipes, cooking videos, Vegan Instant Pot cookbook, shopping, photography & social media, productivity, wellness, lifestyle tips.

The Carrot Underground <https://thecarrotunderground.com> **Connie Edwards McGaughy**

Recipes (many whole food plant-based, oil-free, etc.) my family and I have developed over the years from traditional recipes. My goal is to show everyone how easy it is to enjoy scrumptiously satisfying meals without harming animals or the planet.

The Veg Foodie www.instagram.com/kellybone **Kelly Bone**

Food/restaurant blog. San-Diego based freelance vegan food writer and photographer published in Serious Eats, Blackboard Eats, Edible San Diego, Edible Orange County, and Pizza Today.

Twisted Orbit Vegan Recipes <https://www.pinterest.com/twistedorbit/vegan-recipes> **Jo Mondy, Sarah Ellen**

Collection of dozens of recipes from various sources with photos. Breakfast, lunch, dinner, snacks, meals, toppings, desserts.

V-Cards www.maxlearning.net/HEALTH/V-Cards.pdf **Mike Weinberg**

Free, printable business-size "I am Vegan" cards in over 100 languages ensure cruelty-free meals while educating foreign eateries & stores about vegan options Initial translations provided by Google Translate and improved by native speakers around the globe.

Vegan Mom Blog www.veganmomblog.com **Kristi DeMaria**

I went vegan 1 week before getting pregnant with my 2nd baby! I'm sharing all my easy vegan recipes, vegan kids' lunches, vegan books for kids, vegan clothes, vegan shoes, vegan travel here. I am PR friendly and interested in working with your brands!

Veggies at Tiffani's www.veggiesattiffanis.com **Tiffani Wells**

Blogger and vegan food artist, motivated by health & Cowspiracy, creates and shares gluten-free recipes made for her husband and kids.

Meetup Groups



PlantDiego www.meetup.com/PlantDiego-PlantPure-Pod **Tracy Childs & others**

Meetup arm of PlantDiego (see website above) based on PlantPure Nation, a ground-breaking film about the power of plant-based eating and the politics we struggle against to get the word out! Please join us to eat, socialize, and learn about being part of the team!

San Diego Vegan/Plant-based Cooking Enthusiasts www.meetup.com/San-Diego-Vegan-Plant-based-Cooking-Enthusiasts

Gail & 3 others. Members can: get together for vegan/plant-based cooking clubs/events/classes; share food costs/ingredients and create several meals for the coming week; have casual and free cooking classes in homes.

San Diego Vegans www.meetup.com/sandiegovegans

Explore powerful topics like health and wellness, animal rights, environmentalism and beyond. Some of us are lifestyle vegans, others may simply be committed to plant-based nutrition. And still others might be leaning towards veganism or vegan-curious. We are all inclusive.

Vegan-ista Social Club www.meetup.com/veganista **Stacy & Jenny**

For ladies* interested in a vegan sisterhood. Themed potlucks, book clubs, game nights, social events for an intentional community. Vegan-curious welcome; vegan food only at all events. *Anyone who identifies as female is welcomed; LGBTQIA friendly.

Vegans for the Animals www.meetup.com/community-for-animal-liberation **Lori Brady**

We love the outdoors, hiking, eating vegan food, potlucks, meditation, and anything fun! We also sometimes volunteer at animal sanctuaries, do vegan outreach and other forms of altruism. You don't need to be vegan to join, we can support you on your journey!

Facebook Groups

Click for [Facebook Family Groups](#)



20s&30s vegans of San Diego www.facebook.com/groups/121797807548600 Alyssa Verheem

A space for compassion, outreach, activism, and discussion. Movie nights, hikes, beach days, food pop ups, festivals, book discussions. Connecting college students and those in their twenties and thirties who want more vegan friends in their lives!

East County Vegans www.facebook.com/groups/716742741777636 Mychael McNeeley, Melanie Bazzell

For those interested in living a vegan life, this is a place to learn from and share. Need not live in East County, but please be willing to come out this way for events. Our group focus is community building.

Escondido Vegans www.facebook.com/groups/1224964567654839 Pepp Hernandez

Dedicated to vegan pastry, cuisine, & everything else free from animals! Share recipes, tips, art, or anything related to the beauty of preventing animal cruelty. Welcome members from Fallbrook, San Marcos, Vista, Julian, Ramona, Bonsall, Oceanside.

