



Plant-Based Dining Options in Rockford & Surrounding Areas

PLEASE NOTE:

Keep in mind some of these places may have closed or changed their hours, days open, locations, and/or offerings. Please call first. All entries here were submitted by group members and may not have been further verified. If you see anything that needs correction, additions or deletions, please let me know at shanasyy@gmail.com Thank you!

Businesses that are new to this Directory, since the last update, have their names in purple so you can easily see what has been added each time a new update is published.

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100% Vegan in Rockford & Surrounding Areas

Curious Herbivore (100% vegan bakery!)

Online ordering and also has a booth at the Rockton River Market in Rockton every Wednesday from 5p to 8pm
Never in their food: corn syrup, hydrogenated oils, imitation flavors, any colors, additives, or preservatives that don't come directly from nature. (Think: beet powder for color!) Say goodbye to unnecessary junk and hello to guilt-free indulgence. Free delivery within 15 mile radius of Roscoe, IL. Delivery fee applied if outside the zone. Entirely vegan, dye-free, all natural, scratch-made. Gluten-free available. Regular online menu available and does custom cakes and other treats.

<https://curiousherbivore.square.site/>

Gratitude Bistro Food Truck

Grilled Paninis, Tacos, Savory Crêpes, Sweet Crêpes

(512) 887-2306

Closed until July 5, 2024 • Hours and locations posted on FB

<https://www.gratitudebistro.co>

<https://www.facebook.com/gratitudebistro>

Jack It Up Vegan Eats Food Truck

815-608-0294

Usually in parking lot of Forest Plaza. Offers online ordering with delivery.

<http://www.jackitupveganeats.com>

Pig Minds Brewery

Restaurant and Brewery

4080 Steele Dr. • Machesney Park • 779-423-2147

<https://pigmindsbrewing.com/>

Ripe Life Juice Co.

Smoothies, juices, and snacks

308 W. State St. #135 (Inside the Stewart Square) • Rockford • 779-774-3274

Wide variety of fresh juices and smoothies

<http://www.ripelifejuice.com/>

Restaurants & Carry-Out Offering Plant Based Options

■ ROCKFORD:

Abreo Restaurant

American Fare

515 E. State St. • Rockford (downtown Rockford's Block 5) • 815-968-9463

Has several outstanding vegan selections clearly marked on menu. Any dish with 2 stars is either vegan or can be made vegan upon request. Service fee added to all checks.

<https://www.facebook.com/AbreoRestaurant/> • www.abreorockford.com

Ambiance Cuisine Cocktails & Catering

307 S. Main St. • Rockford • 779-423-0624

'Vegan Options' section on their menu (4 items listed).

<https://www.facebook.com/people/Ambiance-Cuisine-Catering-Cockails/100091573376854/>

Baker Street Burgers

American Fare

1603 N. Alpine Rd. • Rockford • 815-668-7800

Has a veggie burger and Beyond Burger but no vegan bun. To have vegan burger, they wrap it in lettuce.

<https://www.facebook.com/bakerstreetburgers/> • <https://bakerstreetburgers.com>

Bento & Bowl

Indonesian Fare

3206 S. Alpine Rd. • Rockford • 815-519-1696

Vegan options.

bentoandbowl.com (Coming soon)

Burger King

2434 11th St. • Rockford

Impossible Burgers

Cantina Taco

117 S. Main St. • Rockford • 815-966-6000

Vegan options including chorizo tacos and vegan horchata

www.cantinataco.com

Charley's Cheesesteaks

7038 Walton St. • Rockford • (815) 227-5679 7200 Harrison Ave. • Rockford • (815) 332-5899

Veggie sandwich with mushrooms - order without cheese

<https://www.charleys.com/>

Cheezy's Grilled Cheeses

2842 11th St. • Rockford • (815) 310-0777

Very vegan-friendly - many vegan options (vegan cheeze and plant-based butter)

<https://www.cheezysgrilledcheeses.com/>

China King

7437 E. State St. • Rockford

Offers tofu as a protein substitute.

<https://www.eatchinaking.com/>

Chipotle Mexican Grill

751 S Perryville Rd. • Rockford • 815-397-8688

Organic Sofritas (tofu), 2 new Vegan Bowls

<https://locations.chipotle.com/il/rockford/751-s-perryville-rd>

Chocolat by Daniel

Chocolate shop

211 E. State St. • Rockford • 815-969-7990

Some vegan options.

chocolatbydaniel.com

Dunkin Donuts

1262 Parkside Dr. • Rkfd 3225 11th St. • Rkfd • 815-708-8172 7370 E State St. • Rkfd • 779-423-2602

Almond milk and vegan bagel options. Ask for peanut butter instead of cream cheese, Also has Beyond Sausage.

Franchesco

7128 Spring Creek Rd. • Rockford

Offers a plant-based Pasta Primavera on request

www.franchescosrestaurants.com

Giordano's Pizzeria

333 Executive Pkwy. • Rockford • 815-398-5700

Items marked vegan on menu

<https://giordanos.com/locations/rockford/>

Guzel

Located in the Rockford City Market • Rockford

Mediterranean-style cuisine. Their falafel, most of their salads, some desserts, and at times, their specials are plant-based.

Hai Quynh

324 7th St, Rockford • 815-964-5353

Has vegan spring rolls, wide noodles and veggies and thin noodle soup with mixed veggies. Vegan mango drink

They have vegetarian menu of which many items can be converted to vegan.

<https://haiquynhrockford.com>

Happy Wok

Chinese Restaurant

2526 S Alpine Rd. • Rockford

Veggie spring rolls, homestyle tofu, white/fried rice, veggie chop suey or stir fry. Ask for tofu to replace meat.

www.happywokrockford.com

House of India Restaurant

Indian Restaurant

6430 East Riverside Boulevard • Rockford

Many options such as the vegetable curry and tandoori vegetable.

<http://www.houseofindia.net>

Irish Rose Saloon

American Restaurant

519 E State St. • Rockford • 815-964-0480

Has a vegetarian section on their menu which has several vegan options. Also, rotating vegan soups.

<https://www.irishrosesaloon.net/>

Jason's Deli

575 South Perryville Road • Rockford

Large salad bar

<https://www.jasonsdeli.com/>

John's Restaurant & Pizzeria

2914 11th St. • Rockford • 815-398-4044

The owner's daughter is vegan and makes a ton of good things! They have a vegan burger, pastas, pretzel bun, pizzas and salads. Plus, they offer Daiya cheese AND a parmesan. Beyond and Impossible burger. Vegan and gluten-free items marked clearly on the menu! Mango ice cream for dessert! Order online also.

<https://johnspizzarockford.com>

Lino's

Italian restaurant

5611 E. State St. • Rockford • 815-397-2077

Ask for their “Vegan Menu” (It’s usually kept behind front desk)

linos815.com

Lucha Cantina

1641 N Alpine Rd. • Rockford • 815-977-4319

Many Mexican vegan options! Can sub dairy cheese for Daiya vegan cheese.

All salsas are vegan and their chips are gluten free!

<https://www.lucharockford.com>

Magpie

126 N. Madison St. • Rockford • 815-977-5761

Has some vegan options and pies. Online ordering available.

<https://www.magpirockford.com>

Mary's Market

2636 McFarland Rd. • Rkfd 1659 N Alpine Rd. • Rkfd 4431 E State St. • Rkfd • 815-397-7291

Has a separate ‘vegan’ menu – but you still have to say “No Cheese.”

