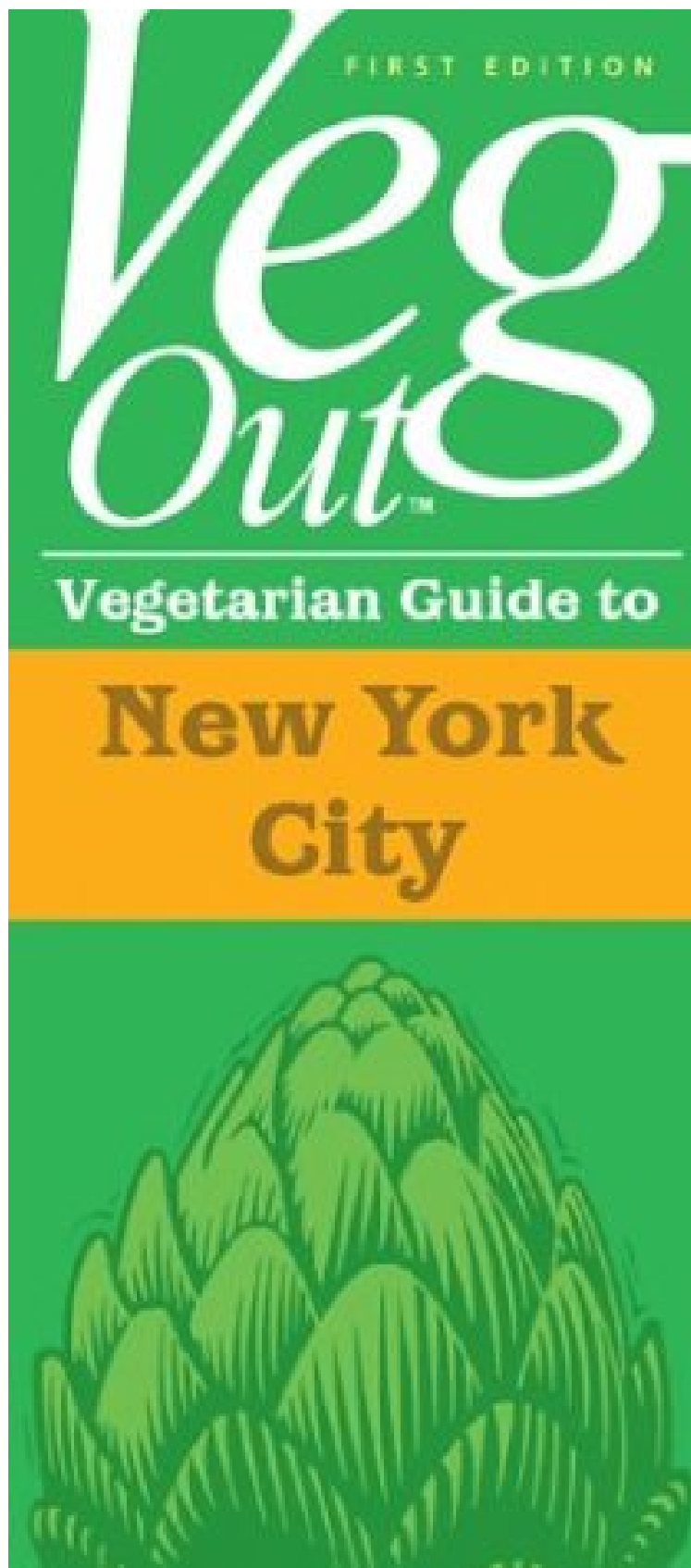


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## **VegOut Vegetarian Guide to New York City (Restaurant Guidebooks for Vegetarian and Vegan Diners)**

*Justin Schwartz*

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Justin Schwartz : VegOut Vegetarian Guide to New York City (Restaurant Guidebooks for Vegetarian and Vegan Diners)

before purchasing it in order to gauge whether or not it would be worth my time, and all praised VegOut Vegetarian Guide to New York City (Restaurant Guidebooks for Vegetarian and Vegan Diners):