Imperial Beach Vegans www.facebook.com/groups/883594398508610 Brianna Bee

There are so many vegans across all of San Diego County, but as we know, Imperial Beach gets looked over for lots of things. Open to lifelong vegans, new vegans, and pre-vegans. Please respect each other's opinions and spread the vegan message in a positive way.

Losing For Good! www.facebook.com/groups/221315608623167 LeeAnn Neylans

Judgement-free support group for vegans losing weight in a supportive environment. Please consult with a medical professional beforehand. I claim no medical knowledge or expertise but will host meetings and provide information and written exercises.

North County Vegans www.facebook.com/groups/1557421857810943 Mychael McNeeley, Sarah Grace

This group is for vegans, only. We have meet ups around Fallbrook, Escondido, Bonsall, Vista, Oceanside, Carlsbad, and Encinitas. If you do not live in these areas you are welcome to join but be willing to come out this way for events.

Occupied Kumeyaay Territory (San Diego) Intersectional Vegans Groups

www.facebook.com/groups/584085815575254 Andina Aste-Nieto

Inclusive group for vegan/plant-based people of all identities. Posts will be dedicated to intersectional veganism and local opportunities for activism and direct actions we can attend together. This is about our collective vision! And BLACK LIVES MATTER.

Plant-Based and Vegan Asian Recipes and Food www.facebook.com/groups/541336940094590 David & Daniela Naidu

Focused on healthy and delicious Asian plant-based/vegan recipes, food, and cooking techniques. Chinese, Indian, Japanese, Thai, Vietnamese, Indonesian, Singaporean, Vietnamese, Malaysian, Korean, Filipino, Sri Lankan, Nepalese.

Plant-based Foodie Cooks (San Diego North County) www.facebook.com/groups/853265346175577 Leilani Gjellstad

Monthly potlucks, annual Dîner en Blanc (fancy dress-up picnic), holiday cookie swap! Share home-made dishes that are free of animal products. Invitations will be mostly managed outside of Facebook so please send the host an email or phone number.

PlantDiego Social www.facebook.com/groups/1711190239108740 Tracy Childs

Social group for PlantDiego organization in support for vegans, vegetarians and veg-curious folks in San Diego. Monthly events. Sharing of vegan recipes, tips for adapting recipes to WFPB, local events, restaurants with tasty, healthy food, travel tips.

Plants for Life San Diego www.facebook.com/groups/plantsforlifсандiego Joseph Matista

For those committed to improving their health with a whole food, plant-based diet, low SOS (Salt, Oil, Sugar). This group is to encourage each other to successfully make the transition and maintain the lifestyle for years to come. Transform your plate; transform your life!

San Diego Area Vegan & Vegetarian Housing www.facebook.com/groups/110469759605024 Katsuyo Fukuyama, Joe Dusel

For anyone who is renting out a room or looking for a room. This group is for housing-related posts only. Although lots of us are interested in food, animal rights, and related topics, off-topic posts will be regrettably removed.

San Diego Black Vegan Social www.facebook.com/groups/1704486272942847 Ivett Jo

For melanated vegans or those vegan-curious to grow, learn, and share their journey. One meal at a time, one product at a time, one person at a time, as melanated vegans, we will change our communities to be stronger!

San Diego Intersectional Vegans Happy Hour and Discussions

www.facebook.com/groups/719080211617866 Elyssa Paige Mercado

A primarily vegan group for San Diego who are learning about and supportive of intersectionality for socializing, support, learning, and accountability. The intention is for this to be a safe space collaboration.

San Diego Ladies Vegan Cooking Club www.facebook.com/groups/530590520335632 Katie Farina, Jennifer Nemeth

San Diego LGBTQ+ Single Vegans & Allies www.facebook.com/groups/381069286569506 Es Tee

We are an all-inclusive group for anyone single who is visiting or lives in San Diego and is looking for vegan partners, friendships within the LGBTQI+ community! We welcome all races, religions, abilities or disabilities, gender identities, and sexual orientations.

San Diego Plant-Based Athletes www.facebook.com/groups/2437070646527032 Kayla Rose Tawoda

Sharing enthusiasm, news, educational content, and events for the ever-growing San Diego Plant-based Athlete community.

