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.
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).

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
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
ellycomexicancafe.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  
ootoolesalbany.com

**Pad Thai Noodle**  
Thai, vegan options  
padthai-albany.com

**P.F. Chang’s**  
Asian, vegan options  
veggl.com/cheatsheets/vegan-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  
recoverysportsgrill.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  
spinnerspizzaalbany.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](http://thehollowalbany.com)

**The Kitchen Table**  
Eclectic, seasonal fare, vegan items are clearly marked  
[kitchentablealbany.com](http://kitchentablealbany.com)

**The Point**  
Restaurant & bar, vegan options and vegan cheese available  
[thepointalbany.com](http://thepointalbany.com)

**The Skinny Pancake**  
Cafe with crepes & salads, vegan options available  
[skinnypancake.com](http://skinnypancake.com)

**The Spinning Gyro**  
Turkish Mediterranean, vegan options available  
[spinninggyro.com](http://spinninggyro.com)

**Umana Yana Restaurant & Wine Bar**  
Afro & Asian Caribbean inspired cuisine, vegan items are clearly marked  
[umanarestaurant.com](http://umanarestaurant.com)

**Van’s Vietnamese Restaurant**  
Vietnamese, vegan options available  
[vansrestaurantny.com](http://vansrestaurantny.com)

**Wizard Burger (V)**  
Counter service with seating, vegan specialty burgers and tots  
[wizardburger.co](http://wizardburger.co)

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**BETHLEHEM**

**BARE (V)**  
Vegan smoothie and juice shop with meal bowls  
[bareblends.com](http://bareblends.com)

**Bliss**  
Juice and smoothie bar, vegan options available.  
[blissdelmar.com](http://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 available
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

TROY

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

Sri Siam Thai Restaurant
Thai, vegan options available
srisiamthaifood.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
carmenscafe.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/8087

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/north-greenbush

Lime Leaf
Thai Bistro, vegan options
limeleaftroy.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
<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Cuisine</th>
<th>Vegan Options</th>
<th>Website/Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muddaddy Flats</td>
<td>Quesadillary</td>
<td>Quesadillas, nachos, vegan</td>
<td>muddaddyflats.com</td>
</tr>
<tr>
<td></td>
<td></td>
<td>cheese available</td>
<td></td>
</tr>
<tr>
<td>Nighthawks</td>
<td>Bar &amp; café, vegan</td>
<td>Options</td>
<td>nighthawkstroy.com</td>
</tr>
<tr>
<td>Pizza Da Vinci</td>
<td>Pizzeria, with</td>
<td>Vegan cheese</td>
<td>pizzadavinci.com</td>
</tr>
<tr>
<td>Primo Botánica (V)</td>
<td>Ethically-sourced, hand-crafted botanical chocolates</td>
<td></td>
<td>primobotanicachocolate.com</td>
</tr>
<tr>
<td>Shalimar</td>
<td>Indian</td>
<td>Vegan options</td>
<td>shalimarny.com</td>
</tr>
<tr>
<td>Slidin’ Dirty</td>
<td>Description: Sliders &amp; sides</td>
<td>Vegan items are clearly marked</td>
<td>slidindirty.com</td>
</tr>
<tr>
<td>Sunhee’s Farm &amp; Kitchen</td>
<td>Korean</td>
<td>Vegan items are clearly marked</td>
<td>sunhees.com</td>
</tr>
<tr>
<td>Tara Kitchen</td>
<td>Moroccan</td>
<td>Vegan options available</td>
<td>tarakitchen.com</td>
</tr>
<tr>
<td>The Greek House</td>
<td>Greek</td>
<td>Vegan options available</td>
<td>thegreekhouse.net</td>
</tr>
<tr>
<td>The Ruck</td>
<td>Pub</td>
<td>Vegan items are clearly marked</td>
<td>getrucked.com</td>
</tr>
<tr>
<td>The Whistling Kettle</td>
<td>Cafe and tearoom,</td>
<td>Vegan options available</td>
<td>thewhistlingkettle.com</td>
</tr>
<tr>
<td>Troy Beer Garden (V)</td>
<td>Fully vegan small</td>
<td>plates &amp; snacks by Meadowlark</td>
<td>troybeergarden.com</td>
</tr>
<tr>
<td></td>
<td>plates</td>
<td>Catering and mostly vegan</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>drink menu</td>
<td></td>
</tr>
</tbody>
</table>
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

BARE (V)
Vegan smoothies, juices, & bowls
bareblends.com

Blaze Pizza
Counter-serve pizza, vegan cheese available
blazepizza.com

CoreLife Eatery
Counter-serve bowls, salads & soups, and make-your-own; vegan items marked
corelifeeatery.com/location/s/clifton-park-ny-2

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

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

La Fiesta
Mexican, with vegan menu
lafiestamexican.com

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
saigonspring.squarespace.com

Shalimar
Indian, vegan options available
shalimarcliftonpark.com

Spice Malabar
Indian, vegan menu available
spicemalabar.com

Sushi Thai at the Park
Thai, vegan options available
sushithaiatthepark.com

MALTA

Wired Coffee Roasters
Coffee shop, almond milk & vegan options
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

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
saratogalittleindiarestauran t.com

Putnam’s Restaurant & Bar
(at the Gideon Putnam)
American, vegan options available
gideonputnam.com/lodging-and-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
threervinesbistro.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 available  
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 available  
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
thegardencafeewoodstock.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: @grammystamale

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.wordpress.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

**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

## HEALTH & BEAUTY

**Lush Cosmetics**  
Crossgates Mall, Albany  
lushusa.com

**Pure Elements Salon**  
1728 Western Avenue, Albany  
pure-elements-salon.com

**Rad Soap Co.**  
1475 Western Ave, Albany  
radossoap.com
<table>
<thead>
<tr>
<th>Animal Sanctuary</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Arthur’s Acres Sanctuary</td>
<td>Parksville, NY</td>
</tr>
<tr>
<td>Asha’s Farm Sanctuary</td>
<td>Newfane, NY</td>
</tr>
<tr>
<td>Broome Animal Sanctuary &amp; Farm</td>
<td>Middleburgh, NY</td>
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<tr>
<td>Catskill Animal Sanctuary</td>
<td>Saugerties, NY</td>
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<tr>
<td>Farm Sanctuary</td>
<td>Watkins Glen, NY</td>
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<tr>
<td>Goats of Anarchy</td>
<td>Annandale, NJ</td>
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<td>Indraloka Animal Sanctuary</td>
<td>Dalton, PA</td>
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<tr>
<td>Maple Farm Sanctuary</td>
<td>Mendon, MA</td>
</tr>
<tr>
<td>Red Robin Song Animal Sanctuary &amp; Guest House</td>
<td>New Lebanon, NY</td>
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<tr>
<td>Safe Haven Farm Sanctuary</td>
<td>Poughquag, NY</td>
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<tr>
<td>Schoharie Creek Sanctuary</td>
<td>Amsterdam, NY</td>
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<tr>
<td>Sunny Meadow Sanctuary</td>
<td>Barre, MA</td>
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<tr>
<td>Tamerlaine Sanctuary</td>
<td>Montague, NJ</td>
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<tr>
<td>VINE Sanctuary</td>
<td>Springfield, VT</td>
</tr>
<tr>
<td>Woodstock Farm Sanctuary</td>
<td>High Falls, NY</td>
</tr>
</tbody>
</table>
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

Thank you to VegFund & VegInvest for supporting our outreach!
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