

Harford County Vegan Dining for a Healthy Planet

To learn more about how our dietary choices affect our health, the environment and climate change, and animal and human suffering, please visit these websites:



**DineKind Harford
Healthy Living**

www.dinekindharford.com



**Harford County
Climate Action**

hcclimateaction.org

September 2015

Harford County, Maryland

Vegan-Friendly Restaurants

Listed below are some of our favorite vegan-friendly dining options by location. To be featured in the Harford County Vegan Dining Guide, the restaurant/store must offer either a vegan menu or offer 2 or more healthful, vegan options (besides traditional salads) or be willing to adapt the dish to make it vegan. If you know of additional restaurants to add to the list, send an email to dinekindharford@gmail.com.

BEL AIR

Birroteca—Highlights vegan and gluten-free items on their dinner menu. 1226 Baltimore Pike, Bel Air, MD 443-981-3141. www.bmorebirroteca.com/bel-air

DuClaw Brewing Company—Has a vegetarian friendly and vegan menu that offers appetizers and salads.

16A Bel Air South Parkway, Bel Air, MD 410-515-3222 duclaw.com

Golden Szechuan Inn —Chinese eat in or take out restaurant that includes tofu and several vegan vegetable dishes. 554 Baltimore Pike, Bel Air, MD 410-893-4848. www.facebook.com/goldenszechuaninn

India Garden—Clearly identifies vegan food on their menu. Serving vegan appetizers to entrees. 5 Bel Air South Pkwy #P1615, Bel Air, MD 443-456-3282. www.indiagardenus.com

McShane's Gourmet—Has several vegan sandwiches (the quinoa and sweet potato burger is exceptional) on their lunch and dinner menu. 2217 E. Churchville Road, Bel Air, MD 410-734-0622. www.mcshanesgourmet.com

Pairings Bistro—Offers a seasonal menu with vegetarian and dairy-free options for both lunch and dinner. 2105 Laurel Bush Road, Bel Air, MD 410-569-5006. www.pairingsbistro.com

Sizzling Bombay—Ask for the separate vegan menu featuring authentic Indian Cuisine. 2108 Emmorton Road, Bel Air, MD 410-569-0148. sizzlingbombay.net

Toki Sushi—Has vegan options including tofu on the menu. 1443 Rock Spring Road, Bel Air, MD 410-638-7200.



Vegan: For our Health, our Planet, and all Animals

YogaFresh/Soups Fresh—Offers a vegan soup daily and freshly made fruit and vegetable juices. 308 N Main St, Bel Air, MD 21014
443-759-3308 www.facebook.com/YogaFreshBelAir

FOREST HILL

Chopstix Gourmet—Offers vegan/vegetarian Asian dishes and veggie sushi as well as a gluten-free menu. 1523A Rock Spring Road, Forest Hill, MD 410-838-3808. www.chopstixgourmet.com

Fox & Fern Café—Menu changes seasonally. Offers fresh salads and often vegetarian/vegan soups. The Avocado toast is delicious and served any time of day. 1521A Rock Spring Road, Forest Hill, MD 410-638-9161.
www.foxandfern.com

Silver Palace Express—Offers traditional Chinese takeout a with plant-based 'chicken', 'beef', and 'shrimp'. Will even please meat eaters. 1510B Rock Spring Road, Forest Hill, MD 410-836-7000
www.silverpalaceforesthill.com

HAVRE DE GRACE

Laurrapin Grille—Offers a Meatless Monday menu . They feature local and organic ingredients. 209 N. Washington St., MD 410-939-4956.
www.laurrapin.com

NATURAL MARKETS/ORGANIC PRODUCE

David's Natural Market
1523 Rock Spring Rd, Forest Hill, MD
(410) 836-0808
www.davidsnaturalmarket.com

Karen's Market Market
110 N Washington St, Havre De Grace, MD
(443) 502-2793
karensnaturalmarket.com



Change our Food—Change our World—Choose Compassion

Why Vegan*?

*(*Nothing with a mom-No red meat, poultry, fish, dairy, eggs, or honey)*

For our Health

Animal foods, including meat, dairy, and eggs contribute to obesity, heart disease, stroke, and many forms of cancer, diabetes, and other chronic diseases that kill 1.3 million Americans each year. A diet high in animal products contains saturated fat, cholesterol, hormones, antibiotics, disease-producing pathogens, sugar, and sodium. The whole-foods plant based diet, or healthful vegan diet contains antioxidants, fiber, and vitamins and minerals that our bodies need to **fight disease and be healthy**.

For our Planet

Eating meat and animal products is one of the greatest causes of global warming. By eating a plant-based (vegan) diet — humankind can take an essential and enormous step to reduce global warming. The 2006 United Nations concludes that global animal agriculture contributes **more greenhouse gas emissions (in CO2 equivalents) than all forms of transportation combined**, an astonishing 18 percent of the total. Animal agriculture is also very destructive to our environment and it uses an enormous amount of our valuable and limited freshwater resources.

For all Animals

Farmed animals are sentient, living beings, just like our beloved dogs and cats. Each being has its own personality and a will to live and avoid pain. Most farmed animals are raised in factories where animals are deprived of their most basic needs like sunlight, fresh air, and room to move. These farm animals suffer abuse and violence most of their short lives; they are killed as babies. Ten billion land animals are killed for food annually in the United States. Habitats are being lost to clear the rainforests to graze cattle. **By leaving animals off your plate, you are saving animals every day!**

For all Humans

Animal agriculture is very inefficient. All the worlds populations could be fed if the grains were not fed to animals. The deplorable conditions farm workers endure at the factory farms are life threatening. Raising animals in confined spaces and feeding them antibiotics and foods they are not meant to eat can lead to antibiotic resistance and dangerous 'superbugs'.