<https://www.marysmarket.com>

MOD Pizza

6470 E State St. • Rockford • 815-977-8941

Offering vegan cheese (you have to ask for it) and vegan sausage.

<https://modpizza.com>

Mo's Coffee and Cafe

303 Mulberry St. • Rockford • 779-500-0321

Plant-based options and almond milk for the coffees

<https://www.facebook.com/profile.php?id=100048002446442>

<https://www.moscoffeandcafe.com>

The Norwegian

1402 N Main St. • Rockford • 815-329--6191

Vegan options. They also have Impossible sausage and burgers!

<http://www.thenorwegian.com> • www.facebook.com/thenorwegianrockford

Noodles and Co.

6430 E State St. • Rockford • 815-397-7910

Offering Impossible plant-based chicken featured in both the Impossible Orange Chicken Lo Mein, as well as a protein substitution for any of Noodle’s entrees. Impossible plant-based chicken nuggets (panko-coated) that offers a realistic chicken taste with a crispy exterior and juicy white interior. Veggie Spirals with choice of steamed or stir-fried with water veggies. Also offering a Plant-Based Garden Dog

Octane (27 Aluna)

American Restaurant

124 N Main St. • Rockford

Thai noodles can be vegan with rice or house-made ramen noodles. Garlic mushroom sandwich can be made vegan. Beef can be substituted with Beyond Patty. Occasional vegan specials. Vegan friendly chef!

<https://www.facebook.com/Octanerkfd/> • <https://www.octanerkfd.com>

The Olympic Tavern

Bar & Grill

2327 N Main St. • Rockford

Beyond burger. Falafel sandwich and a kale salad with roasted squash. (Sandwich bread may not be vegan)

Hummus and salsa and guacamole for appetizers. Pretzel buns can be made vegan (no cheese or butter)

<https://www.facebook.com/theolympictavern/>

Panda Express

7046 Walton St. • Rockford • 815-227-9606

7200 Harrison Ave. • Rockford • 815-332-3309 (Cherryvale Mall)

Offering Beyond Meat (Beyond Orange Chicken). See the links below to learn what other plant-based/vegan options they have.

<https://vegg1.com/cheat-sheets/vegan-options-panda-express/>

<https://www.peta.org/living/food/panda-express-vegan/>

Pita Pit

275 Deane Dr. • Rockford • 815-977-5407

Build your own plant-based pita. Beyond Burger is available

<https://order.pitapitusa.com/menu/rockford>

Poke Green

Poke, tacos, and more! Delivery, take-out, dine in!

3053 N. Perryville Rd. • Rockford • 815-397-8888

Many plant-based options available!

<https://www.pokegreener.com/>

Portillo's

6090 E. State St. • Rockford • 815-997-1800

Offers a plant-based garden dog

<https://www.portillos.com>

Prairie Street Brewery

200 Prairie St. • Rockford • 815-277-9427

Many vegan items clearly marked on menu. Has Beyond Burger too! Even a vegan cheesecake!

<https://psbrewingco.com/wp-content/uploads/2019/08/Vegan-Menu-copy.pdf>

Primos

1710 Rural St Ste 1 • Rockford • 815-226-0641

Primos has vegan cheese for pizza. Great options for takeout!

<https://www.primosonrural.com/main-menu>

Ramen & Tea Restaurant

7062 Walton St. • Rockford • 815-977-4553

Vegan options

<https://www.ramenandtea.com/>

Red Robin Gourmet Burgers and Brew

7029 E State St. • Rockford • 815-399-7582

Large salad bar and Impossible Burgers

<https://www.redrobin.com/locations/il/rockford/rockford-475>

Rockford City Market

Many vegan options from various food trucks!

<http://www.rockfordcitymarket.com/>

Rockford Roasting Company

206 N Main St, and selling food at Embassy Suites • 416 S. Main St. • Rockford

Plant-based milks offered. Also offer Oatly ice cream and vegan waffle cones at their Embassy Suites location.

Lots of vegan baked items! Also offers vegan egg/cheese/sausage patty!

<https://rockfordroasting.co/>

Sahara Restaurant

5890 E. State St. • Rockford • 815-227-0270

Vegetarian platter (it really is vegan) - falafel, babaganoush, hummus, salad, pita bread. Tabouli good also.

Hummus, falafel, various salads. Baba, Foul, etc. (Beware the lentil soup is made with chicken broth though they will tell you differently.)

<https://sahara-palace.com>

Showplace 16 Movie Theatre

1803 E. State St. • Rockford

Has Impossible Chickn Nuggets at snack shop

<https://www.cinemaslock.com/theatres/amc-showplace-rockford-16>

Shogun

293 Executive Parkway • Rockford • 815-394.0007

Vegan ramen plus some vegan sushi selections.

<https://www.shogunofrockford.com/menu/>

Sisters Thai Cafe

514 E. State Street • Rockford • 779-774-3927

Several vegan items.

<https://sistersthaicafe.com>

Spider Sushi

641 S Perrybille Rd. • Rockford • 815-977-4276

4415 Harrison Ave. • Rockford • 815-229-2394

Has great chefs that will make delicious vegan sushi with avocado and asparagus. They also have all types of veggie rolls, edamame, salad, miso soup, and rice. Has Impossible Burger

<https://www.thespidersushibar.com/>

Starbucks

6239 E State St. • Rockford • 815-398-7374

Below is a guide to eating vegan at Starbucks

<https://canveganseat.com/vegan-options-at-starbucks/>

Stockholm Inn

2420 Charles St. • Rockford • 815-397-3534

Potato with fresh veggies, fruit dish, veggie stir fry (not on menu, but by request)

<https://www.stockholminn.com>

Subway

3849 Northridge Dr. • Rockford • 815-904-6692

The Veggie Delite is Subway's only vegan pre-made sandwich. Some locations have the Meatless Meatball Marinara, featuring plant-based meatballs (with Beyond Meat), marinara sauce, and parmesan cheese (which can be omitted to make the sandwich vegan)

How to eat vegan at Subway:

<https://www.youtube.com/watch?v=50U0BWNtiAg>

Taco Bell

2182 S Perryville Rd. • Rockford • 815-332-5704

6161 E State St. • Rockford • 815-226-9009

3805 E State St. • Rockford • 815-398-6644

7200 Harrison Ave. • Rockford • 815-332-1557

Guide to eating vegan at Taco Bell:

<https://www.youtube.com/watch?v=XKV7t7dUpLo>

Tandoor Grill

2627 Sandhutton Ave. • Rockford • 815-397-1336

They have Beyond Burger and some vegan options (more options coming).

<https://www.facebook.com/Tandoor-Grill-103777870999822/>

Tavern on Clark

755 Clark Dr. • Rockford • 815-708-7088

Vegan option (Tuscan Zoodles).

tavernonclarkrockford.com

<https://www.facebook.com/TavernOnClark/>

Thai Jasmine Rice & Noodles

5839 Forest Hills Rd. • Rockford • 815-505-1255

6 Vegan options!

<https://www.thaijasminecatering.com/>

The Top Rooftop Bar & Lounge (inside The Embassy Suites Hotel)

416 S Main St, 12th Floor • Rockford • 815-668-7878

Several vegan options. Chef Jonathan Powers is very vegan-friendly!

<https://thetoproctford.com/>

Vegetarians in Motion (vegetarian/vegan club)

Meetings/potluck are once a month (except July & August) on Tuesdays at 6:30 pm. Check website first.

3300 Rural St. • Rockford (address for meetings only)

www.vimlife.org

Woodfire Brick Oven Pizza

408 State St. • Rockford • 815-904-6422

Vegan pizza with vegan cheese. Gluten free crust also available.

