NON-PROFIT ORGANIZATIONS

FARMHOUSE GARDEN ANIMAL HOME



30 Scugog Line 12 A former cattle rancher that had a drastic change Uxbridge, ON of heart & became an animal sanctuary! We are home to many cows, horses, chickens, ducks and a

FOOD NOT BOMBS



247 Hunter Street West Peterborough, ON www.foodnotbombspeterborough.org 705-748-6857

We recover food that would have been discarded helping to reduce food waste, prepare vegan meals and share it with the community to protest war &

KAWARTHA WILDLIFE CENTRE



Peterborough, ON www.kawarthawildlifecentre.ca 705-868-4340

470 Robinson Road Charitable organization that rehabilitates sick/orphaned/injured wildlife with the goal of reintroducing them to their natural habitat. Community outreach & education are key priorities.

PETERBOROUGH VEGFEST



Peterborough, ON K9J 2J6 www.ptbovegfest.ca

84 - 171A Rink Street Free event featuring delicious plant-based food, workshops and performers! Learn about the health, economic & environmental benefits of plant-based

HUNGRY HERBIVORES POTLUCKS



f/hungryherbivores

Peterborough, ON Peterborough's family-friendly vegan potluck! We gather to feast and grow community on the last 705-977-1197 Sunday of each month.

RETREATS AND RESORTS

SHAMBHALA BED AND BREAKFAST



Shambhala: a mythical meeting place of peace & harmony for all living things. Located 90 minutes northeast of Toronto. Shambhala offers a tranquil oasis to balance the mind & body. REST, RELAX,

STILLWATER ON THE LAKE



Luxurious lakeside Bed & Breakfast located on Chemong Lake. Rated #5 of the top 25 B&B's in Canada by Tripadvisor.

THIRTEEN MOONS WELLNESS



Norwood, ON www.thirteenmoons.co 705-652-9329

Thirteen Moons has been serving vegetarian/vegan meals since 2001. Owner/nutritionist/cookbook author Louise Racine also teaches cooking

Mark's

PETERBOROUGH & LINDSAY



Web Design & Development



www.blackcapdesign.com



705-927-2308

HEALTH AND WELLNESS

GRIDLEY'S SOAP AND BODYCARE



647-239-2377

www.gridleys.ca Located near Lindsay, Gridley's makes and sells vegan bath & bodycare products. We carry handmade soap, oil-based moisturizers, body

LUNAR BLESSINGS

Norwood ON www.lunarblessings.com 647-238-3919

Reiki infused crystal jewellry, essential oils and alternative therapy sessions and classes

Moksha/Modo Yoga Peterborough

Peterborough, ON www.mokshayogapeterborough.com 705-775-9642

15 - 550 Lansdowne Street West Moksha Yoga is a studio offering many styles of environmentally run & work in a conscious effort to serve the planet & its inhabitants.

VO

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PETERBOROUGH CHIROPRACTIC MAXIMIZED LIVING CENTRE

354 Charlotte Street | Wellness Chiropractic & Health Clinic. Peterborough, ON Peteroorough, On www.drdougsfamilychiropractic.com

supplements.

www.petitlapinskincare.com | Eco-luxury skincare that is truly natural, vegan & 705-957-1534 cruelty-free.

RASA AYURVEDA

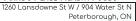


www.rasa-ayurveda.com 705-930-6232

RASA Ayurveda is an Ayurvedic Apothecary, Clinic & School founded upon ancient wisdom to help you live a life of profound vitality & joyful radiance.

HEALTH FOOD STORES

JO ANNE'S PLACE HEALTH FOODS



www.joannesplace.ca 705-749-9474 / 705-742-6456

KELCEY'S NUTRITION CENTRE



Peterborough, ON /kelceysnutrition 705-745-6120

65 Hunter Street East We happily offer vegan dairy, meat, soaps, and vitomins

Vegan & vegetarian foods, cosmetics &

THE MAIN INGREDIENT



326 Charlotte Street Peterborough's fave bulk store; vegan options; student & senior discounts



Share your local veg food finds with us by tagging #ptboveg on social media

Optbovegfest

2018-2019

Peterborough & Region

DIRECTORY

BAKERIES, CAFES & CATERERS **RESTAURANTS & EATERIES FOOD PRODUCTS HEALTH & WELLNESS HEALTH FOOD STORES PRODUCTS & SERVICES NON-PROFIT ORGANIZATIONS RETREATS & RESORTS**

BROUGHT TO YOU BY:



www.ptbovegfest.ca **Optbovegfest**

WELCOME!

