


VEGANS OUT



EAT
COMPLETELY
VEGAN
IN SYRACUSE
FOR A WEEK

BY MADDIE RHODES

As vegan diets increase in popularity, customers are searching for restaurants that can accommodate their preferences. Whether you're a plant-based foodie or want to incorporate more vegan meals into your repertoire, here's a week's worth of suggested eats in Syracuse.

MONDAY

BREAKFAST

Start off your week with **Rise N Shine's** Kind Burger (a Beyond Meat patty) or the Vegan Scramble, which features tofu, veggies and vegan cheddar. Coincidentally, Monday is also the spot's Mimosa Monday 2-for-1 drink special. Rise N Shine is noted for their picture-perfect meals and exotic drinks. Be sure to join the waitlist on their website, as there is almost always a line to get in.

LOCATION: Rise N Shine, 500 Westcott Street, Syracuse, 315-907-3710, risenshinediner.com

LUNCH

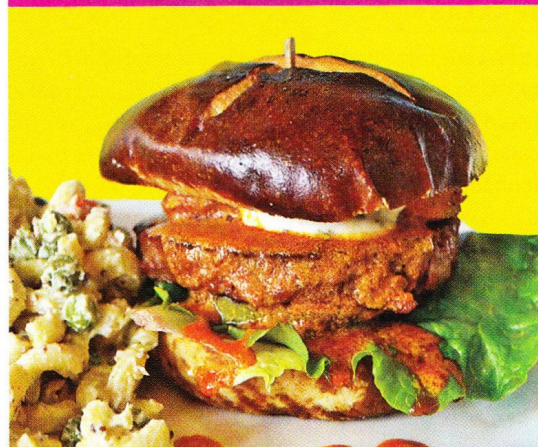
Since 2008, **Strong Hearts Cafe** has served up completely vegan menus. Order the nachos with melted "cheese" made from cashews; a textured vegetable protein-based chorizo replaces meat. It's the closest thing to vegan heaven. Or try the Chicken Bacon Ranch Sandwich with Mac Salad, "milk" shakes or "mozzarella" sticks. Don't forget to order a cupcake for a treat. If you're indecisive, be prepared to spend some time with their pared-down yet still extensive menu.

LOCATION: Strong Hearts, 315 Irving Avenue, Syracuse, 315-478-0000, stronghearts315.com

DINNER

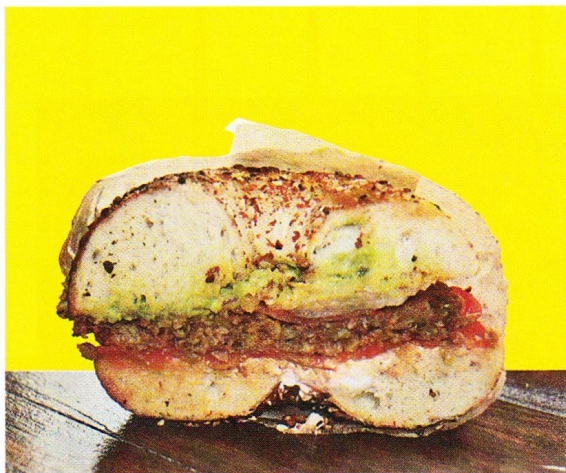
Oh My Darling has options for vegans, gluten free, dairy free, and people with no dietary accommodations. This adorable restaurant is open for breakfast, lunch and dinner but if you're there at night, opt for the Grilled Cauliflower Steak, which comes with asparagus and a coconut curry sauce. Choose the hummus as a starter, or pair it with one of their popular cocktails, which they also serve at brunch.

LOCATION: Oh My Darling, 321 S. Salina Street, Syracuse, 315-290-3330, darlingsyr.com



STRONG HEARTS' NACHOS, CHICKEN BACON RANCH SANDWICH, CHOCOLATE PEANUT BUTTER CUPCAKE

TUESDAY



SPICY VEGAN BREAKFAST SANDWICH

BREAKFAST

Wake up your taste buds with **Water Street Bagel Co.'s** Spicy Vegan breakfast sandwich, filled with vegan cream cheese, a Beyond Meat vegan sausage patty, red peppers, avocado, onion and Frank's RedHot sauce. If you're daring, get it on the Spicy Everything bagel. This was my first meal as a vegan, and there's a reason why I never looked back. Ordering online to skip the line is recommended.

LOCATION: Water Street Bagel Co., 239 E. Water Street, Syracuse, 315-802-6925, waterstreetbagelco.com

LUNCH

If you like spice, **CoreLife Eatery** on Erie Boulevard offers a Sriracha Ginger Tofu & Ancient Grains bowl (my favorite). It comes with quinoa, kale, roasted tofu, carrots, beets, spicy broccoli, ginger and sriracha sauce. You can also build your own salad, bowl or wrap. Take advantage of their outdoor seating or get it to go.

