

(Ebook pdf) Veg Out Vegetarian Guide to Seattle Portland

Veg Out Vegetarian Guide to Seattle Portland

George Stevenson

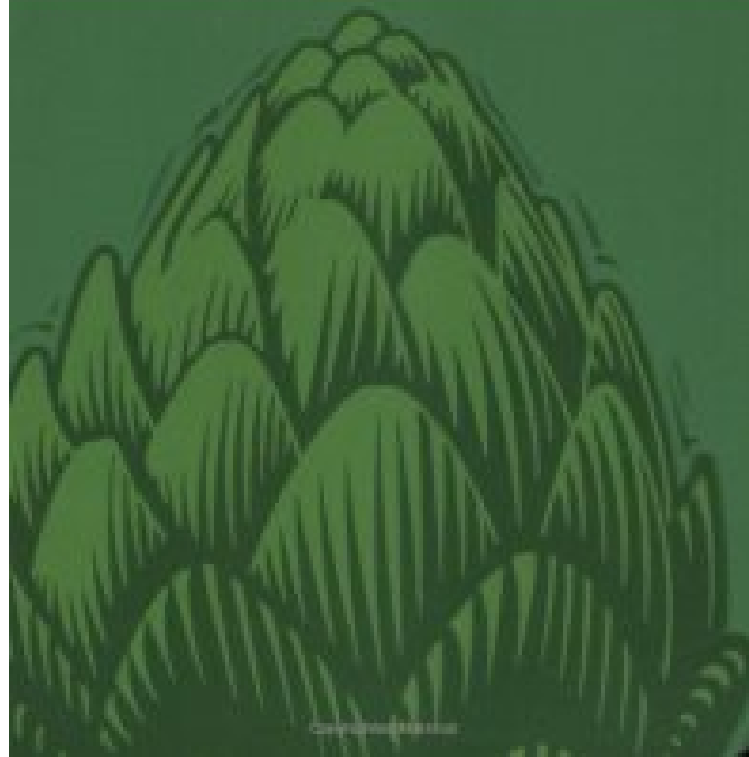
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FIRST EDITION

Veg Outs

Vegetarian Guide® to

**Seattle &
Portland**



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George Stevenson : Veg Out Vegetarian Guide to Seattle Portland before purchasing it in order to gage whether or not it would be worth my time, and all praised Veg Out Vegetarian Guide to Seattle Portland:

1 of 1 people found the following review helpful. Little old, but usefulBy J. M. CohanAs a vegan and a guidebook junkie, I'm always on the lookout for restaurant guides to whatever particular area I happen to be visiting next. I have yet to try out a lot of the restaurants mentioned in this book, but my favorite part is that the author notes the difference between when a restaurant has vegetarian choices, and when they actually offer vegan choices. Also, fun to read!9 of 9 people found the following review helpful. A useful bookBy MelanieThe Veg Out Vegetarian Guide to Seattle and Portland is a pocket guide designed to slip in a purse or travel bag. It's got a sturdy cover and slim design. It also includes a fold-out map of both cities (somehow the map of Portland is much larger and easier to read, perhaps because the editors decided to cover a smaller geographical area.)The book is organized geographically and actually includes "Seattle East," which is really the cities of Bellevue, Kirkland and surrounding suburbs; Bellingham (north of Seattle); Olympia and Tacoma (south); and Eugene, Oregon in addition to Seattle and Portland. Grocery stores, farmers markets, and juice bars have their own chapters and there's a short list of local northwest vegetarian organizations. There are three indices: alphabetical, by cuisine, and an index of "top ten" lists for food, atmosphere and best buys.Each restaurant is rated by star and price. There's a cuisine designation and the bottom of each entry tells how "veg friendly" each location is, for example "Full menu with vegetarian and vegan options." Since most of the restaurants listed are not exclusively vegetarian, I would have appreciated an index listing the veg-only restaurants. It has been omitted from the cuisine index.Seattle and Portland are both veg-friendly cities, but it might be hard for a visitor to know where to start. The VegOut editors have listed all the major favorites of local vegetarians as well as some of the lesser known finds like Hillside Quickies in Seattle and The Tao of Tea in Portland. --Amy O'Neill Houck5 of 5 people found the following review helpful. A New World of Vegetarian DelightsBy Rebecca of "The food ranges from the samosas, pakoras, and curries found in Indian restaurants to upper-worldly treats such as Tseral-mixed vegetable balls..." ~George Stevenson describing Himalayan Sherpa in Seattle, WAThere is an entire world beyond salads and side orders of vegetables and this book proves it. If you love visiting Seattle Portland or you are a Vegetarian looking for an excellent dining guide, this should impress you. The size of this book makes it easy to keep in your backpack, purse or car.The Restaurants are found in Seattle, Bellingham, Olympia, Tacoma, Portland and Eugene. There are listings for Tea Houses, Juice Bars, Farmers Markets and Green Grocers. You could enjoy tea in a Chinese Temple, visit a fun PCC Natural Market (my personal favorite for natural foods and organic products) or sample Multicultural cuisines at many interesting locations. They even list Larry's Markets where I used to work.Some of the highlights:The Elliot Bay Caf - Try a Veggie Reuben in the caf in the basement of the famous Elliot Bay Books in Seattle.Shalimar - Exotic foods like Mulligatawny Stew or dishes with eggplant, mango and lotus stems.Persian House - Pomegranate sauces and lentil dishes and they have a nice buffet lunch at a very reasonable price.George Stevenson's creative writing style is refreshing and honest. He makes each location sound completely tantalizing. The listings all have a star rating, hours, payments accepted, Parking locations, Yes/No for Alcohol and Atmosphere Description. Some of the restaurants are completely Vegan and some have Full Menus with Vegan Options.You could go to an upscale restaurant in the evening or stop by a Family restaurant with great artwork and enjoy a relaxing lunch.The next time I'm in Seattle or Portland and my husband asks me where we should eat; this is the guide I'm going to show him. In fact, you could almost plan a trip just so you could visit some of these locations.Also look for Veg Out Books for Southern California, New York City, San Francisco Bay Area and Washington D.C.~The Rebecca Review

