

### **Vegetarian Restaurant Guide**

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#### **Restaurant ratings by local food critic Tom Fitzmorris:**

**\*\*\*\*\*--Among the best restaurants in the New Orleans area.**

**\*\*\*\*--Excellent and ambitious.**

**\*\*\*--Good enough to go out of your way to try.**

**\*\*--Recommended.**

**\*--Acceptable.**

**No symbol--Not reviewed.**

#### **Cost of average entree:**

**\$: \$10 or less**

**\$\$: \$10-20**

**\$\$\$: \$20 or more**

13 Restaurant  
517 Frenchmen St. (Marigny)  
504-942-1345  
Hours: 7 days a week from 11:30 a.m. to 4:00 a.m.  
Offers vegetarian and some vegan dishes, including tofu  
Price: \$

The Apple Seed Shoppe  
201 St. Charles Ave. 529-3442 (CBD)  
504-529-3442  
Hours: 10:30-3pm Mon-Fri  
Salads, smoothies, and other veggie dishes  
Price: \$

Back to the Garden  
833 Howard Ave. (CBD)  
504-299-8792  
Standard healthy vegetarian fare, including salads, sandwiches, hummus, vegetarian chili, and smoothies.  
hours are 8:00 a.m. - 3:00 p.m. Monday-Friday and 11-3 on Saturday.

The Gumbo Shop \*\*\*  
630 St. Peter (French Quarter)  
504-525-1486  
<http://www.gumboshop.com/>  
Hours: 7 days a week, lunch and dinner  
Offers a daily vegetarian special, usually some kinds of meatless but very well seasoned beans and rice,  
and they make a gumbo z'herbes, with greens and no meat.  
Price: \$\$

Mona's Café \*\*\*  
2 locations:  
Riverbend: 1120 S Carrollton Ave  
504-949-4115  
Uptown: 4123 Magazine St  
504-894-9800

Lunch and dinner  
Middle Eastern; good for vegetarians.  
Price: \$

Nirvana \*\*\*  
4308 Magazine St.  
(504) 894-9797  
<http://www.insidenirvana.com/>  
Hours: Lunch buffet 11:30-2:30. Open for dinner 5:30-10:30.  
Indian; good place for vegetarians. One of the few spots in New Orleans for Indian cuisine. Good food and a pleasant atmosphere on Magazine Street near Napoleon Avenue.  
Price: \$\$

Praline Connection \*\*\*  
542 Frenchmen St.  
(504) 943-3934  
<http://www.pralineconnection.com/>  
Lunch, dinner daily  
Good place if you have vegetarians because they prepare a lot of beans and such without meat; the area has a lot of bars, places to just hang out and listen to music  
Price: \$\$

Surrey's Juice Bar \*\*\*  
1418 Magazine St.  
504-524-3828  
Breakfast and lunch daily.  
Good breakfast/brunch place; possibly a spot to get the elusive veggie muffaletta.  
Price: \$

We also asked our local food critic Tom Fitzmorris to give us some advice on finding vegetarian fare in the city, and this is what he had to say:

"First of all, may I ask that you refer your readers to the list of open restaurants around town? I update it daily, it lists every restaurant currently open, has addresses and phone numbers, and gives my ratings for all those I've been able to check since the storm. This version of it is arranged by cuisine:<http://www.nomenu.com/RestaurantsOpenCuisine.html>

About vegetarianism:

My answer to this is the same as to anyone else looking to satisfy a dietary need--low-fat, vegetarian, whatever. First pick a good restaurant, using the usual criteria (reviews, ratings, guidebooks, or buzz--as you like). Then look over the menu to see what kind of food the restaurant serves, to discover what they're likely to have in the kitchen. Based on that knowledge, tell the waiter what your special diet is, followed by VERY SPECIFIC IDEAS for dishes that will satisfy your needs. Along these lines: "I'm thinking of something like a risotto with asparagus and mushrooms and maybe a little crushed red pepper, with no cream or cheese." The good restaurants will be able to prepare a fine dish along the lines you dictate--either by adapting a regular dish, or just coming up with one from scratch. That's what makes good restaurants good--they know how to cook. Then he can go to the chef and get it done. If you can't do that, then you need to study up some more on your diet. You can't expect the restaurant to understand your special needs; they have to cook for the mainstream. The special orders have to come from you. The biggest mistake (in New Orleans, anyway) is to look for a restaurant that specializes in your diet. You may assume that it will be much less interesting than the mainstream places, and probably even terrible.

Tastefully yours,  
Tom Fitzmorris"