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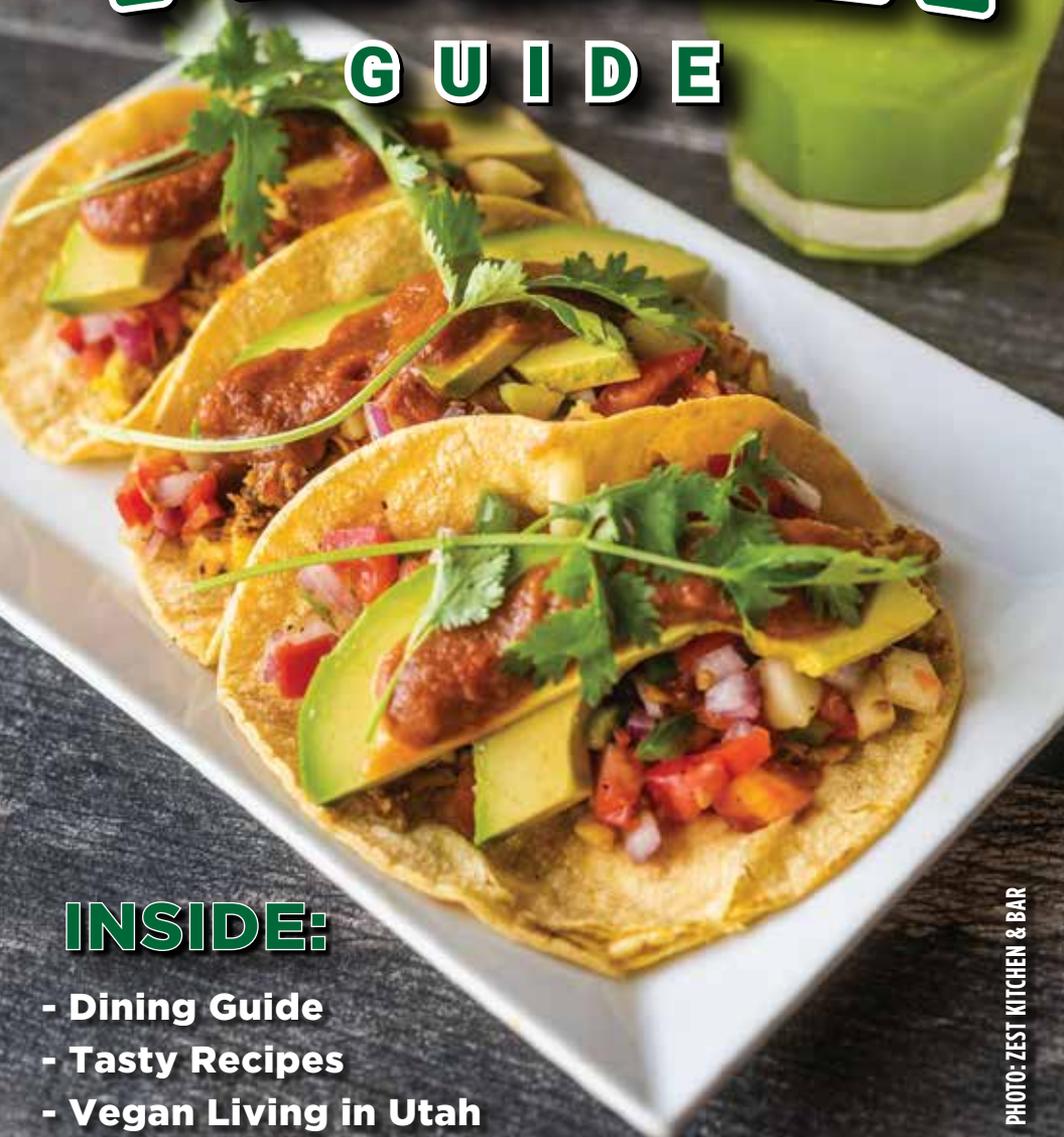
UTAH

ALWAYS FREE

FALL - WINTER 2020

VEGAN

GUIDE



INSIDE:

- Dining Guide
- Tasty Recipes
- Vegan Living in Utah

UTAH VEGAN GUIDE

Whether your goal is to improve your health, fight climate change, or stop animal abuse – going vegan is the single most positively impactful lifestyle change you can make. Fortunately, it's never been easier to be vegan. Every year, more grocery stores, bakeries, bars, and restaurants are popping up throughout Utah that offer cruelty-free vegan options for their customers. Whether you want to find vegan pho, pizza, or faux “chicken” wings – the Beehive State has got you covered!

You'll notice that many local businesses listed in this guide offer discounts to UARC members - look for the “pig” icon (see page 35 for complete listing). If you'd like to become a member of UARC, or if your business would like to offer our members benefits, please visit UARC.io/join. Thank you, and enjoy!

PROMOTE VEGAN LIVING

VegFund empowers vegan activists worldwide by funding and supporting effective outreach activities that inspire people to choose and maintain a vegan lifestyle.

APPLY FOR A GRANT TODAY

vegfund.org



ON THE COVER: Cuban Jackfruit Tacos from Zest Kitchen & Bar. One of downtown Salt Lake City's premiere restaurants, Zest is a 21+ establishment that proudly helps turn people on to a plant-based diet, saving thousands of animals. Zest also has a strong commitment to the environment, recycling glass, aluminum, & cardboard, composting food waste, abstaining from plastic straws, and encouraging its customers to bring their own containers for food leftovers. Zest also offers UARC members 20% off all food (see p. 35).

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100% VEGAN

KEY ALL VEGAN =  ALL VEGETARIAN =  UARC PARTNER = 

Salt Lake Valley

All Chay

801-521-4789 • 1264 W. 500 N.

All-vegan and affordable Vietnamese restaurant serving popular dishes like pho, vegan shrimp, banh mi, flan, and more.

The Big O

Doughnuts

385-770-7024 • 248 W. 900 S.

Vegan specialty doughnuts. Flavors include Boston Cream, Blueberry Lavender, Key Lime Pie, and more!

Boltcutter

57 E Gollivan Ave.

Popular vegan restaurant serving craft libations, street tacos, burritos, and more delicious items made from scratch daily. Open late!

Buds

509 E. 300 S. • budssl.com

Fast food carry-out only, serving pesto subs, cheesesteak subs, barbacoa burritos, taco salads and more. Open 11am-5pm Mon-Sat. Outdoor patio.

Cinnaholic

801-415-2744 • 358 S 700 E Ste D

Vegan franchise of build-your-own cinnamon rolls. Also serves coffee and brownies.

City Cakes & Café

801-359-2239 • 1860 S. 300 W, Ste. D

801-572-5500 • 192 E. 12300 S.

Vegan and mostly gluten-free bakery with baked goods including cakes, peanut butter bars, and cheesecake.

Lil' Lotus

801-906-0637 • 2223 South Highland Drive #E5

All-vegan restaurant with diverse menu including Navajo tacos, vegan hot dogs, and sliders.

Mark of the Beastro

385-202-7386 • 666 South State Street

Hail seitan! All-vegan “comfort food” with a punk vibe. Featuring “chicken” & waffles, French toast, burgers, and more diner classics!

Monkeywrench

53 E. Gollivan Ave.

All-vegan ice cream shop and coffee bar with house-made nut milks. Located next door to Boltcutter, and open late.

RESTAURANTS

Passion Flour Patisserie

385-242-7040 • 165 E. 900 S.
Elegant vegan French pastry and coffee shop. Serving croissants, macarons, tarts and more.

Seasons Plant Based Bistro

385-267-1922 • 1370 S. State St.
Vegan gourmet and hand-crafted food, from the pasta up! Several French and Italian dishes. Open for dinner only.

Vegan Bowl

801-692-7237 • 8672 S. Redwood Rd.
From the same family as All Chay, this new restaurant serves vegan versions of Vietnamese favorites, including pho, banh mi, bubble tea, and ramen stir-fry.

Veggie House

801-282-8686 • 52 E. 1700 S.
All-vegan Asian restaurant with soy chicken, beef, shrimp, and tofu options in classic Chinese and Thai dishes.

Vertical Diner

801-484-8378 • 234 W. 900 S.
Traditional diner food made vegan, including signature “tender tiger” fried seitan, breakfast food & burgers.

Zest Kitchen & Bar

801-433-0589 • 275 S. 200 W.
Upscale all-vegan and gluten-free cuisine with creative cocktails and full bar. Numerous healthy oil-free and raw options. 21+

Kanab

Angel Village Café

435-644-2001 • 5001 Angel Canyon Rd
All-vegan lunch café with a buffet and a salad bar. Located at the Best Friends Animal Sanctuary.

Moab

Moab Kitchen Food Truck

239 W Center St
Only all vegan spot in Moab! Food truck offering many different options like tacos, burgers, cupcakes. Cash only!

Ogden

Cuppa

385-298-5744 • 550 25th St
All vegan restaurant that offers items like bowls, small bites, juices, coffee and tea.

Salt Lake Valley

African Restaurant

801-978-9673 • 1878 S. Redwood Rd
 Located above African market. Several vegan options, including vegetarian combo platter served on traditional East African flat bread.

