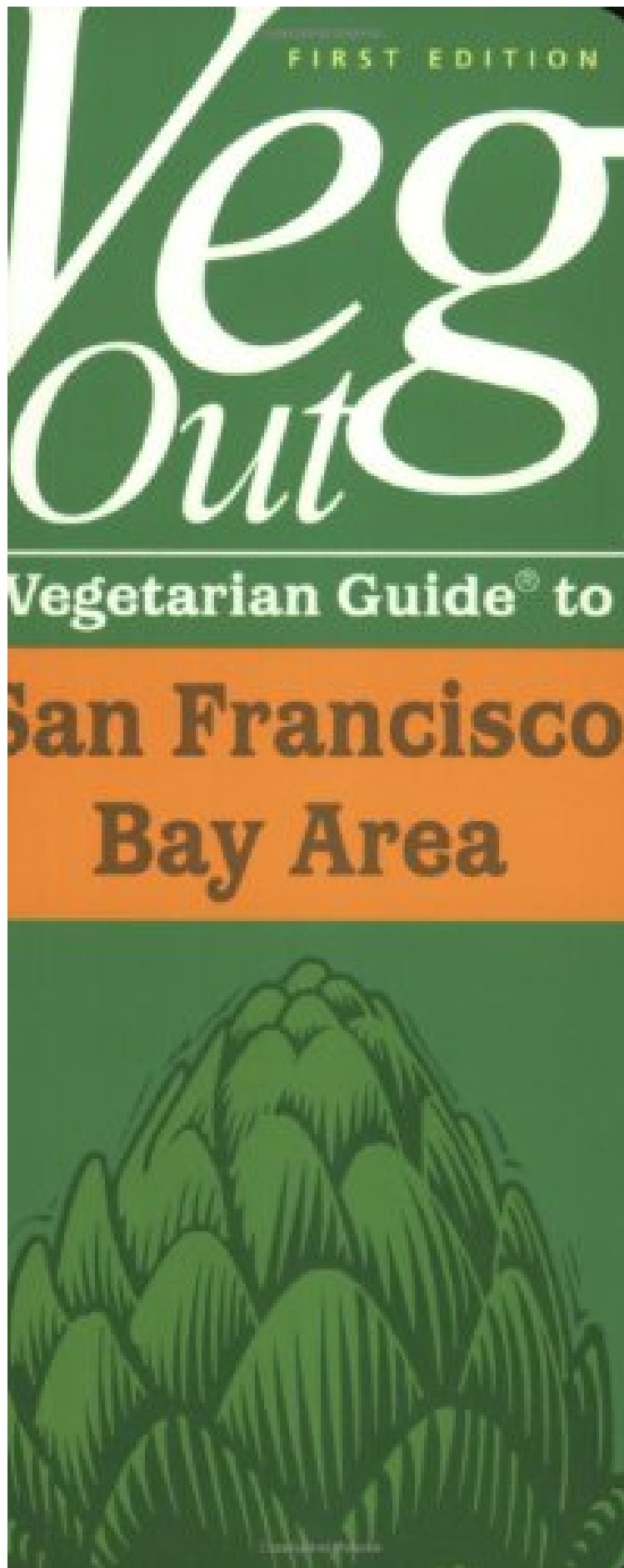


(Download) Veg Out Vegetarian Guide to San Francisco Bay Area (Restaurant Guidebooks for Vegetarian and Vegan Diners)

Veg Out Vegetarian Guide to San Francisco Bay Area (Restaurant Guidebooks for Vegetarian and Vegan Diners)

Michele Anna Jordan

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Michele Anna Jordan : Veg Out Vegetarian Guide to San Francisco Bay Area (Restaurant Guidebooks for Vegetarian and Vegan Diners) before purchasing it in order to gage whether or not it would be worth my time, and all praised Veg Out Vegetarian Guide to San Francisco Bay Area (Restaurant Guidebooks for Vegetarian and Vegan Diners):

16 of 16 people found the following review helpful. Not very useful
By Joe Wendell
This book is not very useful to vegans, at least compared to a quick Google search. As a vegan, some of the questions I would have liked to have seen answered in the restaurant reviews are: Is the breading on dish x at restaurant y vegan? Are there vegan dessert shops in the Bay Area? Is there a good cheeseless pizza, or a good pizza with vegan cheese, available at restaurant z? Can I find vegan dim sum in Chinatown? These types of questions go completely or sporadically unanswered in this book. In the introduction, the author states she is not a vegetarian, and perhaps these omissions are explained by her lack of a vegetarian perspective. Additionally, vegans may get skewed ideas on where the easiest and most interesting places for them to eat are since the vegetarian restaurants tend to get poorer ratings than the non-vegetarian restaurants with several vegetarian options and fewer, if any, vegan options. The book does seem to provide a decent list of venues suitable for lacto-ovo vegetarians dining with omnivores, but that information is probably not hard to come by for free elsewhere. However, the restaurant location map in the back is very handy for planning where to eat during walking trips. In summary, this book is not written from a vegetarian perspective, and particularly if you are a vegan, a Google search will quickly lead you to more useful information.