<http://www.woodfirebrickovenpizza.com>

Yaba Sushi

4817 E Rockton Rd. • Rockton

Can replace the meat with tofu.

<https://www.yabasushiroscoe.com/>

■ BELOIT

Bagels and More

324 State St, Beloit, WI • 608-363-1850

Has vegan meals, soups, bakery hot cocoa and desserts. Try their Tofu Scramble!

<https://www.bagelsandmore.net/menu>

Blue Collar Coffee Co.

408 Pleasant St Suite 100 • Beloit, WI • 608-368-7155

Has oat, soy, coconut, and almond milk. Also sometimes offer some vegan scones and rotating pastries (from Wonderland Sweets!)

<https://www.bluecollarcoffee.net/>

Bushel and Peck's

328 State St. • Beloit, WI • 608-363-3911

Neighborhood market & cafe serving organic, locally sourced sandwiches & weekend breakfast.

<https://bushelandpecks.com>

Domenicos Italian Restaurant

547 E. Grand Ave. • Beloit, WI • 608-365-9489

Their pizza crust and red sauce are vegan so you can add veggies for pizza or pasta with red sauce.

<https://www.domenicos.us>

Little Mexico

2787 Milwaukee Rd. • Beloit, WI • 608-312-2200

Can do veggie fajitas

<https://www.little-mexicorestaurant.com/>

Tilly's Pizza House

900 4th St. • Beloit, WI • 608-362-0241

Pizza crust and red sauce are vegan so you can add veggies for pizza or pasta with red sauce

www.tilleyspizzahouse.com

Truk'T

443 E. Grand Ave. • Beloit, WI • 608-368-7144

They have a chopped salad and a 'guac and brussel sprouts.' Their aioli is always vegan.

<https://www.trukttacos.com/>

Velvet Buffalo

500 Public Ave. • Beloit, WI • 608-312-2991

Some vegan options including dessert

<https://www.velvetbuffalo.com/>

Zen Sushi & Grill

Sushi and Asian cuisine

430 E Grand Ave. • Beloit, WI • 608-299-8888

They have two different vegan sushi options and the chef will make you a veggie and rice plat upon request.

<https://www.zensushibeloit.com/>

■ BELVIDERE

Big Jon's Dog N' More (restaurant and meal prep)

105 Buchanan Street (Downtown) • Belvidere • 815-494-3924

Offering vegan options every Tuesday and Saturday. They consistently have vegan hot dogs, vegan chili cheese dogs, and vegan walking tacos on those days and a vegan special on Tuesdays. Few other PB options offered during the week such as soups, salads, and desserts. Their catering menu also offers PB/vegan options. Also check out their Grab 'n Go grain bowls (reasonably priced)! Don't miss their breakfast options.

<https://www.facebook.com/bigjonsdogs>

Coaches Corner

622 S State St. • Belvidere, • 815-566-3439

Has a vegetarian burger & stir-fry (off-menu items) that can be made vegan on request by Chef Travis. They are very accommodating to food restrictions.

<https://www.facebook.com/CoachsCornerBelvidere>

Subway

Belvidere

Has veggie or veggie patty subs/salads

■ BYRON

Hairy Cow Brewery

450 E. Blackhawk Dr. • Byron

Has a portabella fillet sandwich and offers a dairy-free cheese upon request.

<https://www.facebook.com/pages/Hairy-Cow-Brewery-Byron-IL/106302151387586>

■ DIXON

Basil Tree Ristorante

Italian restaurant

123 E. 1st St. • Dixon • 815-288-7555

Vegan options

www.basiltree2008.com

Curate Kitchen

120 W River St. • Dixon • 815-677-7032

Several vegan options

<https://www.curatedixon.com/menu>

Ginko Tree Café (inside Traditional Wellness Center)

216 W. 1st St. • Dixon • 815-677-9144

Vegan options

<https://places.singleplatform.com/ginkgo-tree-cafe/menu?ref=Yahoo>

Las Palmas

Authentic Mexican food

200 Keul Rd. • Dixon • 815-284-0881

Has veggie skillet (be sure to request no cheese or sour cream).

<https://laspalmasdixon.com/>

Panda Express

Chinese restaurant

2580 N. First St. • Dixon • 707-640-1930

Some vegan options.

How to eat vegan at Panda Express: <https://veggl.com/cheat-sheets/vegan-options-panda-express/>

Papa Murphy's Pizza

212 Keul Road • Dixon

They have vegan cheese and vegan meats.

<https://papamurphys.com>

Red Apple

1130 Franklin Grove Rd. • Dixon • 815-284-4549

Owned by a family with vegan daughters. They will make plant-based plates (not listed on the menu). Try their vegan breakfast skillet. They also have curbside pickup.

<https://www.facebook.com/people/Red-Apple-Family-Restaurant-Dixon/100063585279590/>

River City Ale House

314 W. 1st St. • Dixon • 815-284-0381

They have a veggie wrap.

rivercityalehouseil.com

Shamrock Pub

1401 Chicago Ave. • Dixon • 815-288-4163

Offers the Impossible Burger

<https://shamrockpubdixonil.com>

Somkit Thai & Sushi

214 W 1st St. • Dixon • 815-284-8499

Several veg and tofu options. Specify vegan and they will make sauces without oyster or fish sauce for an up-charge.

Subway

206 West Everett • Dixon • 815-288-7827

How to order vegan at Subway: <https://vegnews.com/2022/1/the-vegan-guide-to-subway>

Taco Bell

1312 N. Galena Ave. • Dixon • 815-284-8228

How to eat vegan at Taco Bell: <https://veggl.com/cheat-sheets/vegan-options-taco-bell/>

■ FREEPORT

Fiesta Cancun Mexican Restaurant

1735 S West Ave. • Freeport • 815-235-5200

Has a full vegetarian section on the menu where everything can be made vegan by holding the dairy.

Ichiban (sushi)

2019 W. Galena Ave. • Freeport • 815-232-7734

Has several veggie sushi rolls

Logan's Bar & Grill

1805 S. West Ave. • Freeport • 815-232-4592

Offers the Impossible Burger

Papa Murphy's Pizza

1713 S West Ave. • Freeport • 815-233-7272

Offers a vegan pizza

Pub 219

219 E. Stephenson St. • Freeport • 815-616-5068

Offers a Black Bean Veggie Wrap

Royal Pub & Grille

306 N Park Blvd. • Freeport

Has Beyond and Impossible Burgers (as available)

Taco Bell

1882 S West Ave, • Freeport • 815-232-8226

Easy to make vegan options from vegetarian menu.

■ JANESVILLE

The Basics Co-op Grocery Store

Has a cafe with lots of plant-based options that are clearly marked!

1711 Lodge Dr. • Janesville • 608-754-3925

<https://www.basicshealth.com>

The Bodacious Brew

119 North Main Street • Janesville

Coffee Shop with vegan options. Breakfast items include, avocado toast, vegan breakfast bowl, vegan breakfast wrap, french toast sticks, plenty of vegan milks for cafe drinks. The GM is vegan.

So Chopped

119 North Main St. Janesville (Inside the Bodacious shopping area.)

Custom salad restaurant

Has fresh salads and a vegan wrap

Chipotle

3515 Milton Ave. • Janesville

Sofritas are vegan, Many other options of fresh whole foods if you just say “hold the cheese”

Drafthouse

101 E. Milwaukee St. • Janesville

Has an impossible burger.

GR's Sandwich Shop

2100 E. Milwaukee St. Janesville

Has a falafel wrap.

