



Resource Guide | Veganism in the Capital Region



Capital Region Vegan Network empowers our community to adopt and maintain a vegan lifestyle through outreach, education, support, and advocacy. We envision a community that embraces healthy and sustainable vegan living on behalf of all beings and our shared earth.

Introduction | About Us, Local Finds, & What's Inside

Whether you are seeking to improve your health, hoping to positively impact the lives of animals, or working toward a more sustainable planet, now is a wonderful time to try veganism!

At Capital Region Vegan Network, we welcome participation from community members who are at any stage in their journey. Even if this is the first time you've considered what it means to live a vegan lifestyle and want to learn more, you are invited to join us!



This guide shares the plentiful vegan resources in the region. In the pages ahead, you'll find a list of the many vegan and vegan-friendly restaurants and cafes in Albany, Rensselaer, Saratoga, and Schenectady Counties. You'll also see a few local vendors to look out for at farmers' markets or on the city streets. Plus, we've included stores where you can easily find vegan food, health and beauty products.



If you would like additional support in becoming vegan or in shifting to incorporate more plant-based foods into your diet, please consider joining our community as an annual member of CRVN (information on back cover). Follow us on social media for upcoming event details, recipe ideas, and up-to-date news stories as vegan history is made every day.

If you have any questions about making vegan choices or where to find vegan products, we'd love to hear from you at info@capregionvegans.org or through any of our social media platforms ([@capregionvegans](https://www.instagram.com/capregionvegans)).

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

Sincerely,
CRVN Board & Staff

Capital Region Vegans | Restaurant & Business List

All businesses listed below offer vegan options. Those marked with a "(V)" are fully vegan and "(Veg)" are fully vegetarian. List adapted from 518 Vegans.

ALBANY COUNTY

City of ALBANY

Athos Restaurant

Greek/Mediterranean, vegan items are clearly marked
athosrestaurant.com

Banh Mi 47

Vietnamese, take-out, vegan options available
banhmi47.com

Bar Vegan (V)

Fully vegan bar with small plates and cocktails
barveganonlark.com

Barcelona Restaurant

Spanish/Mediterranean, some items designated vegetarian are also vegan (spiced rice & beans, greens & beans, pasta puttanesca)
barcelona-albany.com

BARE (V)

Fully vegan smoothie and juice shop with meal bowls
bareblends.com

Bellini's Counter

Fast casual, take-out; vegan options available
belliniscounter.com

Blaze Pizza

Counter-serve pizza, vegan cheese available
blazepizza.com

Bombers Burrito Bar

Mexican, vegan options
bombersburritobar.com



Bountiful Bread

Counter-serve cafe; vegan items are marked, some vegan desserts
bountifulbread.com

The Local 217 Taproom & Kitchen

Café open Wednesday-Saturday, vegan items are clearly marked
local217.hrpos.heartland.us/menu

Café Madison

Open for breakfast & lunch, vegan menu available
cafemadisonalbany.com

Cheesecake Factory

American, vegan options available (vegan cobb salad, kale & quinoa salad – see web link for other options)
thecheesecakefactory.com

Cider Belly Doughnuts

Classic and creative apple cider doughnuts, vegan options available
ciderbelly.com

City Line Bar & Grill

American, some items designated vegetarian are also vegan (quinoa burger, tofu to sub in meat dishes)
citylinebar.com

CoreLife Eatery

Counter service bowls, salad, and soups
corelifeeatery.com

Crave Burgers

Beyond Burger available
cravealbany.com

Delaware Supply

Craft beers and light fare, vegan options available
delsup.beer

DP Dough

Calzones and vegan cheese
dpdough.com

El Loco

Mexican, vegan options available
ellocomexicancafe.com

El Mariachi

Mexican, vegan options available
elmariachisrestaurant.com

El Patron Mexican Grill & Cantina

Mexican, vegan menu available
facebook.com/DelmasDiner
andRestaurant

Healthy on Lark (Veg)

Small café serving vegetarian & vegan options
healthyonlark.com

Herbie's Burgers

Vegan burgers and shakes available
herbiesburgers.com

Honest Weight Kitchen (Maria College)

