

in n out vegan menu

in n out vegan menu options are a topic of interest for many individuals seeking plant-based fast food alternatives. While In-N-Out Burger is renowned for its classic American fast food offerings, including burgers, fries, and shakes, the question arises: does this popular chain offer vegan-friendly choices? This article explores the current state of the In-N-Out vegan menu, detailing what vegan customers can order, customization tips, and the nutritional considerations involved. Additionally, it will examine the challenges of finding truly vegan items at In-N-Out and provide insights into how the restaurant accommodates dietary preferences. Readers will gain a comprehensive understanding of the available vegan options and how to navigate the menu effectively.

- Overview of In-N-Out Burger
- Vegan Options at In-N-Out
- Customizing Your Order for a Vegan Meal
- Potential Cross-Contamination and Ingredient Concerns
- Comparison with Other Fast Food Vegan Menus

Overview of In-N-Out Burger

In-N-Out Burger is a fast food chain primarily located in the western United States, famous for its fresh ingredients and simple menu. Established in 1948, the restaurant has built a loyal customer base with its signature burgers, hand-cut fries, and milkshakes. The menu is intentionally limited to focus on quality and consistency, featuring items such as the Double-Double burger, cheeseburger, and fries. Despite its popularity, In-N-Out is traditionally centered on meat and dairy products, which poses challenges for vegan consumers seeking plant-based options.

Vegan Options at In-N-Out

Strictly speaking, In-N-Out does not have an official vegan menu or explicitly labeled vegan items. However, there are a few menu components that can be adapted to meet vegan dietary requirements. The primary vegan-friendly item is the French fries, made from fresh potatoes and cooked in 100% vegetable oil. These fries do not contain animal products, making them a safe choice for vegans.

French Fries

In-N-Out's French fries are prepared from hand-cut potatoes and cooked in a dedicated fryer with vegetable oil. They do not include any dairy or animal-derived additives, making them suitable for vegans. It is important to note that seasoning options available at In-N-Out are limited, and the fries are typically served salted.

Veggie Burger Option

While In-N-Out does not offer a vegan burger patty, customers can request a "Veggie Burger," which is essentially a hamburger bun with lettuce, tomato, pickles, onions, and spread. However, the spread contains mayonnaise and other dairy ingredients, making it non-vegan. To make this option vegan, the spread must be omitted. Ordering a "protein-style" veggie burger, which wraps the ingredients in lettuce instead of a bun, is also possible to reduce gluten intake but does not affect vegan status.

Customizing Your Order for a Vegan Meal

Customizing is key to creating a vegan meal at In-N-Out. Since the menu does not explicitly cater to vegan diets, guests must communicate clearly with staff to omit non-vegan ingredients such as animal-based spreads, cheese, and meat patties. The following strategies can help assemble a vegan-friendly meal.

Order a Custom Veggie Burger

Request a burger without the beef patty, cheese, and spread. Include fresh vegetables available on the menu: lettuce, tomato, pickles, and onions. This combination can be served either on a bun or wrapped in lettuce for a low-carb option. It is essential to specify no spread to maintain vegan compliance.

Side Options

The French fries remain the primary vegan side item. It is advisable to verify with the restaurant that fries are cooked in vegetable oil and that no cross-contamination occurs with animal products in the fryer.

Additional Tips

- Confirm with staff about ingredient details and preparation methods.
- Avoid milkshakes and soft drinks containing dairy derivatives.
- Be aware that the burger buns contain sugar, which some vegans avoid, but they do not contain animal products.

Potential Cross-Contamination and Ingredient Concerns

Despite the availability of certain vegan-friendly components, In-N-Out does not market itself as a vegan or allergy-friendly establishment. Cross-contamination risks exist due to shared cooking surfaces and fryers. For example, fries may be prepared in the same oil as breaded animal products, potentially exposing them to animal residues. Additionally, the lack of vegan certification means some ingredients may contain trace animal derivatives not immediately evident from the menu.

Fryer and Cooking Practices

Fries are cooked in dedicated fryers with vegetable oil; however, some locations may use shared fryers. Customers should inquire at their specific restaurant about cooking practices to assess contamination risks.

Ingredients in the Spread and Buns

The iconic spread served on In-N-Out burgers contains egg and dairy, excluding it from vegan diets. The buns are generally vegan-friendly but may contain sugar or other additives depending on regional recipes. Confirming ingredient lists with the restaurant can provide clarity.

