



## NapaLife –

For those who live in Napa Valley  
– and those who wish they did

An Insider's Look at Napa Valley

November 2022

### Vegan options at Napa Valley restaurants

Most Napa restaurants have several vegetarian options - or at least one - on the menu. Vegan eating is more challenging. Here are some recommended by readers (and found in other searching). The comments are theirs.

We welcome comments on restaurants elsewhere in the valley and in general to [paul@paulfranson.com](mailto:paul@paulfranson.com).

#### **Napa**

Andie's cafe has really good veggie breakfast and lunch options.

Aroma

Azzurro

Bistro Don Giovanni. Nothing on the menu, but tell the server what you need and they will comply. I usually get the haricots vert and beet salad - they hold the cheese and give me an alternate dressing. For my main I order a couple of side dishes that are so much better than one could ever expect, or I ask the chef to whip up a vegan pasta dish. Ask for the sourdough bread instead of the focaccia. I'm never disappointed. For dessert there is sorbet.

Chetuphon Thai

C Casa (full vegan menu) (They're also fully gluten-free, by the way).

Don Périco (Vegan Burrito!),

Dutch Door has many vegan options including a house-made plant burger.

Empress M offers a lot of dishes with beyond meat options

Jade Garden

Jax Mule (amazing cauliflower steak option)

Gott's

Hacienda

Hop Creek has a bunch of burger options and will sub a veggie patty in any of them.

Las Palmas ("best vegan burrito")

Mary's Pizza (has vegan cheese option)

Melted

Mercadito Food Truck (usually outside of St Clair Brown winery, lots of vegan dishes)

Morimoto (but fishy smell and dead fish mural)

Osha Thai one dish, one app

Palisades Saloon  
Siam Thai House  
Small World for the falafel pita  
Southside  
Tarla  
Taqueria Maria  
Thai Kitchen  
Yak & Yeti

**St. Helena**

Charter Oak has multiple plant-based options.  
Clif Family Vineyards food truck has vegan options.  
Crisp in St Helena also has wonderful vegan food.  
Villa Corona has a hearty vegan option upon request (ask for the “Jon Salad”)  
Sherpa Himalaya kitchen does wonderful vegan food. Saag tofu, tandoori sizzling veg with tofu, coconut tikka (with tofu), vegetable momos and more.

**Calistoga:**

Lovina does wonderful plant-based meatballs, lasagna and even a dessert.  
Solage has an amazing Carrot dip that is vegetarian and can easily be vegan. Their cauliflower entrée is great.



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