Alchemy Coffee

801-403-6157 • 271 N. Center St.
 801-322-0735 • 390 East 1700 South
 Coffee shop with homemade soups and sandwiches. Vegan baked goods. Fresh fruit. Large selection of organic coffee, fine teas and non-caffeinated beverages.

All Chay

See Page 4

Asian Star

801-566-8838 • 7588 S. Union Park Ave.
 Upscale chinese restaurant with many items on menu with labeled vegan options. Some veggie sushi.

The Bagel Project

801-906-0698 • 779 S. 500 E.
 801-355-2400 • 170 South Main Street
 All bagels are vegan, hummus and jam spreads available. Closed Mondays.

Bagels and Greens

801-355-2400 • 170 South Main St.
 Convenient downtown location from the owners of The Bagel Project. Serves breakfast and lunch. All bagels are vegan, some salads can be vegan.

Beer Bar

801.355.3618 • 161 E. 200 S.
 Popular bar with dozens of beer options, as well as vegan field roast sausage. Open late, 21+.

The Big O Doughnuts

See Page 4



Big Willies Sports Bar & Grill

801-463-4996 • 1717 S. Main St.
 Sports bar with several vegan options including pancakes, onion rings, and a black bean burger.

Blue Iguana

801-533-8900 • 165 South West Temple
 Mexican restaurant featuring vegetarian chimichangas and burritos. Most items on vegetarian section can be made vegan upon request.

Blue Plate Diner

801-463-1151 • 2041 S. 2100 E.
 Cozy family diner serving vegan sausage, breakfast and tofu burritos, pancakes, vegan burgers, and more.

Boltcutter

See Page 4

Bombay House

801-581-0222 • 2731 Parleys Way
 801-282-0777 • 7726 Campus View Dr. #120
 Popular Indian restaurant with vegan naan & 20 vegetarian specialties, most can be made vegan. Dinner only.

Brass Smoothies

801-208-6542 • 925 E. 900 South
 Offering a wide range of vegan craft smoothies, bowls, and steel-cut oatmeal made fresh with plant-based milks.

Buds

See Page 4



Burrito Baby

36 S. Wasatch Drive
 Café with vegan lunch options inside SMBB at the U. Choice of seitan, tofu, or avocado for burritos and tacos.

Café Shambala

801-364-8558 • 382 4th Ave

Tibetan restaurant with numerous vegan options and a daily lunch buffet. Try the veggie momo!

Café Solstice

801-487-0980 • 673 E. Simpson Ave.

Sugarhouse neighborhood coffee shop, located inside Dancing Cranes. Clearly marked vegan sandwiches and soups.

Chabaar

801-566-5100 • 87 W. 7200 S.

Thai and American cuisine, many vegan options including breakfast and homemade vegan ice cream. Try the mango curry!

Chanon Thai Café

801-532-1177 • 278 E. 900 S.

Authentic family operated Thai restaurant. Many items available vegan upon request. Closed Monday and Tuesday.

Charlie Chow's Dragon Grill

801-328-3663 • 255 E. 400 S.

Mongolian grill where you can create your own stir fry with tofu and veggies. Put a green stick in your bowl to have your creation cooked separately in veg oil.

Cinnaholic

See Page 4



City Cakes & Café

See Page 4



Curry in a Hurry

801-467-4137 • 2020 S. State St.

Quick, cheap option close to Salt Lake Community College. Vegan options clearly marked.

Curry Pizza

801-890-0415 • 2927 S. 5600 West

Innovative fusion cuisine featuring craft-your-own personal pizzas, with curry sauces and other Indian flavorings. Vegan cheese, crust, and "meat" are all offered.

Dasks Greek Grill

801-733-5010

6522 Big Cottonwood Canyon Rd.

Vegan items clearly marked. Options include vegan gyros, burger, and falafel.

East-West Connection

801-581-1128 • 1400 South Foothill Dr.

Asian fusion restaurant with several options, including lemon grass tofu, curry, and hot pots.

The Eklektik

385-528-3675 • 60 E. 800 S.

Small vegan section includes house-made veggie burger and enchiladas.

Este Pizza

801-363-2366 • 156 E. 200 S.

801-485-3699 • 2148 S. 900 E.

NYC-style pizza with vegan options including meatballs, vegan cheese, salad, and dessert.

Eva's Bakery

801-355-3942 • 155 S. Main St.

Bakery and café with a few vegan breakfast options and desserts.

Edward Jones
MAKING SENSE OF INVESTING

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A Financial Services Firm and Insurance Agency

Did You Know?

Cows can live to the age of 25 years old if people would let them.

Fav Bistro

801-676-9300 • 1984 E. Murray Holladay Road
From the owner of Chabaar and Tea Rose Diner, this latest restaurant features many favorite items that can be made vegan.

Fiddler's Elbow

801-463-9393 • 1063 E. 2100 South
Sports pub with a couple vegan options listed, including chili and a black bean burger.

Green Pig

801-532-7441 • 31 E. 400 S.
Popular bar with vegan section that includes seitan wings, wraps, chicken sandwich and more. Open late.

Greenhouse Effect

801-466-3273 • 3231 S. 900 East
Cozy coffeehouse serving vegan crepes. Open late.

Guras Spice House

801-666-8754 • 5530 W. 13400 South
Tasty Indian restaurant featuring vegan curries, daal, aloo gobi, and other dishes. The menu clearly labels which items are or can be vegan.

Gurkhas

801-755-3499 • 3025 E. 3300 South
Indian restaurant with many items labeled vegan, including chana masala, coconut korma, and veggie kofta.

HandleBar SLC

751 North 300 West
Bar in the Marmalade District with separate vegan menu including nachos, pizza, and sandwiches.

The Happy Sumo

801-456-7866 • 153 S. Rio Grande St.
Offers a few veggie roll options and noodle dishes that can be made vegan.

Hatch Family Chocolates

801-532-4912 • 376 8th Avenue, Suite A
Family chocolate store with vegan dark chocolates and hot chocolate.

Himalayan Kitchen

801-328-2077 • 360 S. State Street
801-254-0800 • 11521 S. 4000 West
Nepali and Indian cuisine with vegetarian section on menu, most of which are vegan and are clearly labeled. Lunch buffet mostly vegan.

House of Tibet

801-364-1376 • 145 E. 1300 S., suite 409
Tibetan and Indian restaurant with a mostly vegan and affordable lunch buffet. Try the fried and steamed veggie momos!



Ice Haüs

801-266-2127 • 7 East 4800 South
Tons of vegan options, including traditional German foods like brats, wraps, corn dogs, and pretzels. Friday vegan meat up events with Herbivorous Butcher products. 21+ establishment.

India House

801-569-0550 • 8660 S. State St.
Northern Indian cuisine with many vegetable options available vegan (request vegan).

J. Wong's Asian Bistro

801-350-0888 • 163 W. 200 S.
Vegan lettuce wraps, Thai fried tofu, vegetable rolls, and other commonly vegan Asian foods.

Karma Indian Cuisine

801-566-1134 • 863 E. 9400 S.

Indian restaurant with clearly marked vegan options.

The Kathmandu

801-466-3504 • 3142 S. Highland Dr

801-355-0454 • 212 S. 700 E.

Indian and Nepali restaurant with vegetarian section, most are vegan upon request. Lunch buffet also includes plenty of vegan choices.

Knickerbockers Deli

801-676-1001 • 6322 S. 300 E. Ste. 130

801-583-8854 • 421 Wakara Way

Deli with several vegan sandwich options and handcut fries. Only open weekdays for breakfast and lunch.

Koko Kitchen

801-364-4888 • 702 S. 300 E.

Quick, cheap sushi with numerous vegan options marked on menu.

Layla Mediterranean Grill

801-272-9111 • 4751 S. Holladay Blvd.

Elegant Mediterranean restaurant with labeled vegetarian, vegan, and gluten-free options.

Laziz Kitchen

801-441-1228 • 912 S. Jefferson St.

Mediterranean restaurant with clearly marked vegan options. Great dips!

Lazy Day Café

801-953-0311 • 2020 E. 3300 S. Ste. 23/24

Breakfast café with vegan french toast, benedict, and burrito options.

Lil' Lotus



See Page 4

Long Life Vegi House

801-467-1111 • 1353 E. 3300 S.

Mostly vegetarian restaurant except seafood. Features vegan beef, chicken, and pork.

Mahider Ethiopian Restaurant

801-975-1111 • 1465 S State St. 7

Vegetarian section of menu is vegan. We recommend the veggie combo platter!

Mano Thai

801-485-1209 • 41 W. 3300 S.

Separate vegetarian menu. Protein options include perfectly fried tofu, veg beef, and veg chicken. Many items can be made vegan.

Mark of the Beastro



See Page 4

Mazza

801-484-9259 • 1515 S. 1500 E.

801-532-4572 • 912 E. 900 S.

A flagship restaurant for SLC, Mazza features many vegan appetizers and entrees. The pumpkin kibbeh is delightful.

The Med

801-493-0100 • 420 East 3300 South

Middle Eastern cuisine. Vegan options clearly marked, include falafel and hummus.

Mellow Mushroom

801-844-1444 • 1080 E. 2100 S.

Chain restaurant featuring pizza w/vegan cheese and several vegan sandwiches.



Mi Ranchito Grill

801-263-7707 • 3600 S. State St
Offers a separate vegan menu with traditional favorites like enchiladas and tamales. Features an incredible all-vegan dinner buffet on Fridays.