Comparison with Other Fast Food Vegan Menus

Compared to other fast food chains, In-N-Out's vegan offerings are minimal due to its limited menu and focus on meat and dairy products. Chains such as Burger King, McDonald's, and Taco Bell have expanded their vegan menus with plant-based patties and explicitly labeled vegan items. In-N-Out's strength lies in fresh ingredients and simplicity but does not currently extend to comprehensive vegan options.

Available Vegan Options at Competitors

- **Burger King:** Offers the Impossible Whopper, a plant-based burger patty certified vegan when ordered without mayo.
- **McDonald's:** Provides vegan-friendly fries in some locations and has started testing plant-based burgers.
- **Taco Bell:** Known for customizable vegan options using beans, rice, and vegetables, with clearly marked vegan items.

In-N-Out's Position in the Vegan Fast Food Market

While In-N-Out continues to enjoy popularity for its classic offerings, its vegan menu remains limited and unofficial. Customers seeking dedicated plant-based fast food options may find other chains better suited to their dietary needs. Nonetheless, with careful customization, vegans can still enjoy select items at In-N-Out.

Frequently Asked Questions

Does In-N-Out have a vegan menu?

In-N-Out does not have an official vegan menu, but there are vegan-friendly options available by customizing existing items.

What vegan options can I order at In-N-Out?

You can order a 'Protein Style' burger without cheese or spread, which is a burger wrapped in lettuce instead of a bun, and customize it to be vegan by omitting animal-based ingredients.

Is the In-N-Out French fries vegan?

Yes, In-N-Out French fries are vegan as they are cooked in 100% vegetable oil and do not contain animal products.

Can the In-N-Out spread be made vegan?

The standard In-N-Out spread contains mayonnaise, which is not vegan. You can request your burger without the spread or bring your own vegan sauce.

Are there any plant-based protein options at In-N-Out?

Currently, In-N-Out does not offer any plant-based or vegan protein substitutes; their burgers come with beef patties only.

Additional Resources

1. *The Ultimate In-N-Out Vegan Guide: Delicious Plant-Based Options and Hacks*
This book explores how to enjoy In-N-Out's menu with a vegan twist, offering creative substitutions and secret menu hacks. It includes tips on customizing your burger, fries, and shakes to suit a plant-based diet. Whether you're a seasoned vegan or curious newcomer, this guide helps you navigate In-N-Out with confidence.

2. *In-N-Out Vegan Style: Crafting Tasty Plant-Based Burgers*

Discover how to recreate In-N-Out's iconic flavors using only vegan ingredients. This book provides recipes for homemade vegan patties, sauces, and toppings that mimic the classic In-N-Out experience. It's perfect for those who want to enjoy the taste of In-N-Out without compromising their vegan lifestyle.

3. *Secret Vegan Hacks at In-N-Out: A Plant-Based Insider's Guide*

Learn the best-kept vegan secrets at In-N-Out, including secret menu items and modifications. This book reveals how to customize your order to avoid animal products while enjoying tasty meals. It's a must-have for vegans looking to indulge in fast food responsibly.

4. *Beyond the Burger: Vegan Sides and Shakes at In-N-Out*

Explore the plant-based possibilities beyond the main burger at In-N-Out. This book highlights vegan-friendly sides, creative shake alternatives, and drink options. It aims to enhance your vegan dining experience with delicious accompaniments.

5. *Fast Food Vegan: Navigating In-N-Out's Menu with Ease*

This practical guide helps vegans make smart choices at In-N-Out, minimizing animal product consumption. It includes detailed nutritional information and customizable order suggestions. Perfect for busy individuals seeking quick and ethical meal options.

6. *Plant-Based Perfection: Veganizing In-N-Out Favorites at Home*

Bring the In-N-Out experience to your kitchen with vegan recipes inspired by their classics. This book offers step-by-step instructions for making vegan patties, buns, and sauces. It's ideal for home cooks who want to enjoy plant-based fast food anytime.

7. *The Vegan In-N-Out Cookbook: Tasty and Healthful Alternatives*

This cookbook presents a variety of healthy and flavorful vegan alternatives to In-N-Out staples. It focuses on wholesome ingredients and balanced nutrition without sacrificing taste. Great for health-conscious vegans who love classic fast food flavors.

