

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
- C **Beare Vegetarian** ☎ 7220 3470
Email: bearevegetarian@gmail.com ☎ 0411 694 955
- LD **Bliss Café** ☎ 8231 0205 Tue - Thu 10am – 7pm
7 Compton St, Adelaide Fri & Sat 10am – 4pm *and*
6pm – 9pm
- TC **Clearlight Whole Foods** ☎ 8223 6362 Mon-Fri 12 noon – 6pm
201 Rundle St, Adelaide ☎ 0416 395 119 Sat 12 noon – 4pm
- DC **Govinda's** ☎ 8359 5120 Fri, Sat, Sun 5pm – 8.30pm
25 Le Hunte St, Kilburn
- 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 10am – 4pm
13 Bent St, Adelaide except Wed 10am – 3pm
Sat 10am – 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** ☎ 0401 310 996
Email: ozravis@yahoo.com.au

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- LD **Sarah's Café @ Where Inn** ☎ 8231 3333 Tue to Fri: lunch
 12 Leigh St, Adelaide Tue to Sat: dinner
 Please book vegan meals in advance. Please phone for precise opening times.
- LD **Sarah's Sister's** ☎ 8449 5817 Mon, Tue, Thu, Fri: lunch
 117 Semaphore Rd, Semaphore Thu to Sat: dinner
 Please book vegan meals in advance. Sat, Sun: brunch
 Please phone for precise opening times.
- 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: veganqueens@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, Fri till 7.30pm
 Adelaide
- L **Vego & Love'n It** ☎ 8223 7411 Mon to Fri 10am – 3.30pm
 240 Rundle St, Adelaide
- BLDTC **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 & Tue 11am – 3.30pm
 17-19 Bent St, Adelaide Wed & Thu 11am – 5 pm
 Fri 11am – 9pm
 Sat 11am – 8pm

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

Vegetarian Action

PO Box 6062 Halifax St, Adelaide SA 5000

www.vegetarianaction.org.au (Please see website for email address)

A not-for-profit Charitable Trust based in South Australia

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