MiDiCi Pizza

801-214-7900 • 191 S Rio Grande St.
Wood-fired Neapolitan pizza restaurant, located in The Gateway mall. Vegan cheese and delicious vegan sausage available.

Mollie & Ollie

801-328-5659 • 159 South Main St.
Quick restaurant with fresh bowls, scrambles, wraps, and salads.

Monkeywrench

See Page 4 

Mountain Mike's Pizza

801-878-1551 • 1010 E. 2100 S. Ste. C
Great pizza place offering vegan cheese on any pizza or garlic sticks.

Nostalgia Café

801-532-5638 • 248 E. 100 S.
Coffee shop that sells vegan baked goods and has a vegan section on their food menu, including a hummus sandwich and mac+cheese. Food menu available until 11pm!

O'Falafel Etc.

801-487-7747 • 790 E. 2100 S.
Quick Middle Eastern cuisine with clearly marked vegan options, including a vegan falafel burger.

Oasis Café

801-322-0404 • 151 S. 500 E.
A slightly upscale restaurant with numerous vegetarian items, some of which can be made vegan. Popular spot for brunch.

Passion Flour Patisserie

See Page 5 

Pho 33

801-562-5888 • 7640 South State St.
Vietnamese and Chinese restaurant with vegetarian section of menu. Options include vegan chicken with broccoli and tofu or vegetable pho.

Pie Hole

801-359-4653 • 344 South State Street
Pizza by the slice open late. Vegan pies available and always have vegan by the slice option. Cheese is nutritional yeast mixed into the marinara.



Piper Down

801-468-1492 • 1492 State St.
Huge vegan selection of bar food, including burgers, “wings,” and nachos. Also offers vegan options for weekend brunch. 21+.

Proper Burger Co.

801-906-8604 • 865 Main St.
Burger joint connected to a brewery, with vegan patty option and delicious fries. Try the vegan chili cheese burger! Open late.

Publik Ed's

385-522-2487 • 210 S. University St.
Vegan waffles, house-made burgers, portabella sandwich. Serves coffee and beer.

Pulp Lifestyle Kitchen

385-557-4986 • 9645 S. State St.
801-456-2513 • 49 Gallivan Ave
Fast-casual café with juice bar and fresh bowls, wraps, and salads that can be vegan upon request.

Purgatory

62 E. 700 S. • purgatorybar.com

Bar with a few brunch and dinner items, including the Beyond Burger and sweet & sour cauliflower.

Rawtopia

801-486-0332. • 3961 S. Wasatch Blvd.

Several raw vegan entrees and desserts, some cooked vegan options. Formerly the vegan restaurant Omar's Rawtopia, now serves bison and fish.

Red Iguana / Red Iguana 2

801-322-1489 • 736 W. North Temple

801-214-6050 • 866 W. South Temple

Veg items marked on new menu. All moles over veggies except Almendras are vegan. Veggie fajitas, chimichangas, tacos, and more can be made vegan.

Red Maple Chinese Cuisine

801-747-2888 • 2882 W. 4700 South

Large menu with many tofu/veggie items often found at Chinese restaurants. Also serves some more rare vegan options like lettuce wraps.

The Rose Establishment

801-990-6270 • 235 S. 400 W.

Cozy coffeehouse with several vegan breakfast and lunch items, including tartines, sandwiches, and porridge. Try the vegan chai tea with house-made cashew milk!

Royal India

801-572-6124 • 10263 S. 1300 East

Indian restaurant with vegetarian section on menu. Many can be made vegan upon request. Only open for dinner.

Ruth's Diner

801-582-5807 • 4160 Emigration Canyon Rd

Longtime SLC icon with wonderful patio area. "For our vegan friends" section on menu offers a couple options.

Rye

801-364-4655 • 239 S. 500 East

Lunch and late night vegan options are limited, but breakfast and weekend brunch are popular. Vegan items clearly marked on menu. Menu changes seasonally.

Saigon Sandwich

801-281-7400 • 8528 S. 1300 E.

Vietnamese restaurant with labeled vegan options that include banh mi and pho.

Sakana Sushi Bar

801-282-0670 • 7626 Campus View Dr. Building G Suite 110

Serves 6 different veggie rolls as well as a couple vegan appetizers.

Salt Lake Pizza & Pasta

801.484.1804 • 1063 E. 2100 South

Place to watch the game and get a vegan burger or chili. Serve beer, wine, and liquor.

Sawadee Thai

801-328-8424 • 754 E. South Temple St

Large vegetarian section on menu, most of which are vegan or can easily be upon request. Great vegan pad thai!

Seasons Plant Based Bistro

See Page 5



Shanghai Café

801-322-1841 • 145 E. 1300 South

Traditional Chinese choices, with a vegetarian section that includes faux meats.

Shivers

801-466-9681 • 3063 E. 3300 South

Ask for vegetarian menu. Cheap chipotle black bean burger and smoothies.

Siam Noodle Bar

801-262-1888 • 5171 Cottonwood St.

Same owner as Chabaar and Tea Rose, this restaurant offers clearly marked vegan noodle soup, pho, salads, and curry.

Silvestre's Rolled Ice Cream

801-972-5582 • 3524 S. 2200 W.

Large vegan menu of rolled ice cream with flavors like orange creamsicle and oreo.

Squatters

801-363-2739 • 147 W. Broadway

Local brewpub with clearly marked vegan options including yellow curry and taco salad.

Sri Balaji Caffe

801-996-3628 • 1617 W. 9000 South

Fusing cuisines from Northern and Southern India, offers dosas, vada, curries, and other spicy street foods. Cheap, quick, and easy! Be sure to avoid ghee.

Stanza Italian Bistro

801-746-4441 • 454 E. 300 S.

Italian restaurant with separate vegan menu.

Sugarhouse Coffee

801-883-8867 • 1100 E. 2011 S.

Popular coffee shop with live music several days a week. Vegan options include chicken salad sandwich, fresh juices, and pastries.

Sushi Groove

801-467-7420 • 2910 S. Highland Dr.

10 veggie rolls, many of which are vegan. DJs and live music.

Takashi

801-519-9595 • 18 W. Market St.

Famous sushi restaurant, with a handful of vegan sushi roll options.

Tandoor Indian Grill

801-486-4542 • 729 E. 3300 South

Authentic Indian cuisine with several vegan options labeled on menu. Specify vegan when ordering.

Taste of Red Iguana

801-214-6350 • 28 S. State Street

Located in City Creek Center Food Court. Veggie fajitas, chimichangas, tacos, and more can be made vegan.

Tea Rose Diner

801-685-6111 • 65 E. 5th Ave.

Authentic Thai restaurant that offers numerous vegan options. Owner is very friendly and knows everything that can be made vegan. Along with traditional Thai dishes, Tea Rose offers vegan ice cream and pancakes.

Thai Basil

801-733-8888 •

6550 S. Big Cottonwood Canyon Rd. Ste. B

801-878-3399 • 12600 S. 2778 W., #5

Extensive vegetarian section, most can be made vegan. Soy chicken and beef options.

Tosh's Ramen

801-466-7000 • 1963 E. Murray Holladay Rd.

801-466-7000 • 1465 S. State St.

Small ramen restaurant with vegan gyoza and ramen available (specify vegan).

Trolley Wing Co.

801-538-0745 • 2148 S. 900 E. #5

801-312-9532 • 736 Blue Vista Lane

Vegan "wings" with a wide variety of sauces, including cajun, BBQ, teriyaki, & smokey ancho.

Vegan Bowl

See Page 5

Veggie House

See Page 5

Vertical Diner

See Page 5

Vive Juicery

801-875-8923 • 1597 S 1100 E

A cold-pressed juicery, with several vegan options for nutritious juice blends.

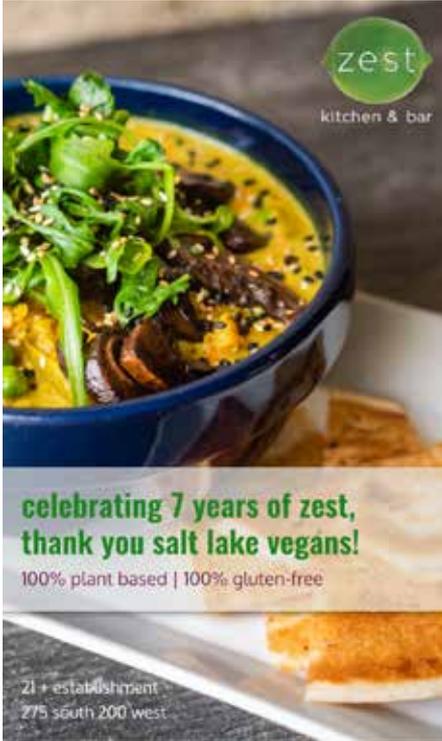
Yoko Ramen

801-876-5267 • 473 E 300 S

Small menu with clearly marked vegan options including ramen and fried cauliflower sandwich (request vegan mayo).

Zest Kitchen & Bar

See Page 5



Bountiful

Royal India

801-292-1835 • 55 N. Main St.

Indian restaurant with vegetarian section on menu. Many are or can be made vegan upon request. Only open for dinner.

Food makes up to 25% of your carbon footprint.

