

ONE BITE

ONLINE MAGAZINE

Special Edition:
*One Bite Vegan Food
Blogger Awards*

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**Meet our 2019
Overall Winner:**
*Sam from 'It Doesn't
Taste Like Chicken'*

**Vegan Eating in
LA, California**

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Dals and Curries**

**Vegan Ice Cream &
Popsicle Recipes**



PV_Black Magic Lasagna_Photo Credit Pura Vita

Vegan Staples in Los Angeles

– *from a True Angeleno*

By Amy Rebecca Wilde

I went vegan in 2002 and as an LA native, I've always been lucky to live in such a vegan-friendly city. As a vegan, it's been exciting to see how many plant-based restaurants have won over customers (not for being vegan but for making a damn good meal). Here are six staples every local and visitor should check-out.

Pura Vita

8274 Santa Monica Blvd, West Hollywood

It is hard to find an exceptional Italian meal in LA. I lived in Italy for a year, so I might be a tough critic, but Pura Vita is a dream come true and actually the first 100% plant-based Italian restaurant and wine bar in the United States. This small, intimate space is always lively, and offers first-come-first-serve bar seating as well as tables (reservations are always needed for those!). My favorite dinner dish is hands-down the Black Magic Lasagna, filled with spinach, mushroom, pesto, cashew ricotta and besciamella. Their dessert options are also to die for, and taste incredibly authentic. Not to mention the extensive wine list, all organic and vegan. You can join Pura Vita for lunch, weekend brunch, happy hour, and dinner. puravitalosangeles.com

Real Food Daily

414 N. La Cienega Blvd, Los Angeles

899 E. Del Mar Blvd, Pasadena

Terminal 4, American Airlines at LAX

Started in 1993, Real Food Daily was the first

vegan restaurant I ate at. They have an expansive menu, offering something for any palette. My go-to is The Club sandwich. They also have all day breakfast! If you are not looking for a full meal, their milkshakes are a huge treat, with flavors ranging from Pistachio, Cookies and Cream, Chocolate, Vanilla, Coffee Chocolate Ganache and Strawberries and Cream. Real Food Daily has several locations across the Los Angeles area - West Hollywood, Pasadena and if you are traveling out of Terminal 4 at the Los Angeles International Airport, you can grab a wonderful pre-flight meal there. realfood.com

Sage Vegan Bistro

4130 Sepulveda Blvd, Culver City

1700 W Sunset Blvd, Los Angeles

41 Hugus Alley, Pasadena

Sage is awesome, not just because of its food, but how accommodating and friendly they've been, as I hosted a few events at the Culver City location. The staff was exceptional, and I highly recommend this as your next events space. Not to mention the food! The cauliflower "wings" and BLTA pizza are staples. The pizza is covered in their house-made pesto and ranch sauce, along with mozzarella, avocado, tomatoes, romaine and tempeh bacon. Their menu has an incredible amount of gluten-free, soy-free and nut-free options, making this an ideal spot for groups with dietary restrictions. Do not forget to also check-out their breakfast/brunch options. sageveganbistro.com



BLTA Pizza _ Photo Credit Sage Plant Based Bistro

Thai Vegan

2400 Main St, Santa Monica

Thai Vegan is quite literally a hole in the wall, and I love it. It's a little tiki shack that's a counter order and just recently opened till midnight, so it's a great option if you're looking for some late night food after drinks. The ingredients are always fresh, and the dishes are filling but yet still feel light. I always order the pineapple tofu curry with extra steamed vegetables. They are also open until 12 AM on the weekends, making it a popular late night dinner spot. Their sister restaurants Thai East Wind is not far, and another great Thai option. thaieastwindca.com

Equelecua Cuban Vegan Cafe

1120 W Florence Ave, Inglewood

Located near Los Angeles International Airport, this cafe sources fresh, local produce to create tasty Cuban vegan dishes. I highly recommend sitting outside, and enjoying the Ropa Vieja Nachos, which are plantain chips smothered in vegan sour cream, Cuban black beans, Fire agave sauce and Cuban style shredded "beef." There are seven other nacho toppings to choose from, if the "beef" style does not suit you. They also serve a wide variety of sides, "wings" and full plates. equelecua.com

Double Zero

1700 Lincoln Blvd, Venice

New Yorkers might be familiar with this Matthew Kenney restaurant, and LA was just treated to his second location. This is a delicious pizza spot that has been packed to the brim everyday since its opening. I have not yet had the opportunity

to test out the entire menu, but my favorites so far are the margherita pizza with cashew mozzarella, tomato and basil, and the pesto pizza with zucchini, arugula, parmesan and almond ricotta. While they do offer gluten-free crust as an option, their regular crust naturally has lower gluten content, and it is really tasty. matthewkenneycuisine.com

Buffalo Cauli_ Photo Credit Sage Plant Based Bistro



About the author...

Amy Rebecca Wilde is the founder and owner of the popular Venice Beach, CA boutique called Vegan Scene. She also founded her own vegan and sustainable womenswear brand, Legends & Vibes. Amy is a well-known animal activist, organizing campaigns and demonstrations from a young age. She is also the face behind the @vegansofig account and organized vegan meet-ups across the United States.

www.veganscene.com

www.legendsandvibes.com