Lark

60 S. Main St. • Janesville

Has Impossible Burger

Looking Glass

Bar & Restaurant

18 N. Main St. • Janesville • 608-755-9828

Has a vegan housemade black bean burger. Call ahead to make sure they have it. It sells out quickly.

www.stayglassyjanesville.com

Milwaukee Street Pizza

2616 E Milwaukee St. • Janesville • 608-563-1700

They have vegan taco pizza, also a vegan chicken sandwich, vegan baked pasta, and 3 vegan desserts

www.milwaukeestreetpizza.com

MOD Pizza

3360 Milton Ave. • Janesville

They have vegan cheese and vegan sausage and large style salad bar for salads or pizza ingredients.

<https://modpizza.com/menu/>

Papa Murphy's Pizzeria

1713 Southwest Avenue • Janesville

They have vegan cheese and vegan meats.

<https://papamurphys.com>

Red Robin

2430 E. Humes Rd. • Janesville

Has Impossible Burger. The Gourmet Veggie Burger is vegan when served in a lettuce bun, topped with tomato, avocado, and bruschetta salsa. Also large salad bar.

Sandee's Thai Fusion

12 S. Main St. • Janesville

<http://sandeesthaifusion.com/>

Toppers Pizza

2201 Humes Road • Janesville • 608-743-4000

Has a plant-based section on their menu. Dairy-free cheese, vegan crust and beyond meat chickn tenders.

<https://www.toppers.com/menu/>

■ LOVES PARK

Beef A Roo

6380 E. Riverside Drive • Loves Park 6116 N. Second • Loves Park
Has a vegan Mike's Kale Wrap. They also have a separate gluten-free menu.
<https://beefaroo.com>

Cantina Taco

6342 E. Riverside Blvd. • Loves Park • 779-423-2050
Vegan options including chorizo tacos and vegan horchata
www.cantinataco.com

Choices Natural Market

Has a nice array of prepared takeout dishes!
6718 Broadcast Pkwy • Loves Park • 815-282-1861
<https://www.choicesnaturalmarket.com>

Food 4 Fuel

Catering and Food Delivery/Pickup, Grab-n-Go food Inside Carlsons' Ice Arena • Loves Park • 815-509-0307
(call for hours/days to pickup)
<https://www.food4fuel.com/>

KBQ - Korean BBQ and Chicken

6332 E. Riverside Blvd. • Loves Park • 779-246-0296
The bibimbap can have meat/egg removed and add tofu. The Impossible burger can be used at the table grill.
<https://www.kbqlovespark.com/>

The Olive Branch (and food truck)

Greek food
Inside Carlson Ice Arena • 815-312-7617
Several vegan options

PhoSquare

6338 E Riverside Blvd. • Loves Park
Enjoy a tofu vermicelli bowl, a Teriyaki sandwich, a tofu banh mi and lots of other options (but no vegan pho).
They have a great vegan selection and the employees are always super helpful with any questions! They have expanded their drink menu and have a lot of coconut teas and (real) fruit smoothies/freezes.
<https://phosquare.com>

Rock Pho'd

Asian Fusion Restaurant
6551 E. Riverside Blvd. • Loves Park • 779-774-4146
The Pho is not plant-based, but many of the curries and other dishes can be made plant-based w/ the tofu option
<https://www.facebook.com/rockphod/>

Thrive Cafe

Smoothies, bowls, juices, salads and wraps
6731 Broadcast Pkwy • Loves Park • 815-977-4281
Thrive has lots of vegan food. Smoothies, wraps, smoothie bowls, plus more. No oil options too!
<http://mythrivecafe.com/>

■ MACHESNEY PARK

The Baking Grounds North

Has a hummus avocado sandwich

<https://www.facebook.com/The-Baking-Grounds-North-309283992989213/>

MOD Pizza

1419 West Lane Rd, Suite D • Machesney Park • (815) 977-8946

They have vegan cheese and vegan sausage.

<https://modpizza.com/menu/>

Pig Minds Brewery Co. – 100% vegan

The only all vegan restaurant NW of Chicago subs! Has Impossible Burger too!

4080 Steele Dr. • Machesney Park • 779-423-2147

<https://pigmindsbrewing.com/>

Showplace 14 Movie Theatre

1860 Anjali Way • Machesney Park

Has Impossible Chickn Nuggets at snack shop

<https://www.amctheatres.com/movie-theatres/rockford/amc-machesney-park-14#6832-7172016-86703>

■ OREGON

Maxon's Restaurant & Riverboat

1469 N IL Route 2 • Oregon • 815-732-6761

Usually offers one vegan meal at restaurant AND on the Riverboat cruises.

<https://www.facebook.com/profile.php?id=100063728463083>

maxsons.net

■ PECATONICA

Rosie's Coffee Company

507 Main St. • Pecatonica

Offering plant-based milks and vegan muffins!

<https://www.facebook.com/rosiescoffeeco>

■ ROCHELLE

The Fit Hub

310 Lincoln Hwy. • Rochelle • 815-218-4988

Some plant-based drinks

<https://www.facebook.com/thefithubrochelle>

fithubrochelle.com

■ ROCKTON

Dee Dee's Main Street Coffee & Decor

101 W. Main St. • Rockton • 815-957-0539

Offers various plant-based milks for their drinks!

<https://deedesmainstreet.com/>

The Mix

151 Hawick St. • Rockton • 815-957-1080

Offers Strawberry and/or Pineapple Dole Whip

<https://www.facebook.com/TheMix815/>

■ ROSCOE

Bravo Pizza-Italian Restaruant

11357 Main St. • Roscoe

Garlic & Olive Oil Pasta (ask to add veggies), Veggie Fajita

Burger King

5110 Edgemere Court • Roscoe • Impossible Burgers

Fiesta Cancun

5077 Rockrose Ct • Roscoe • 815-623-3111

Bean Tostada

Imperial Palace

Chinese restaurant

5077 Edgemere Ct, • Roscoe • 815-623-9544

Has a great vegan/no salt/gf section on their menu

Jessica's

5077 Edgemere Ct, • Roscoe • 815-623-2223

Has 2 vegan options: vegan burger and a breakfast skillet.

Louie's Tap House

Bar & Pub, Restaurant • 5689 Elevator Rd, Roscoe • 815-270-1020

Offers Beyond Burgers and Beyond Sausage on vegan pretzel buns

Poison Ivy Pub

5765 Elevator Rd. • Roscoe • 815-623-1480 • Serves Beyond Burger

www.poisonivypub.com

Sophia's Restaurant

5467 Bridge St • Roscoe • 815) 623-5903

Veggie Grill (hold the cheese and egg) and Veggie Stirfry (hold the meat)

Taco Bell

4638 E Rockton Rd • Roscoe • 815-624-4388

To find vegan options: <https://veggl.com/cheat-sheets/vegan-options-taco-bell/>

Yaba Sushi

4817 E Rockton Rd • Roscoe • 779-475-5088

Sweet Potato Roll, Tofu Hibachi

■ SOUTH BELOIT

Imperial Palace & Pho Thanh Thu

Vietnamese, Chinese Cuisine

302 S Park Ave Suite A • South Beloit • 815-389-8844

Has a great vegan/no salt/gf section on their menu

The vegetable pho is vegan and many of the veggie dishes can be made vegan. Spring rolls too!

Shorty's Kitchen

14471 De La Tour, South Beloit • 815-957-0540

Offers vegan cheese and vegan eggs. VERY willing to 'veganize' anything you want!