One of the biggest things you can do to combat climate change is eating fewer animal products.



American Fork

China Kitchen

801-756-6560 • 648 E State St, Suite F

Chinese restaurant with an entire vegetarian/vegan menu and an online ordering option.

Thai Village

801-492-7677 • 208 W. Main St.

Thai restaurant with vegan tofu curries. Open Mon-Sat until 10 pm.

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BENEFITS FOR UARC MEMBERS

PINEBEECREATIVE.COM

Kanab

Angel Village Café

See Page 5

Peekaboo Canyon

435-689-1959 • 233 W Center St.

All-vegetarian restaurant and bar with large number of vegan options, including faux meat and vegan pizzas.

Rocking V Café

435-644-8001 • 97 W Center St.

Large menu with several marked all-vegan options, including large vegan burger, curry, and an awesome stuffed pepper called the “Utah Beehive.”

Layton

Sitara India

801-217-3679 • 2672 N Hill Field Rd.

Indian restaurant with plenty of vegan options, including at the lunch buffet (until 3 pm).

Logan

Balance

435-994-4059 • 34 Federal Ave.

Small cafe inside of a yoga studio that is all raw and has many vegan options.

Beehive Grill

435-753-2600 • 255 S Main St

Popular grill with an entire vegetarian menu of which a few items are vegan and a few can be made vegan.

Cafe Sabor

435-752-0888 • 600 W Center St

Chain restaurant that is located in an old train station and serves a few vegan options.

Caffe Ibis

888-740-4777 • 52 Federal Ave

Coffee shop with a cafe type menu including some sandwiches that can be made vegan.

Happy Sushi

435-752-1467 • 20 W 400 N

Small Japanese restaurant with an entire vegetarian menu of which all can be made vegan.

Herms Inn

435-792-4321 • 1435 Canyon Rd

Breakfast spot that offers a fully vegan breakfast burrito and other items that can be made vegan.

Indian Oven

435-787-1757 • 130 N Main St

Popular Indian spot with an extensive vegetarian menu and a cashew cheese sauce option to easily make almost any dish vegan.

Morty's Cafe

435-535-3276 • 780 E 700 N

American cafe with veggie burgers and salads that can be made vegan.

Romo's Mediterranean Grill

435-799-3121 • 661 N Main St

Mediterranean spot with many vegan choices like falafel, salads and hummus.

Tandoori Oven

435-787-4600 • 720 E 1000 N

Indian restaurant with 20+ items that can be made vegetarian or vegan.

Thai House

435-752-9168 • 51 W 200 S

Next to the Baugh hotel, this Thai restaurant has many dishes that can be made vegan by substituting tofu or vegetables.

Moab

98 Center

435-355-0098 • 98 E Center St

Trendy and casual restaurant with organic dishes that can be made vegan.

Arches Thai

435-355-0533 • 60 N 100 W

Modern Thai spot with tofu and vegetables to make most dishes vegan.

Eddie McStiff's

435-259-2337 • 57 S Main St

Restaurant and bar with a few options that can be made vegan like the pizza, salad and Mediterranean platter.

Eklecticafe

435-259-6896 • 352 N Main St

Cute and funky little restaurant with a few vegan options if you ask the staff.

Hyatt Place

435-259-9190 • 890 N Main St

Restaurant inside of a hotel that offers a few vegan options including Beyond sausage and the Beyond burger.

Moab Coffee Roasters

435-259-2725 • 90 N Main St

Coffee spot with a cafe menu including some vegan sandwiches, donuts and plant-based milks.

Moab Kitchen Food Truck

See Page 5

Sabaku Sushi

435-259-4455 • 90 E Center St

Sushi and Japanese restaurant with many vegan rolls and a few other dishes can be made vegan.

The Peace Tree Juice Cafe

435-259-0101 • 20 S Main St

Juice cafe with some international menu items like stuffed peppers that can be made vegan. Staff is very knowledgeable about other items that can be made vegan.

Ogden

A Good Life

801-394-1020 • 274 25th St

Cafe and juice bar with many vegan options including sandwiches with faux meat.

Aroy-D Thai Restaurant

801-393-2828 • 1167 W 12th St #5

Thai restaurant that has tofu and other dishes that can be made vegan upon request.

Bangkok Garden

801-624-4049 • 2426 Grant Ave.

Many items can be made vegan including curries, noodle dishes, and stir fries.

Bombay Grill

801-393-4828 • 3035 Washington Blvd

Authentic Indian food with many vegetarian options and vegan upon request.

Brixton's Baked Potato

801-827-0222 • 2386 Kiesel Ave

Baked potato eatery with options that can be made vegan.

Cuppa

See Page 5

Dragon Restaurant

801-627-1680 • 303 Washington Blvd

Chinese restaurant with several vegan options.

Fuji Dragon

801-392-8886 • 3701 Wall Ave

Chinese restaurant with a very large menu including many sushi rolls that are vegan.

Funk 'n Dive

801-621-3483 • 2550 Washington Blvd

Large all-vegan menu with several burgers, quesadilla, and calzone. 21+ only.

Golden Jade

801-475-0888 • 4848 Harrison Blvd

Asian restaurant with many vegan options on the menu.

Harp and Hound

801-621-3483 • 2550 Washington Blvd

Located above the Funk N' Dive bar, featuring same menu of vegan bar food.

Jade Buffet

801-394-1188 • 179 N Harrisville Rd

Chinese restaurant with very accommodating staff, vegan items can be specially made.

Lotus Café

801-392-2282 • 107 25th St

Healthy cafe with juices and raw dishes as well as soups and salads.

Ramen House

801-393-0000 • 2550 Washington Blvd

Ramen spot with two items on the menu that are vegan friendly.

Rooster's

801-627-6171 • 253 25th St

Local brewery with several vegetarian items, many of which can be made vegan if specified.

Ruan Thai

801-392-4499 • 215 W 12th St

Thai restaurant with items that can be made vegan upon request.

Sonora Grill

801-393-1999 • 2310 Kiesel Ave

One of Ogden's most beloved restaurants. Several wonderful vegan options including black bean tostata, pineapple tacos, and fajitas.

Thai Curry Kitchen

385-333-7100 • 582 25th St

Quick-service Thai food with several options that are vegan.

Tona

801-622-8662 • 210 25th St

Sushi restaurant with vegan sushi and a couple of appetizers that are also vegan.

Two Bit Street

801-393-1225 • 126 25th St

Cafe with a few vegan options including sandwiches with vegan cheese and vegan organic beer on tap.

Zhang's Chinese Kitchen

801-737-3393 • 2586 N 400 E St

Chinese restaurant with a couple of vegan friendly menu items.

Zhang's Chopsticks

801-622-1688 • 4510 Harrison Blvd

Chinese spot with a couple of vegan dishes including a tofu dish and stir fry.

Orem

California Pizza Kitchen

801-765-1777 • 575 East University Parkway

Some pastas and salads can be made vegan. Website details vegetarian and vegan options. Try the roasted veggie salad with fat-free balsamic.

Green Me

801-208-4733 • 160 N State St

Smoothie spot with plant based protein powder.

MiDiCi Pizza

541 East University Pkwy Ste B

Wood-fired Neapolitan pizza restaurant, located near Trader Joe's. Vegan cheese and delicious vegan sausage available.

Park City

11 Hauz

435-200-8972 • 1241 Center Dr, L140

Casual Jamaican restaurant with a few vegan items on the menu and some that can be veganized.

501 on Main

435-645-0700 • 501 Main St

High-end dining restaurant with a few vegan items on the menu including risotto and curry.

Blue Iguana

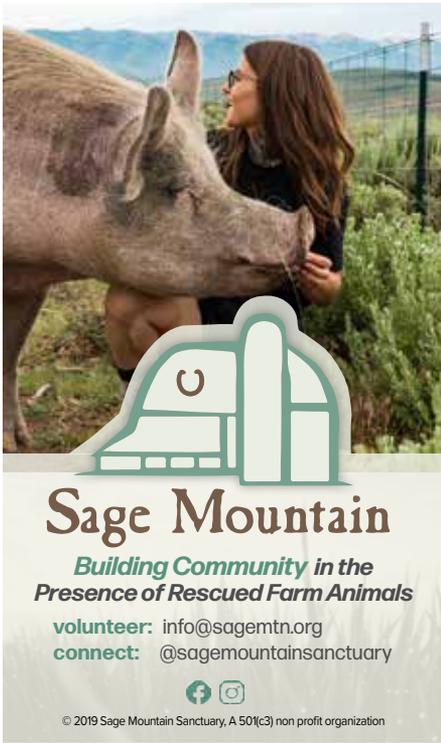
435-649-3097 • 255 Main St.

Mexican restaurant featuring vegetarian chimichangas and burritos. Most items on vegetarian section can be made vegan upon request.

Boneyard Saloon & Wine Dive

435-649-0911 • 1251 Kearns Blvd

Popular bar with vegan pizza and sides and additional vegetarian options.



Sage Mountain

Building Community in the Presence of Rescued Farm Animals

volunteer: info@sagemtn.org

connect: @sagemountain sanctuary



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Booster Juice

435-575-3600 • 1675 Redstone Center Dr

Popular juice bar with locations in town and Kimball Junction. Offers vegan smoothies, pastries, and small items.