Cafe, breakfast and lunch, vegan options available
honestweight.coop

Ichiban

Japanese, vegan options
ichibanjapanesechinese.com

Iron Gate Café

Open for breakfast & lunch, vegan items clearly marked
irongatecafe.com

Junior's Bar & Grill

Pub, vegan wings available
juniorsbarandgrill.com/juniors-albany

Lazeez

Indian, vegan options available
eatlazeez.com

Maggie McFly's

Restaurant & bar, Impossible Burger and other vegan options
maggiemcflys.com/albanyny

Maharaja Indian Restaurant

Indian, vegan menu available
maharajaofalbany.com

Mamoun's Restaurant

Mediterranean, vegan options available
mamounsalbany.com

Margarita City

Mexican, vegan menu
margarita-city.com

McGeary's

Pub, vegan options
mcgearyspub.com

Mr. Bumbles Cafe

Cafe, salads and vegan
smoothies available
mrbumblescafe.com

Nicole's

Italian, vegan
accommodations available
nicolescatering.com

O'Toole's Restaurant Pub

Irish pub, Beyond Burger
available
otoolesalbany.com

Pad Thai Noodle

Thai, vegan options
padthai-albany.com

P.F. Chang's

Asian, vegan options
veggl.com/cheatsheets/veg
an-options-at-pf-changs/

Pearl's Bagels & Bakery

Bagel sandwiches, vegan
cream cheese, vegan items
are clearly marked
pearlsalbany.com

Pho Yum

Vietnamese, vegan options
pho-yum.com

Lark Street Poke Bar

Fast-casual restaurant,
vegan options available
larkstpokebar.com

Professor Java's Coffee Sanctuary

Coffee shop, non-dairy milk
available, vegan items are
clearly marked
professorjavas.us

Recovery Sports Grill

Sports bar, Gardein wings
and Beyond Burger
available

Other locations: E.
Greenbush, Guilderland,
Malta, Queensbury,
Rotterdam, Troy
recoveryssportsgrill.com

Restaurant Navona

Mediterranean & modern Italian, vegan options available, ask for vegan cheese
restaurantnavona.com

Savoy Taproom

American, live music, vegan items are clearly marked
savoyonlark.com

Spinners Pizza & Subs

Counter-service pizza & subs, vegan menu available
spinnerspizzalbany.com

Steuben St. Market

Deli & cafe, vegan items are clearly marked
steubenstmarket.com

Subculture (V)

Vegan deli, baked goods, seating available
subculturevegandeli.com

Sukhothai

Thai, vegan options available
sukhothaialbany.com

Sweet Basil Thai

Thai, vegan options available
sweetbasilthaialbany.com

Sweet Eats (V)

GF + vegan baked goods
sweeteatsco.com

Taiwan Noodle

Taiwanese, vegan options available
taiwannoodle.net

Tanpopo Ramen

Japanese, vegan options available
tanpopoalbany.com

TapAsia

Asian, vegan options available
tapasiaonlark.com

The City Beer Hall

Beer garden & pub, vegan items are clearly marked
thecitybeerhall.com

The Hollow Bar & Kitchen

American, craft beers, many vegan options, vegan items are clearly marked
thehollowalbany.com

The Kitchen Table

Eclectic, seasonal fare, vegan items are clearly marked
thekitchentablealbany.com

The Point

Restaurant & bar, vegan options and vegan cheese available
thepointalbany.com

The Skinny Pancake

Cafe with crepes & salads, vegan options available
skinnypancake.com

BETHLEHEM

BARE (V)

Vegan smoothie and juice shop with meal bowls
bareblends.com

The Spinning Gyro

Turkish Mediterranean, vegan options available
spinninggyro.com

Umana Yana Restaurant & Wine Bar

Afro & Asian Caribbean inspired cuisine, vegan items are clearly marked
umanarestaurant.com

Van's Vietnamese Restaurant

Vietnamese, vegan options
vansrestaurantny.com

Wizard Burger (V)

Counter service with seating, vegan specialty burgers and tots
wizardburger.co

Bliss

Juice and smoothie bar, vegan options available.
blissdelmar.com

Empire Wok

Chinese, vegan options
available on separate menu
Empirewokdelmar.com

Rooted + Rind (Veg)

Cafe, 100% vegetarian and
mostly vegan featuring
smoothies and meal bowls
rootedandrind.com

COLONIE

BARE (V)