■ STERLING

Mai's SUBO

121 E. Third St. • Sterling • 815-590-7746

Offers vegan options. Very vegan-friendly

<https://www.facebook.com/Mais-SUBO-100950879314039>

Beyond and Impossible Meats

NOTE: These burgers may not be at all locations of big chains. They are often served with NON-plant-based/vegan mayo, cheese or bun. Even if you know they don't have non-dairy options, ask for them anyway, so they know there is demand for it and hopefully offer it in the future.

Restaurants offering Beyond Burger

Baker Street Burgers • Rockford
Carl's Junior
Cracker Barrel (has Beyond Sausage)
Del Taco
Denny's
Dunkin' • Rockford (Beyond Breakfast Sausage)
Hardee's
Hope & Anchor • Loves Park
John's Restaurant • Rockford
Louie's Tap House • Roscoe (and Beyond Sausage on vegan pretzel rolls)
Octane • Rockford
Olympic Tavern • Rockford
Panda Express
Pita Pit • Rockford
Pig Minds Brewery • Machesney Park
Poison Ivy Pub • Roscoe
Pizza Hut
Prairie Street Brewery • Rockford
Royal Pub • 306 N Park Blvd. • Freeport
Subway (Beyond Meatball Marinara sub) some locations
Stewart Square Eatery (Rockford) Offered for a very limited time. Must request by phone 815-708-7494
Tandoor Grill • 2627 Sandhutton Ave • Rockford
Toppers Pizza • Janesville - Beyond Meat chick'n tenders

Restaurants offering Impossible Burger

Baker Street Burgers
Burger King
2434 11th St. • Rockford
7200 Harrison St. • Rockford
1830 S. West Ave. • Rockford
1804 E. Riverside Blvd. • Rockford
1138 E. State St. • Rockford
3342 S. Alpine St. • Rockford
909 W. Riverside Blvd. Rockford
7219 Walton St. • Rockford
7197 Charles St. • Rockford
630 Machesney Rd. • Machesney Park
Dreadhouse • Janesville
Flight Deck Bar & Grille at CSC • 1207 W. Gurler Rd. • Rochelle
Fozzy's Bar & Grill • 6246 E Riverside Blvd. • Loves Park
Giordanos • 333 Executive Pkwy. • Rockford
Hope and Anchor • Loves Park
Hot Dog Joint • Rockford
John's Restaurant • Rockford
Lark • Janesville
Logans • 1805 S. West Ave. • Rockford
Logan's Bar & Grill • Freeport
The Norwegian • Rockford
Pig Minds Brewery - 100% vegan beer
Palmyra Pub and Eatery • Dixon
Q'Doba • Rockford
Red Robin • 7029 E. State St. • Rockford
Royal Pub • 306 N Park Blvd. • Freeport
Shamrock Pub • Dixon
Thunder Bay Grille – Rockford

Catering

ABC Catering

1355 S. Alpine Rd. • Rockford • 815-316-3016

Plenty of plant-based options.

Ambiance Cuisine Cocktails & Catering

307 S. Main St. • Rockford • 779-423-0624

‘Vegan Options’ section on their menu (3 items listed).

<https://www.facebook.com/people/Ambiance-Cuisine-Catering-Cockails/100091573376854/>

Big John’s Dogs N’ More Catering

Catering offered • Belvidere • 815-494-3924

They offer unique vegan catering items such as sandwiches, soups, salads, and deli salads. They also offer an array of vegan desserts. Just look for the v* symbol on their catering menu, or simply ask if they can transform something to be vegan. They are happy to meet your dietary needs!

<https://bigjons.wixsite.com/bigjonsdogs>

<https://www.facebook.com/groups/723527814792958/user/100067373933719>

Jack It Up Juicery and Vegan Eats

Rockford area • 815-608-0294

100% Plant-Based Catering!

The meat-eaters, vegetarians and vegans will all rave about their mouthwatering vegan soul food.

John’s Restaurant & Pizzeria

2914 11th St. • Rockford • 815-398-4044

The owner’s daughter is vegan and makes a ton of good things! They have a vegan burger, vegan pastas, vegan pretzel bun, pizzas and salads. Plus, they offer Daiya cheese AND a parmesan Beyond and Impossible burger. Vegan and gluten-free items marked clearly on the menu! Mango ice cream for dessert! Order online also.

<https://johnspizzarockford.com>

Just Veggies

Delivery and Catering in Rockford (Located in Madison) • 608-443-9111

<https://justveggiez.com>

<https://www.facebook.com/justveggiez>

Pig Minds Brewery

Restaurant and Brewery

4080 Steele Dr. • Machesney Park • 779-423-2147

<https://pigmindsbrewing.com/>

Juices, Smoothies, Coffees, and Other Drinks

Candy Cloud - Rockford

6286 E. State St. • Rockford • 815-846-0506 • 815-248-0247

Bubble Tea and Coffee House

<https://candycloudcompany.com/> • <https://www.facebook.com/candycloudco>

Ripe Life Juice Company - Rockford

308 W. State St. #135 • Rockford

<https://www.facebook.com/RIPELIFEJUICE>

Rockford Nutrition - Rockford

Smoothie & Juice Bar • 2627 20th St. • Rockford

<https://www.facebook.com/RNhealthyShakes>

Rockford Roasting Company - Rockford

206 N Main St, and selling food at Embassy Suites • 416 S. Main St. • Rockford

Plant-based milks offered. Also offer Oatly ice cream and vegan waffle cones at their Embassy Suites location.

<https://rockfordroasting.co/>

Mo's Coffee and Cafe - Rockford

303 Mulberry St. • Rockford • 779-500-0321

Plant-based options and almond milk for the coffees

<https://www.moscoffeeandcafe.com>

Dee Dee's Main Street Coffee - Rockton

101 W. Main St. • Rockton • 815-957-0539

<https://deedesmainstreet.com/>

Blue Collar Coffee Co. - Beloit

408 Pleasant St Suite 100 • Beloit, WI • 608-368-7155

Offers plant milks and sometimes vegan scones and rotating pastries (from Wonderland Sweets!)

<https://www.bluecollarcoffee.net/>

The Bodacious Brew - Janesville

119 North Main Street • Janesville

Coffee Shop with vegan options. Breakfast items include, avocado toast, vegan breakfast bowl, vegan breakfast wrap, french toast sticks, plenty of vegan milks for cafe drinks. The GM is vegan.

Starbucks

Coffees, Teas and other drinks • Various locations in the area

<https://vegg1.com/starbucks-2022-vegan-summer-drink-guide> • <https://www.starbucks.com/>

The Fit Hub - Rochelle

310 Lincoln Hwy. • Rochelle • 815-218-4988

Some plant-based drinks

<https://fithubrochelle.com>

Thrive Cafe - Loves Park

6731 Broadcast Pkwy. • Loves Park

Smoothies, cold pressed juices, acai and dragon fruit bowls, salads, wraps, and bowl; grab and go style.

<https://www.facebook.com/mythrivecafe>

Pizza with Plant-Based Options

Giordano's Pizzeria • Rockford

Offers Beyond or Impossible sausage pizza. No vegan cheese.

John's Pizzeria & Steakhouse • Rockford

Offers homemade vegan cheese

Milewaukee Street Pizza • Janesville

Vegan taco pizza

MOD Pizza • Rockford, Janesville, Machesney Park

Offers vegan cheese and meat

Papa John's Pizzeria • Rockford, Janesville, South Beloit

Offers vegan cheese and meats

Papa Murphy's Pizzeria • Freeport & Dixon

Offers vegan cheese and meats

Pig Minds Brewery • Machesney Park

Offers vegan cheese (100% vegan restaurant)

Primos • Rockford

Offers vegan (soy) cheese

Sprouting Acres • Cambridge, WI

Wood-fired vegan pizzas available for pre-order on 'Pizza Nights.' See website for details and dates. Lots of activities and super fun for the whole family including musical entertainment. Indoor and outdoor seating available.

