A Resource Guide for Being Vegan in the Capital Region

For ALL the Right Reasons

Capital Region Vegan Network empowers our community to adopt and maintain a vegan lifestyle through outreach, education, support, and advocacy.
Capital Region Vegan Network has prepared this guide to support people who are interested in vegan resources in the region. We are very fortunate to live in an area where we can readily access vegan food and products.

In this guide, we have included a list of vegan and vegan-friendly restaurants in Albany, Rensselaer, Saratoga, Schenectady, and Schoharie counties. We’ve also included lists of stores where you can easily find vegan food, health and beauty products, and clothing items, along with helpful tips when shopping for cruelty-free products.

If you would like additional assistance or support in becoming vegan or just incorporating more plants and/or animal-free foods into your diet, please consider becoming an annual member of Capital Region Vegan Network (information on back cover) and following us on social media for recipe ideas and up-to-date news stories as vegan history is made every day.

If you have any questions regarding where to find vegan products, you can also contact us at info@capregionvegans.org or through any of our social media channels.

We hope these resources will help both new and experienced vegans thrive in the Capital Region, and we hope to see you at our events throughout the year!

Sincerely,

Sarah

Sarah A. Shearer, Esq.
Executive Director
Capital Region Vegan Network
**ALBANY AND NEARBY**

3Fish Coffee: https://www.facebook.com/3FishCoffee/

Aashiana: Middle Eastern
http://aashianany.com/8145

Ama Cocina: Mexican
http://www.amacocina.com

Athos Restaurant:
Greek/Mediterranean
https://www.athosrestaurant.com

Barcelona Restaurant:
Spanish/Mediterranean
http://www.barcelona-albany.com

Bare: Smoothies, bowls, juice
https://bareblends.com/


Blaze Pizza: Vegan cheese
http://www.blazepizza.com

Bombers Burrito Bar: Mexican
www.bombersburritobar.com

Bountiful Bread: Counter cafe
https://bountifulbread.com/

Café 217: http://susiespub.com/secretsusies/cafe-217

Café Madison: Breakfast/lunch
www.cafemadisonalbany.com

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Adapted from list compiled by 518 Vegans:

All restaurants listed here offer vegan options.

100% vegan menus: V
100% vegetarian: Veg

Cheesecake Factory: American
http://thegreenplate.com/blog/so-a-vegan-walks-into-the-cheesecake-factory

City Line Bar & Grill: American
https://www.citylinebar.com

CoreLife Eatery: Counter-serve bowls, salads & soups
www.corelifeeatery.com/locations/

Crave Burgers: Beyond Burger
https://cravealbany.com/

Delaware Supply Craft Beer Bar:
Light fare. www.facebook.com/delawaresupply

DP Dough: Calzones, vegan cheese; Berben & Wolff’s items available
https://www.dpdough.com

El Loco: Mexican
www.ellocomexicancafe.com

El Mariachi: Mexican
http://elmariachisrestaurant.com
WHERE TO DINE OUT

El Patron: Mexican
No website available

Veg Healthy on Lark: Small café
http://www.healthyonlark.com

Ichiban: Japanese
www.ichibanjapanesechinese.com

Iron Gate Café: Breakfast/lunch
http://www.irongatecafe.com

Junior’s Bar & Grill: Pub
www.juniorsbarandgrill.com/juniors-albany

Lazeez: Indian
http://www.eatlazeez.com

Little Anthony’s Pizza: Vegan cheese/meats, other vegan options
https://littleanthony’s.org

Maggie McFly’s: Impossible Burger and other vegan options
www.maggiemcflys.com/albanyny

Maharaja Indian Restaurant: http://www.maharajaofalbany.com

Mamoun’s: Mediterranean
http://www.mamounsalbany.com

Margarita City: Mexican
https://www.margarita-city.com/

McGeary’s: Pub
http://www.mcgearyspub.com

New World Bistro: Global
http://newworldbistrobar.com

Oscar’s Pizza/Subs: Vegan cheese
https://www.oscarspizzamenu.com

O’Toole’s Restaurant: Irish pub
Beyond Burger available
http://otoolesalbany.com

Pad Thai Noodle:
http://www.padthai-albany.com

P.F. Chang’s: Asian
http://thegreenplate.com/blog/so-a-vegan-walks-into-pf-changs