Este Pizza

435-731-8970 • 1781 Sidewinder Dr,

NYC-style pizza with vegan options including meatballs, daiya cheese, salad, and dessert.

Fairweather Natural Foods

435-649-4561 • 1270 Iron Horse Dr

Small health food store known for fresh juices and smoothies. Also offers vegan soups, burritos, and pastries.

Good Karma

435-658-0958 • 1782 Prospector Ave

Family friendly restaurant that is very vegan friendly with an entire menu dedicated to plant based options.

Hearth and Hill

435-200-8840 • 1153 Center Dr

Bar and Grill located in the popular Redstone shops with several veggie items on the menu including a veggie burger and a cauliflower steak.

Java Cow

435-647-7711 • 402 Main St

Coffee and ice cream shop on the famous Main Street in Park City with several vegan flavors each day.

Kuchu Shabu

435-658-9829 • 1612 W Ute Blvd, #106

Japanese spot with many vegan options including Ramen with mushroom or miso broth.

PC Pho

435-214-7027 • 1890 Bonanza Dr, #105

Pho restaurant close to Main Street, serving vegan pho and veggie spring rolls.

PC Pizza Co

435-649-1591 • 1612 Ute Blvd, #111

Pizza spot outside of town that has vegan cheese and gluten-free options.

Red Rock Brewing

435-575-0295 • 1640 Redstone Center Dr

Bar and grill in Redstone Shopping Center with a couple of vegan options on the menu.

Ritual Chocolate

435-200-8475 • 1105 Iron Horse Dr

Chocolate company with a cafe including small bites and plant based milks.

Riverhorse on Main

435-649-3536 • 540 Main St

High-end restaurant on the famous Main Street in Park City with a small vegan menu.

Shabu

435-645-7253 • 442 Main St

Trendy Japanese restaurant on Main Street that has a few vegan options.

Squatters

435-649-9868 • 1900 Park Avenue

Local brewpub with clearly marked vegan options including yellow curry, taco salad, and pancakes.

Tekila

435-649-3097 • 255 Main St

Mexican restaurant with a separate vegan menu including items like enchiladas and burritos.

Teriyaki Grill

435-615-1110 • 1400 Snow Creek Dr

Japanese restaurant in town with quick service and healthy vegan options.

Twisted Fern

435-731-8238 • 1300 Snow Creek Dr

High-end restaurant that uses all fresh ingredients and has a few vegan options on the menu.

Vessel Kitchen

435-200-8864 • 1784 Uinta Way, Ste 1E

Healthy quick-serve cafe in the Kimball Junction area with a few suitable vegan options and some that can be made vegan.

Provo

Black Sheep Cafe

801-607-2485 • 19 N University Ave

Native American restaurant with a contemporary flare; many vegetarian options available.

Bombay House

801-373-6677 • 463 North University Ave

Popular Indian restaurant with vegan naan & 20 vegetarian specialties, most can be made vegan. Dinner only.

Did You Know?

Grain that is used to feed livestock for meat production could feed 1.3 billion people.

Good Thyme Eatery

801-669-5300 • 63 E Center St

Restaurant with menu that changes weekly based on local produce; has separate kitchen for vegetarian options.

Gurus

801-375-4878 • 45 E Center St

International cuisine serving breakfast, lunch and dinner.

India Palace

801-373-7200 • 98 W Center St

Indian cuisine with a vegetarian menu and vegan options available upon request.

Malawi's Pizza

801-225-2800 • 4801 N University Ave

Pizza spot that has vegan cheese if you ask for it and gives back to charity.

Peace on Earth

801-577-4710 • 35 N 300 W, #200

Cafe with vegan pastries and free wifi.

Silver Dish

801-373-9540 • 278 W Center St

Thai restaurant offering a tofu replacement.

Thai Village

801-492-7677 • 410 North University Ave

Thai restaurant with vegan tofu curries. Open Mon-Sat until 10 pm.

The Spoon

801-345-2110 • 75 W Center St

Inside NuSkin building. Offers vegan menu items.



JOIN UARC TODAY!

UARC members get discounts to many local businesses including but not limited to:

- Buds
- Monkeywrench
- Passion Flour
- Vertical Diner
- Zest Kitchen & Bar

Learn More:
UARC.io

St. George

Benja Thai and Sushi

435-628-9538 • 2 W St George Blvd, #12
Popular Japanese spot on St. George Blvd offering vegan and vegetarian options for certain menu items.

Bombay Cafe

435-673-8888 • 969 N 3050 E
Family owned Indian spot that has several vegan options as well as other menu items that can be made vegan or vegetarian.

Pieology

15 S River Rd
Pizza chain that offers vegan and vegetarian options and has an order online option.

Red Fort Cuisine of India

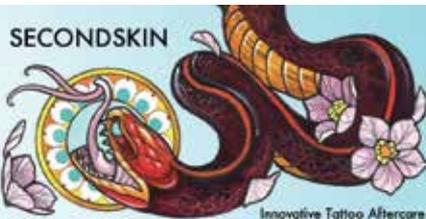
435-574-4050 • 148 S 1470 E
Indian restaurant with many vegan and vegetarian options, menu is mostly gluten-free.

Twisted Noodle Cafe

435-628-9889 • 20 N Main St
Healthy American restaurant with a vegetarian menu and vegan desserts.

Virgin Berri

Mobile - St George and surrounding areas
Food truck with smoothie bowls and gourmet toasts.



SECONDSKIN
Innovative Tattoo Aftercare

A vegan-owned company offering an all vegan tattoo healing experience.

secondskin.ink

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clean air
is right for you!

Clean air, clean energy, and
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for a HEALTHY ENVIRONMENT

Dedicated to protecting the health & well-being of the residents of Utah by promoting science-based health education and interventions that result in progressive, measurable improvements to the environment.

Get involved or learn more at **uphe.org**



CHAIN ESTABLISHMENTS

Many large chain establishments now offer vegan dining options. These chains have multiple locations in Utah. Please use the internet to find a location near you.

Apollo Burger

801-226-4000 • 452 N State St
Burger joint with the Impossible* burger and a black bean patty for vegan options.

Aubergine & Company

Emphasizing healthier options including pita sandwiches & salads. Try the falafel lentil-quinoa bowl!

Barbacoa Mexican Grill

Local franchise with large veg. burrito option. Request no cheese or sour cream for vegan.

Blaze Pizza

Chain of craft your own personal-sized pizzas. All doughs are vegan & Daiya Cheese is available.

Burger King

Now offering an “Impossible* Whopper” patty made from plant-based ingredients. Be sure to request it without mayo or cheese.

Café Rio

This popular franchise’s beans, tortillas, guacamole, and salsas are vegan. Try the vegetarian taco salad (no cheese or butter) with cilantro lime vinaigrette! Specify no butter.

Café Trang

Separate vegetarian section, most can be made vegan upon request.

Café Zupas

Chain restaurant with healthier vegan options, including tofu-quinoa bowl, wraps, and soups.

Capriotti’s Sandwich Shop

Sandwich chain shop with a few different veggie sandwiches and an order online option.

Carl’s Jr.

National chain now features the “Beyond” burger which can be made vegan upon request.

Chipotle

National chain with burritos and salads available vegan with sofritas shredded tofu option. Avoid cheese and sour cream.

CoreLife Eatery

Franchise serving salads, bowls, and soups with clearly marked vegan options.

Costa Vida

Fast-food chain restaurant serving Mexican food with limited vegan options.

Del Taco

National chain now offers “Beyond” ground “beef” tacos and burritos, with a vegan option using avocado in place of cheese.

Einstein’s Bagels

National chain. Several bagels are vegan, including everything, garlic, and ancient grain. Hummus and PB&J also available.

Even Stevens

Sandwich shop with several clearly marked vegan options. Try the Morrissey Burrito for brunch!

Ganesh Indian Cuisine

Indian restaurant with clearly marked vegan options. Closed Mondays.

HuHot Mongolian Grill

Mongolian grill where you can create your own stir fry with tofu and veggies. Sauces with shellfish or dairy are labeled, avoid Chinese noodles (egg).

Jamba Juice

Smoothie chain with numerous vegan smoothies, juices, and vitamin/protein boosts. Ingredients listed on menu and on website.

Kneader's

Chain cafe / bakery with a few vegan suitable breads and sandwiches that can be made vegan.

Last Course

Dessert studio with 3 vegan ice cream options that are also gluten-free and no added sugar, as well as a vegan coconut cream pie option.

The Lucky Slice

Pizza joint with many vegan options including vegan cheese, breadsticks and hot dogs.

Mod Pizza

Pizza franchise with vegan cheese and extensive veggie selection. Under \$10.

Nektar Juice Bar

Fresh juice, smoothies, acai bowls, and vegan ice cream. Menu is clearly labeled, only non-vegan ingredients in a few items are honey and bee pollen.

Noodles & Company

A few of the noodle entrees are vegan or can be made vegan. Try the spicy peanut saute with tofu!

Oh Mai

Clearly marked and incredibly cheap vegan options including banh mi, bun noodles, and pho.

PF Chang's China Bistro

Popular chain restaurant serving several vegan options. Try the vegetarian lettuce wraps! Note: some staff will tell you there are no vegan options. This is only because they do not consider sugar to be vegan.