Welcome to The 2018-2019 Peterborough Veg Directory, brought to you by Peterborough VegFest! We invite you to use this directory to explore the many vegan and vegetarian-friendly businesses that our area has to offer. To contact us about this publication, please email directory@ptbovegfest.ca

Keep an eye out for these helpful symbols:

VEGAN BUSINESS

VB VEGETARIAN BUSINESS

VEGAN OPTIONS

S GOLD VEGFEST SPONSOR

SILVER VEGFEST SPONSOR

BAKERIES, CAFES, AND CATERERS

BE CATERING, LUNCHEONETTE AND TAKE-HOME MEALS



Peterborough, ON www.becatering.com 705-750-1265

356 Charlotte Street Happening Hand-made Food, Fast & Fresh from Local Ingredients! Vegetarian and Vegan options always available, Espresso, Craft Beer and Wine Too!!!





705-750-0024

221 Hunter Street West | We love to serve local produce, baked & stewed into Peterborough, ON daily soups, sandwiches and breads. Call us for www.blackhoneycafe.ca | your wedding, event or office meeting!

ELECTRIC JUICE FACTORY



www.electricjuicefactory.com 905-885-4555 / 705-743-4556

106 Walton St / 181 Charlotte St | EJF makes raw, organic cold-pressed juice, Port Hope / Peterborough, ON | nutritious superfood smoothies, vegetarian (mostly vegan) foods, organic espresso, juice diets & catering.

KITCAFE



ff/kit-cafe-ptbo-167035033966256 705-927-6703

Peterborough, ON Offering quality espresso beverages, teas & plant-based treats, featuring local ingredients. We prioritize quality, taste, community, nutrition & sustainability

SEASONED SPOON CAFE

Peterborough, ON www.seasonedspoon.ca 705-748-1011 x 6086

1600 West Bank Dr - Trent U Non-profit, cooperative cafe. Local Con-ed programs.

THE SILVER BEAN CAFE



www.silverbeancafe.com 705-749-0535

130 King Street | Located in Millennium Park, we offer an experience Peterborough, ON of food & coffee near the Otonabee River. We hold ourselves to being a community cafe & your waterfront cottage in the city.

TINY GREENS PLANT CAFE SMOOTHIE & JUICE BAR



www.tinygreens.ca 705-874-7554

431 George Street North Plant Based menu, eat in/takeout cooler. Microfarm Peterborough, ON onsite, Plant Shop & Workshops. Become part of our healthy community. Comfy sitting & great vibes!

TWENTY 1



www.twenty1.ca 905-442-3532

Specializing in all-natural, organic, hand-made deserts using raw ingredients and avoiding preservatives/processed foods in all our addictive, certified vegan creations.

VEGAN SWEET HOME



705-761-2931

www.vegansweethome.com | Home based business specializing in vegan treats & desserts; granola bars, peanut-butter cups, cookies, doughnuts, loaf cakes, squares & ice cream treats



RESTAURANTS AND EATERIES

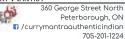
COPPER BRANCH



1040 Lansdowne Street West Peterborough, ON www.copperbranch.ca 705-742-2916

100% vegan restaurant with a focus on offering real, whole foods as an alternative to unhealthy fast foods. Power bowls, smoothies, sandwiches, burgers and all-day breakfast.

CURRY MANTRA



Authentic "Home Style" South Indian food using fresh, quality ingredients and a subtle blend of aromatic Indian spices. Traditional recipes served with love & pride.