Pho Yum: Vietnamese,
http://www.pho-yum.com

Poke Bar, Lark Street: Fast-casual
http://larkstpokebar.com

Professor Java’s Coffee Sanctuary
http://www.professorjavas.us

Recovery Sports Grill: Sports bar
Gardein wings & Beyond Burger
www.recoverysportsgrill.com

Restaurant Navona: Modern Italian and Mediterranean
http://restaurantnavona.com/

Savoy Taproom: American
http://www.savoyonlark.com

Spinners Pizza & Subs:
www.spinnerspizzaalbany.com/

Steuben St. Market: Deli & cafe
http://steubenstmarket.com

Sukhothai: Thai
http://www.sukhothaialbany.com

ALBANY CITY AND NEARBY
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**Sweet Basil Thai:**
www.sweetbasilthaialbany.com

**Taj Fine Indian Cuisine:**
http://www.tajofglenmont.com

**Tanpopo Ramen:** Asian
tanpopoalbany.com/index.php

**TapAsia:**
http://www.tapasiaonlark.com

**The City Beer Hall:** Pub
http://thecitybeerhall.com

**The Hollow Bar & Kitchen:** American
http://thehollowalbany.com

**The Orchard:** American
www.orchardtavernalbany.com/vegan-menu

**The Point:** Restaurant & bar
www.thepointalbany.com/

**Umana Restaurant & Wine Bar:**
Global street food, Ethiopian
www.umanaрестaurant.com

**Van’s Vietnamese Restaurant:**
www.vansrestaurantny.com

**BETHLEHEM**

**Empire Wok:** Chinese
www.happycow.net/reviews/empire-wok-delmar-29986

**Shalimar:** Indian
http://www.goshalimar.com

**LATHAM**

**Ala Shanghai:** Chinese
www.alashanghai.net/default.html

**Celadon Thai Restaurant:**
www.celadonthairestaurant.com

**CoreLife Eatery:** Counter-serve bowls, salads & soups
www.corelifeeatery.com/locations/

**Elevation Burger:** Fast food
http://elevationburger.com

**Garden Bistro 24:** Vegan burger and soups sometimes: call ahead
http://gardenbistro24.com

**Karavalli:** Indian
http://www.karavalli.com

**Tamarind Thai:**
www.tamarindthailatham.com

**White Apron Galleria 7:** Food court with smoothies, wraps, bowls
http://the-white-apron-galleria-7-market.business.site

**WATERVLIET**

**Sadudee:** Thai
sadudeethaifood.com/home.html
AVERRILL PARK

Westfall Station Cafe: American
www.westfallstationcafe.com

TROY

Berben & Wolff’s Vegan Delicatessen:
http://berben-and-wolffs.cafe-inspector.com

Brown’s Brewing Troy Taproom
https://brownsbrewing.com/troy-taproom

Burrito Burrito: Tex-Mex
www.burritosquared.com

Carmen’s Cafe: Cuban/Spanish
https://carmenscafetroy.com

DeFazio’s Pizzeria: Vegan cheese
www.defaziospizza.com

First Choice Caribbean: Jamaican
firstchoicecaribbean.com/8087

Franklin Alley Social Club:
vegan hot dogs and bean chili
www.franklinalleysocialclub.com/

Harrison’s Corner Market & Deli:
www.grubhub.com/restaurant/
harrisons-corner-market-96-congress-st-troy/609837