Vegan smoothie and juice
shop with meal bowls
bareblends.com

Bellini's Counter

Fast casual, take-out; vegan
options available
belliniscounter.com

Celadon Thai Restaurant

Thai, vegan options
available
celadonthairestaurant.com

Crispy Basil Artisan Pizza

Pizzeria, vegan options
crispybasil.com

Shalimar

Indian, vegan options
available
goshalimar.com

Taj Fine Indian Cuisine

Indian, vegan options
available
tajfineindian.com



Elevation Burger

Fast-food style, vegan
burgers & toppings
available
elevationburger.com

Karavalli

Indian, vegan menu
available
karavalli.com

Galleria Seven Market

Open air food market,
vegan options available
galleria7market.com

WATERVLIET

Sadudee

Thai, vegan options available
sadudeethaifood.com



RENSSELAER COUNTY

RENSSELAER

16 Handles

Soft serve, vegan options
available
16handles.com

The Cakerino (V)

Ready-to-eat vegan treats,
beverages, gluten-free
options & pre-order
specialty cakes
cakerino.com



Sri Siam Thai Restaurant

Thai, vegan options
available
srisiamthaifood.com



TROY

Bard & Baker

Board game cafe, vegan
food & drink options
available
bardandbaker.com

Brown's Brewing Taproom

Brew pub, vegan items are
clearly marked
brownsbrewing.com/troy-taproom

Burrito Burrito (V)

All-vegan Tex-Mex
burritosquared.com

Carmen's Cafe

Cuban/Spanish, open Sat &
Sun 9-4, vegan options
available
carmenscafetroy.com

DeFazio's Pizzeria

Pizzeria, vegan options
available
defaziospizza.com

Di Famiglia Pizzeria

Pizzeria, vegan menu
available, vegan slices at
lunch
difamiglia.net

Donna's

Italian, vegan options
available
donnasitalian.com

First Choice Caribbean

Jamaican, vegan options
available
firstchoicecaribbean.com/8
087

Franklin Alley Social Club

Games, drinks & food; tots,
burgers, hot dogs; most
items can be veganized
franklinalleysocialclub.com

Jacob Alejandro

Coffee shop, vegan options
jacobalejandro.square.site

Junior's Bar and Grill

Pub, vegan wings available
juniorsbarandgrill.com/nor
th-greenbush

Lime Leaf

Thai Bistro, vegan options
limeleafstroy.com

Little Pecks

Cafe, vegan options
littlepecks.com

Little Viking Co. (V)

Hot plants, fast food
thelittlevikingco.com

Liza's

Plant-based & gluten free
smoothies, bowls,
sandwiches, etc.
lizasoftroy.com

Muddaddy Flats

Quesadillary

Quesadillas, nachos, vegan cheese available
muddaddyflats.com

Nighthawks

Bar & café, vegan options
nighthawkstroy.com

Pizza Da Vinci

Pizzeria, with vegan cheese
pizzadavinci.com

Primo Botánica (V)

Ethically-sourced, hand-crafted botanical chocolates
primobotanicachocolate.com

Shalimar

Indian, vegan options
shalimarny.com

Slidin' Dirty

Description: Sliders & sides, vegan items are clearly marked
slidindirty.com

Sunhee's Farm & Kitchen

Korean, vegan items are clearly marked
sunhees.com

Tara Kitchen

Moroccan, vegan options available
tarakitchen.com

The Greek House

Greek, vegan options available
thegreekhouse.net

The Ruck

Pub, vegan items are clearly marked
getrucked.com

The Whistling Kettle

Cafe and tearoom, vegan options available
thewhistlingkettle.com

Troy Beer Garden (V)

Fully vegan small plates & snacks by Meadowlark
Catering and mostly vegan drink menu
troybeergarden.com

SARATOGA COUNTY

BALLSTON SPA

Iron Roost

Open for breakfast & lunch,
vegan menu available
Ironroost.com

The Whistling Kettle

Cafe and tearoom, vegan
options available
thewhistlingkettle.com

CLIFTON PARK

Antipasto's

Italian, vegan cheese and
vegan options available
antipastos.com

Dog Haus Biergarten

Counter-serve burgers &
bar; vegan menu, vegan
French roll on request
cliftonpark.doghaus.com

BARE (V)

Vegan smoothies, juices, &
bowls
bareblends.com

Fruit Loop

Bowls, smoothies, toasts;
vegan options, non-dairy
creamers & milks
fruitloopcliftonpark.com