LOCATION: CoreLife Eatery, 5743 Widewaters Parkway, Suite 100, Syracuse, 315-898-8881, corelifeeatery.com

DINNER

Go to **Alto Cinco** on Westcott for an intimate late-night dinner and \$5 margaritas on Tuesdays. While sipping a drink, dive into their menu, which lists vegan tacos, burritos and enchiladas (come back on a Wednesday for the \$7 super vegan burrito). Try the Nopales Tacos, which includes fried nopales (cactus!), lettuce, carrot, salsa and a vegan chipotle tomato crema.

LOCATION: Alto Clnco, 526 Westcott Street, Syracuse, 315-422-6399, altocinco.net

WEDNESDAY

BREAKFAST

If you have a sweet tooth, **Glazed and Confused** serves vegan and gluten-free donuts on Wednesdays and Saturdays. Glazed and Confused is a grab-and-go spot with unique flavor combinations. They are currently serving vegan versions of Cinnamon Sugar, Glazed, Carnival (glazed with rainbow sprinkles) and Nutty Buddy (glazed topped with peanuts).

LOCATION: Glazed and Confused, 211 N. Clinton Street, Syracuse, 315-214-5544, glazed syr.com



LUNCH

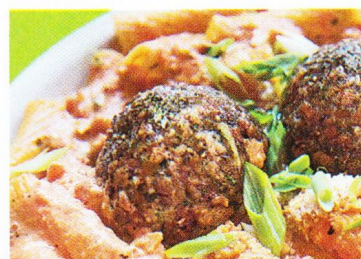
Go to **Apizza Regionale** for — in my opinion — the best vegan pizzas in town. Their crusts and sauce are naturally vegan, and the cheese can be substituted with dairy-free cheese from PMA Foods. The cheese is melted to perfection and tastes like the real thing. The menu changes seasonally, but you'll find other vegan dishes, too — try the fried zucchini appetizer or Chocolate Budino dessert. Dishes are available to go, but I recommend sitting on the patio and enjoying the city scenery.

LOCATION: Apizza Regionale, 260 W. Genesee Street, Syracuse, 315-802-2607, apizzaregionale.com

DINNER

What we've all been waiting for: **Pastabilities** finally has vegan options! Although they have plant-based options sprinkled throughout their menu, you have to try their new vegan sauces if you go. Order the vegan meatball riggies (Impossible Beef) if you like spicy, and the vegan basil pesto if you prefer sweet. Don't leave without sampling the vegan pineapple upside down cake with coconut cream.

LOCATION: Pastabilities, 311 S. Franklin Street, Syracuse, 315-474-1153, pastabilities.com



VEGAN MEATBALL RIGGIES

PHOTOS BY MADDIE RHODES, BRENNA MERRITT, GLAZED AND CONFUSED

THURSDAY

BREAKFAST

Visit **The Sweet Praxis** for a quick breakfast to go. They have a Vegan Brunchy Sandwich, which includes a seasoned tofu scramble, smoky seitan, “feta” from PMA Foods and chipotle aioli served on your choice of bread. Other offerings include vegan scones, croissants, muffins and donuts. Worth noting — their vegan donuts sell out fast, so preorder them or go in early!

LOCATION: The Sweet Praxis, 203 E. Water Street, Syracuse, 315-216-7797, thesweetpraxis.com

LUNCH

If you’ve never stopped by the lime green-and-bright red building off Erie Boulevard, you’re missing a popular bike shop with an equally well-regarded café. **Mello Velo’s** menu constantly changes, but there are always vegan options for breakfast and lunch. Recent menu choices included the vegan portobello wrap, and a vegan version of the Breakfast Sammy. The café has a relaxed atmosphere with indoor and outdoor seating, and fantastic drinks, like Italian sodas and seasonal specials.

LOCATION: Mello Velo, 790 Canal Street, use Walnut Street entrance, Syracuse, 315-307-3104, mellovelobicycles.com



JUST THE SMASH BURGER

DINNER

Visit **Loded**, in the original location of Rise N Shine (same owners); its exotic menu is not only enticing, but also filling. Known for extravagant burgers and hot dogs, the menu also has numerous vegan options such as plant-based burgers, loaded fries and Mac n Cheegans. The popular Vegan Chicken Tendies are a newer addition. Loded has a homemade vegan cheese sauce, along with 10 from-scratch vegan dipping sauces such as ranch, vegan dilly dilly and Korean BBQ.

