



The Green Guide

Green Guide – Vancouver (Visitors Guide)

*Are you an eco-centric person? Do you strive to live a
“greener” life?*



This is a guide to enhance your Vancouver experience through helping you discover amazing organic eateries and hubs, wild beaches and phenomenal parks.

In Vancouver, we are blessed to have such a diversity of restaurants, grocery stores and nature to fulfill an organic, holistic lifestyle.

After creating and providing a few “treasure maps” to multiple tourists adventuring the area,

I decided to create a simple reference tool which I call

“The Green Guide.”

It includes pointers and references to my favorite locations.

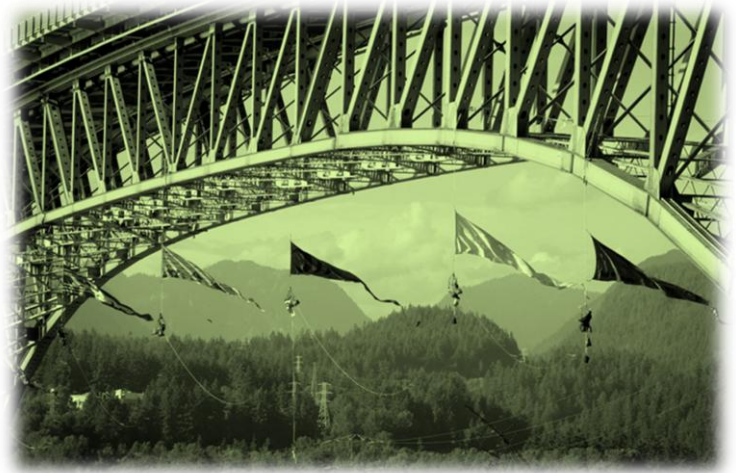


Table of Content:

1. Restaurants
2. Farmers Markets and Shops
3. Activities (Wild Places, Entertainment and Yoga)



1. RESTAURANTS



Whether you identify as vegan, vegetarian or paleo: Vancouver has the jackpot of organic options. Click the links provided below to learn more about each location.

SECTIONS

Fully Vegan

Downtown:

Indigo Age : (All Organic) <http://indigoagecafe.com/>

Zend : (Plant Based Menu, All Organic) <http://zendlounge.com/>

Commercial:

Eternal Abundance (All organic restaurant and grocery) <http://eternalabundance.ca/cafe-menu/>

Chomp (Organic Options) <https://www.chompveganeatery.com/>

North Van:

Organic Lives (All Organic) <http://www.organiclives.org>

Café Tao (All Organic) <http://www.taoorganics.com/>

Buddha Full (All Organic) <https://www.buddha-full.ca/menu>

The Green Moustache (All Organic) <https://www.greenmoustache.com/lonsdale/>

Kitsilano:

Dharma Kitchen (Organic Options) <http://www.dharmakitchen.ca/>

Virtuous Pie (Plant Based Pizza) [https://virtuouspie.com/!](https://virtuouspie.com/)

Vegan Pizza House (Vegan + Organic Options) <http://www.veganpizzahouse.ca/>

Langley: Veggie Bobs (Plant Based, Organic Options) : <http://veggiebobs.ca/>



Vegetarian

Downtown:

Heirloom (Local, Seasonal, Vegan and Organic Options) <http://heirloomrestaurant.ca/>

MeeT in Gastown (Vegan and Organic Options) : <http://www.meetonmain.com/>

Commercial Drive:

Sweet Cherubim (Vegetarian, Vegan and Organic Options Restaurant and Grocery)
<http://www.sweetcherubim.com/>

Main Street:

MeeT on Main (Vegan and organic options) <http://www.meetonmain.com/>

Kitsilano:

The Naam (Vegan and organic options) <http://www.thenaam.com/>

UBC SPROUTS (Local, Seasonal, Organic Vg options) <http://www.ubcsprouts.ca/menu>

Burnaby:

Lotus Seed (Local and Organic Options) <http://lotusseed.ca/>

North Van:

The Workshop (Vegan and Organic Options) <https://theworkshopvegetariancafe.com>



Paleo:

Downtown:

CaveMan Café (All Organic + Vegan and Vegetarian Options) <http://www.cavemancafe.ca/>

Nourish Café (All Organic + Vg options) <https://www.nourishvancouver.ca/pages/in-store-products>

Forage (Local, Seasonal, Organic Options) <http://www.foragevancouver.com/>

Shizenya (Organic and Vegan Options, Japanese Food) <http://shizenya.ca/main.html>

Saj&Co (Organic Lebanese Food) <http://sajandco.com/>

SMAK (Local, Organic options Fast Food) <https://smakfastfood.com/>

Tractor Foods: (Organic + VG options) <http://tractorfoods.com/>

Nuba (Local, Organic +vg options) <http://www.nuba.ca/>

Templeton (Organic Options diner) <http://thetempleton.ca/>

Fresh Bowl (Organic + Vg Options) <http://www.freshbowl.ca/>

Cibo Trattoria (Organic options) <https://www.cibotrattoria.com/>

Kurumucho : (Organic , Ocean Wise + Vg options) <https://www.kurumucho.com/>

Miku (Organic + Vg Options) (Sushi) <https://mikurestaurant.com/menu/dinner/>

West Restaurant (Fine Dining with Organic +vg Options) <http://westrestaurant.com/menus/dinner>