San Diego Plant Based Eaters www.facebook.com/groups/SDPlantBased Paul McGuire

We welcome all people eating a plant based diet whether strict or flexible including vegetarians, and flexitarians.

San Diego Raw Vegans www.facebook.com/groups/635396853205084 Jennifer Joy, Tracy Childs

For Raw Vegans who are looking to connect with other Raw Vegans in the San Diego and Southern California area through potlucks/fruitlucks, meetups to create community and support each other to achieve optimum health!

San Diego Vegan, Arts, Creators & Holistic Pop-Up www.facebook.com/groups/490519908940582 Mei X Playmeite

Brings creators, artists, vegans, vegan foods/restaurants, holistic vendors, fitness & wellness and other local businesses together as a collective to raise the universal vibration!!

San Diego Vegan Book Club www.facebook.com/groups/2182794875333873 Mychael McNeeley, Phillip Palmejar

For vegans (or the vegan-aspiring) who love to read and discuss books. We'll focus on reading books pertaining to vegan nutrition, ethics, and spirituality. We can read one book every month and have a monthly discussion.

San Diego Vegan Chicks www.facebook.com/groups/344286339529649 Elisabeth Boss, Jamie Collaro

Where vegan women can interact, plan meetups, and talk about a vegan lifestyle in a safe and welcoming community. Welcomes all people identifying as female. LGBTQ friendly.

San Diego Vegan Community www.facebook.com/groups/sandiegovegancommunity Adam Crisis

We are a sarcastic bunch—we recognize everyone is on their own vegan journey and aren't judgmental, except regarding general intelligence. We are also a skeptical and often grumpy bunch. If this seems unpleasant, not everywhere is for everyone and that's ok!

San Diego Vegan Democrats www.facebook.com/groups/308306543352174 Chyann Cox, Dureen Nasser

Activist group fighting for vegan and Progressive Democratic values. For the people, for the planet, for the animals.

San Diego Vegan Events www.facebook.com/groups/vegan.amigos.vegans.together Kujo Kumro

Meeting other people with the same beliefs, diets and lifestyles. Vegan, plant based, vegetarian or curious about changing your diet—you are more than welcome, too. Formerly "Vegan & Plant Based San Diego."

San Diego Vegan Gal Pals www.facebook.com/groups/2836768779934256 Agnes Sokol

The purpose of this group is to make new vegan girlfriends in the SD area, support each other on our health journeys, and check out local vegan restaurants in the area!!

San Diego Vegan Girls www.facebook.com/groups/2727356870873783 Holly Kapusta

San Diego Vegan Runners www.facebook.com/groups/327155330989182 James Mscisz

For vegans who like to run. No need to worry about running slow; the more people the better. Single-paced group or multi-paced groups depending on who shows up. Perhaps start/finish near a vegan eatery.

San Diego Vegan Singles www.facebook.com/groups/939273729494842 JoanMarie Cartier, Evan Kaiser

A group where people can meet freely, talk about tofu dishes and the next animal rights rally they are heading, and go on dates at the plethora of vegan restaurants that San Diego has to offer. You must BE VEGAN to be in this group.

San Diego Vegans www.facebook.com/groups/sdvegans Jenna Sutter, Jared Meyer

We encourage, explore and celebrate being vegan in San Diego. Anyone in the world who is kind and cooperative can join our community no matter how they self-identify. We discuss food, recipes, nutrition, restaurants, entertainment, shopping, design, home decor, entrepreneurship, work/life, and even relationships. We support local businesses in promoting their vegan-friendly goods and services.

SD Vegan pop-up Potlucks! www.facebook.com/groups/124130251607528 Shayna Muller

Whenever there is an upcoming potluck, please make an event and post it to this group. Invite your friends!

South County Vegans www.facebook.com/groups/1634039293506761 Amy Spintman

For vegans and those interested in living a vegan life. A place to learn from and share with each other. If you do not live in the South County, you are welcome to join, but please be willing to come out this way for events.

Super Vegans www.facebook.com/groups/supervegansacademy Aaron Chaney

Mastering Plant Based Nutrition and Mindset For Busy Parents. Helping Vegans Burn Fat and Build Muscle Without The Stress Of Doing It On Their Own. Transforming mind and body. Formerly "Super Vegans Academy."