Junior’s Bar and Grill: Pub
www.juniorsbarandgrill.com/north-greenbush

Little Pecks: Cafe
http://www.littlepecks.com

Liza’s: Smoothies, bowls, etc.
www.lizasoftroy.com

Muddaddy Flats Quesadillary:
https://muddaddyflats.com

Nighthawks: Bar & cafe
facebook.com/nighthawkstroy

Pizza Da Vinci: Vegan cheese
www.thepizzadavinci.com

Shalimar: Indian
http://www.shalimarny.com

Slidin’ Dirty: Sliders & sides
http://slidindirty.com

Sunhee’s Farm & Kitchen: Korean
https://www.sunhees.com

Tara Kitchen: Moroccan
http://www.tarakitchen.com

The Greek House:
http://www.thegreekhouse.net

The Ruck: Pub
https://www.getrucked.com

Wolff’s Biergarten: German
www.wolffsbiergarten.com/troy-new-york
BALLSTON SPA

Alaturco Mediterranean Grill: www.alaturcogrill.com/index.html

Iron Roost: Breakfast/lunch www.ironroost.com

CLIFTON PARK

Veg Antipasto’s: Italian http://www.antipastos.com

Blaze Pizza: Vegan cheese http://www.blazepizza.com

CoreLife Eatery: Counter-serve bowls, salads & soups https://corelifeeatery.com/

Dog Haus Biergarten: Burgers, etc. https://cliftonpark.doghaus.com/

Fruit Loop: Bowls, smoothies, etc. www.fruitloopcliftonpark.com/

La Fiesta: Mexican www.lafiestamexican.com

Oh Corn! Arepas & More: Venezuelan, counter-serve www.ohcornarepas.com

Saigon Spring: Vietnamese saigonspring.squarespace.com

Shalimar: Indian www.shalimarcliftonpark.com

Sushi Thai at the Park: www.sushithaiatthepark.com

HALFMOON

Sparx Fine Chinese Cuisine: http://www.sparxcuisine.com/

MALTA

Wired Coffee Roasters: Cafe https://www.facebook.com/wiredcoffeeroastersny/

SARATOGA SPRINGS

Boca Bistro: Spanish/tapas http://bocabistro.com

Cantina: Mexican https://www.cantinasaratoga.com/

Country Corner Cafe: Breakfast/lunch: soy milk and tofu scramble http://countrycornercafe.net/

Esperanto: Casual Cafe http://esperantosaratoga.com

Farmers Hardware: Breakfast/lunch, Wednesday-Sunday farmershardwaresaratoga.com/

Veg Four Seasons Café: Buffet foursseasonsnaturalfoods.com

Karavalli: Indian http://www.karavallisaratoga.com

Kraverie: Korean BBQ http://kraveriesaratoga.com

Little India: saratogalittleindiarestaurant.com
SARATOGA AND SCHENECTADY COUNTIES

Putnam’s Restaurant & Bar (at the Gideon Putnam): American  
www.gideonputnam.com

Scallions: American  
www.scallionsrestaurant.com

Sushi Thai Garden:  
http://sushithaigarden.com

The Falafel Den: Mediterranean  
www.falafelden.com

Three Vines Bistro: Italian  
http://www.threevinesbistro.com

Urban Roots: Juice & avocado  
https://urbanrootsjuice.com/

Wheatfields: Italian  
http://wheatfields.com/saratoga

Whole Harvest: Sandwiches, smoothies, bowls  
www.wholeharvestco.com/

DUANESBURG

Peppino’s Pizza:  
/www.facebook.com/peppinos518

SCHENECTADY

Ambition Coffee: Urban bistro  
https://ambitionbistro.com

Blaze Pizza: Vegan cheese  
http://www.blazepizza.com

Bombers Burrito Bar: Mexican  
www.bombersburritobar.com

Celadon Thai Restaurant:  
www.celadonthaierestaurant.com

Centre Street Pub:  
www.centrestreetpub.com

City Squire Ale House:  
Impossible Burger  
http://citysquirealehouse.com/

Jasmine Thai Restaurant:  
jasminethaierestaurant.webs.com

Mexican Radio:  
http://mexrad.com

Moon & River Café:  
http://moonandrivercafe.com

More Perreca’s: Cafe  
http://perrecasbakery.com

Taj Mahal Restaurant: Indian  
http://www.tmahalrestaurant.com

Tara Kitchen: Moroccan  
http://www.tarakitchen.com

The Happy Cappuccino: Coffee  
http://thehappycappuccino.com/

Wolff’s Biergarten: German  
www.wolffsbiergarten.com/schenectady-new-york

Zen: Asian  
www.zenasianfusionlounge.com
SCOTIA

Jade Bistro: Thai/Asian  
http://www.jadebistroscotia.com

Mohawk Taproom & Grill:  
Beyond Burger available  
www.mohawktaproom.com

Waters Edge Lighthouse: American  
thewatersedgelighthouse.com

MIDDLEBURGH

Hen and the Hound Bistro:  
www.henandhoundbistro.com

SCHOHARIE

El Taco Shack: Mexican  
www.facebook.com/El-Taco-Shack-149036075828110

GROCERIES

Healthy Living Market & Cafe  
3065 Route 50 (Wilton Mall)  
Saratoga Springs, NY 12866  
https://healthylivingmarket.com/saratoga

Honest Weight Food Co-op  
100 Watervliet Avenue  
Albany, NY 12206  
https://www.honestweight.coop

