

Vegetarian Dining Guide for Southern Utah

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VEGETARIAN
VSU
SOCIETY OF UTAH

AMERICAN

DENNY'S

1215 S. Main, St. George ~ 678-6607

155 North 1000 E., St. George ~ 673-4908

Vegetarian: Belgian Waffles, Boca Burger, French Toast, Pancakes, and Veggie-Cheese Omelet.

ASIAN

GIMME SUM

157 E. Riverside Dr. #2E, St. George ~ 673-6604

Vegetarian: Cranberry Spinach Salad, Garden Fresh Salad, Caesar or Balsamic Dressings, any of the entrées (except Sweet & Sour and Kung Pao), Fried Rice, Teriyaki Bowl, and any of the noodle dishes.

Vegan: Cranberry Spinach Salad (w/o feta cheese), Sesame Ginger Dressing, and any of the entrees. (Order brown rice; noodles contain egg.)

MONGOLIAN BBQ

250 N. Red Cliffs Dr., St. George ~ 656-1880

This is a buffet line of assorted raw vegetables that you pile into a bowl. Add any of the water-based sauces and the cooks stir-fry the mixture in front of you. They use the same grill for meat; they will clean it for you if you ask.

Vegetarian: egg noodles.

Vegan: white rice.

RICKSHAW ASIAN GOURMET

1973 W. Sunset Blvd. Suite F, St. George 688-1208

Vegetarian: vegetable fried rice, vegetable lo-mein

Vegan: vegetarian supreme, vegetarian and fruity eggrolls, vegetable fried rice without eggs, shiitaki mushrooms with bokchoy, beancurd homestyle, sauteed string beans

ITALIAN

DOMINO'S PIZZA

2311 Santa Clara Drive, Santa Clara ~ 688-8885

994 E. St. George Blvd., St. George ~ 678-2228

410 W. State Street, Hurricane ~ 635-3322

Vegetarian: Veggie Pizza.

FAZOLI'S

1279 E. 110 S., St. George ~ 656-1211

Vegetarian: Fettuccine Alfredo (Plain or with Broccoli and Tomatoes), Ravioli with Marinara Sauce, Lasagna with Marinara Sauce (may change in the near future to include meat, be sure to ask), Baked Spaghetti, Breadstick with Garlic Butter, Caesar Side Salad, Four Cheese Panini, Tomato Panini.

Vegan: Spaghetti, Fettuccine, Penne, or Whole Wheat Penne with Marinara Sauce, Breadstick dry, Garden Side Salad (without croutons), Light Italian Dressing, Lemon Ice.

LITTLE CAESAR'S

1973 W. Sunset Blvd. St. George 628-8595

702 E. 700 S. St. George 628-8100

875 W. Red Cliffs Dr. Washington 628-9400

310 W. State St. Hurricane 635-3100

Vegetarian: Vegetable pizza, Vegetable Sandwich, crazy bread, crazy sauce

Vegan: vegetable pizza without cheese, crazy bread without cheese, and crazy sauce

PAPA JOHN'S

245 North Red Cliffs Drive Suite 20-A, St. George ~

688-7500

Vegetarian: Veggie Pizza.

Vegan: Veggie Pizza without cheese.

PAPA MURPHY'S

720 S. River Road, St. George ~ 652-3500

1006 W. Sunset Blvd. ~ 656-1221

525 W. State Street, St. George ~ 635-7272

Vegetarian: Veggie Pizza & Gourmet Vegetarian Pizza.

Vegan: Veggie Pizza without cheese.

THE PASTA FACTORY

2 W. St. George Blvd., St. George ~ 674-3753

Vegetarian: Alfredo, Marinara, Pesto and Creamy Pesto Sauces, various vegetable toppings, Ranch, Blue Cheese, 1000 Island, Raspberry Vinaigrette Dressings.

Vegan: All pastas, Zucchini Pasta, Garlic Oil, various vegetable toppings, Salads with Rice Vinegar & Oil Dressing, Breadsticks dry.

MEDITERRANEAN

BASHA'S CAFE

1013 E. 700 S., St. George 634-9942

Vegetarian: Spinach Pie and several vegetarian pasta dishes containing eggs and/or cheese.

Vegan: Hummus, Baba Ghanoush, Falafel, Veggie stuffed Grape Leaves, Mandarin Orange Salad.

MEXICAN

CAFE RIO MEXICAN GRILL

471 E. St. George Blvd., St. George ~ 656-0200

Vegetarian: Veggie Salad, Tomatillo and Cilantro Lime Vinaigrette, Bean, Rice and Cheese Burrito, Quesadilla.