Valley Center Vegans www.facebook.com/groups/1378694815573266 Anaid Nissan

Vegan/plant based, learning, or curious. Recipe exchange, support, etc.

Vegan Business Exchange San Diego www.facebook.com/groups/veganbusinesssandiego Kay Sparkles, Jonathan Bentley

Helps the vegan movement grow through commerce. For vegan business owners and non-profits (no MLMs) to gather for mastermind meetings, networking, markets/pop ups, workshops, and launch parties!

Vegan co-op of San Diego www.facebook.com/groups/400920396749550 Kathy Kelly, Gina Marsh

A place to trade vegan goods and other items without money. Many items are free for the taking.

Vegan Comfort Kitchen www.facebook.com/groups/vegancomfortkitchen Connie Edwards McGaughy, Madison McGaughy

Members share their favorite vegan recipes, ask and give cooking advice, or chat about the goodness of vegan living. I would LOVE to invite anyone (vegan or not) to join.

Vegan Dog Friendly Jews of San Diego www.facebook.com/groups/veganjewssandiego Jonathan Bentley

A place where we all can meet, enjoy fluffies and vegan Judaism. This is for those who are observant and want to celebrate Jewish holidays with their whole families including fluffies and who are vegan.

Vegan For Foodies www.facebook.com/groups/Vegan4foodies Cindy Gutierrez, Jeff Haag

Exchange vegan food photos, recipes, and chop it up. Post your recipe or just a photo of your lunch or dinner! Feel free to join even if you are not vegan! This group is for inspiration. Whole food, Raw food, Vegan Food...it's all vegan, and it's all welcome here!

Vegan in San Diego Community www.facebook.com/groups/131879467457696 Carly Morales, Kelly Bone

Vegan in San Diego supports all things vegan in the county of San Diego. This group serves to support the community: networking projects and businesses, alerting each other to vegan options, planning events, and more! (Must answer entry questions to be accepted.)

Vegan Junk Food www.facebook.com/groups/junkfoodvegans Roger Lane

The days of only tofu, salad, & hummus are over. Post away with all your favorite (vegan only) junk-to-gourmet food pictures. Homemade or while out & about in our favorite restaurants, new found restaurants, food trucks, bars, etc.

Vegan Ladies San Diego www.facebook.com/groups/2067964576857151 Michelle May, Tiffani Wells, Cherie Harrington

Resource to help vegan ladies thrive in their animal advocacy and professional development. Safe space to gather and support each other's careers. We believe diversity makes us stronger. Formerly "Vegan Ladyboss San Diego."

Vegan Music Guild www.facebook.com/groups/574922856276408

Group for like-minded music makers to network and grow our passions into projects that help spread the vegan message of peace, compassion, kindness, ahimsa, and equality to encourage more love for all species and our one and only planet earth.

Vegan women of LA and surrounding areas meet up www.facebook.com/groups/1289504681914417 Diosa Vegana

Alternating meet ups in Los Angeles and San Diego areas. Have potlucks, try new vegan restaurants and events, or even do anything at all like theme parks or hiking. Poll members to decide what to do each month and arrange carpools. Children or pets are welcome.

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

Vegans of South Bay SD www.facebook.com/groups/375198419579020 **Charisma Gallegos**

South Bay is probably one of the communities least exposed to veganism in all of San Diego. It's important to spread awareness everywhere, especially in the places we live!! So if you are from South Bay, join this group!

Vegans With Attitude / Livin In The Plant Power 'Hood www.facebook.com/groups/480114985510609 **Kath Walker**

Vegans have moxie, charisma, 10,000 megawatt personalities, & incandescent smiles. Vegans aren't weighed down with excess baggage comprised of guilt, regret, & uncertainty. Vegans are out there, doing it for the animals, the planet, & their neighbors! Join us!

Vegan San Diego www.facebook.com/groups/Vegan.San.Diego

A place to share vegan-friendly establishments around the city. Where to eat and shop in the city that's vegan friendly. Feel free to join, post, and invite your friends.

Vegetarian San Diego www.facebook.com/vegetarian.sandiego **David**

A place for vegetarians, vegans, almost-vegetarians, and veg-curious omnivores to learn about the joys of plant-based eating. Features only 100% plant-based foods.