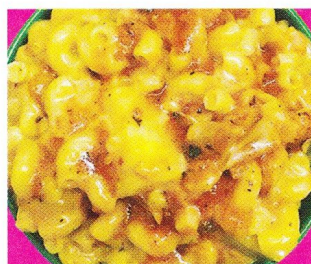
LOCATION: Loded, 6393 Thompson Road, Syracuse, 315-414-7687, lodedsyr.com

FRIDAY

BREAKFAST

PMA Café is wholly plant-based, specializing in vegan mac and cheez. Try kicked-up varieties like The Flannel Shirt Mac, with jalapenos, crushed red pepper, BBQ sauce and ranch, and The Greek Mac, with spinach, artichoke hearts and Kalamata olives. Take-out only PMA Café is part of PMA Foods, which sells house-made plant-based cheezes, meat alternatives and vegan sweets.

LOCATION: PMA Café, 2 Clinton Square (inside the Atrium/Oswego Metro Center), suite 145, Syracuse, 315-708-6892, pmafoods.com



MAC N CHEEZ

LUNCH

Razzle Dazzle has two brick-and-mortar locations. If you’re at Destiny USA, visit them in the second-floor canyon area for Razzle Dazzle Italian Ices for a refreshing Italian (non-vegans can try their gelati). Razzle Dazzle Our Vegan Corner’s second location moved to a larger storefront near Syracuse University. The menu focuses on vegan soul food, which includes ribs, chick’n and collard greens. They also have Italian ice and soft-serve ice cream.

LOCATIONS: Razzle Dazzle, 9090 Destiny USA Drive, Syracuse, 315-877-0328; 446 E. Brighton Avenue, Syracuse, 315-461-2262, razzledazzleourvegancorner.com

DINNER

Kick off your weekend at **XO Taco** as they hold their weekly Fri-Yay deal for \$5 Frozen Margaritas or Frosé and \$1 off fish tacos (for your non-vegan companions). Try the vegan Curry Cauli Tacos, which have curried cauliflower, slaw and cilantro-chimichurri. Two to three tacos is usually suitable for one person with a side or some shared nachos to start. Enjoy the Instagram-worthy backdrops and large list of tequilas and mezcals.

LOCATION: XO Taco, 713 E. Fayette Street, Syracuse, 315-303-1699, xotaco.com

SATURDAY

BREAKFAST

While you're grabbing your morning coffee (with oat milk) at **Recess Coffee**, look through their menu for specialized vegan options. The Recess on Westcott makes the Game Changer, which is a Beyond Burger patty with avocado, spinach, tomatoes, and pickles on a vegan brioche bun. Meanwhile, the Recess on Montgomery has bagels and breakfast sandwiches where you can substitute seitan for meat. The Tipp Hill location has other spreads such as vegan butter along with seitan. All three cafes usually have vegan cookies or muffins.

LOCATIONS: Recess Coffee, 110 Harvard Place, Syracuse, 315-410-0090; 110 Montgomery Street, Syracuse, 315-425-8969; 429 Ulster Street, Syracuse, 315-991-8414, recesscoffee.com



VEGGIE SANDWICH

LUNCH

When you're shopping downtown, stop by **Original Grain** for smoothies, bowls, wraps, sandwiches and smashed avocado toast. My favorites are the smashed avocado toast and the veggie sandwich. If you order online, there's an option to filter the menu by vegan and other dietary preferences. The restaurant is great for a grab-and-go lunch or a sit-down meal.

LOCATION: Original Grain, 302 S. Salina Street, Syracuse, originalgrainsters.com



VEGAN ALAMO POUTINE

DINNER

Grab a drink at **The Hops Spot** and peruse their vegan menu. The Armory Square eatery is noted for their loaded fries and beer; the Vegan Alamo is my go-to for poutine. The fries are topped with avocados, pickled jalapenos, tomatillo salsa and chipotle veganaise. A variety of Beyond Beef burgers and chicken dishes, salads and apps round out the options. Be sure to find a board game in the back room while you enjoy your meal.

