Mother’s Kitchen
1501 ME-102, Town Hill - 288-4403
• Humble Farmer Sandwich (vt)
• Valentina Sandwich (vg)
• Grass Valley Sandwich (vg)
• Garden salad... can be (vg) or (vt)
• Ruby Sandwich (vg)
• Chickpea Sandwich (vg)

Thrive
51 Rodick Street, Bar Harbor - 801-9340
• Falafel Wrap (vg)
• Avocado Toast (vg)
• Smoothies (most are vg and labeled on menu)
• Multiple Sandwiches...

Burning Tree
69 Otter Creek Road, Otter Creek - 288-9331
• Grilled Veggie Stacks (vg)
• Tamales (vg)
• Curry Potato Cabbage Wrap (vg)

Siam Orchid
30 Rodick Street, Bar Harbor - 288-9669
• All curry bases (vg)
• Fresh + fried spring rolls (vg)
• Most stir fries have vegan bases and easily can be made vegan
• Seaweed Salad (vg)
• Veggies sushis (vg)

Charlotte’s Legendary Lobster Pound
465 Seawall Road, Southwest Harbor - 244-8021
• Beyond Burger (vg)

Royal Indian
39 Rodick Street, Bar Harbor - 801-9418
• Kachumber Salad (vg)
• Chana Masala (vg)
• Dal Tadka (vg)
• Saag Mushroom (vg)
• Aloo Gobi (vg)
• Jackfruit Curry (vg)

A & B Naturals
101 Cottage Street, Bar Harbor - 288-8480
• Baked goods (vt) (sometimes vg and will be labeled as so)
• Packaged sandwiches (vg) (vt)
• Chow Maine items (vg) (vt)
• Extensive groceries (vg) (vt)

CJ’s
150 Main Street, Bar Harbor - 288-2128
• Chocolate/vanilla almond milk soft serve (vg)
• Sorbets (vg)

MDI Ice Cream
7 Firefly Lane and 325 Main Street, Bar Harbor - 801-4007
• Sorbets (vg)
• Vegan Ice Cream, made with cashew milk (vg)
West Street Cafe
76 West Street, Bar Harbor - 288-5242
- Garden Salad (vg)
- Veggie Burger (vg)
- Vegetarian Pasta (vt)

Mckay’s
231 Main Street, Bar Harbor - 288-2002
- Vegan Stir Fry (vg)

Reel Pizza
33 Kennebec Place, Bar Harbor - 288-3828
- Vegan Pizza, if you ask for vegan cheese (vg)
- Fruit cups (vg)
- Sometimes vegan soup specials (vg)
- Almonds (vg)
- Popcorn without butter (vg)

Geddy’s
19 Main Street, Bar Harbor - 288-5077
- Garden Salad w/o dressing
- Bar Island Burger (vt)
- Burrito can be vegan
- Vegan burger (vg)
- Vegan meat on taco salad with no dairy
- Quinoa burrata

Fork and Table
102 Main Street, Northeast Harbor - 276-0746
- Kale Spring Rolls

Cafe This Way
14 Mount Desert Street, Bar Harbor - 288-4483
- The Vegan (breakfast) (vg)

Thirsty Whale
40 Cottage Street, Bar Harbor - 288-9335
- Black bean burger (vg)
- Garden Burger (vt)

Epi’s
8 Cottage Street, Bar Harbor - 801-2516
- Pizza Crust (vg)
- Pizza Sauce (vg)
- Vegetarian Sub (vt)

Havana
318 Main Street, Bar Harbor - 288-2822
- Poblano (vg)
- Sorbets (vg)

Havana Parilla
- Vegetarian Mixed Grill (vt) (vg if ordered with only vegan sauces)
- Beyond Burger (vg)
- Sorbets (vg)

Eat A Pita
326 Main Street, Southwest Harbor - 244-4344
- Garden Salad (vg)
- Veggie Nut Burger (vg)
- Hummus and Pita (vg)

Island Star Takeaway
1317 ME-102, Town Hill - 801-9042
- Vegan Egg Rolls (vg)
- Vegan Cheese and Veggie Toppings (vg)
- Vegan Crust and Sauce (vg)

Brrrr Harbor
1319 ME-102, Town Hill - 801-1232
- All natural ices (vg)
- Most regular ices (vg)

Take a Hike
140 Cottage Street, Bar Harbor - 801-9268
- All Juices (vg)
- Parfait (vt)
- Cali sandwich (vg)
- Smoked Portobello sandwich (vt)
- All salads can be made vg and vt
- All smoothies can be made vg
- Vegan soups vary

