

# Los Angeles: Top 10 Vegan & Vegetarian Restaurants

By **Jamie Wetherbe**

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- 1. Cru** (Silver Lake) - With inspired vegetarian, vegan, and raw cuisine, Cru offers healthy eats without the oven.
- 2. Real Food Daily** (West Hollywood) - The organic vegan cuisine attracts full- and part-time vegetarians -- and its fair share of diet-conscious celebrities.
- 3. Flowering Tree** (West Hollywood) - The five-page menu is packed with organic vegetarian and vegan options, as well as a few meats shipped in fresh from family farms for the carnivores.
- 4. Vegan Glory** (Mid-City West) - Vegan ingredients meet Thai fusion for under \$11 a plate in this corner café.
- 5. Govinda's Natural Foods** (Culver City) - The \$7 vegan and vegetarian buffet proves that "all you can eat" and "healthy" aren't mutually exclusive.
- 6. M Cafe de Chaya** (West Hollywood) - The macrobiotic-and-more menu might have you joining the dietary ranks of Princess Paltrow.
- 7. Inn of the Seventh Ray** (San Fernando Valley) - The Inn turns vegan into a white-tablecloth affair—along with a variety of organic meat and meat-free items, they offer alcohol-free wines, but we're not sure why.
- 8. Real Raw Live** (Hollywood) - Shake it at this smoothie-centric shop serving raw and vegan concoctions, including the infamous Master Cleanse in a bottle.
- 9. Seed Kitchen** (Venice) - Along with vegan and macrobiotic fare, this restaurant is all about ecological sustainability—no microwaves or even nonstick pans here.
- 10. California Vegan** (West Hollywood) - A variety of organic apps, wraps, curries, and specials delivered right to your door.

# Seed Kitchen

Los Angeles Restaurants » Venice » AMERICAN (NOUVEAU)

1604 Pacific Ave.  
(Windward Ave. and Windward Ct.)  
310-396-1604  
seedkitchen

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## BLACKBOOK LOWDOWN

You'd think vegan chefs would do their own thing, but the menu at this Venice cafe is all veganise, soysage, and sozzarella. It's American meets Asian in macrobiotic health fusion diaspora. Chef Eric Lechasseur, a macro magician and favorite of Madonna and Tobey Maguire, isn't just trying to make a buck. Sustainability and health is his lifestyle. Macro and curry bowls delight, but sandwiches are the main attraction here. Blackened tempeh burger w/ sauerkraut crackles, while soysage panini is crisp and zesty. Throw some sweet potato fries on the side and you've got all tasty, zero guilt.

## FEATURES

Parking	Lunch	Celeb Chef
Desserts Exceptional	Intimate	

### Price

\$\$

### Reservations

Not Necessary

### Cuisine

AMERICAN (NOUVEAU),  
ASIAN,  
VEGETARIAN/VEGAN

### Alcohol

No Booze

### Opened

2008

### Vibe

Chill, Locals

## MORE ON SEED KITCHEN

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## MAP