VegOut Vegetarian Guide Series Gibbs Smith, Publisher, offers two new titles in our groundbreaking new vegetarian and vegan guidebook series. City specific, these guidebooks provide everything that a vegetarian or vegan diner needs to know to enjoy a meal out: -Listings of hundreds of restaurants, greenmarkets, and cafes -Ratings for each restaurant, including price, atmosphere and cuisine -Must-know details about each venue's culinary offerings -Contact and location information, including a foldout, color, site-specific map of the city VegOut: Vegetarian Guide is a registered trademark of Gibbs Smith, Publisher. George Stevenson grew up in Europe and the Southern U.S. He sharpened his skills working in kitchens throughout the Southeast and Seattle, such as Seattle's Lowell-Hunt Catering, Fuller's Restaurant, and Nashville's Sunset Grill. George is a graduate of the New England Culinary Institute and the University of the South in Sewanee, Tennessee.

From the Inside FlapAcknowledgments Introduction About This Book Restaurants Seattle East Seattle South Seattle North Bellingham Olympia and Tacoma Portland East Portland West Eugene Delivery Services and Takeout Farmers'

Markets Resources Glossary Indexes Alphabetical Index Cuisine Index Atmosphere Index Top 10 Restaurants From the Back Cover \$12.95 U.S. Regional/Travel "Finally a dining guide to meet the needs of vegetarians, vegans, and veg-friendly people! This excellent guide leaves us hungry for editions targeting other regions of the country." -Susan Tauster, Group Publisher Vegetarian Times "This guide is just what the health-conscious person needs when dining out." -John McDougall, M.D., founder of The McDougall Wellness Center ". . . the definitive resource for finding restaurants, salad bars, farmers markets, grocers and cafes that specialize in vegetarian or even the more strict vegan cuisine." -USA Today "I am a big believer in the value of nutrition and a good, healthy diet. This guide is a great service." -Bill Walton, Named One of the 50 Greatest Players in NBA History About the Author George Stevenson grew up in Europe and the Southern United States. He sharpened his skills working in kitchens throughout the Southeast and Seattle, including Seattle's Lowell-Hunt Catering, Fuller's Restaurant, and Nashville's Sunset Grill. George is a graduate of the New England Culinary Institute and the University of the South in Sewanee, Tennessee. www.vegoutguide.com About the Author George Stevenson grew up in Europe and the Southern United States. He sharpened his skills working on kitchens throughout the Southeast and Seattle, including Seattle's Lowell-Hunt Catering, Fuller's Restaurant, and Nashville's Sunset Grill. George is a graduate of the New England Culinary Institute and the University of the South in Sewanee, Tennessee.