Trader Joe’s  
79 Wolf Road, Colonie, NY 12205  
https://www.traderjoes.com

Whole Foods  
1425 Central Avenue  
Albany, NY 12205  
www.wholefoodsmarket.com

The Fresh Market  
52 Marion Avenue  
Saratoga Springs, NY 12866  
(OR) 664 New Loudon Road  
Latham, NY 12110  
www.thefreshmarket.com

SCHENECTADY AND SCHOHARIE COUNTIES

HEALTH & BEAUTY

Lush Cosmetics  
1 Crossgates Mall Rd Space D102, Albany, NY 12203  
https://www.lushusa.com

Pure Elements Salon  
1728 Western Avenue  
Albany, NY 12203  
https://pure-elements-salon.com

CLOTHING

The Vegan Outfitter  
152 4th St Troy, NY 12180  
https://www.facebook.com/theveganoutfitter/

BED & BREAKFAST

Red Robin Song Guest House  
94 Schoolhouse Road  
New Lebanon, NY 12125  
redrobinsongguesthouse.com
CRUELTY-FREE CHOICES GO BEYOND FOOD

Many companies test their cosmetics, cleaning and personal-care products on animals and/or use animal-derived ingredients in their formulas.

Look for these logos on package labels to help you tell at a glance if a product is vegan and cruelty-free.

There are similar vegan and cruelty-free logos in common use, but the ones shown here come from trusted organizations so you can feel confident in your decision to purchase when you see these on labels.
Look out for the following animal-derived ingredients in personal-care products:

- allantoin
- alpha-hydroxy acids (often in anti-wrinkle creams and exfoliants)
- ambergris
- arachidonic acid
- beeswax (cera alba)
- biotin (often in shampoos)
- caprylic acid
- carmine (carminic acid)
- cochineal
- castor (castoreum – from beavers’ anal glands)
- cerebrosides
- cetyl alcohol
- cholesterol
- collagen
- chitosan
- L-cysteine
- cystine
- emu oil
- estrogen (estradiol)
- fish scales (shimmery makeup)
- gelatin
- glycerin
- guanine
- honey
- hyaluronic acid
- keratin
- lanolin (and various derivatives, including triterpene alcohol)
- lard
- linoleic acid
- lecithin
- monoglycerides, glycerides
- mink oil
- myristic acid
- oleic acids
- oleyl alcohol
- nucleic acids
- panthenol (provitamin B5 and derivatives)
- palmitic acid
- polypeptides
- polysorbates
- pristane
- progesterone
- propolis
- shellac
- RNA
- royal jelly
- silk / silk powder
- snails
- squalene
- stearic acid
- turtle oil
- urea (uric acid)

Grocery and drug stores carry a variety of cruelty-free laundry detergents, dish soaps, spray cleaners, hand soaps, furniture cleaners, bath and toilet cleaners, floor cleaners and wood polish, including these brands:

- Attitude
- Astonish
- Biokleen
- Better Life
- Clean Well
- ECOS
- Method
- Mrs. Meyer’s
- Clean Day
- Seventh Generation
- Sun & Earth
**Cruelty Free Kitty compiled this list**
(For more information, visit www.crueltyfreekitty.com)