The Pie

Vegan pizza options include vegan cheese, assortment of veggies, ranch dressing, ground beef, chicken, and sausage.

Pita Pit

Fast food wrap shop with falafel, hummus, or spicy black bean patty available as possible fillings.

Pizza Studio

Chain of craft your own personal-sized pizzas. Order "The Vegan Pizza" or create your own (add \$1 for vegan cheese).

Rumbi Island Grill

Quick-service Caribbean serving tofu for a vegan option.

Saffron Valley

Indian restaurant with many clearly marked vegan options. Dinner only, closed Mondays.

Sub Zero Ice Cream

Ice Cream franchise that flash freezes when you order. Choose the non-dairy base option. All flavors are vegan as are some mix-ins, like berries and nuts.

TCBY

Frozen yogurt chain that typically has 1-2 vegan options at a time (almond milk based). Many vegan toppings available, like fruit and nuts.

Tropical Smoothie Cafe

American Cafe with fast service and vegan meats available.

Tsunami

Sushi bar with vegan options. Locations in Salt Lake and Utah Counties.

Whole Foods

Grocery store and popular lunch stop with several labeled veg options on the hot bar, salad bar, soup bar, and deli. Also serve great tempeh sandwiches, pizza, burritos, and stir-fry dishes all day.

Zao Asian Café

Fast-casual restaurant with tofu available as protein in sandwiches, tacos, salads, and bowls. Specify vegan to staff.

**Please note that Impossible Foods force-fed and killed 188 rats in voluntary tests of an ingredient in its plant-based burger. The company has not ruled out further deadly animal experiments. As an animal rights organization, UARC encourages the public to consider other more humane alternatives if possible.*

VEGAN OUTDOORS

By Amy Meyer

Outdoor recreation is what drives many people to Utah. It's easier than ever for vegans to stay warm, have great food options to eat, and explore!

WHAT TO WEAR:

SOCKS: Avoid wool and silk. For quality hike/ski sock brand, try WRIGHTSOCK.

COATS: Avoid down, wool, and fur. PrimaLoft and Thinsulate are warm vegan alternatives.

SHOES: Avoid leather, fur, and exotic skins. For hiking shoes/boots, Merrell and Will's have great options. For snowboots, Sorel and Kamik offer a few vegan options.

WHAT TO EAT AT UTAH SKI RESORTS:

Utah's ski resorts get more vegan-friendly every year! The newest restaurant at Snowbird, SeventyOne, offers a few clearly marked vegan items for dinner like the Beyond Burger and a crunchy Asian salad. At Deer Valley's Snow Park restaurant you can find vegan smoked tomato and basil soup, or journey over to the Silver Lake Lodge for vegan pho inside Bald Mountain Pho. Don't hesitate to ask the staff what is or can be vegan!

WHAT TO PACK:

"Some of my personal favorite vegan hiking snacks are dried mango, roasted nuts, Clif bars, and Lara bars. When I go backpacking some of my favorite meals are instant rice & instant refried bean burritos, or vegan-friendly top ramen with TVP (textured vegetable protein). Powdered hummus or peanut butter are also good additions to any of your snacks or meals for added flavor and protein!"

-Jori, @theoutdoorvegan on Instagram

WHAT TO MAKE:

Check out the recipe for *Easy Peanut Butter Bars* on Page 27! Perfect for hikes!

VEGAN



- Canvas
- Couduroy
- Cork fabric
- Cotton
- Cotton flannel
- Down alternatives
- Faux suede / microsuede
- "Manmade" materials
- Polyester
- Satin
- Synthetic
- Thermoball™

NOT VEGAN



- Alpaca fiber
- Angora
- Calfskin
- Cashmere
- Down
- Fur
- Fur trim
- Leather
- Mohair
- Nubuck
- Pashmina
- Shearling
- Sheepskin
- Silk
- Suede
- Wool



ROXY & ALEX

Vegan Entrepreneur Extraordinaires

By Jeremy Beckham

When Roxy Carlson & Alex Jamison co-founded **Buds** in 2012, they shared a goal of “bringing veganism to the mainstream.” By any measure, it has been wildly successful. During the summer, Buds sells more than 1,600 vegan meals each week, including pesto subs, barbacoa jackfruit burritos, and Philly “cheesesteaks,” all for \$7 or less. It’s easy to understand why Buds has cultivated a loyal following of repeat customers. In 2017, Roxy & Alex expanded their reach, opening two more vegan establishments in downtown SLC’s Gallivan Plaza. **Boltcutter**, a semi-upscale sit-down restaurant, has cocktails and Mexican-inspired fare, including seitan burritos and tempeh tacos. **Monkeywrench** is a nationally recognized vegan artisan ice cream parlor, where most of the creations are made with a blend of cashew and coconut-milk.

Roxy & Alex are both passionate about animal rights and the environment. “If you believe in not harming other people, that should extend to all beings,” says Roxy. Monkeywrench, named after the Ed Abbey novel *The Monkeywrench Gang*, proudly declares itself an “anti-dairy establishment.” Boltcutter is named after “the unofficial symbol of the animal liberation movement,” says Alex. But the ethics go beyond symbols. In addition to being vegan, the food is palm oil-free, due to its role in deforestation, and they don’t utilize any plastic straws.

Above all, Roxy & Alex hope that their three vegan restaurants can be “a tool for the activists who are in the streets to reach others.” Showing graphic slaughterhouse footage may help people understand *why* they should be vegan, but convenient restaurants like Buds, Boltcutter, & Monkeywrench demonstrate the *how*, another necessary part of the equation for creating a more compassionate world.

WHY EATING PLANT-BASED MAKES SENSE

FOR

LATTER-DAY SAINTS

By Jane Birch

One reason why eating a whole food, plant-based diet brings me so much joy is because of how well it harmonizes with my membership in The Church of Jesus Christ of Latter-day Saints. With so many dietary choices out there, I love eating food that not only is good for the earth and for the animals, but also results in tremendous physical and spiritual blessings.

The physical blessings are priceless. We know that our bodies are temples of God. The Word of Wisdom teaches us how to care for our body temples. In this revelation, we are counseled to eat "wholesome" plants and to make grain the "staff of life" (D&C 89:10, 14). The Lord also says He is pleased when we do not eat meat unless it is a time of need (D&C 89:13, 15). Science confirms that this whole food, plant-based diet is ideal for optimal health.

As Latter-day Saints, we are stewards of our environment and of the animals on this earth, and we will be held accountable for this stewardship (JST Genesis 9:5). Eating plant-based is considerably more gentle with the world's resources and immeasurably more kind to God's precious animal creatures.

Last, the spiritual blessings are immense. Eating a healthy plant-based diet has helped me be more spiritually sensitive and in tune with the Spirit of God. I feel so grateful to receive the blessings of "wisdom and great treasures of knowledge, even hidden treasures" (D&C 89:19).

The Word of Wisdom ends with the promise that for those who obey this counsel "the destroying angel shall pass by them, as the children of Israel, and not slay them." We need this protection in our day!



MEET SUZY & ZOE

By Lauren Lockey



Suzy & Zoe are two very lucky turkeys. In November 2018, these birds were rescued from a hellish factory farm in Sanpete County, an epicenter of the turkey industry. Soon after they were born, Suzy & Zoe had portions of their toes and beaks cut off without any anesthetic. These cruel mutilations are routinely performed on turkey farms.

I carried Zoe in my arms off the property. It was a profoundly moving experience. I could feel her fear. Humans had never shown her respect

or kindness. Suzy & Zoe are now safe at Sage Mountain, where for the first time in their lives, they can live free, experience the outdoors, and just be turkeys.

Since arriving at our sanctuary, Suzy & Zoe have really “spread their wings.” They each have their own unique quirks and personality. Suzy is the extrovert. She will be the first to greet you, look at you up close, and brush you with her beak. Suzy loves anything shiny, so if you really want her attention, wear your favorite shiniest jewelry or zippers when you visit our sanctuary.

Zoe enjoys her turkey friends. She is inquisitive, but from a distance. She notices planes and other birds in the sky. She even lets others know to look up too. Zoe loves to bask in the sun, an experience that she was denied in the windowless farm she came from. You will often find her relaxing in her favorite spot by an old sage bush, sleeping soundly. Perhaps Zoe is dreaming of a time when all her friends and family get to experience freedom like her. We can all help Zoe’s dream come true.





FLUFFY “BUTTERMILK” PANCAKES

INGREDIENTS

- 1 ½ cups all-purpose flour
- 1 heaping Tbsp of baking powder
- 2 Tbsp. sugar
- 1 tsp. salt
- 1 cup plant-based milk
- 2 tsp. apple cider vinegar
- 1 Tbsp. ground flax seed
- ½ cup of water
- 3 Tbsp. canola oil
- ½ tsp. vanilla extract



DIRECTIONS

- 1** Mix all of the dry ingredients in a bowl. In a separate bowl, whisk vigorously the “milk” with the apple cider vinegar and flax seed to create a vegan “buttermilk” mixture. Pour the “buttermilk” into the bowl of dry ingredients, followed by the water, canola oil, and vanilla. Lightly mix until a lumpy batter is formed (do not overmix).
- 2** Preheat your griddle or skillet (preferably cast-iron) on medium-low heat for 10 minutes while your batter rests. Lightly coat your skillet with oil, and slowly pour 1/3 cup of the batter into the pan per pancake. Be careful not to overcrowd your pan. Cook for approximately 4 minutes, flip, and cook for another 3 or 4 minutes.

