



NON-PROFIT ORGANIZATIONS




FARMHOUSE GARDEN ANIMAL HOME
30 Scugog Line 12
Uxbridge, ON
www.farmhousegardenanimalhome.com

A former cattle rancher that had a drastic change of heart & became an animal sanctuary! We are home to many cows, horses, chickens, ducks and a donkey.



FOOD NOT BOMBS
247 Hunter Street West
Peterborough, ON
www.foodnotbombspeterborough.org
705-685-6857

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 & poverty.




KAWARTHA WILDLIFE CENTRE
470 Robinson Road
Peterborough, ON
www.kawarthawildlifecentre.ca
705-868-4340

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
184 - 171A Rink Street
Peterborough, ON
K9J 2J6
www.ptbovegfest.ca


Free event featuring delicious plant-based food, workshops and performers! Learn about the health, economic & environmental benefits of plant-based living.



HUNGRY HERBIVORES POTLUCKS
Peterborough, ON
fb/hungryherbivores
705-977-1197

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

RETREATS AND RESORTS




SHAMBHALA BED AND BREAKFAST
2825 County Road 36
Buckhorn, ON
www.shambhalabedandbreakfast.com
705-657-8664

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, RESTORE.



STILLWATER ON THE LAKE
641 Fireroute 1
Peterborough, ON
705-741-3886

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



THIRTEEN MOONS WELLNESS
R.R. 1
Norwood, ON
www.thirteenmoons.ca
705-652-9329

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


Mark's
PETERBOROUGH & LINDSAY



Web Design & Development

 www.blackcapdesign.com
 info@blackcapdesign.com
 705-927-2308

HEALTH AND WELLNESS




GRIDLEY'S SOAP AND BODYCARE
www.gridleys.ca
647-239-2377

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




LUNAR BLESSINGS
Norwood, ON
www.lunarblessings.com
647-238-3919

Reiki infused crystal jewellery, essential oils and alternative therapy sessions and classes.



MOKSHA/MODO YOGA PETERBOROUGH
15 - 550 Lansdowne Street West
Peterborough, ON
www.mokshayogopeterborough.com
705-775-9642

Moksha Yoga is a studio offering many styles of yoga, hot & not, fitness & relaxation. We are environmentally run & work in a conscious effort to serve the planet & its inhabitants.



PETERBOROUGH CHIROPRACTIC MAXIMIZED LIVING CENTRE
354 Charlotte Street
Peterborough, ON
www.drdoogsfamilychiropractic.com
705-741-4404

Wellness Chiropractic & Health Clinic.



PETIT LAPIN
www.petitlapinskincare.com
705-957-1534

Eco-luxury skincare that is truly natural, vegan & 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
1260 Lansdowne St W / 904 Water St N
Peterborough, ON
www.joannesplace.ca
705-749-9474 / 705-742-6456

Vegan & vegetarian foods, cosmetics & supplements.



KELCEY'S NUTRITION CENTRE
65 Hunter Street East
Peterborough, ON
fb/kelceysnutrition
705-745-6120

We happily offer vegan dairy, meat, soaps, and vitamins.



THE MAIN INGREDIENT
326 Charlotte Street
Peterborough, ON
www.themainingredient.ca
705-745-5271

Peterborough's fave bulk store; vegan options; student & senior discounts.



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

   @ptbovegfest

2018-2019

Peterborough & Region

VEG
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
@ptbovegfest

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
- VEGETARIAN BUSINESS
- VEGAN OPTIONS
- GOLD VEGFEST SPONSOR
- SILVER VEGFEST SPONSOR

BAKERIES, CAFES, AND CATERERS

BE CATERING, LUNCHEONETTE AND TAKE-HOME MEALS		
	356 Charlotte Street Peterborough, ON www.becatering.com 705-750-1265	Happening Hand-made Food, Fast & Fresh from Local Ingredients! Vegetarian and Vegan options always available, Espresso, Craft Beer and Wine Too!!!
BlackHONEY		
	221 Hunter Street West Peterborough, ON www.blackhoneycafe.ca 705-455-0024	We love to serve local produce, baked & stewed in daily soups, sandwiches and breads. Call us for your wedding, event or office meeting!
ELECTRIC JUICE FACTORY		
	106 Walton St / 181 Charlotte St Port Hope / Peterborough, ON www.electricjuicefactory.com 905-885-4555 / 705-743-4556	EJF makes raw, organic cold-pressed juice, nutritious superfood smoothies, vegetarian (mostly vegan) foods, organic espresso, juice diets & catering.
KitCafe		
	Peterborough, ON f/kit-cafe-ptbo-167035033966256 705-927-6703	Offering quality espresso beverages, teas & plant-based treats, featuring local ingredients. We prioritize quality, taste, community, nutrition & sustainability.
SEASONED SPOON CAFE		
	1600 West Bank Dr - Trent U Peterborough, ON www.seasonedspoon.ca 705-748-1011 x 6086	Non-profit, cooperative cafe. Local food. Con-ed programs.
THE SILVER BEAN CAFE		
	130 King Street Peterborough, ON www.silverbeancafe.com 705-497-0535	Located in Millennium Park, we offer an experience 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		
	431 George Street North Peterborough, ON www.tinygreens.ca 705-874-7554	Plant Based menu, eat in/takeout cooler. Microfarm 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 desserts using raw ingredients and avoiding preservatives/processed foods in all our addictive, certified vegan creations.
VEGAN SWEET HOME		
	www.vegansweethome.com 705-761-2931	Home based business specializing in vegan treats & desserts; granola bars, peanut-butter cups, cookies, doughnuts, loaf cakes, squares & ice cream treats.