8. *Unmasking In-N-Out: Vegan Options and Ethical Eating*

Dive into the ethics of eating vegan at popular fast-food chains like In-N-Out. This book discusses animal welfare, sustainability, and how to make compassionate choices while dining out. It combines practical advice with thoughtful reflections on veganism.

9. *Vegan on the Go: Quick In-N-Out Menu Hacks for Busy Lifestyles*

Designed for busy vegans, this book offers quick and easy hacks to order vegan-friendly meals at In-N-Out. It includes tips for ordering, meal prep ideas, and portable snack options. Stay vegan without sacrificing convenience or taste.

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in n out vegan menu: Vegan Fast Food Brian Watson, 2022-09-27 Forget the drive-through, in Vegan Fast Food you'll find mouthwatering junk food and comfort food classics, minus the meat and dairy. Whether you're a brand-new vegan missing buffalo wings or a longtime vegan tired of the limited vegan options when eating out, Brian Watson, aka Thee Burger Dude, has been there. In fact, few food bloggers have thought more about what textures, tastes, and special sauces make iconic dishes so addictive. In this book, he takes you on a tour through national chain favorites, regional cult classics, and even a few nostalgic dishes perfect for parties, potlucks, or any Saturday night. Recipes include: Nationwide Burgers and Fries: Brian made his name on recreations of iconic burgers. In this chapter, he shares his obsessively researched, version 2.0 editions for nationwide icons and debuts a ton of new recipes as well. Fried Chicken, Wings, and Nuggets: Multiple styles of plant-based fried chicken are covered, including Brian's YouTube sensation oyster mushroom fried chicken. Beyond the Bun: Craveable Mexican, Asian, and fast-casual recipes that are every bit as good as the original meaty or cheesy versions range from delivery-like pizza and kung pao to gorditas, burrito bowls, and meatball subs. The Most Important Meal of the Day: Breakfast for dinner? Hangover brunch? No matter the mission, this chapter packs the vegan biscuits and gravy, breakfast burritos, diner-style pancakes, and the French toast sticks to make it happen. With a basics chapter that sets you up with homemade burgers, fried chicken, and all the essential condiments, you're sure to find whatever you're craving!

in n out vegan menu: *The Ins-N-Outs of In-N-Out Burger* Lynsi Snyder, 2023-10-17 USA TODAY BESTSELLER | WALL STREET JOURNAL BESTSELLER Discover the official story of In-N-Out Burger--how three generations have created a thriving, family-owned company, why its fans are so wildly loyal, and what led to its explosive growth and evolution into an iconic part of American culture--as told by In-N-Out Burger's president, Lynsi Snyder. When Lynsi Snyder's grandparents founded In-N-Out Burger in 1948, they built it with a passion for quality and service that Lynsi embraced at a young age. After starting as a store associate at age seventeen, she then worked in other departments, gaining first-hand experience with almost every aspect of the family business until she became president in 2010. She has led the company through explosive growth--today, there are three-hundred and eighty stores and counting--and is deeply committed to the well-being of the In-N-Out Burger family. In *The Ins and Outs of In-N-Out*, you'll: Gain key insights into why In-N-Out has maintained its very popular and limited menu for more than seventy-five-years and why it has refused to franchise or go public Hear behind-the-scenes stories from In-N-Out Associates, including from one gentleman who worked in the very first store Learn about the Snyder family's Christian faith, including her grandmother Esther's belief in the gospel and her uncle's born-again experience that shaped his life and leadership at the company Discover why Lynsi has been ranked as one of the top presidents in the restaurant industry and how her personal challenges have fortified her faith and shaped her dedication to servant leadership In-N-Out Burger has drawn fiercely loyal fans--from professional chefs and burger aficionados to celebrities and scores of everyday customers--who not only crave the burgers, fries, and milkshakes but also come back again and again for the community.