Blaze Pizza

Counter-serve pizza, vegan
cheese available
blazepizza.com

La Fiesta

Mexican, with vegan menu
lafiestamexican.com

CoreLife Eatery

Counter-serve bowls, salads
& soups, and make-your-
own; vegan items marked
[corelifeeatery.com/location
s/clifton-park-ny-2](http://corelifeeatery.com/location/s/clifton-park-ny-2)

MochaLisa's Caffe

Coffee shop, non-dairy milk
available, vegan items are
clearly marked
mochalisa.com

Oh Corn! Arepas & More

Venezuelan, counter-serve,
vegan options available
ohcornarepas.com

Saigon Spring

Vietnamese, vegan options
saigonpring.squarespace.com

Shalimar

Indian, vegan options
available
shalimarcliftonpark.com

MALTA

Wired Coffee Roasters

Coffee shop, almond milk
& vegan options
[facebook.com/
wiredcoffeeroastersny](https://facebook.com/wiredcoffeeroastersny)

SARATOGA SPRINGS

Boca Bistro

Spanish/tapas, some items
designated vegetarian are
also vegan (vegetarian
paella, several of the sides –
notify your server you are
vegan)
bocabistro.com

Spice Malabar

Indian, vegan menu
available
spicemalabar.com

Sushi Thai at the Park

Thai, vegan options
available
sushithaiatthepark.com



Cantina

Mexican, soy chorizo and
other vegan options
available
cantinasaratoga.com

Comfort Kitchen

American, vegan accommodations available
comforteats.com

Country Corner Cafe

Open for breakfast & lunch, soy milk and tofu scramble available
countrycornercafe.net

Esperanto

Casual Cafe, vegan cheese and other vegan options available
esperantosaratoga.com

Karavalli

Indian, vegan menu available
karavallisaratoga.com

Kraverie

Korean BBQ fusion, tofu options for most dishes
kraveriesaratoga.com

Little India

Indian, vegan options available
saratogalittleindiarestaurant.com

Putnam's Restaurant & Bar

(at the Gideon Putnam)
American, vegan options available
gideonputnam.com/lodging-and-dining/dining/putnams-restaurant-and-bar

Scallions

American, vegan items are clearly marked
scallionsrestaurant.com

Sushi Thai Garden

Thai, vegan options available
sushithaigarden.com

Thorn + Roots

Juice & avocado bar, many vegan options available
thornandroots.com

Three Vines Bistro

Italian, vegan items are clearly marked
threevinesbistro.com

Wheatfields

Italian, vegan options
available
wheatfields.com/saratoga

Whole Harvest

Sandwiches, smoothies,
bowls; vegan items are
marked
wholeharvestco.com

SCHENECTADY COUNTY

SCHENECTADY

Alltown Fresh

Kitchen and market, vegan
options
alltownfresh.com

Ambition

Urban bistro, vegan options
available
ambitionbistro.com

Blaze Pizza

Counter-serve pizza, vegan
cheese available
blazepizza.com

Bombers Burrito Bar

Mexican, vegan options
available
bombersburritobar.com

Centre Street Pub

Pub, vegan options
available
centrestreetpub.com

City Squire

Pub, Impossible Burger
available
citysquirepub.com

Jasmine Thai Restaurant

Thai, vegan options
jasminethairestaurant.webs.com

Mexican Radio

Mexican, vegan items are
clearly marked
mexrad.com

Moon & River Café

Café with live music, vegan items are clearly marked
moonandriver.com

More Perreca's

Bakery & cafe, Some items are vegan, request no cheese on top of dinner orders
perrecasbakery.com

Taj Mahal Restaurant

Indian, vegan items are clearly marked
tmahalrestaurant.com

Take Two Café (V)

Vegan cafe, breakfast & lunch, crunch wraps, sandwiches and treats
taketwo518.com

Tara Kitchen

Moroccan, vegan options available
tarakitchen.com

Zen

Asian, vegan options available
zenasianfusionlounge.com

SCOTIA/GLENVILLE

BARE (V)

Vegan smoothie and juice shop with meal bowls
bareblends.com

Jade Bistro

Thai/Asian, vegan options available
jadebistroscotia.com

Mohawk Taproom & Grill

Bar & grill, craft beers, Beyond Burger available
mohawktaproom.com

Waters Edge Lighthouse

American, vegan options available
thewatersedgelighthouse.com

BEYOND THE REGION

WORTH THE DRIVE



GLENS FALLS

Birch Bark Eatery (V)