EASY PEANUT BUTTER BARS



INGREDIENTS

- ½ cup smooth natural peanut butter
- 1/3 cup maple syrup
- 1/3 cup brown rice syrup
- 1 Tbsp. canola oil
- 1 tsp. vanilla extract
- ½ tsp. salt
- 2 cups rolled oats
- 1 cup crisp rice cereal
- ½ cup chopped roasted peanuts
- 1/3 cup vegan chocolate chips

DIRECTIONS

- 1** Preheat your oven to 350°F. Line a baking pan with a lightly oiled piece of parchment paper.
- 2** In a large bowl, mix vigorously the peanut butter and both syrups until smooth. Mix in the oil, vanilla, and salt. Now, add in the oats and rice cereal. Stir together to incorporate, and then knead with your hands, crunching the mixture together as you go. Wet your hands periodically to reduce sticking. Add the peanuts and chocolate chips and again mix, then knead.
- 3** Transfer your mixture to the baking pan and press down very firmly to make an even layer approximately ½ inch thick. Bake for 22 to 25 minutes until the edges are golden. Remove from the oven, let cool, and then slice into 8 bars using a sharp chef's knife. Eat while warm and gooey, or wrap the bars individually in plastic wrap to store in the fridge for up to 5 days.





CHICKPEA SEITAN CUTLETS

Seitan is a versatile meat alternative found in many vegan kitchens and restaurants. It is primarily made of gluten, the protein component of wheat. Seitan recipes vary widely in their seasonings and preparation, but most can be frozen for months and then used in a variety of culinary applications, including stir-fries, stews, or sandwiches. It can also be battered and fried.

DIRECTIONS

1 In a large bowl, mash the chickpeas until no whole ones are left. Your hands may get the job done best. Mix in the broth, oil, and Bragg's. Then, add the rest of the ingredients. Mix well with a fork, then knead with your hands until a slightly wet but elastic dough is formed. If the dough seems too wet, add dashes of additional gluten. If it seems too dry, add additional broth or water.

2 Divide the dough into four equal pieces. Form each piece into a patty with your palms. Lightly wrap each patty in foil and place in a steamer (instant pots work great). Steam for 40 minutes. The cutlets can be unwrapped and used immediately, or they can be wrapped in plastic wrap and kept in the fridge for up to 5 days. They can also be frozen for long-term storage & use.

INGREDIENTS

- 1 cup of tender cooked chickpeas (canned works)
- 1 cup of vegetable or imitation "chicken" broth
- 1 Tbsp. olive oil
- 3 Tbsp. Bragg's Liquid Aminos (or soy sauce)
- 1 1/3 cups vital wheat gluten (or high-gluten flour)
- 1/3 cup of nutritional yeast
- 2 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. dried powdered sage
- 1/2 tsp. salt
- Several twists of freshly ground black pepper

VEGAN ORANGE “CHIKN” STIR-FRY



MAKES
4 SERVINGS

ORANGE SAUCE INGREDIENTS

- 1 cup fresh-squeezed O.J.
- ¼ cup agave nectar
- 2 tsp. orange zest
- 3 Tbsp. soy sauce
- 2 Tbsp. mirin
- 1 heaping Tbsp. cornstarch

Simply mix all of these ingredients with a whisk until cornstarch is dissolved.

STIR-FRY INGREDIENTS

- 2 Tbsp. sesame oil
- 2 Seitan “Chikn” Cutlets (p. 28), sliced into thin chunks
- 1 cup shallots, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 tsp. minced ginger
- 2 tsp. minced garlic (4 cloves)
- ½ tsp. crushed red pepper
- ½ lb. fresh green beans, trimmed and cut
- Scallions & sesame seeds for garnish

DIRECTIONS

1 Preheat a large skillet, preferably cast-iron, over medium-high heat. Add 1 Tbsp. of oil and sauté the seitan bites until browned, about 5 minutes. Set aside. In the same pan, turn the heat down to medium, and sauté the shallots in 1 Tbsp of oil for 3 minutes. Now, add the bell pepper and sauté for about 2 minutes. Now, add the garlic, ginger, and crushed red pepper, sautéing and stirring continuously for only 30 seconds or so, being careful not to burn the garlic. Add the green beans, stir & sauté for an additional 2 minutes.

2 At this point, you'll want to pour the orange sauce you have prepared into the pan. Let it thicken and bubble for a few minutes, stirring occasionally. Then, toss in the seitan you set aside, and let cook for another few minutes, while it thickens and soaks up the flavor. Serve hot over rice or prepared noodles, and top with scallions or sesame seeds.



“For more tasty, easy, and versatile vegan recipes, UARC highly recommends the cookbook *Isa Does It* by Isa Chandra Moskowitz.”



UTAH'S OWN FAMILY OF VEGAN

By Amy Meyer

TRI-ATHLETES



Living at the foot of the Wasatch Mountains in Sandy is a fun-loving family of 6 vegans – 4 humans and 2 dogs. All four humans are tri-athletes with a lengthy list of remarkable athletic accomplishments. Arjun Iyengar has completed 3 Ironman Triathlons (2.4-mile swim, 112-mile bike, and a marathon 26.2-mile run) and several 1/2 Ironmans (1.2-mile swim, 56 miles bike and 13.1-mile run). He has also been part of harrowing expeditions to the Himalayas and Kilimanjaro. His wife, Deepthi Prasanna, has also completed the half distance triathlon, several half marathons, and 1 ultra-marathon (50K).

Their daughter Ananya and son Abhimanyu are both also on the Junior elite triathlon team and are training to compete in the U.S. national championships. All of them report that the plant-based lifestyle gives them the benefit of clean energy and quick recovery, which allows them to feel good before, during and after races.



When asked why they went vegan, Deepthi cites a Mahatma Gandhi quote: “the greatness of a nation and its moral progress can be judged by the way its animals are treated.” And despite being the very first two members of Utah Animal Rights Coalition (UARC), they say their only regret is that they didn’t go vegan sooner. This remarkable family is living proof that one can eat plant-based and excel at any activity, all while pursuing their values to bring about a more compassionate world.

STOCKING A VEGAN KITCHEN

There's no "one right way" to be vegan. Some vegans like to dine out for most meals and indulge in a lot of the "specialty" products like ice creams and microwave meals. Other vegans embrace cooking as a rewarding hobby and incorporate it into their lifestyle. Here are a few staples you'll see in many vegan kitchens or referenced on restaurant menus:

TOFU



While "curdled soy milk" may sound strange at first, tofu is a nutritious and versatile protein that you will find in many vegan dishes, especially Asian-inspired ones. Tofu comes in various levels of firmness and tends to absorb the flavor of what it is cooked in. Tofu is low in calories, while containing large amounts of protein, iron, and calcium. When pan-frying tofu, we recommend cooking it on medium-high using cast-iron to minimize sticking.

Originating from Indonesia, tempeh is a protein made from fermented soybeans. Tempeh is good crumbled in wraps, or chopped for use in stir-fries, salads, or sandwiches. Tempeh is high in protein, fiber, and vitamins, and remains the most consumed protein in parts of Indonesia to this day.

TEMPEH



SEITAN



The easiest "protein-alternative" to make from scratch (recipe on p. 28), seitan is made from gluten, the protein part of wheat. Seitan has a much tougher and "meat-like" texture than tofu or tempeh, and is commonly used as an alternative to "buffalo wings," fried chicken, or in stews.

Today, grocery store shelves are filled with countless varieties of vegan "milk", including soy milk, almond milk, coconut milk, cashew milk, and oat milk. Each of these milk alternatives has its own unique nutritional profile, but none have the unhealthy cholesterol or saturated fat content found in cow's milk, which nature intended for baby calves.

PLANT-BASED MILKS



NUTRITIONAL YEAST SEASONING



Sometimes called "nooch" for short, nutritional yeast is a strain of yeast grown in vats. It resembles a yellow flake or powder. Nutritional yeast is usually purchased at natural food stores (or *Hello! Bulk* in SLC). Its "umami" flavor makes it perfect for vegan "cheezy" sauces or as a popcorn topping.

WHY VEGAN?

SPARE ANIMALS FROM ABUSE AND SUFFERING

There may have been a time when killing animals was necessary for our survival – but that time has long passed. Today, we have modern conveniences. For most of us, choosing to live vegan is simply a matter of shopping in a different aisle in the grocery store or ordering off a different page of the restaurant menu. If we can choose vegan options – which don't require the abuse and slaughter of billions of sentient beings each year – shouldn't we make the kind choice?

YOU'LL SAVE ANIMALS

A vegan saves more than 100 animals a year... by not eating them.



130

SHELLFISH



40

FISH



26

CHICKENS



1

TURKEY



1/2

PIG



1/10

COW

NUMBER OF ANIMALS SLAUGHTERED IN THE U.S.