in n out vegan menu: *The Skeptical Vegan* Eric C. Lindstrom, 2017-07-25 PETA's 2017 Vegan Cookbooks We Can't Cook Without Vegan Confessions of an Ex-Omnivore and His Survival Guide to Living Fully (Literally and Metaphorically). Growing up in an all-women household and coddled

endlessly by his Italian mother and grandmother, Eric Lindstrom was nourished to obesity on meaty sauces, fried eggs, and butter-laden cookies. After spending the first half of his life as an adamant omnivore, Lindstrom went 100% vegan. Reluctantly. Overnight. From burgers to beets, from pork to parsnips. It's time for a down-to-earth book that proves anyone can go vegan (even someone who once ate sixty-eight chicken wings in a sitting). How can a man adopt a vegan approach? Won't he die of protein deficiency? What if he is married to a vegan woman? How would he order a salad at a Minnesota steakhouse? What should he bring to a gluten-free, nut-free, macrobiotic, nightshade-free, oil-free, vegan potluck (true story)? Part confession and part survival guide, *The Skeptical Vegan* explains how simple it really is to be vegan, covering topics from food and nutrition to social challenges and lifestyle. Snarky, witty, and opinionated to a fault, Lindstrom speaks as a male vegan, contesting the notion that "real men" should only eat meat. With twenty original "veganized" recipes including portobello steaks, carrot hot dogs, tofu wings, "meaty" chili, and cauliflower bites (which helped him shed thirty pounds), Lindstrom demonstrates how to take control of your diet while still eating "meatily" and taking into account the ethical considerations of living a better life for the animals, the environment, and yourself.

in n out vegan menu: *The End of Animal Farming* Jacy Reese, 2018-11-06 A bold yet realistic vision of how technology and social change are creating a food system in which we no longer use animals to produce meat, dairy, or eggs. Michael Pollan's *The Omnivore's Dilemma* and Jonathan Safran Foer's *Eating Animals* brought widespread attention to the disturbing realities of factory farming. *The End of Animal Farming* pushes this conversation forward by outlining a strategic roadmap to a humane, ethical, and efficient food system in which slaughterhouses are obsolete—where the tastes of even the most die-hard meat eater are satisfied by innovative food technologies like cultured meats and plant-based protein. Social scientist and animal advocate Jacy Reese analyzes the social forces leading us toward the downfall of animal agriculture, the technology making this change possible for the meat-hungry public, and the activism driving consumer demand for plant-based and cultured foods. Reese contextualizes the issue of factory farming—the inhumane system of industrial farming that 95 percent of farmed animals endure—as part of humanity's expanding moral circle. Humanity increasingly treats nonhuman animals, from household pets to orca whales, with respect and kindness, and Reese argues that farmed animals are the next step. Reese applies an analytical lens of "effective altruism," the burgeoning philosophy of using evidence-based research to maximize one's positive impact in the world, in order to better understand which strategies can help expand the moral circle now and in the future. *The End of Animal Farming* is not a scolding treatise or a prescription for an ascetic diet. Reese invites readers—vegan and non-vegan—to consider one of the most important and transformational social movements of the coming decades.

in n out vegan menu: *The Best Veggie Burgers on the Planet, revised and updated* Joni Marie Newman, 2019-07-23 Hold on to your buns, the burger revolution has begun! *The Best Veggie Burgers on the Planet* takes the popular veggie burger to the next level of flavor and fun with more than 100 daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics, too. In this revised edition of the original, you'll find more than 30 new recipes featuring healthier options, fewer processed ingredients, and more whole-food, plant-strong ingredients like jackfruit and aquafaba (plus icons for no added oil/salt/sugar, and even more gluten-free recipes!). You'll also find budget-friendly tips and tricks, a "fast-food favorites" section that recreates iconic favorites from popular chains, updated techniques, and alternative cooking methods to include the slow cooker and air fryer. All of the recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Denver Omelet Breakfast Burger BLT with Avocado Burger Pulled Pork Sliders Inside-Out Sushi Burger Super Quinoa Burger Sesame Bean Banh Mi Burger Mac and Cheese Burger Split Pea with HAMburger Summer Squash Burger Korean BBQ Burger With *The Best Veggie Burgers on the Planet*, you'll find more than 100 ways of looking at burgers in a whole new way. Let's get this

“patty” started!