0 of 0 people found the following review helpful. Five StarsBy JoJoPurchased as gift5 of 5 people found the following review helpful. A great book to carry on your next trip to the city!By MelanieThis book is part of a new series of vegetarian guides to major cities. The pocket or purse-sized guide is packed full of reviews and information about restaurants around New York-Manhattan and the five boroughs. The guide is organized by neighborhood, and includes a nice map of all the locations listed in the book. Within the neighborhood section, the locations are listed alphabetically, but there is an index by cuisine at the back of the book.Each Restaurant is rated for quality and price and has a key to whether the location is vegetarian, vegan, or a conventional menu with vegetarian choices. There's a short description for each restaurant which provides useful information about the location, sometimes describing favorite dishes. Because the book was written by one person, Justin Schwartz, who reviewed all the restaurants himself (!), it is useful to read the introduction to get a feel for his style and what he likes and doesn't like. (For instance, he loves falafel, so there are endless choices of great places to find it all over the city).There are many fantastic restaurants listed in Veg Out that I wouldn't have heard of otherwise, but the author also spends a lot of time describing one or no-star restaurants, when I think he simply could have listed the location with a caveat to stay away. The size, convenience and well-stocked pages of this guide make it a great book to carry on your next trip to the city. -- Amy O'Neill Houck2 of 2 people found the following review helpful. An approachable and enticing book of vegetarian eateriesBy J. CampagnaI'm a life-long omnivore but my boyfriend recently became vegan, I thought we would never be able to find a restaurant to suit both our tastes. Recently I came across this book and it is wonderful. Who knew there were so many vegetarian/vegan restaurants in New York City? The listings break down restaurants to their most minute details and make them approachable even to those who know very little about vegetarian/vegan cuisine. In addition to the ample information this book contains pull-out maps that make planning a trip even easier. I seriously recommend it for any vegetarian New Yorker, or for those dating one. Enjoy!

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 CoverVegOut: Vegetarian Guide to New York City includes: o Restaurant reviews and ratings o Suggested menu items o Addresses and hours o Websites o Farmers' markets o Pull-out locator map From the see-and-be-seen cafes to those wonderful back-alley finds, Veg Out! guides you to all the best spots for excellent fare at excellent prices. So, relax, kick back, and veg out! [www.vegoutguide.com](http://www.vegoutguide.com)About the AuthorJustin Schwartz is a former cookbook editor, having published best-sellers such as The Vegetarian Times Complete Cookbook. Now a freelance food writer and editor living with his family in the New York City tri-state area, he also specializes in food photography art direction. Originally from Flushing, Queens, it comes as no surprise that Justin likes his vegetarian food on the spicy side.Excerpt. Reprinted by permission. All rights reserved.Mamoun's Falafel 119 Macdougall Street New York, NY 10012 212-674-8685; [www.mamounsfalafel.com](http://www.mamounsfalafel.com) Middle Eastern Hours: Daily 10:00 a.m. to 5:00 a.m. Payment: Cash Only Alcohol: No Atmosphere: Counter service only, limited seating With a Middle Eastern take-out joint located on nearly every other block of lower Manhattan, you might wonder, "Aren't all falafel sandwiches the same?" One bite of a falafel from Mamoun's and you'll know just how silly a question that is. As almost any NYU student can tell you, Mamoun's is the king of downtown falafel. Apparently the restaurant is stuck in a time-warp, because the prices never increase. For just \$2.50, you have a choice of a falafel, baba ghanoush, or hummus sandwich. You can spend more on a platter, but with almost no seating and a constant line, it's just not worth the trouble. Get your sandwich to go, and if you need to sit down, stroll over to nearby Washington Square Park. If you've just left one of the bars on Bleecker Street with a serious hunger to satisfy, stroll over to Mamoun's. It's open till the wee hours of the morning, every day of the year. Sandwiches from \$3 to \$5. Full Menu with Vegetarian and Vegan Choices