PER MINUTE: 38,627

PER HOUR: 2,317,596

PER DAY: 55,622,293

PER YEAR: Tens of Billions

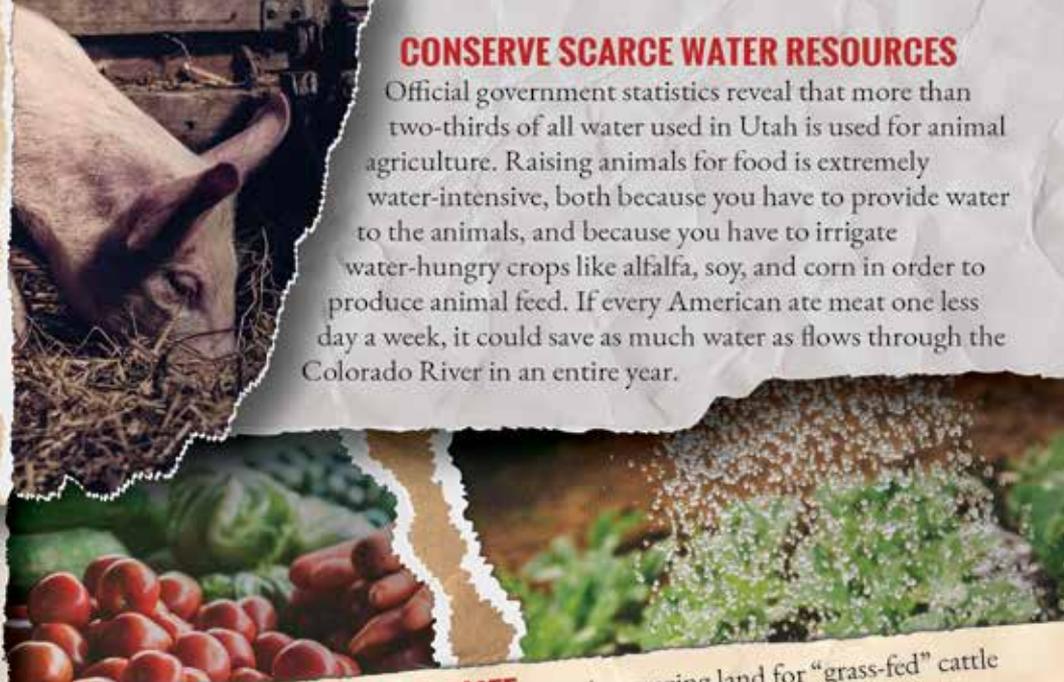
SAVE MONEY While it's true that some of the new innovative faux meat technologies like Beyond Meat are pricey, many of the most versatile vegan staples – like beans, rice, fresh veggies & fruit, tofu, and pasta – cost relatively little compared to animal products, and have a superior nutritional profile.

IMPROVE YOUR CARDIOVASCULAR HEALTH

The average vegan has a cholesterol of 133, while the average meat-eater's cholesterol level is 210. A landmark study found no heart attacks in people with cholesterol levels below 150. Dr. Dean Ornish has been able to reverse heart disease in patients by putting them on a low-fat vegetarian diet and exercise program. (For more info, check out Forks Over Knives on Netflix)

REDUCE YOUR RISK OF CANCER

There's a reason the World Health Organization (WHO) declared that the evidence linking processed meat to cancer is just as strong as the evidence linking tobacco products to cancer. Peer-reviewed studies have repeatedly found that people who eat meat and dairy have higher rates of several types of cancer, including colorectal cancer, breast cancer, and prostate cancer, than vegans. Plant-based foods also contain antioxidants and phytochemicals, which fight inflammation and combat carcinogens.



CONSERVE SCARCE WATER RESOURCES

Official government statistics reveal that more than two-thirds of all water used in Utah is used for animal agriculture. Raising animals for food is extremely water-intensive, both because you have to provide water to the animals, and because you have to irrigate water-hungry crops like alfalfa, soy, and corn in order to produce animal feed. If every American ate meat one less day a week, it could save as much water as flows through the Colorado River in an entire year.

PRESERVE HABITAT FOR WILDLIFE

Creating grazing land for “grass-fed” cattle or other “free range” domesticated animals means we must clear natural environments of indigenous species and predators. Each year, the U.S. Department of Agriculture’s “Wildlife Services” kills 3.2 million animals because farmers and ranchers consider these animals “pests” or threats to their livestock. Shifting to an agricultural system that is centered on plant crops would significantly reduce our encroachment of these wild spaces.

PROTECT PUBLIC HEALTH

Animal agriculture carries with it a number of significant public health threats. More than 80% of all antibiotics consumed in the United States are fed to animals, both to promote faster growth and to combat the diseases that run rampant on overcrowded, filthy industrial farms. This significantly contributes to the crisis of antibiotic resistance, which kills more than 23,000 people each year in the U.S., according to the Centers for Disease Control and Prevention (CDC). Animal agricultural operations are also frequent sources of outbreaks of food-borne illnesses, including *Listeria*, *Campylobacter*, *Shigella*, and *E coli*.

FIGHT CLIMATE CHANGE

According to the United Nations, animal agriculture is responsible for 18% of all human-induced greenhouse gas emissions, more than the transportation sector. Deforestation for farm animal production – including the intentional fires in Brazil’s Amazon rainforest – consumes millions of acres of forest area each year, releasing billions of tons of CO₂ into the atmosphere. (For more information, watch *Cowspiracy* on Netflix).

SPEAKING UP FOR ANIMALS

BY DANIKA BRAND

I was vegan for many years before learning that there is an international community of activists dedicated to fighting for the rights of animals and to end speciesism.

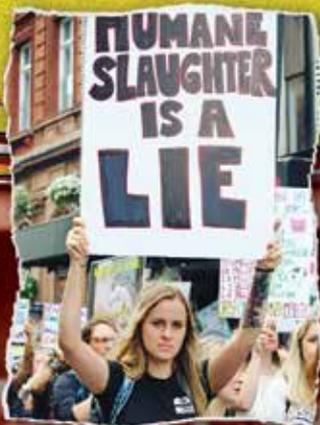
In 2017, I attended my first “Cube of Truth,” which is a peaceful demonstration organized by the worldwide movement Anonymous for the Voiceless. At these events, volunteers stand side by side while holding TV screens displaying video footage of farms, slaughterhouses, and other places that hurt and kill animals. The Cube

is akin to an art installation that sparks curiosity in passersby. We reach out to them with questions like, “Have you seen this kind of footage before? Do you know what’s happening and why? How does it make you feel?” There is no need to be harsh. The truth they are seeing on the screens is harsh enough.

I was nervous to attend my first Cube and to speak with strangers. But after years of experience, I’m more confident and understand the power of these demonstrations. We typically stage local Cubes on Main Street next to City Creek Mall. According to our running tally, we have already had more than a thousand meaningful conversations about animal rights at these Cubes. Some people make the connection right before your eyes and go vegan on the spot.

Once we know the truth, it becomes our obligation to speak for animals the way we would hope others would speak for us if we were in the animals’ position. Becoming an activist changed my life. If every vegan became an activist, we could end animal exploitation within one generation. Please join us.

Danika Brand is the Regional Organizer for the mountain states, and Event Organizer in Salt Lake City for *Anonymous for the Voiceless*. She can be reached at dantikajane@gmail.com.



UTAH ANIMAL RIGHTS COALITION MEMBER BENEFITS

Becoming a member of Utah Animal Rights Coalition (UARC) is the easiest and most effective way you can support our organization's efforts in Utah to promote veganism and to fight against cruelty to animals, wherever it occurs.

You can become a member with a donation of \$20 or more. Members automatically receive our monthly E-newsletter, and are eligible to receive various benefits and discounts for local businesses that participate in UARC's membership benefits program.

UARC is a non-profit organization. 100% of your donation goes to paying for the actual costs of our campaign efforts. Sign-up now at: UARC.io



The Big O Doughnuts –
10% discount on baked goods.

Buds – Free zucchini chocolate chip cookie with any purchase (one free cookie per card, per day with purchase. While supplies last.).

City Cakes and Café – 10% discount.

Cranky's Bike Shop – 10% discount on parts and accessories, special pricing on select bikes.

Lucky You Massage Co. –
10% off any service.
Not to be combined with any other offer.

Passion Flour Patisserie – 10% discount.

Pinebee Creative – 20% off on select Graphic Design services. Free domain & Free SSL with Web Development services.

Pinebee Printing – 5% off printing.
Not to be combined with any other offer.

Mark of the Beastro – 10% Discount.

Mi Ranchito – 10% discount on vegan menu Monday-Thursday.

Monkeywrench –
Free upgrade to waffle cone.

Utah Co-Op – 10% discount
(cannot be combined with any other discount/coupon, must show member card before closing ticket).

Vertical Diner –
10% discount (cannot be combined with any other discount).

Zest Kitchen and Bar –
20% discount on food
(not valid with other offers).

If your business would like to join the UARC membership benefits program, please email Amy@UARC.io.

 **UARC**
UTAH ANIMAL RIGHTS COALITION
Sign-up now at: UARC.io

Lagoon CRUELTY



"There is no scientific evidence that an animal can experience 'happiness' or 'sadness'"

– David Freed, President of Lagoon, June 29, 2019

Lagoon Amusement Park's Wild Animal Kingdom ride has violated the federal Animal Welfare Act more than 70 times.

Tell Lagoon to retire its animals to sanctuaries and shut down its zoo!

LagoonCruelty.com