Brandon and Laura’s Cafe
11 Seal Cove Road, Southwest Harbor - 244-5551
- Salad Bar (can be vg)
- Soy oil for fries and hash browns (vg)
**Trailhead**
33 Cottage Street, Bar Harbor - 288-9592
- Milk alternatives (vg)
- Jam (vg)
- Oatmeal (vg)
- All bagels but asiago (vg)

**Little Notch Cafe**
340 Main Street, Southwest Harbor - 244-3357
- Pasta (vg)
- Pizza Sauce (vg)
- Pizza Crust (vg)

**Sawyer's Market Deli**
344 Main Street, Southwest Harbor - 244-3315
- Pre Made Salad (vg)
- Vegan Soup (vg)

**Udder Heaven**
369 ME-3, Bar Harbor - 288-2233
- Non dairy ice cream (blueberry, tropical fruit) (vg)
- 2 Sorbets (vg)
- 3 Italian Ices (vg)

**123 Main Street**
123 Main Street, Northeast Harbor - 276-4166
- Protein Cookies (vg)
- Smoothies (vg)
- Multiple Vegetarian Sandwiches (vt)
- Some salads are vg
- Some soups are vg
- Oatmeal (vg)
- Kids pack (vg)

**Milk and Honey**
3 Old Fire House Lane, Northeast Harbor - 276-4003
- Banh Mi (vg)
- Spiced Bean Salad (vg)
- Quinoa Tabbouleh (vg)
- Green Falafel (vg)
- Sesame Noodles (vg)

**The Travelin’ Lobster**
1569 ME-102, Town Hill - 288-8028
- Veggie Wrap
- Garden Salad
- Corn on the Cob

**Chart Room**
565 Eden Street, Bar Harbor - 288-9740
- Hummus Salad (vg)
- House Garden Salad (vg)
- Hummus Wrap (vg)
- Vegetarian Linguine (vt)

**Jordan Pond House**
2928 Park Loop Road, Seal Harbor - 276-3316
- Hummus/Vegetable Wrap
- Farmer’s Market Stew
- JPH Salad

**Jeannie’s Great Maine Breakfast**
15 Cottage Street, Bar Harbor - 288-4166
- 2 options for vegan pancakes
- Island Tofu Scramble (vg)

**Chocolatte**
240 Main Street, Bar Harbor - 801-9179
- Bagels (vg)
- Hummus (vg)
- Milk alternatives
- Veggie sausage (vt)

**Looking Glass Restaurant**
50 Eden Street, Bar Harbor - 288-5663
- Tofu scramble breakfast (vg)
- Beehive breakfast bowl (vg)
- Oatmeal (vg)
- Salads (vg)
- Stir Fry with Tofu (vg)
- Vegan scallops (vg)
- Brussels sprouts app (vg)
Salt Meadow Farm Restaurant
221 Tremont Road, Bass Harbor
• Pizza dough and bread (vg)

Peekytoe Provisions
244 Main Street, Bar Harbor - 801-9161
• Salads (vg)
• Heart Healthy Soup (vg)
• Veggie Sandwich (vg)
• PB & J Sandwich (vg)
• Nachos (vt)
• Grilled Cheese Panini (vt)

Black Friar Inn & Pub
10 Summer St, Bar Harbor - (207) 288-5091
• Vegan Veggie Tacos (vg)
• House-Made Vegan Burger (vg)
• Quinoa & Fresh Avocado Salad (vg)
• House-Made Roasted Garlic Hummus (vg)
• Welsh Rarebit (vt)
• Housemade Hummus & Avocado Toast (vg)
• Plus soups, salads & artisan cheese board (vt)

Sips
4 Clark Point Road, Southwest Harbor 244-4550
• Falafel (vg)
• Oatmeal (vg)
• Hummus (vg)
• Roasted Eggplant + Red Pepper dip (vg)
• All dressings are vegan

The Independent Cafe
164 Main Street, Bar Harbor - 756-9883
• Fresh juices (vg)
• Whole fruit smoothies (vg)
• Pastries made with fresh fruit. (vt)
• Salads (vt)(vg)
• Egg sandwiches (vt)
• Caprese wrap (vt)
• Hummus wrap (vg)

Open Table MDI
29 Mount Desert Street, Bar Harbor
Vegetarian Community Suppers
Tuesdays 4-7 by donation

Restaurant menus and availability of the items listed in this guide may change. This guide does not list all restaurants on the island. Enjoy!

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