

Making Sustainable Choices While Eating Out

For a healthy planet, we support sustainable eating. Sustainable eating includes eating locally produced foods that are organic vegetarian or vegan if possible. But for vegetarians and vegans eating healthy may seem challenging when dining out. Chinese, Thai and Indian restaurants often have many vegetarian options and some are now offering vegan as well. For those with specific dietary restrictions it's even more difficult.



We'd like to help by creating a resource of restaurants in the Sarasota, Bradenton and Venice area that offer vegetarian and vegan options, as well as specialty restaurants that serve gluten-free and non-GMO foods.

If you would like to share a local restaurant, email GreenTeam@uusarasota.org and it will be added to our *Eat Local Restaurant Guide*.

Eat Local Restaurant Guide

Click the restaurant or service for more information.

[UberEats](#)

If some areas of Sarasota *UberEats* now delivers restaurant meals to your door. Check the website for a list participating restaurants. Simply enter your address and the restaurants using the *UberEats* service are listed.

[Beauty of Sprouts](#) (Downtown Sarasota)

Providing healthy, organic, raw, vegan, vegetarian, gluten free, soy free, sugar free, GMO free, dairy free. Special requests are welcome.

[Café Evergreen](#) (Nokomis)

Offering healthy organic smoothies, sandwiches and salads, using reduced salt.

[Green Zebra Café](#) (St Armands Circle)

Food is prepared using the best available organic and local ingredients. Green Zebra practices sustainability throughout their restaurant including recyclable, compostable take-out containers.

[Infuzions](#) (Sarasota University)

Thai and Vietnamese restaurant with many vegetarian options.

[Ionie Raw Food Cafe and Retreat](#) (Downtown Sarasota)

Organic ingredients, vegan, raw, and gluten-free. They make their own homemade almond milk.

[Lila](#) (Downtown Sarasota)

Vegetable-centric dishes with many vegan options. Meat dishes are served with organic, locally sourced products, produced on separate cooktops.

[Roni's Café](#) (South Sarasota)

A family-owned and operated café with Gluten-free menu options. Free delivery available.

[Tandoor](#) (Sarasota University)

Award winning family-owned Indian restaurant that has vegetarian options and a vegan lunch buffet on Mondays.

[Veg & Grill](#) (South Sarasota)

A health-focused bistro offering vegetarian fare, with vegan, gluten-free & seafood options available.