ESPRESSO BAR
LUNCHEONETTE
TAKE-HOME MEALS
356 CHARLOTTE
705 • 750 • 1265

RESTAURANTS AND EATERIES

COPPER BRANCH		
	1040 Lansdowne Street West Peterborough, ON www.copperbranch.ca 705-742-9216	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		
	360 George Street North Peterborough, ON f/currymantraauthenticindian 705-201-1224	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 Peterborough, ON www.freshurbanplate.com 705-868-1678	Crisp & clean handcrafted food, each dish is created from scratch using only the finest quality ingredients. Here, passion and innovation meets flavour.
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		
	D - 195 Simcoe Street Peterborough, ON www.jasminethai.ca 705-743-9799	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 Peterborough, ON www.karmascafe.com 705-748-5451	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 cafe! Fresh juices & smoothies, salads, soups, desserts, cooked & raw entrees. Teas & organic fair-trade coffee, super-foods & supplements.
THE NIGHT KITCHEN		
	168 Hunter Street West Peterborough, ON www.nightkitchen.ca 705-741-0300	A pizzeria that's not afraid of cheese free pizzaz!
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.
TRENT UNIVERSITY FOOD SERVICE		
	1600 West Bank Drive Peterborough, ON 705-748-1011 x 7819	Trent Food Service provides the daily meal services for students at Trent University ensuring dietary requirements and needs are met.

PLANT CAFE
SMOOTHIE + JUICE BAR

Mon-Tues 9:30-5:30pm
Wed-Fri 9:30-7pm
Sat 10-5pm
Sun 11:30-3:30pm

Lunch + Dinner
PLANT BASED FOODS 705-874-7554

VEGAN

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

FOOD PRODUCTS

BEN'S KETTLE CORN		
	Peterborough, ON bencorder3@hotmail.com 705-341-0146	Ben's Kettle Corn is made fresh on-site with a Cast-Iron Kettle using Ontario Grown, GMO free corn!
GARLIC AT ITS BEST		
	Norwood, ON norwoodgarlic@hotmail.com	Garlic At Its Best is a local, organically grown, family farm. We specialize in garlic but grow a variety of fresh produce!
LEELEE'S GOURMET HOT SAUCE AND PEPPER JELLY		
	Ennismore, ON 705-933-9477	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 before!
LUNAR RHYTHM GARDENS		
	253 Gray Road Janetville, ON www.lunorgardens.ca 905-986-9612	Local Community Supported and Community Shared Agriculture (CSA) Farm, certified organic serving Durham & the Kawarthas including Port Perry & Lakefield.
NECESSITEA ELIXIR		
	893 South Street Warsaw, ON www.necessitea.ca 705-652-7685	Necessitea blends certified organic tea & tisane with botanicals, berries & herbs. Elixir has vegan food & drinks; smoothies, salads, soups & more.
NEWCOMER KITCHEN PETERBOROUGH		
	Peterborough, ON f/newcomerkitchenptbo 705-743-0882	Empowering newcomer women with cooking, workplace English & entrepreneurial skills while providing them with a welcoming space to share their stories & everyday challenges.
RAINBOW TERRACE GREENHOUSE AND GARDEN		
	455 Loomis Road Codrington, ON f/rainbowterrace 613-475-9435	We offer 4 varieties of garlic in loose heads, braids, bunches and by the pound.
THE MANOR FARM		
	10707 First Line Road Rosedale, ON www.themonorfarm.ca 416-436-2210	Innovative Farming - Microgreens, Hydroponics, Garlic, Berries, Nuts.

PRODUCTS AND SERVICES

GREENUP		
	378 Aylmer Street North Peterborough, ON www.greenup.on.ca 705-745-3238	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 Brands.
LOCATOREST		
	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!

DOWN TOWN
PTBO

www.downtownptbo.ca