



# Vegetarian Dining Guide for Southern Utah

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## AMERICAN

### Café Oscars

948 Zion Park Blvd., Springdale, 772-3232  
Vegetarian/Vegan: portabella burger, quesadilla, burrito, salad

### Chili's

311 N. Red Cliffs Dr., St. George, 628-7503  
Vegetarian/Vegan: sandwiches, fajitas, portabella burger, black bean burger, side dishes, soup & salad

### Fish Rock Grille at the Ledges

1585 W. Ledges Pkwy., St. George, 634-4650  
Vegetarian: Vegetable Dagwood, soup & salad

### Haven

1495 S. Black Ridge Dr., St. George, 673-1881  
Vegetarian/Vegan: soup & salad

### Painted Pony

2 W. St. George Blvd., St. George, 634-1700  
Vegetarian: Spinach Hazelnut Ravioli  
Vegan: salad, portabella sandwich

### Parallel Eighty Eight

1515 Zion Park Blvd., Springdale, 772-3588  
Vegetarian/Vegan: Vegetable Parmentier entree, pasta, salad

### The Egg & I

1091 North Bluff Street, St. George, 628-0368  
Vegetarian/Vegan: Veggie Benedict, egg-less breakfast entrees, Veggie Greek Wrap, soup & salad

### Xetava Gardens Café

815 Coyote Gulch Ct., Ivins, 656-1065  
Vegetarian/Vegan: Hummus Plate, grilled veggie plate, portabella burger, vegetarian pizza, soup & salad

## ASIAN

### Ahi's Taste of Asia

157 East Riverside, #2E, St. George, 673-6604  
Vegan: Asian Salad Bowl, Asian Classics with tofu & brown rice, vegan soup, & Brown Rice Bowls

### Ah'sya Vietnamese Restaurant

2654 E. Red Cliffs, St. George, 627-1272  
Vegetarian: spring rolls, rice dishes, salad

### Benja Thai & Sushi

2 West St. George Blvd., St. George, 628-9538  
Vegetarian/Vegan: Crispy Tofu, Fresh Basil Rolls, Vegetable Tempura, vegetarian specialties with rice & noodles, Thai Curries, soup

### Ichiban Seafood Buffet

800 North 3050 East, St. George, 652-6868  
Gourmet sushi buffet, vegan items made by request

### Mongolian BBQ

250 North 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 & 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

### Osaka Japanese Bistro

42 S. River Road, St. George, 656-1314  
Vegetarian rolls and sushi, vegan items made by request

### Rickshaw Asian Gourmet

1973 W. Sunset Blvd., St. George, 688-1208  
Vegetarian: vegetable fried rice, vegetable lo mein  
Vegan: vegetarian supreme, vegetarian & fruity egg rolls, vegetable fried rice without eggs, shiitake mushrooms with bok choy, bean curd, sautéed string beans

### Samurai 21

245 Red Cliffs Drive, #11, St. George 656-8628  
Vegetarian/Vegan: hibachi vegetables, veggie tempura, vegetable rolls

## MEDITERRANEAN

### Basila's Café

1013 East 700 South, St. George, 634-9942  
Vegetarian: Spinach Pie, pasta  
Vegan: Hummus, Falafel, Veggie Stuffed Grape Leaves, Veggie Pita, Potato Garlic Spread

## SALAD BARS & SANDWICHES

### Brick Oven

1410 E. St. George Blvd., St. George, 628-5800  
Vegetarian: pasta bar, salad bar, soup

### Chuck-A-Rama Buffet

127 North Red Cliffs Dr., St. George, 673-4464  
Vegetarian/Vegan: pasta, noodles, soup & salad, different ethnic entrée theme each day. Only vegetable oils used in salad, baking, hot veggies, & frying. No butter in mashed potatoes

### Olive Garden

1340 East 170 South, St. George, 656-8940  
Vegetarian: endless salad, pasta, soup

### Ruby Tuesday

1812 East Red Cliffs Dr., 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 East 700 South, St. George, 628-4007  
81 North River Road, St. George, 674-5216  
2275 W. Santa Clara Dr., Sta. Clara, 674-2925  
Vegetarian: Veggie Sandwich, Veggie Salad  
Vegan: Veggie Sandwich without cheese or mayonnaise on Italian Bread, Veggie Delight Salad without croutons, Sweet Onion Sauce

### The Palms Restaurant

850 South Bluff Street, St. George, 682-4235  
Vegetarian/Vegan: All-You-Can-Eat Soup & Salad, veggie croissant sandwich

## VEGETARIAN/VEGAN SANDWICHES

### Health Nut

690 South 100 West, St. George, 652-4372  
Vegan: Avocado & Egg-less Sandwiches

### Capriotti's

969 N. 3050 E., St. George 627-2664  
Vegetarian "turkey" and "steak" sandwiches, veggie cheeseburgers

## ITALIAN\*

### Pasta Factory

2 West St. George Blvd., St. George, 674-3753  
Vegetarian: Alfredo, Marinara, Pesto & Creamy Pesto Sauces, various vegetable toppings, Raspberry Vinaigrette Dressings  
Vegan: All pastas, Zucchini Pasta, Garlic Oil, various vegetable toppings, Salad with Rice Vinegar & Oil Dressing, Breadsticks

### 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

### Domino's Pizza\*

2311 Santa Clara Drive, Santa Clara, 688-8885  
994 E. St. George Blvd., St. George, 628-2228  
410 W. State Street, Hurricane, 635-3322

### Little Caesar's\*

1973 West Sunset Blvd., St. George, 628-8595  
702 East 700 South, St. George, 628-8100  
875 W. Red Cliffs Drive, Washington, 628-9400  
310 W. State Street, Hurricane, 635-3100

### Papa John's\*

245 North Red Cliffs Dr. St. George, 688-7500

### Papa Murphy's\*

720 South River Road, St. George, 652-3500  
1006 West Sunset Blvd, St. George, 656-1221  
525 West State Street, St. George, 635-7272

### Scaldoni's Restaurant

1183 East 100 South  
St. George, 674-1300  
Vegetarian/Vegan: pastas & salad

\*All Italian & Pizza Restaurants can be Vegetarian: Vegetarian Pizza or Vegan: Veggie Pizza without cheese

## MEXICAN\*\*

### Café Rio Mexican Grill

471 East St. George Blvd.  
St. George, 656-0200  
Vegetarian/Vegan: salad, burritos, enchiladas, tacos, tostadas

### Toro Moro

1004 W. Red Cliffs Drive Washington, 688-0900  
Vegetarian/Vegan: salad, burritos, enchiladas, tacos, tostadas

\*\*All Mexican Restaurants can be Vegetarian or vegan by substituting meat with beans, without cheese