Vegan: Veggie Salad (w/o cheese on tortilla and cotija cheese), Cilantro Lime Vinaigrette, Bean, Rice and Cheese Burrito (w/o cheese).

DEL TACO

786 W. Telegraph Rd. Washington 627-2088

1091 N. Bluff St. St. George 652-3826

Vegetarian: Veggie Works Burrito

Taco Salad with beans, without meat

TACO BELL

610 E. St. George Blvd., St. George ~ 673-4400

1418 W. Sunset Blvd., St. George ~ 674-2314

141 W. Brigham Road, St. George ~ 652-8936

379 W. State Street, Hurricane ~ 635-5676

Vegetarian: Bean Burrito without sour cream (sour cream contains gelatin), 7 Layer Burrito, Bean Tostada.

Vegan: Bean Burrito without cheese and sour cream, 7 Layer Burrito without cheese and sour cream, Bean Tostada without cheese.

TACO TIME

835 E. St. George Blvd., St. George ~ 673-5657

Vegetarian: Veggie Burrito, Soft Bean Burrito, Crisp Bean Burrito, Bean Tostada, and Cheddar Melt

Vegan: Veggie Burrito without cheese, guacamole or sour cream, Soft Bean Burrito, Crisp Bean Burrito without cheese (you have to special order these), Bean Tostada without cheese or sour cream.

TORO MORO

1004 W. Red Cliffs Drive, Washington ~ 688-0900

Vegetarian: Veggie Enchilada, Veggie Chimi, Avocado Tostada, Regular Tostada, Taco Salad, Veggie Fajitas, Chili Releno, and Veggie Burrito. Ask for Black or Rancho Beans, they also have white rice.

Vegan: (Request the following items without cheese): Veggie Enchilada, Veggie Chimi, Avocado Tostada, Tostada without cheese, Veggie Fajita, Veggie Burrito.

SALAD BARS & SANDWICHES

CHUCK-A-RAMA BUFFET

127 North Red Cliffs Drive, St. George ~ 673-4464

"We only use vegetable oils for ingredients in salads, baking, hot vegetables, and frying. We do use butter in the mashed potatoes. As you know some salads and salad dressings are made with mayonnaise with its principle ingredient: egg. Some hot foods made with cream sauces like potato soup may have meat flavoring concentrates in them. Because we buy hundreds of ingredients from many sources we make no guarantee that they are totally free of animal products."

GANDOLFO'S NEW YORK DELI

42 S. River Road, St. George ~ 652-9400

520 W. Telegraph Street, Washington ~ 627-0429

Vegetarian: River Head Breakfast Sandwich, Chocolate Mousse Cake or Cheesecake, Ebbets Field Sandwich, Potato Salad, Coleslaw, Italian Pasta Salad, Ranch Tortellini Salad, Tomato & Cucumber Salad.

Vegan: Madison Square Garden Sandwich, and they will custom build sandwich.

PIZZA FACTORY

2 W. St. George Blvd., St. George ~ 628-1234

Vegetarian: Salad Bar, all dressings, breadsticks.

Vegan: Salad Bar, the only vegan dressing is vinegar & oil.

RUBY TUESDAY

1812 E. Red Cliffs Drive, St. George ~ 688-7427

Vegetarian: Salad Bar, Veggie Burger.

Vegan: Salad Bar, Veggie Burger without cheese.

SUBWAY

514 North Bluff Street, St. George ~ 628-5477

765 E. 700 S., St. George ~ 628-4007

81 North River Road, St. George ~ 674-5216

2275 W. Santa Clara Drive, Santa Clara ~ 674-2925

524 W. State Street, Hurricane 635-9533

Vegetarian: Veggie Sandwich, Veggie Delight Salad.

Vegan: Veggie Sandwich without cheese or mayonnaise on Italian Bread, Veggie Delight Salad without croutons, Sweet Onion Sauce, Fruitle.

VEGAN

HEALTH DELI

95 W. 700 S., St. George 674-7404

Totally vegan. Soups, chili, salads, hummus and baked falafel, sandwiches, one or two daily entrees, and delicious desserts. They do not cook with oil and there are many low fat items on the menu. Eat in the cozy dining area or take your food to go. Open 4-7 Tuesday through Saturday. Closed Sunday and Monday.

DIXIE NUTRITION

406 W. St. George Blvd., St. George ~ 673-3447

Vegan: Three types of premade vegan sandwiches in their deli case.

HEALTH NUT

690 S. 100 W., St. George ~ 652-4372

Vegan: Avocado & Egg-less Sandwiches.