Facebook Family Groups

North County San Diego Vegan Families www.facebook.com/groups/1922516701394404 **Kristi K DM**

For vegan and transitioning vegan families in North County who are looking to make friends, meetup for playdates, activities, etc.



San Diego Vegan and Vegetarian Families www.facebook.com/groups/1736715819947329 **Rachel Filtz-Zavatsky**

San Diego veg*n families looking for support from the community with similar interests as well as planning events and meetings.

San Diego Vegan Moms www.facebook.com/groups/154178718383506 **Leafy Molly**

For moms to connect, make friendships, and give each other support. Share recipes, inspiration, and discuss all things vegan. No graphic photos or videos, please.

Vegan Family Support N. Co. San Diego www.facebook.com/groups/801582709956374 **Jana Craciunescu & others**

For the vegan curious and already established vegan families. We will gather to play, eat, learn and advocate for animals together!

Vegan Parents San Diego Area www.facebook.com/groups/1522789628054174 **Whitney Shanahan**

Looking to meet other vegan parents and kids for play groups, meet ups and activities in the San Diego County area.



VeganDiego Resources

MaxVegan HEALth Topics: [Humans](#), [Environment](#), [Animals](#), [Learning](#) www.maxlearning.net/health.htm

Foreign Language V-Cards: Ensuring cruelty-free meals/groceries while traveling www.maxlearning.net/HEALth/V-Cards.pdf

MaxVegan No-SOS Recipes: Toppings, Meals, Treats. No refined Salt-Oil-Sugar www.maxlearning.net/HEALth/MaxVeganRecipes.htm

VeganDiegoBlog: Veganizing the world through dining & online activism www.maxlearning.net/HEALth/VeganDiegoBlog.pdf

Vegan Adventures

Years ago, 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. 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, ranging in age from 18-70, nearly doubled that with 82% (14 of 17) of us reaching the peak!

PAST / REPEAT EXPEDITIONS

Although I won't be going on these again, promoting carbon-neutral vegan adventures is part of my outreach efforts, and the respective guide companies are eager to host new groups for the following trips. If you are interested in volunteering to organize a repeat expedition, you'll have the opportunity to choose the dates, negotiate the itinerary & pricing, and recruit participants (minimum of 4 people, with quantity discounts for more). I'm ready to advise, assist, and promote as needed.

1. Vegan Kilimanjaro (Feb 2018: 17 participants) <https://www.facebook.com/vegankili>
2. Vegan Antarctica (Feb 2019: 17 participants) <https://www.facebook.com/VeganAntarctica>
(Two-year covid hiatus)
3. Vegan Inca Trail (Apr 2022: 12 participants) <https://www.facebook.com/VeganInca>
4. Vegan Uganda Gorillas (Feb 2023: 18 participants) <https://www.facebook.com/VeganUgandaGorillas>
5. Vegan Dolomites (Jun 2024: 18 participants) <https://www.facebook.com/VeganDolomites>
6. Vegan Borneo Orangutans (May 2025: 17 participants) <https://www.facebook.com/VeganBorneoOrangutans>

Another epic adventure, from hiking on Mt Kinabalu, Malaysia's highest peak, to visiting orangutan and sun bear sanctuaries, to spotting exotic wildlife on jungle walks and riverboat cruises, to snorkeling and close encounters with massive dragons on the Komodo Islands!

UP NEXT

Vegan Iceland – July 2026

Over 20 teammates have signed up! Dates depend on hut availability.

- * Explore the capital city of Reykjavik and relax in nearby hot springs
- * Backpack the famous Laugavegur Trail (tent or hut-to-hut)
- * Take a roadtrip to the most iconic sites of the Golden Circle and South Coast
- * Fly to Greenland and back



FUTURE EXPEDITIONS

8. 2027 Vegan Bhutan-Nepal-Tibet (with optional flight from Katmandu to see Mt. Everest from the air)
9. 2028 Vegan Madagascar Lemurs (with optional side trip to Victoria Falls)

Disclaimer

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. If I'm offered a free trip or incentive, I divide its value by the number of participants so we can all share in the savings. My goal is to have compatible travel companies and companions while demonstrating that a vegan lifestyle can be fun and adventurous!

Mike Weinberg, San Diego, California

Email
mike.weinberg1952@gmail.com
to be added to the interest list
for any adventure.