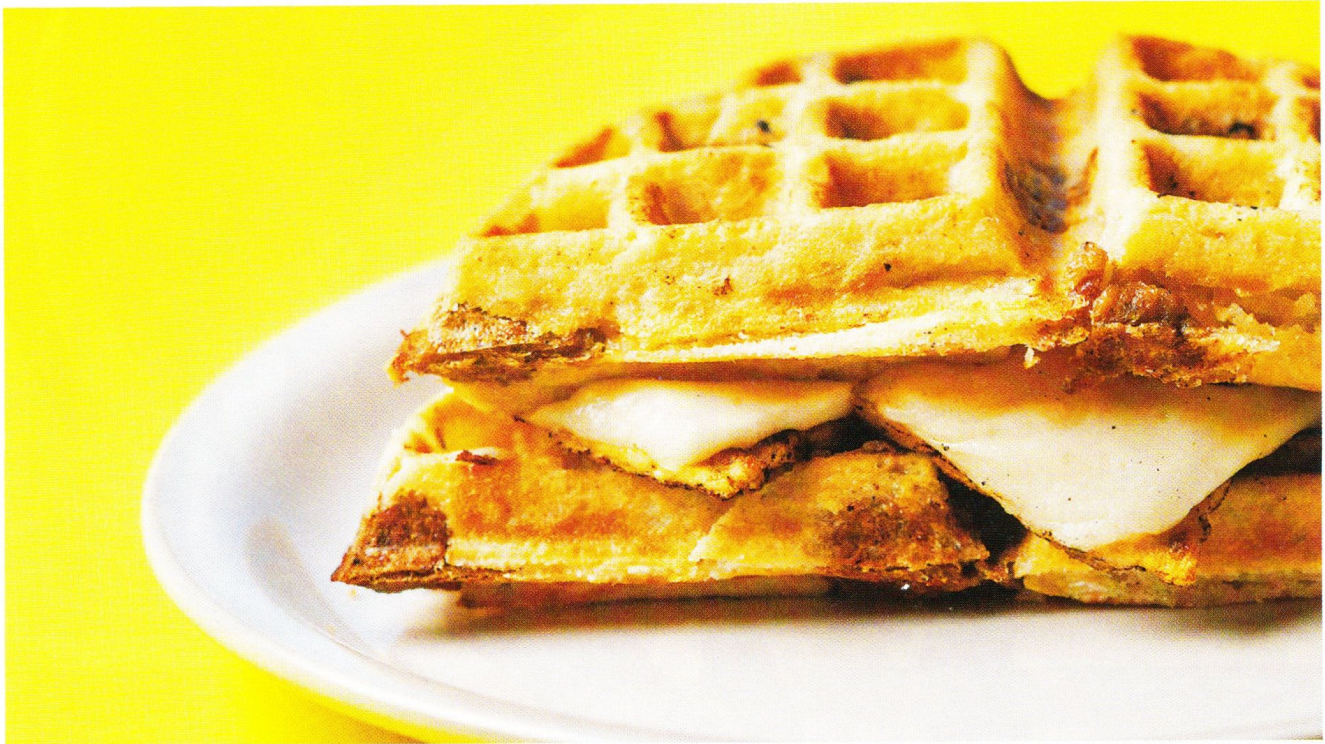
LOCATION: The Hops Spot, 116 Walton Street, Syracuse, 315-646-2337, thehopsspot.com

SUNDAY

BREAKFAST

Whether you're craving waffles at 9 in the morning or 11 at night, check out **Funk 'n Waffles** for breakfast and savory styles. They offer a few vegan options such as the Vegan Bootsy Brunch, which is a vegan sausage-stuffed waffle folded over a tofu patty and melted vegan mozzarella cheese or pepper jack. Aunt Miriam's Vegan Waffle features fresh strawberries and a side of pure maple syrup or start with the vegan batter base and add your own toppings.

LOCATION: Funk 'n Waffles, 307-13 S. Clinton Street, Syracuse, 315-474-1060, funknwaffles.square.site



VEGAN BOOTSY BRUNCH

LUNCH

If you haven't visited **Salt City Market** yet, save enough time to tour the 10 different restaurants, many of which have at least one vegan-friendly dish. Visit Firecracker Thai Kitchen for The Spicy Impossible Stir Fry: Impossible vegan crumbles, garlic, Thai chilies, sweet and savory soy, Thai basil and jasmine rice. Mamma Hai serves Vietnamese cuisine and has vegan sandwiches and noodles. My favorite dish is the Hanoi Jane Bánh Mì sandwich, which has tofu, vegan pâté (made of taro), mushroom and beans.

LOCATION: Salt City Market, 484 S. Salina Street, Syracuse, 315-401-4111, saltcitymarket.com

DINNER

If you're with a crowd that requires different dietary accommodations, go to **Anything But Beer Taproom and Restaurant**, which caters to most with its various vegan, dairy-free and gluten-free dishes. It's a great spot to get a drink as well, as long as you don't want traditional beer: the drinks are predominantly gluten-free, fruit-based brews, though there are a handful of guest beers, plus NYS wines. I recommend the Everything Hummus as an appetizer. Their menu is ever-changing, but in the spring featured the delicious Vegan Cheddar Chili Dip, which includes lentil chili, cashew cheddar and cashew sour cream, and a Chimichurri Mushroom Bowl.

LOCATION: Anything But Beer, 201 S. Salina Street, Syracuse, 315-928-6951, anythingbutbeer.com