<https://www.sproutingacres.com/pizza-nights>

Woodfire Brick Oven Pizza • Rockford

Offers vegan cheese

Food Trucks

Big Jon's Food Truck

815-494-3924 • Several vegan options - very vegan friendly!

<https://www.facebook.com/bigjonsbelvidere/>

Jack It Up Vegan Eats Food Truck (100% plant-based)

815-608-0294 • Usually in parking lot of Forest Plaza. Offers online ordering with delivery.

<http://www.jackitupveganeats.com>

Gratitude Bistro Food Truck (100% plant-based!)

(512) 887-2306 • Closed until July 5, 2024 • Hours and locations posted on FB

<https://www.gratitudebistro.co>

<https://www.facebook.com/gratitudebistro>

Cheezy's Grilled Cheeses Food Truck

815-310-0777 • Their sourdough bread is plant-based. They also offer plant-based cheese and butter.

<http://cheezysgrilledcheeses.com/>

<https://www.facebook.com/cheezysgrilledcheeses>

Kona Ice Food Truck

815-789-5662

Ice-cold fun on the go! Delicious flavors & vibrant vibes for your events - parties, festivals, fundraisers, sports & more. All shaved ice flavors are vegan-friendly.

<https://www.facebook.com/KonaIceRockRiver>

The Olive Branch Food Truck

Greek food • 815-312-7617

Several vegan options

<https://www.facebook.com/theolivebranch815/>

Vintage Goose Cafe Food Truck

Located at the main entrance (east side of building) at the University of Illinois College of Medicine, 1601 Parkview Avenue Monday and Tuesdays 7:00AM - 1:00PM • Offers a vegan bowl.

<https://www.facebook.com/profile.php?id=100078371793642&sk=photos>

Sizz n Fizz Food Truck

Offers a plant-based double or single patty smash burger, American-style "cheese", griddled onions, plant-based sizzly sauce, shaved lettuce, potato bun • <https://sizznfizz.com/>

The Olive Branch Food Truck

Puerto Rican food • 815-312-7617

<https://www.facebook.com/profile.php?id=61554689196698>

Bakeries

Bagels and More

324 State St, Beloit, WI • 608-363-1850

Has many plant-based bakery items.

<https://www.bagelsandmore.net/menu>

Banana Cherry Bakery

1274 S Alpine Rd. • Rockford

Will make custom order vegan cakes and cookies, but does not stock them.

<https://www.facebook.com/Banana-Cherry-Bakery-119529371500059>

Crust & Crumbles

116 N. Madison St. Rockford • 815-315-0960

Rockford Edgebrook Farmer's Market in Summer/Fall. Now having Vegan Wednesdays offering: Croissants, pastries, breakfast and lunch offerings!!!

<https://www.crustncrumbles.com/>

Curious Herbivore (100% vegan!)

Online ordering and also has a booth at the Rockton River Market in Rockton every Wednesday from 5p to 8pm
Never in their food: corn syrup, hydrogenated oils, imitation flavors, any colors, additives, or preservatives that don't come directly from nature. (Think: beet powder for color!) Say goodbye to unnecessary junk and hello to guilt-free indulgence. Free delivery within 15 mile radius of Roscoe, IL. Delivery fee applied if outside the zone.

<https://curiousherbivore.square.site/>

Man Bundt Bakery

Roscoe • 815-978-4738

They offer six different vegan cake flavors, 10 different muffins, and a handful of cookies.

<https://www.facebook.com/Man-Bundt-Bakery-111199587325187/Plant-based options>

The Daily Pruf

Town Center, Cherry Valley

Vegan sourdough

<https://the-daily-pruf.ueniweb.com>

Quixotic Bakery

116 N. Madison St. • Rockford • 815-209-9730

They offer some vegan cake options and a vegan version of their Peanut Butter Cereal Bar.

<https://www.facebook.com/Quixotic-Bakery-274662705896786>

Rockford Roasting Company

206 N. Main St. • Rockford • 815-290-9537

Now offering seasonal 100% housemadwe plant-based pastries .

<https://www.facebook.com/RockfordRoastingCo>

<https://rockfordroasting.co>

Wonderland Sweets

1408 North Main Street, Rockford • 815-978-7874

You can pre-order vegan desserts such as cakes, cookies and muffins!

<https://wonderlandsweetsbakery.com>

Ice cream and Sorbet

Bad Humor Ice Cream (food truck by Abreo Restaurant)

Vegan option(s) • 815-968-9463

<https://www.abreorockford.com/bad-humor-ice-cream-truck>

Baskin Robbins Ice Cream

2579 N Mulford Rd Brynwood Square Shopping Center • 4180 Newburg Rd.

2-4 choices of ice cream and sorbet (Location offerings may vary)

<https://www.baskinrobbins.com/en>

Cattle and Cream – Cherry Valley

105 N Cherry Street • (815) 580-8177 • Has dairy-free options.

Cold Stone Creamery – Rockford

653 S. Perryville Rd., Rockford • 815-394-2113 • Has dairy-free chocolate frozen dessert.

DairyHaus – Rockton

113 E. Main St. • Rockton • 815-624-6100 • They have dairy-free ice creams and sorbets

<https://dairyhausrockton.com/> • facebook.com/dairyhausrockton

Dairy Depot – Loves Park

5413 N 2nd St. • (815) 721-9461 • Has vegan Dole Whip in cherry and lime

<https://www.dairydepot.net/>

Dari Ripple – Belvidere

105 S State St. • Has rotating Dole Whip flavors: pineapple, lime, strawberry, and raspberry

<https://www.facebook.com/dari.ripple>

Dairy Queen – Rockford, Roscoe, Beloit

Dairy-free Dilly Bars. So far as known, only at Rockford (Perryville and Riverside locations), Roscoe, & Beloit.

Kona Ice Truck

815-789-5662

One-of-a-kind, gourmet shaved ice experience. Check out their site to either hire a truck for your event or find where there is one serving their shaved ice. I believe all flavors are vegan.

<https://www.kona-ice.com/local-site/kona-ice-of-rockford/>

Lessly's Ice Cream Shop - Rockford

1710 Rural St., Suite 1 • Rockford • 779-774-3165

Vegan chocolate & birthday cake ice cream, and also tons of fruity “ice” flavors (kind of like shaved ice).

<https://www.facebook.com/Lesslys-Ice-Cream-Shop-626551717791035/>

Pho Square – Loves Park

6338 E. Riverside Blvd.

Offers Freezes using real fruit! The Italian ice is also dairy-free. Dairy-free ice cream possibly available.

Rockford Roasting Co.

206 N Main St, and selling food at Embassy Suites • 416 S. Main St.

They have Oatly ice cream and vegan waffle cones at their Embassy Suites location.