Free iPhone App
V Cards: Vegan Abroad



V-Cards

Ensuring cruelty-free meals while educating foreign eateries & stores about vegan options!

www.maxlearning.net/HEALth/V-Cards.pdf

Reload/refresh webpage to ensure latest update!

To Use V-Cards

Please patronize 100% vegan restaurants—they need our support! But if none are available, most non-vegan eateries and grocery stores are eager for your business. Prepare V-Cards as detailed at the top of the desired language page, then hand one to your waiter or store staff.



Offline Access

Opening this file on a smartphone stores it in a download folder as **V-Cards.pdf**, which you can access with a File Manager app.



V-Cards are available at no charge in over 100 languages. I originally created them with Google Translate, which is machine generated and has led to some humorous translations. For example, on the Arabic V-Card, “oil” (under “No Animal Products”) was translated as “petrol.” On the Danish V-Card the “No Meat” translation was interpreted as “Not tonight, honey!” And on some of the Asian V-Cards, “No whites” (as in egg) translated to “No white people.”

I welcome the generous help of native speakers in improving the translations. If you are fluent in one of the listed languages and notice errors in its V-Card, please email corrections to me at mike.weinberg1952@gmail.com.

A satisfied user emailed the following message with a photo of her laminated Portuguese V-Card:

Thank you for the vegan card, it was very useful for my Camino, both Camino Frances and Camino Portuguese. This is a pilgrimage road, Camino de Santiago. Check out Martin Sheen’s movie “The Way.” You will love it!

I AM VEGAN

Plant foods only please!

NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

NO EGG

No whites, albumen, yolk...

NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

EU SOU VEGANO / A

Alimentos de plantas somente, por favor!

SEM CARNE

Sem mamíferos, aves, peixes, frutos do mar, insetos, molho ou caldo deles...

SEM OVO

Sem clara, albumina, gema...

SEM LACTICÍNIOS

Sem leite, queijo, iogurte, soro do leite, caseína, lactose...

SEM PRODUTOS ANIMAIS

Sem mel, gelatina, banha, óleo, sangue, osso, gordura...

[Portuguese]

Subject: V-Cards / The Way





MaxVegan No-SOS Recipes

www.maxlearning.net/HEALth/MaxVeganRecipes.htm

For optimum health, MaxVegan (MV) recipes use No refined Salt, Oil, or Sugar.

We crave and need sodium, fat, & glucose in our diets, but in lower amounts and primarily from whole, unrefined, minimally-processed foods. From sauces & dressings to main dishes & desserts, MaxVegan No-SOS Recipes appear in a unique visual format that aids setup, reduces errors, and minimizes wordy instructions. Recipes are kept short by combining items from sub recipes, often premade and stored or frozen for future use.

For new items, I typically search for and modify several online recipes that I'll either need to veganize or make no-SOS. If a recipe calls for salt, I'll use soy sauce (I prefer Bragg Liquid Aminos), which has about 1/8 the sodium of salt. For sweetness, instead of table sugar, I'll substitute date sugar (dried, ground-up dates—a whole food), erythritol (a low-glycemic, anti-cavity sugar alcohol typically derived from corn), or maple syrup.

Here's the recipe process depicted on page 2 of MV Recipe Basics at

www.maxlearning.net/HEALth/MVRecipeBasics.pdf

To avoid double adding if distracted, used ingredients are moved to the other side of the blender.

Visual Recipes

Aid Setup / Reduce Errors

MaxVegan Sour Cream (5/6/17)

| Revision date (5/6/17) | | Numbered ingredients | |
|------------------------|--------------------------|----------------------|-----------------|
| 5 | 1 T MV Tahini | 4 | 1 T lemon juice |
| 3 | 1 T apple cider vinegar | 2 | 1 tsp soy sauce |
| 1 | 1 1/2 C firm silken tofu | | |

Container:

* Shopping/prep tips

- * Premake MV Roasted Tahini.
- * Mori-Nu silken tofu is sold in 12.3 oz (~1 1/2 C) aseptic (sterile), non-refrigerated boxes.
- Add ingredients in order.
- Blend thoroughly.
- Makes ~1 1/2 cups. Keep refrigerated.
- Use on MV VegBowl / Pasta / Chili / Stew / Roasted Veggies, mashed potatoes, soups.
- Storage/usage tips

Steps:

Utensils: Scissors

Measurers: 1/2 C, C

Catch Plate:

Recipe Binder



Print and place recipes 2 pages back-to-back in 3-hole plastic sleeves to protect them from ingredient spills.