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in n out vegan menu: *Veg Out Vegetarian Guide to San Francisco Bay Area* Michele Anna Jordan, 2004 Veg Out guides virtually eliminate the difficulty of finding vegetarian and vegan offerings in a world of shish-kabob street vendors and hot dog hawkers. Veg Out Vegetarian Guide books are city specific and provide everything that a vegetarian or vegan diner needs to know to enjoy a meal out, including: ratings for each restaurant, including price, atmosphere, and type of cuisine; must-know details about each venue's culinary offerings; and contact and location information, with a site-specific foldout map of the area.

in n out vegan menu: *Life as a Vegetarian* Jason Brainard, 2019-12-15 In recent years, the purported health and environmental benefits of vegetarianism have convinced many people to eat a plant-based diet. However, experts caution that not all vegetarian foods are inherently healthy. Readers discover this as they explore the history of vegetarianism and nutritional guidelines for living as a healthy vegetarian. Full-color photographs, charts, graphs, and fact boxes are utilized to highlight important concepts, debunked misconceptions, and current scientific studies on nutrition and human health. Along with annotated quotes by experts, these features help young adults learn to think critically about vegetarianism.

in n out vegan menu: *Drive-Thru Dreams* Adam Chandler, 2019-06-25 “This is a book to savor, especially if you’re a fast-food fan.”—Bookpage This fun, argumentative, and frequently surprising pop history of American fast food will thrill and educate food lovers of all speeds. —Publishers Weekly Most any honest person can own up to harboring at least one fast-food guilty pleasure. In Drive-Thru Dreams, Adam Chandler explores the inseparable link between fast food and American life for the past century. The dark underbelly of the industry’s largest players has long been scrutinized and gutted, characterized as impersonal, greedy, corporate, and worse. But, in unexpected ways, fast food is also deeply personal and emblematic of a larger than life image of America. With wit and nuance, Chandler reveals the complexities of this industry through heartfelt anecdotes and fascinating trivia as well as interviews with fans, executives, and workers. He traces the industry from its roots in Wichita, where White Castle became the first fast food chain in 1921 and successfully branded the hamburger as the official all-American meal, to a teenager's 2017 plea for a year’s supply of Wendy’s chicken nuggets, which united the internet to generate the most viral tweet of all time. Drive-Thru Dreams by Adam Chandler tells an intimate and contemporary story of America—its humble beginning, its innovations and failures, its international charisma, and its regional identities—through its beloved roadside fare.

in n out vegan menu: *The Meat-Free Kitchen* Jenn Sebestyen, Kelli Foster, Joni Marie Newman, 2021-02-16 Improve the health of your family and the planet with more than 125 delicious,

plant-based, easy-to-prepare recipes for every meal of the day. The Meat-Free Kitchen has all the recipes you need for busy weeknights, packed weekends, or whenever you feel like trying out a meat-free meal. From many different breakfast options to many different kinds of vegetarian burgers, these meatless meals will satisfy even the pickiest of palates. Chapters cover all meals throughout the day, from yummy breakfasts to satisfying salads, hearty soups, handheld snacks, perfect pastas, and one-pot wonders. Many of these recipes can also be made in 30 minutes or less. Preparing meatless meals has never been simpler! Find something for everyone with recipes like: Banana Walnut Baked Oatmeal Creamy Tomato Soup with Orzo Black Bean Citrus Quinoa Salad Curried Tofu Salad Sandwiches Spicy Hummus Veggie Wraps Butternut Squash Mac and Cheese Tortilla Enchilada Casserole Smoky Potato Wedges Going Meatless is the healthiest option for you, your family, and the planet—get started today!