<https://rockfordroasting.co/>

Sips & Sprinkles - Belvidere

221 W. Locust Street • Belvidere • Has 2 flavors of dole whip

<https://www.facebook.com/sipsandsprinkles/>

The Scoop in Winnebago – Winnebago

101 S. Benton Street • 888-557-2667 • Has dairy free options!

<https://www.facebook.com/thescoopbago/>

The 3rd Street Station - Pecatonica

102 E. Third Street • 815-239-4073 • Has dairy free option!

<https://www.facebook.com/the3rdstreetstation>

Yumberry Frozen Yogurt

6876 Spring Creek Rd. • Rockford • 815-282-1020 • Has dairy free options!

<https://www.facebook.com/people/Yumberry-Rockford/100039758606211/>

Zammuto's Drive In & Carry Out – Rockford

725 Kent St. • Rockford (Corner of Ferguson St. and Kent St.) • (815) 962-9180

Italian Ice (a frozen or semi-frozen sweetened treat, similar to sorbet or snow cones) made with fruit or fruit concentrate.

Health Food Store with Plant-Based Carry-Out Options

Choices Natural Market

6551 E Riverside Blvd, #114, Rockford • 815-282-1861

Carries plant-based prepared carry-out items

<https://www.choicesnaturalmarket.com/>

Restaurants Offering Plant-Based Cheeses

John's Restaurant and Pizzeria (vegan parmesan too!)

Luchas Cantina

MOD Pizza

Prairie Street Brewery

Pig Minds Brewery

Primo's Pizza

Sister's Thai Cafe

Shogun

Shorty's Kitchen (S. Beloit) - Vegan eggs too!

Woodfire Pizza

Plant-Based Options at Rockford City Market

Jack it up Juicery food truck - 100% vegan food

Pig Minds Brewery - 100% vegan beer (no food)

Candy Cloud food truck - Non-dairy options

Thai food truck - Tofu & veggie options

T&C Cooking Creations food truck – Vegan options

Outside Dining with Plant-Based Options

This is certainly not a complete list, by far, however these places were listed as 'favorites' from this group and the Rockford Area Vegan Community Facebook groups

- Pig Minds (100% Vegan)
- The Top Rooftop Bar & Lounge
- Prairie Street Brewhouse
- Spider Sushi
- John's Restaurant
- Chipotle
- Lucha's Cantina
- Bagels & More of Beloit

Further away, but worth the drive for 100% plant-based!

These restaurants are all either all 100% Vegan or Vegetarian

Be sure to call ahead to make sure they are still open or may have changed hours or menu items.

■ BARABOO, WI

The Cheeze Factory

618 Oak St. Baraboo, WI • 608-448-4804

100% vegan and non-GMO. Wide variety of food, heavenly desserts, unique drinks, and a kids' menu. Rated best vegan restaurant in Wisconsin!

Dine in and catering

<https://cheezefactoryrestaurant.com/>

Ugly Biscuits Bed and Breakfast

E12482 County Road T • Baraboo, WI • 608-448-9098

100% vegan/vegetarian food for their guests.

<https://www.uglybiscuitsbnb.com>

■ CHICAGO

Alice and Friends

5812 N Broadway, Chicago • 773-275-8797

Proudly celebrate the flavors, beauty and diversity of vegan cuisine from all over

<http://aliceandfriendsvegankitchen.com/>

Amitabul

6207 N Milwaukee Ave. Chicago • 773-774-0276

Serving healthful, Buddhist vegan food. The cuisine is made with love and care, by hand. There are no oils or salts used and the flavors are abundant.

<https://amitabulvegan.com/>

B'Gabs Goodies

Live & raw café

1450 E 57th St. Chicago • 773-251-3071

Open Tue-Sat 7:00am-3:00pm, Sun 9:00am-3:00pm

<https://www.facebook.com/BGabsGoodies>

Can't Believe It's Not Meat

1368 1/2 E. 53rd St., Chicago (Hyde Park), 773-675-8208 • 1143 N. Wells St., Chicago (Gold Coast), 312-624-9986 • 24 Orland Square Dr., Orland Park, 708-645-4077

<https://www.cantbelieveitsnotmeat.com/>

The Chicago Diner (vegan/vegetarian)

Logan Square: 2333 N. Milwaukee Ave. Chicago • 773-252-3211, ext. 1

Halsted: 3411 N. Halsted St. Chicago • 773-935-6696

Dine-in, bakery, catering and delivery

<http://www.veggiediner.com/>

The Chicago House of 'Za

1939 W Byron St. Chicago • 773-770-3848

Family friendly, organic and locally sourced whenever possible.

Specialize in gourmet vegan pizza. Have a wide variety of pizza, pasta, craft beer and wine.

<https://thechicagohouseofza.com/>

Cien 100% Naturalisimo

2709 Ridgeland Ave. Berwyn, IL • 708-317-5679

Open Mon-Fri 8:00am-7:00pm, Sat-Sun 8:00am-4:00pm

Latin inspired cuisine menu with salads, soups, wraps, sandwiches, bowls, smoothies, juices, and daily specials.

<https://www.facebook.com/cienberwyn/>

Fancy Plants Catering

This website is a link to the underground vegan supper clubs we do at the Humboldt House in Chicago, as well as catering options and event planning.

<http://fancyplantscatering.com/>

Ingrained

108 W Chicago Ave, Chicago • 312-248-2862

A small-batch Chicago snackery specializing in vegan, plant-based, gluten-free and refined sugar-free snacks

<https://www.ingrainedchicago.com/>

Kal'ish

1313 West Wilson Ave. Chicago • 773-293-7768

A unique expression of style & culinary comfort. Dine in, delivery and catering!

<https://www.kalishvegan.com/>

Kitchen 17

3132 N. Broadway, Chicago (Uptown neighborhood) • 773-840-3491

Vegan restaurant specializing in comfort food, house-made meats, cheeses, and desserts. Offers dine in, take out, and catering. BYOB with no corkage fee.

<https://www.kitchen17.com/>

Liberation Kitchen

2054 W. Grand Ave. • Chicago • 312-872-7838

Offering vegan comfort food and their famous soy-based soft serve!

<https://www.uptonsnaturals.com/breakroom>

Loving Heart Cafe

838 W Montrose Ave. Chicago • 773-561-5399

Provides all vegan food: soup, sandwiches, wraps, salads, bowls and dessert.

Open Mon-Sat 12:00pm-6:00pm. Closed Sun.

<https://www.lovingheartvegan.com/>

Majani

3 locations:

ONE ELEVEN FOOD HALL, 756 E 111th St. • Chicago

Tuesday - Saturday 11am-7pm

SOUTH LOOP, 2537 S Wabash Ave. Chicago, IL 60616

(773) 359-2791 • Tuesday - Thursday 11am-9pm and Friday and Saturday 11am-10pm

SOUTH SHORE, 7167 S Exchange Ave. Chicago, IL 60649

(773) 359-4019 • Tuesday - Saturday 11am-8pm

Vegan Southern Food and Desserts

Dine-in, catering, delivery

<https://www.majani.biz/>

Native Foods

218 South Clark Street (in The Loop), Chicago • 312-332-6332

100% plant-based menu.

<https://nativefoods.com/menu/>

No Bones Beach Club

1943 W. North Ave • Chicago

Wicker Park neighborhood conveniently located around the corner from the CTA Blue Line Damen stop

Cheers fresh cocktails with your beach buds while you dig in to some of the best gluten-free and vegan food in our hip, tropical-themed atmosphere.

<https://nobonesbeachclub.com/>

Sam & Gerties - All vegan Jewish deli

1309 W. Wilson Ave. • Chicago

Open only Friday thru Sundays 8 am – 2 pm

<https://www.samandgerties.com/>

Soul Vegetarian East and The Eternity Juice Bar (vegan)

203 E 75th St. • Chicago • 773-224-0104

Open Mon-Thu 11:00am-8:00pm, Fri 11:00am-10:00pm, Sat 8:30am-10:00pm, Sun 8:30am-8:00pm.