Periodically check revision dates, as recipes may have been modified or improved.



Organize recipes in a 3-hole binder:

- * MV Toppings
- * MV Meals
- * MV Treats

Remove sheet when following a recipe.



Attach a clip to the desired recipe so you don't lose track of the one you're making.

To be notified when recipes are added or updated,
Like & Follow www.facebook.com/MaxVeganRecipes



VeganDiegoBlog

Veganizing the world through dining choices & online activism!

www.maxlearning.net/HEALth/VeganDiegoBlog.pdf



Become an Online Activist!

This blog tackles controversial topics (see next page), but its focus is online activism, planting seeds that challenge omnivores' casual use and consumption of animals. If you're passionate about veganism and like to write, you can help counteract the anti-animal, pro-meat bias of many commenters to online publications. If nothing else, you can Like or Respect pro-animal-rights comments to show there are readers who care. On the occasions when someone replies to my comments, sometimes rudely or sarcastically, I strive to seek common ground.

Recent Online Posts & Discussions

Why do people still buy cow's milk?

<https://www.facebook.com/groups/veganplantbasedmealideas/posts/24665751229772702/>

- David Orlins: Easy answer. Dairy milk costs at least half as much. Not much incentive for those on a budget.
- Me: A blender, water, and oats or nuts, with an optional sweetener like maple syrup, is all you need to make your own, inexpensive plant milk.
- Carlos Vargas: and at the end, it would be cheaper to buy REAL milk.
- Are you sure cows milk is cheaper? I blend my own milk with 4 cups water and 1/2 cup oatmeal for pennies. No growth hormones (cows must be pregnant to make milk) or pus (allowed by law due to infected teets from milking machines). For years, I had severe acid reflux, even with prescription antacid meds. A week after quitting dairy, my reflux vanished!
- Carlos Vargas: oatmeal is cheap, nuts are not. BTW, you are not producing "oat milk", I have no known that for decades as oatmeal water; there is a big gap from there to milk. I have to go, I got some lemons and I'll make some lemon milk.
- Me: Per the Merriam-Webster dictionary: MILK noun \ 'milk \ plural milks. Definition (Entry 1 of 3) 1a: a fluid secreted by the mammary glands of females for the nourishment of their young b(1): milk from an animal and especially a cow used as food by people (2): a food product produced from seeds or fruit that resembles and is used similarly to cow's milk. //vegan milk //dairy-free milks— see also almond milk, coconut milk, oat milk, soy milk. 2: a liquid resembling milk in appearance: such as a: the latex of a plant. b: the contents of an unripe kernel of grain. 3: lactation //cows in milk
- Carlos Vargas: sure... If you are happy calling that oat milk. I don't really care.
- David Orlins: good for you. I have never had any health issues related to any foods. No intolerances, no sensitivities, no allergies. But you seemed to have missed the point of this meme entirely. It's talking about grocery store options. People who are financially strapped are not going to even test the waters to see if an alternative might be viable for them. So chances are slim to none that they will even think to try making this at home if they are not already plant based. My sister is not a vegetarian at all but only buys plant based milk. She is fortunate enough to be able to afford it so she took the leap to try it. Those struggling financially won't ever bother to try it due to the price difference.
- Me: You're very fortunate you have no food intolerances. And you're likely right regarding dairy vs plant milk pricing, but here's the reason: "Currently, the U.S. government spends \$38 billion each year to subsidize meat and dairy products, while only \$17 million – 0.04% as much – goes to fruit and vegetable farmers."
- David Orlins: I can't change the policy but as it stands now, I'm sticking with the answer I gave regarding the question this meme imposes.

Can a vegan feed their animals with other animals...?

<https://www.facebook.com/groups/126322004672/permalink/10164135185679673/>

Per the following Facebook groups, there's no need to kill hundreds of equally sentient animals to keep one's precious pet alive.

