

# the Vego Eat Out Guide



## The guide to vegetarian eateries & catering in Adelaide & South Australia

B = breakfast • L = lunch • D = dinner • T = takeaway • C = catering

- BL **Bamboo Talk** ..... ☎ 8391 6384 ..... Mon to Wed 9am – 3pm  
Shop 10, 69 Gawler St, Mount Barker Thu & Fri 9am – 5pm
- LD **Bliss Café** ..... ☎ 8231 0205 ..... Thu, Fri, Sat 10am – 4pm  
7 Compton St, Adelaide Fri also 6pm – 9 pm
- C **Clearlight Whole Foods** ..... ☎ 8223 6362  
0416 395 119
- DC **Govinda's** ..... ☎ 8359 5120 ..... Fri & Sat 5.30pm – 8.30pm  
25 Le Hunte St, Kilburn Sun 4.30pm – 8.30pm
- LTC **Great Nature** ..... ☎ 8186 0228 ..... Mon to Fri 10am – 6pm  
Shop 3, 48 Beach Rd, Christies Beach Sat 10am – 5pm
- BL **Joy-Discovery** ..... ☎ 8223 5994 ..... Mon to Fri 8am – 5pm  
13 Bent St, Adelaide (behind the Austral Hotel) except Wed 8am – 3pm  
Sat 8am – 3pm
- LDT **Pure Vegetarian** ..... Mon to Sat 10.30am – 3pm  
Shop 8, Market Plaza Food Court, Moonta St, Fri till 9pm  
Adelaide (adjacent Central Markets)
- C **Ravi Subramanian** ..... ☎ 8363 7603  
Email: ozravis@yahoo.com.au 0401 310 996
- BLD **Sarah's Café @ Where Inn** ..... ☎ 8231 3333 ..... Mon to Fri from 10am  
12 Leigh St, Adelaide Lunch Mon to Fri 12 – 2.30  
Please book vegan meals in advance Dinner Tue to Sat 6 pm – late

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- BLD **Sarah's Sister's** ..... ☎ 8449 5817 ..... Mon, Tue, Thu, Fri 10am – 3pm  
117 Semaphore Rd, Semaphore Sat & Sun 9.30am – 3pm  
Please book vegan meals in advance Thu, Fri, Sat also 6.30pm - late
- LD **Tea House & Coffee For Others** ..... ☎ 8231 6233 ..... Mon to Wed 10am – 5pm  
255 Waymouth St, Adelaide Thu & Fri till 9pm  
Sat 10am – 4pm
- LD **Thea Tea Shop** ..... ☎ 8232 7988 ..... Mon to Thu 11am – 4pm  
110-112 Gawler Plc, Adelaide Fri 11am – 8pm
- C **Vegan Ambrosia** ..... ☎ 0431 375 216  
Email: [veganqueen@hotmail.com](mailto:veganqueen@hotmail.com)
- LD **Vegetarian Delight** ..... ☎ 8340 8488 ..... Wed to Mon 11.30am – 2.30pm  
462A Port Rd, Hindmarsh Dinner 7 days 5pm – 10pm
- LDT **Vegetarian Garden** ..... ☎ 8223 2357 ..... Mon to Sat 10.30am – 3.30pm  
Shop 12, Renaissance Arcade, Pulteney St, Adelaide Fri till 7.30pm
- L **Vego & Love'n It** ..... ☎ 8223 7411 ..... Mon to Fri 10am – 4pm  
240 Rundle St, Adelaide
- BLDT **Vego to Go** ..... ☎ 8431 7000 ..... Mon to Fri 10am – 6pm  
Shop 12, Norwood Mall, Norwood Thu till 7.30pm  
Sat 9am – 5pm
- LD **Zenhouse Tea Corner** ..... ☎ 8223 2058 ..... Mon to Thu 11am – 5pm  
17-19 Bent St, Adelaide Fri & Sat 11am – 9pm

The Vego Eat Out Guide is updated regularly (see publication date at bottom left)  
and distributed to Vegetarian Action Supporters.  
To become a supporter, contact Vegetarian Action or visit [www.vegetarianaction.org.au](http://www.vegetarianaction.org.au)

\* Opening hours are correct as advised by the businesses at time of printing.

#### Vegetarian Action

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