FRESH DREAMS

373 Queen Street Peterborough, ON 705-559-7731

Spanish, Mediterranean, Tapas

FRESH URBAN PLATE



372 Water Street Criso & clean handcrafted food, each dish is created from scratch using only the finest quality Peterborough, ON ingredients. Here, passion and innovation meets www.freshurbanolate.com 705-868-1678

ISLAND CREAM CARIBBEAN CUISINE

227 Hunter Street West Peterborough, ON 705-743-8398

Mom & Pop Roti Shop and so much more! Experience the tastes of the Caribbean. Vegan options; chickpea "doubles" sandwich, samosa, chickpea bowls, veg dinner & more!

JASMINE THAI CUISINE



Welcome & Sawasdee to Jasmine Thai, specializing in Vegan & Gluten Free options, Join us for a very special experience from Thailand

KARMA'S CAFÉ



217 Hunter Street West | Bold South Asian vegan and gluten-free options.

THE FOOD FOREST



135 Hunter Street West Peterborough, ON www.foodforestcafe.com 705-874-1888

Peterborough's only GF & 100% plant based cafel Fresh juices & smoothies, salads, soups, desserts, cooked & raw entrees. Teas & organic fair-trade coffee, super-foods & supplements.

THE NIGHT KITCHEN



A pizzeria that's not afraid of cheese free pizzal

THE PLANET BAKERY



374 Water Street Peterborough, ON www.theplanetbakery.com 705-741-5243

Specializing in vegetarian and vegan food since 1996. With a variety of sandwiches, wraps, burgers, salads, soups, desserts and fresh house baked bread



1600 West Bank Drive Peterborough, ON

Trent Food Service provides the daily meal services for students at Trent University ensuring dietary

TRENT UNIVERSITY FOOD SERVICE



705-748-1011 x 7819 requirements and needs are met.

PLANT CAFE



TinyGreens.ca 431 George St. N., Downtown Ptbo



FOOD PRODUCTS

BEN'S KETTLE CORN



bencorder3@hotmail.com 705-341-0146 corn!

Peterborough, ON Ben's Kettle Corn is made fresh on-site with a Cast-Iron Kettle using Ontario Grown, GMO free

GARLIC AT ITS BEST



Norwood, ON Garlic At Its Best is a local, organically grown, family farm. We specialize in garlic but grow a variety of fresh producel

LEELEE'S GOURMET HOT SAUCE AND PEPPER JELLY



Ennismore, ON 6 Hot Sauces: Cool Lime Chili, Heat Me Jalapeño, Cha Cha Chili, Mean Malaguetta, Holy Habanero and Pain & Pleasure. Pepper Jelly like you've never tasted beforel

LUNAR RHYTHM GARDENS



Janetville, ON www.lunaraardens.ca 905-986-9612

253 Gray Road Local Community Supported and Community Shared Agriculture (CSA) Farm, certified organic serving Durham & the Kawarthas including Port Perry & Lakefield.

NECESSITEA ELIXIR



Warsaw, ON www.necessitea.ca 705-652-7685

893 South Street Necessitea blends certified organic tea & tisane with botanicals, berries & herbs. Elixir has vegan food & drinks; smoothies, salads, soups & more.

Newcomer Kitchen Peterborough



newcomerkitchenptbo 705-743-0882

Peterborough, ON Empowering newcomer women with cooking, providing them with a welcoming space to share their stories & everyday challenges.

RAINBOW TERRACE GREENHOUSE AND GARDEN



455 Loomis Road We offer 4 varieties of garlic in loose heads, braids, bunches and by the pound.

Roseneath, ON www.themanorfarm.ca 416-436-2210

10707 First Line Road Innovative Farming - Microgreens, Hydroponics, Garlic, Berries, Nuts.

PRODUCTS AND SERVICES

Peterborough, ON www.greenup.on.ca 705-745-3238

378 Aylmer Street North | Storefront and resource centre for all things green in Peterborough.

HONEY HOUSE CLOTHING CO.



www.honeyhouseclothing.com 705-927-2558

Women and Children's online Clothing boutique focused on Canadian Made and Sustainably Made

LOCAVOREST



www.locavorest.com 705-243-4821

Hyper-local online market partnered with 30+ growers/producers bringing fresh veggies & fruit, breads, juices, prepared foods & more - straight from the producer to your door!