Plant-based comfort food and donuts, many gluten-free options available
birchbarkeatery.com

Rock Hill Bakehouse & Café (V)

Cafe, bread, pastries, & coffee, contact for other menu offerings
rockhillbakehouse.com

RHINEBECK

Aba's Falafel (V)

A neighborhood style all-vegan falafel place
abasfalafel.com

WOODSTOCK

Garden Cafe (V)

Fresh, organic handcrafted vegan food, outdoor garden seating available
thegardencafewoodstock.com

KINGSTON

Moon Burger (Veg)

Drive-thru burger stop
moonburger.com

Secret Vegan Café (V)

Dutch influenced eats
IG: @secretvegancafe



TRUCKS, VENDORS, & MORE

Chewish (V)

Homegrown, handmade
Chinese food
IG: @chewishfoodco

Grammy's Tamales

Traditional and gourmet
tamales, vegan options
FB: @grammystamales



Healthy Cafe Food Truck

Salads & wraps can be
veganized + black bean
chipotle burger (vegan)
FB: @healthycafefoodtrucks



Meadowlark Catering (V)

Plant-based pop-ups &
event catering
meadowlarkcatering.com

Meaty Max Vegan Meats (V)

Artisanal dried meat
substitute
meatymaxveganmeats.wor
dpress.com



GROCERY

Four Seasons Natural Foods

120 Henry Street, Saratoga Springs

Healthy Living Market & Cafe

3065 Route 50 (Wilton Mall), Saratoga Springs

Honest Weight Food Co-op

100 Watervliet Avenue, Albany



HEALTH & BEAUTY

Lush Cosmetics

Crossgates Mall, Albany
lushusa.com

Pure Elements Salon

1728 Western Avenue, Albany
pure-elements-salon.com

Lark Natural Foods

217 Lark Street, Albany

The Fresh Market

52 Marion Avenue,
Saratoga Springs | 664 New Loudon Road, Latham

Trader Joe's

79 Wolf Road, Colonie

Whole Foods

1425 Central Avenue,
Albany



Rad Soap Co.

1475 Western Ave, Albany
radsoap.com

ANIMAL SANCTUARIES

Arthur's Acres Sanctuary

Parksville, NY

Asha's Farm Sanctuary

Newfane, NY

Broome Animal Sanctuary & Farm

Middleburgh, NY



Catskill Animal Sanctuary

Saugerties, NY

Farm Sanctuary

Watkins Glen, NY

Goats of Anarchy

Annandale, NJ

Indraloka Animal Sanctuary

Dalton, PA

Maple Farm Sanctuary

Mendon, MA

Red Robin Song Animal Sanctuary & Guest House

New Lebanon, NY

Safe Haven Farm Sanctuary

Poughquag, NY

Schoharie Creek Sanctuary

Amsterdam, NY

Sunny Meadow Sanctuary

Barre, MA

Tamerlaine Sanctuary

Montague, NJ

VINE Sanctuary

Springfield, VT

Woodstock Farm Sanctuary

High Falls, NY

Beyond The Food | Cruelty-Free Choices + Tips

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

Reminder, not all cruelty-free products (not tested on animals) are vegan.

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



What's That?

10 Non-Vegan Ingredients Found in Food or Products

There are sometimes sneaky animal-derived ingredients that may be in something and not clearly indicated. We suggest to not worry too much about the trace ingredients and to just do your best. If you have any questions, we'd love to help!

Beeswax / Honey

Castoreum

Cochineal or carmine

Collagen

Confectioner's Glaze (typically on candy)

Gelatin

Isinglass (typically in alcohol)

Lard

L. Cysteine (bread products)

Milk Products: Whey, Casein, Lactose

Our Membership Perk Providers



Capital Region
Calmare & Massage^{PLLC}



ROOTED + RIND
cafe



Phở  Yum
Vietnamese Noodle Soup



Thank you to VegFund & VegInvest for
supporting our outreach!

Join Our Community | Become a Member Today!

One of the best ways to support your local vegan 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 in 2006 – and has continued to this day thanks to the generosity of our members.

As our appreciation for your support, members receive:



Discounts at regional restaurants & businesses



Early access to limited availability events



Our monthly e-newsletter

Learn more about our membership, perk savings, & more - by scanning our QR Code with your phone!



capregionvegans.org
P.O. Box 1617 Latham, NY 12110



@CapRegionVegans