* Vegan Dog Nutrition (19K members) www.facebook.com/groups/vegandognutrition

* Vegan Cats (10K members) www.facebook.com/groups/126322004672

Annual Turkey Giveaway

(email from Dr. Akilah Weber Pierson, CA State Senate District 39)

Dear Senator Pierson. As vegan constituents living in CA Senate District 39, we are greatly disturbed about your Annual Turkey Giveaway, especially when it is (ironically) coupled with "free health resources." First of all, turkey is decidedly *not* healthy:

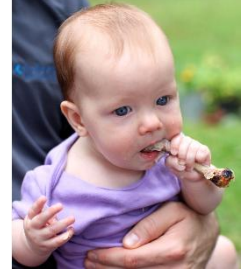
<https://nutritionfacts.org/topics/turkey/>. Secondly, beheading millions of sentient creatures merely for tradition or taste buds is clear animal abuse: <https://www.peta.org/features/thanksgiving-grace/>. We hope in the future, you'll include constituents of all dietary persuasions by offering only wholesome, plant-based food giveaways.

From VeganDiegoBlog



Watching a Crime / Eating Not?

In the U.S., it's (rightly) a federal crime to attend a dog or cock fight where people entertain themselves by *watching* animals. It's a felony to bring a child to such an event. So why is it not a crime for people to entertain themselves by *eating* animals? Why is it not a felony to feed a child animal products?



Cross Contamination

Should you decide to patronize or host an event at a non-vegan eatery, be sure to ask whether their “veg” offerings are flavored with fish or oyster sauce (Asian), lard (Mexican), ghee (Indian), or chicken stock (American).



Also ask if they cook all their food on the same grill or in the same pots with the same utensils, which greatly increases the chances of cross-contamination. Even if the foods never touch, heated particles of yucky, unhealthy animal grease will inevitably float from the meat to your veggies.

If you have no option but to order food from a non-vegan eatery, especially in a foreign country, hand or show the staff the appropriate V-Card from <https://www.maxlearning.net/HEALth/V-Cards.pdf>. To avoid the discomfort of dining with others who are hurting (eating) animals, order the food “to go,” and eat it in more peaceful surroundings.

I Am a Speciesist

Speciesism: Prejudice or discrimination based on species.

As a species, humans are genetically wired to preserve first themselves then, by extension, their families, friends, community, and nation. Of course, this order of priority can be altered by love, duty, or altruism, for example, when an adult sacrifices his/her own life to save a foreigner's child.



But when it comes to preserving non-human animals, given an *either-or* choice, it's difficult *not* to be a speciesist. For example, I would most likely save a human over an animal (but not a Hitler over a hound). And I'd likely save a mammal or bird over an insect. So, by definition, I am a speciesist.

On the other hand, every living creature has a right to its own life. It is not mine to take, unless I have no other choice (e.g., eating for survival, halting the spread of disease, self-defense from attack).

Science is discovering that animals have a multitude of abilities, many obviously superior to humans (see farther, smell better, run faster, fly, etc.). In fact, it's only the so-called “superior” human species that kills wantonly and is in the process of destroying the global environment for all other species.

*All animals
have a
right to
their own
lives.*

All animals have social structures, use languages, and want to survive. Even insects feel emotion (fear, pain, anger) because it helps them survive. Ants use tools and teach one another. Based on similarities in DNA, we are all related. Speciesists or not, it's wrong to kill other species for profit or pleasure.

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and mention **VeganDiego**

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With the purchase of any sandwich or burger.
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North Park: 2611 El Cajon Blvd * 619-550-1818
<http://evolutionfastfood.com>

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Maximum 6 people per coupon.
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www.facebook.com/donnajeansd

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Not valid with other offers.

Grossmont Mall Food Court * 760-716-6420
www.facebook.com/elveganitosd

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One coupon per visit. Not valid with other offers.

In Old Town's Fiesta De Reyes
2750 Juan St. (across from golf course)

858-848-1781 * <https://nibblechocolate.com>

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Buddha Foods



**Free Roasted Pecans
on any Veggie Bowl
(\$2 value!)**

One-time use coupon per person.
Not valid with other offers.

Call or visit website for locations.

858-226-2250
www.eatlikebuddhas.com

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Fermented Foods

Sauerkraut, Kimchi,
Kombucha, & more!

10% OFF entire order

<https://edible-alchemy.net>

Visit website for Farmer's Market & retail locations

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Vegans have ethics.

Omnivores have excuses.