20 of 20 people found the following review helpful. Not worth your time or money
By Peter
How can you write a guide to vegetarian dining when you are hostile and condescending to vegetarians? This book is just a sloppy hatchet job from someone who doesn't appreciate anything about vegetarian dining. I got this guide as a birthday gift. As a Bay Area vegetarian I have eaten at many of the restaurants listed in the guide, and I was really dismayed and shocked to read the reviews. I couldn't even recognize my favorite places. If I didn't know better, I'd never even bother to try many of the restaurants listed. The review of Slice of Life in Sebastopol makes it sound so horrible that I went there just to judge for myself. Surprise, surprise -- I found it to be a fun place where they have good food. Don't bother with this guide -- save your money and have a nice meal at one of the Bay Area's fine vegetarian restaurants.

4 of 5 people found the following review helpful. decent
By MSBI
I picked up this book when I first moved to San Francisco. As a vegan I was so excited to have it, but looking through it I was disappointed to find that there weren't many vegan restaurants and the reviews of the restaurants were not all that great. Well after being here a year I found that this book has a lot of restaurants left out, of course that could be because this book was printed in 2004. It is also frustrating that the majority of the places listed are not pure vegetarian places and certainly not vegan places. If you are completely new to the area this book is a decent starting place, but you would fare better with an internet search or picking up a Friends of the Animals Guide or Sf Natural Pages. This book has good potential but needs to be updated and written by a vegetarian who is not a snob!

Gibbs Smith, Publisher, offers two new installments in our groundbreaking new series of restaurant guidebooks for vegetarian and vegan diners. VegOut™ vegetarian guide books virtually eliminate the difficulty of finding vegetarian and vegan offerings in a world of shish-kabob street vendors and hot dog hawkers. VegOut™ vegetarian guide books provide a rating for each restaurant, along with price, cuisine, location, and contact information, plus must-know details about each venue's culinary offerings. And VegOut™ vegetarian guidebooks aren't just for vegetarian and vegan diners-anyone seeking healthy, nutritious fare will find these guides indispensable! Next up, two cities that feature some of the best healthy cuisine America has to offer-New York City and San Francisco. VegOut™ Vegetarian Guide to New York City focuses on the hundreds of restaurants, greenmarkets, and cafes in New York City, from Harlem to Queens and everything in between. Also new this season is VegOut™ Vegetarian Guide to San Francisco Northern California, serving vegetarian and vegan diners in the heart of San Francisco as well as the picturesque communities of Northern California. VegOut is a registered trademark of Gibbs Smith, Publisher.

From the Back Cover
VegOut: Vegetarian Guide to San Francisco Bay Area includes:
o Restaurant reviews and ratings
o Suggested menu items
o Addresses and hours
o Delivery services
o Green grocers
o Farmers' markets
o Websites
o Pull-out locator map
From the see-and-be-seen cafes to those wonderful back-alley finds, VegOut! guides you to all the best spots for excellent fare at excellent prices. So, relax, kick back, and veg out! www.vegoutguide.com
About the Author
No Information Available.
Excerpt. Reprinted by permission. All rights reserved.
Chez Panisse Cafe 1517 Shattuck Avenue (near Cedar Street) Berkeley, CA 510-548-5049 California-French Hours: Mon-Th 11:30 a.m. to 3:00 p.m., 5:00 p.m. to 10:30 p.m. Fri-Sat 11:30 a.m. to 3:30 p.m., 5:00 p.m. to 11:30 p.m. Closed Sun Payment: Credit cards Parking: Difficult street parking Atmosphere: Upscale, lively Chez Panisse remains the benchmark for fresh, local, and organic foods. Alice Waters' unwavering commitment to these concepts is reason enough for any

vegetarian to enjoy a meal here. There is always at least one vegetarian appetizer and one vegetarian entree, and the staff is happy to adjust items to suit vegan requirements, too. (Downstairs, with its prix fixe menu, is more difficult, especially for vegans, but if you do find yourself dining downstairs, they will accommodate you.) Upstairs is livelier and less expensive, and the menu, which changes frequently, offers many enticing choices. Pizzas, from the wood-fired oven, are outstanding. Anything with peaches is a good bet, as Waters has a unique passion for the stone fruit and serves them only at their perfect moment of ripeness. The garden salad with chevre and croutons launched a culinary revolution. Vegetarian Friendly