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in n out vegan menu: Fodor's Inside Portland Fodor's Travel Guides, 2020-04-07 With its fascinating history, incomparable culinary landscape, and blossoming art scene, Portland has become one of the most sought-after destinations for the hip, curious traveler. Fodor's brand-new guidebook, *Inside Portland*, touches on the top tourist sights, from Powell's Bookstore to the International Rose Test Garden, but also delves into the under-the-radar places that only insiders from Portland know about. The Fodor's Inside series is designed for travelers looking for authentic, hyperlocal experiences. Perfectly sized to fit in your bag or pocket, these guides are designed with an artistic bent and are easy to use, look good, and don't make you feel like a tourist. Written by Portland residents—with customized neighborhood maps and one-of-a-kind, hand-drawn illustrations by Jennifer Reynolds—*Inside Portland* covers the restaurants, bars, coffee shops, and boutiques in the neighborhoods that locals love best. Fodor's *Inside Portland* includes: OFF-THE-BEATEN-PATH COVERAGE to help you explore locally loved, up-and-coming neighborhoods that other guidebooks don't cover well or at all. ITINERARIES that will help you plan your trip. MAPS that are easy to read, plus a FREE PULL-OUT map. BEST BET LISTS with our favorites in a variety of categories including: best local foods, best kid-friendly attractions, and most romantic restaurants. AT A GLANCE FEATURES on local events, history, locally-made goods, books and movies set in Portland, and more. COOL PLACES TO STAY highlighting the most unique lodgings in the city. INSTAGRAM-WORTHY PHOTO SPOTS that tell you how and where to get remarkable shots that you'll definitely want to share. BEST CITY TOURS from the coolest companies, including brewery tours, culinary tours, and bike tours. QUICK SIDE TRIPS to the best places in the Columbia Gorge, Mt. Hood, and the Willamette Wine Country. GETTING AROUND features in every neighborhood to make navigation via public transit or walking easy. HAND-DRAWN ILLUSTRATIONS INTERESTING STREET AND PUBLIC ART that is worth discovering. BACK IN THE DAY SPOTLIGHTS of famous spots to give the city historical context. COVERS the best neighborhoods in Portland, including Downtown, Pearl District, Old Town/Chinatown, Nob Hill, Washington Park, Forest Park, and more. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. For more travel inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us! Planning on visiting more of the Pacific Northwest? Check out Fodor's Oregon, Fodor's Seattle, and Fodor's Pacific Northwest. *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition.

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in n out vegan menu: Moon Rhode Island Liz Lee, 2016-05-31 Cozy beach towns, deliciously fresh seafood, and a buzzing art scene: discover the best of the Ocean State with Moon Rhode Island. Inside you'll find: Flexible, strategic itineraries including a weeklong tour of the state and a coastal weekend getaway, with ideas for families, foodies, beachgoers, and art lovers The top sights and unique activities: Stroll through Providence's Waterplace Park and take a gondola ride, gallery-hop in College Hill, and feast on authentic Italian food in Federal Hill. Visit a world-class museum or check out the underground art scene, take a paddleboard lesson or kayak the harbor, and try one of Rhode Island's iconic foods, like quahogs or stuffies. Admire the elegant mansions of Newport, relax on the beach in South County, or go for a seaside hike on Block Island Honest advice from longtime local Liz Lee on when to go, how to get around, where to eat, and where to stay, from budget motels to historic inns Photos and detailed maps throughout Handy tools including tips for seniors, visitors with disabilities, and traveling with kids In-depth background on the culture, history, weather, and wildlife Full coverage of Providence, Newport, Block Island, the East Bay and Sakonnet, and South County With Moon Rhode Island's practical tips and local insight, you can plan your trip your way. Want to visit another top-notch New England city? Pick up Moon Boston. Driving through? Check out Moon New England Road Trip.

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in n out vegan menu: California and Nevada James Bernard Frost, 2011-04-15 This is the resource book for vegetarian travelers. -- Healing Retreats. This is a terrific and much-needed guidebook that makes traveling easy and worry-free for vegetarians. It lists and rates vegetarian restaurants and also reports on the best places to find produce. -- Society of American Travel Writers

Foundation. ... a handy way to eat well on the road... celebrates the pleasures of good and healthful eating.... Frost is an engaging writer, as interested in history as in food. -- Physician's Travel & Meeting Guide. ... well researched... -- ForeWord magazine. It's a meaty guidebook for the meatless. -- National Geographic Traveler. Traveling vegetarians no longer have to make do with salads and pastas. -- The Atlanta Journal & Constitution. The full guide covers all of the United States and is the WINNER OF THE LOWELL THOMAS BRONZE AWARD FOR BEST TRAVEL GUIDE, sponsored by the Society of American Travel Writers Foundation. This excerpt focuses on America's Southwestern states (Arizona, Colorado, New Mexico, Oklahoma, Texas & Utah), along with several key elements from the larger book. The ultimate tool for mobile vegetarians, vegans and travelers looking for a good, healthy meal. Many restaurants are described, with some featured in great detail and reviewed using a unique rating system. Food stores and markets serving the vegetarian community are also listed, as well as facts and interesting tidbits that health-minded individuals will appreciate. You'll find everything from hamburger joints with a superb garden burger option to gourmet raw foods restaurants that adhere to strict vegan standards.

in n out vegan menu: *Vegetarian Times*, 1996-08 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

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