Serves comfort soul food that is vegan. Menu varies and might include lasagna, mac-n-cheese, and corn bread, desserts, and others. Brunch on Sunday. The Eternity Juice Bar is owned by the same people, and sells juices, elixirs, sandwiches, deli-style salads, and a few vegan groceries.

Urban Vegan – Lake View

1601 W Montrose Ave. • Chicago • 773-404-1109

Open Mon 4:30pm-9:30pm, Tue-Thu 11:00am-9:30pm, Fri-Sat 11:00am-10:00pm, Sun 12:00pm-9:00pm.

Serves Thai food and is child-friendly

<https://www.urbanveganchicago.com/>

Veggie Grill

4 Chicago locations:

Lakeview: 614 W Diversey Parkway • Chicago

The Loop: 204 N Wells Street • Chicago

West Loop: 911 W Randolph Street • Chicago

River North: 629 N Wells Street • Chicago

<https://www.veggiegrill.com/>

Veggie House

2109 S. China Pl., Chicago • 312-326-9966

Vegetarian and vegan cuisine

<https://www.veggiehouseusa.com/>

■ NAPERVILLE

Vegan Bar

Vegetarian/vegan restaurant • Juice & Smoothies • Acai Bowls
931 W 75th St., Ste 169 • Naperville

<https://www.facebook.com/people/Vegan-Bar/100090156115079/>

■ MILWAUKEE

Comet Cafe (vegan & vegetarian)

1947 N Farwell Ave. •^a Milwaukee, WI • 414.273.7677

They specialize in from-scratch comfort food like homestyle meatloaf, cheesy-goopy sandwiches, delicious vegan and vegetarian fare and breakfast everyday til 3p. Our bar features a wide variety of craft beers and signature cocktails. We also serve a number of trademark coffee drinks and other non-alcoholic liquids.

<https://www.thecometcafe.com/>

Dead Bird Brewery

1726 N. 5th Street • Milwaukee • 414-930-0707 • All vegan brewery. Food menu with vegan options

<https://www.deadbirdbrewing.com/menu>

Just Veggiez

100% vegan - online order and pickup only. They offer starters, sandwiches, wraps, salads, kid's menu, sides, pizza and kid's menu. Gluten free menu also available.

<https://www.justveggiez.com/>

On the Bus

400 N Water St. Milwaukee, WI (Located inside the Milwaukee Public Market) • 414-204-8585

Featuring sandwiches made with house-made seitans, acai bowls, date shakes & smoothies, avocado toast, and our famous house-made vegan ice cream!

<https://www.onthebusmke.com/>

Strange Town

2101 N. Prospect Ave, Milwaukee, WI • 414-885-0404 • Plant-Based Bistro, Natural Wines

<https://www.strangetownmke.com/>

Twisted Plants

1233 E. Brady St. • Milwaukee, WI • 414-837-3038 • 4905 S Packard Ave • Cudahy, WI • 414-800-4005

<https://www.twistedplants.com>

Tricklebee Cafe

4424 W. North Ave. Milwaukee, WI • 414-488-2477

This is a pay-what-you-can community café that offers healthy meals (plant-based), food-service training, and spiritual nourishment • <https://http://tricklebeecafe.org>

Here's a guide to being vegan in Milwaukee: <https://veganmilwaukee.com/>

■ MADISON, WI

The Green Owl Café (vegan/vegetarian)

1970 Atwood Ave. Madison, WI • 608-285-5290 • EVERYthing on menu can be made vegan by request
<http://www.greenowlcafe.com/>

Jardin

829 E. Washington Ave. • Madison • 608-478-0101
Jardin is open for dinner at 4pm, Tuesdays through Saturdays
<https://www.jardin-madison.com/>

Just Veggies

540 State St. • Madison • 608-443-9111 • 608-209-5070
A plant-based restaurant, delivery service, meal plan, and catering company
<https://www.justveggiez.com/>

Monty's Blue Plate (vegan/vegetarian)

2089 Atwood Ave. Madison, WI • (608) 244-8505

Sookies Veggie Burgers

502 State St. • Madison
100% plant-based. Order online for pickup or delivery from their website
<https://www.sookiesveg.com/>

■ WINNETKA, IL

Spirit Elephant

924 Green Bay Road, Winnetka, IL (about 68 miles outside of Rockford)

■ WOODSTOCK, IL

Expressly Leslie Vegetarian Specialties

110 S Johnson St. Woodstock • 815-338-2833 • Vegetarian and Vegan Food with Middle Eastern Flair
<https://www.facebook.com/ExpresslyLeslie/>

Additional Helpful Resources

For support and additional information about local vegan activities and miscellaneous, join the group **Rockford Area Vegan Community**:

<https://www.facebook.com/groups/792515080828353>

Vegetarians in Motion offers once a month Rockford meeting and potluck (vegetarian AND vegan). Currently reforming their get-togethers - stay tuned for changes. • www.vimlife.org

Going to be traveling and looking for vegan/plant-based options? Check out this national database of restaurants, hotels, health food stores, resorts, B&Bs, vegan products, etc.: Reviews are also included!

<https://www.happycow.net/>

Vegan Restaurants: How to Find the Best Plant-Based Meals • <https://vegan.com/food/restaurants/>

Do you have a favorite type of cuisine you prefer (Mexican, Italian, Japanese, Middle Eastern, ect.)? You will find help here whether you are dining out or eating in! • <https://vegan.com/food/cuisines/>

Here are 8 VERY helpful tips for successfully eating vegan at restaurants!

<https://www.vegan.io/blog/how-to-eat-vegan-at-any-restaurant.html>

How to eat vegan at your favorite chain restaurants:

<https://chooseveg.com/blog/here-are-14-delicious-vegan-options-at-your/>

<https://eatdrinkbetter.com/articles/eating-vegan-at-national-restaurant-chains/>

Super Quick Plant-Based Recipes

No time to drive to a restaurant and need something even quicker to cook at home, check out my site below. Recipes are posted daily on Facebook that only take 5-20 minutes prep time and use minimal ingredients.

<https://www.facebook.com/SuperQuickPBRRecipes/>

To find more complete and updated info on where to find restaurants in Chicago, Madison and Milwaukee, check out these 3 Facebook sites and go to their Files section for lists:

Vegan Milwaukee: <https://veganmilwaukee.com> • **Madison Area Vegans:** <https://www.facebook.com/groups/723527814792958> • **Chicago Vegans:** <https://www.facebook.com/groups/chicagovegan/files/docs>

If you are interested in learning to be a better vegan or a more effective activist using positivity, building integrity and maintaining resiliency in your efforts, please check out my 'Vegan Empowerment' Facebook site!

<https://www.facebook.com/groups/629039501313411>

This site has numerous stories written by people whose lives have been positively impacted by going plant-based/vegan. To help you (or anyone) become (or stay) vegan, you'll find a multitude of resources such as videos, podcasts, books, mentor programs, transition guides, apps and recipes!

<https://vegancouragement.com>

Traveling by plane? Check out the plant-based/vegan options at various airports in the U.S.

<https://veggl.com/vegan-at-airports-cheat-sheets/>

Please let others, including restaurant owners, know about our group so we can show a fast-growing demand for plant-based offerings in our local area. Also note that in the Files section of our group there is a file with a layout of business cards you can just print on regular paper, cut to size and pass out to others to help build the group! **Thank you!**

Rockford Area Plant-Based Dining

<https://www.facebook.com/groups/723527814792958/>