| 1.  | BECCA                          | 27. | DUWOP                           |
| 2.  | ANASTASIA BEVERLY HILLS        | 28. | BARE MINERALS                   |
| 3.  | HOURGLASS                      | 29. | BUXOM                           |
| 4.  | URBAN DECAY                    | 30. | THEBODYSHOP                     |
| 5.  | ILLAMASQUA                     | 31. | LUSH                            |
| 6.  | TOO FACED                     | 32. | EYEKO                           |
| 7.  | NARS                           | 33. | ARDENCY INN                     |
| 8.  | MILK MAKEUP                    | 34. | EDWARD BESS                     |
| 9.  | CHARLOTTE TILBURY             | 35. | KORRES                          |
| 10. | MARC JACOBS BEAUTY            | 36. | CATRICE                         |
| 11. | KAT VON D*                     | 37. | JAPONESQUE                      |
| 12. | JOSIE MARAN                    | 38. | CHANTECAILLE                    |
| 13. | TARTE*                         | 39. | ELLIS FAAS                      |
| 14. | COVERFX                        | 40. | BY TERRY                        |
| 15. | OCC                            | 41. | ROUGE BUNNY ROUGE               |
| 16. | BITE                           | 42. | ELF                             |
| 17. | THEBALM                        | 43. | HARD CANDY                      |
| 18. | PUR COSMETICS                  | 44. | MILANI                          |
| 19. | IT COSMETICS                   | 45. | PHYSICIANS FORMULA              |
| 20. | FACE ATELIER                   | 46. | SONIA KASHUK                    |
| 21. | CIATE                          | 47. | WET N WILD                      |
| 22. | BESAME                         | 48. | NYX*                            |
| 23. | PERFEKT                        | 49. | JORDANA                         |
| 24. | NUDESTIX                       | 50. | FLOWER                          |
| 25. | BLINC                          | 51. | JANE                            |
| 26. | CARGO                          | 52. | PRESTIGE                        |
| 53. | PIXI                           | 54. | PACIFICA                        |
| 55. | MINERAL FUSION                 | 56. | ESSENCE                         |
| 57. | BARRY M                        | 58. | GOSH                            |
| 59. | MARCELLE                       | 60. | ANNABELLE                       |
| 61. | W3LL PEOPLE                    | 62. | RMS BEAUTY                      |
| 63. | ILIA                           | 64. | KJAER WEIS                      |
| 65. | VAPOUR                         | 66. | RED APPLE LIPSTICK              |
| 67. | JANE IREDALE                   | 68. | 100% PURE                       |
| 69. | SAPPHO                         | 70. | AU NATURALE                     |
| 71. | ALIMA PURE                     | 72. | EVERYDAY MINERALS               |
| 73. | YOUNGBLOOD                     | 74. | LILY LOLO                       |
| 75. | INIKA                          | 76. | ANTONYM                         |
| 77. | BELLAPIERRE                    | 78. | ZUII ORGANIC                    |
| 79. | MAKEUP GEEK                    | 80. | COLOURPOP                       |
Homemade cleaners can be safe, effective, cruelty free, and better for the earth.

Some basic tips:

- Vinegar and water combined can clean glass and counter tops.
- Baking soda mixed with vinegar is great for cleaning bathrooms, toilets, bathtubs, and clearing clogged drains. (Will foam when mixed together.)
- Mix lemon juice and olive oil for polishing wood.

All-Purpose Cleaner
1/2 cup white vinegar
2 Tablespoons baking soda
1 Tablespoon water
10 drops tea tree, lavender, or lemon essential oil (these are naturally disinfectant)
Mix vinegar, essential oil and water before adding baking soda in a clean 12-ounce spray bottle (glass is best). Fill to top with water. Gently shake to mix ingredients. Spray and wipe with a cloth. Allow surface to dry.

“Soft-Scrub” Cleaner
1 1/2 cups baking soda
1/2 cup laundry soap
10 drops tea tree, lavender, or lemon essential oil
Mix baking soda and laundry soap in a mixing bowl, stirring vigorously to combine into a paste. Add essential oil and mix well. Store in an air-tight food container.

Cleaning-product recipes listed at right are from Keeper of the Home. https://keeperofthehome.org/homemade-all-natural-cleaning-recipes/
CRVN MEMBERSHIP PERKS

Show your CRVN membership card and receive discounts from our Perk Providers!

burritoburrito.

Nanola

Rock Hill Bakehouse

Just Jennie Reiki Master

Lark Street Yoga

Red Robin Song Animal Sanctuary & Beaver Rescue

The Vegan Outfitter

ume urbanmassage.elite.
BECOME A CRVN MEMBER TODAY!

One of the best ways to support your local vegan events and educational endeavors is by becoming a member of Capital Region Vegan Network (CRVN).

CRVN is the longest-standing vegan organization in the Capital Region. CRVN was founded by a core group of dedicated volunteers back in 2006—and has continued to this day thanks to the generosity of our members.

As a member of CRVN, you’ll receive discounts at regional stores and restaurants, early access to limited availability events, and our monthly newsletter.

CRVN MEMBERSHIP APPLICATION
January 1 - December 31
Annual Cost is $25

First Name: ____________________________

Last Name: ____________________________

Phone: ________________________________

Email: ________________________________

Address: ______________________________

My eating style is most similar to:

- [ ] Vegan
- [ ] Vegetarian
- [ ] Pescetarian
- [ ] Omnivore
- [ ] Other: ____________________________

capregionvegans.org
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@CapRegionVegans @CapitalRegionVeganNetwork