Pasture to Plate: (Organic, Vegan and Vg options) <http://pasturetoplate.ca>

Hungry Guys Kitchen: (Organic and Vg options) <http://www.hungryguyskitchen.com/menu/>

Commercial Drive:

La Mezcaleria (Local, Seasonal, Organic, Vg Options) <http://www.lamezcaleria.ca>

Main:

Nuba (Local, Organic +vg options) <http://www.nuba.ca/>

The Acorn (Local, Seasonal, Organic, Vg Options) <http://www.theacornrestaurant.ca>

Aqua Juice Bar (Organic + Vg options) (Sushi) <http://www.aquajucebar.com/>



Nomad Vancouver (Local, Ocean Wise, Seasonal and Organic Options) <http://nomad-vancouver.ca/menus/>

Rocky Mountain Flatbread (Organic+ vg Options) <http://rockymountainflatbread.ca/>

Pacific Poke (Organic Options, Ocean Wise) <https://www.thepacificpoke.com/>

Burdock & Co : <http://www.burdockandco.com/#about>

Kitsilano:

Farmer's Apprentice (Seasonal, Local, Organic with Vegetarian Options) farmersapprentice.ca

Aphrodite's (Organic, Vg options) www.organiccafe.ca

Nuba <http://www.nuba.ca/>

Fable (Seasonal, Local and Organic, VG options) <http://www.fablekitchen.ca/>

Rocky Mountain Flatbread (Organic+ vg Options) <http://rockymountainflatbread.ca/>

Tractor Foods: (Organic + VG options) <http://tractorfoods.com/>

Pacific Poke (Organic Options, Ocean Wise) <https://www.thepacificpoke.com/>

North Vancouver:

Blu House Café (Organic Options, VG options) <http://www.bluhousecafe.com/menu/>

Surrey:

Healthy Monkey Café (Organic and Vegan Options) <http://www.healthymonkeycafe.ca/menu/bowls/>

Langley: Johnie's Organic Bar and Grill : <https://www.facebook.com/JohnnieOrganicBarGrill/>



CAFÉ'S

Glory Juice (Vegan, Organic Juice Bar with Light Lunch Fare) Lonsdale, Kits <https://gloryjuiceco.com/>

Aphrodite's Green Bar (Vegan, Organic Green Juice Bar with Light Lunch Fare)
<https://www.organiccafe.ca/>

BE FRESH (Organic Café, Deli and Grocery) <http://www.befresh.ca/>

Green's (Organic Deli and Grocery) <http://greensmarket.ca/greens/index.html>

Trees Coffee (Organic + Vg Options) <https://treescOFFEE.com>

Vegan Pudding (Organic Dessert) <http://www.veganpuddingco.com>

Aphrodite's Organic Pie Shop: <https://www.organiccafe.ca/>

Pedros Organic Coffee House: <https://granvilleisland.com/directory/pedros-organic-coffee-house>





2. Farmers Markets and Shops

Farmer's Markets (Local Produce):

The Key to being connected with the land is to get the food straight from the farmers.

Vancouver is amazing for its access to locally grown produce and food all year round.

The following link will direct you to the farmer's market closest to you.

<http://eatlocal.org/>

You can connect with local farms and permaculture through UBC :

<http://ubcfarm.ubc.ca/>

You can also buy local, organic produce at Eternal Abundance:

<https://eternalabundance.ca/market/>



Shops:

The following are my favorite shops for herbs, super-foods and holistic health essentials.



Downtown : Garden Health : <http://www.gardenhealthvitamins.ca/>

Commercial Drive- Quidditas (Superfoods, DIY COSMETICS, POWDERS, ETC):
<http://quidditasvancouver.blogspot.com/>

Kitsilano - Gaia's Garden (Apocatherapy) : <http://www.gaiagarden.com/>

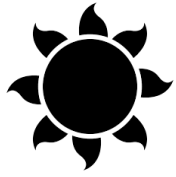
Nada (ZERO WASTE STORE): <https://www.nadagrocery.com/>

Here's a great article that features more stores:

<https://www.straight.com/life/683991/vancouver-weekend-were-thinkingecofriendly-shops>



Activities:



If it's sunny ←-



- 1) Wreck Beach --- This beautiful wild landscape is an adventure to be had. Wreck beach is a world renowned clothing optional beach with a tribal market place and a phenomenal view. Near UBC, it is easy to access by taking the b-line bus.

<http://www.wreckbeach.org/>

- 1) Drum Circles : In the summer there are giant drum circles at Spanish Banks

<https://www.facebook.com/groups/spanishbanksdrumcircle/about/>

And at Third Beach <https://www.facebook.com/groups/650597208338757/>

- 2) Check out the amazing street festivals that Vancouver has to offer!

<https://vancouverbestplaces.com/events-calendar/festivals-and-events/>



If it's Rainy ←-

- 1) Queen E Park. This amazing Bio dome makes it feel like it's summer! Their wide varieties of tropical plants help to oxygenate the body on a rainy day.
- 2) JJ'S Spa. For under 20\$ you can treat yourself to an extraordinary day at the spa.

<http://jjfamilyspa.com/>

- 3) Science World -- Bored? Care to be educated? Nothing quite like visiting the Science world on a rainy day.

- 4) Killarney Pool--- This is a non-chlorinated pool and there is nothing quite like basking in a hot sauna on a rainy day. <https://vancouver.ca/parks-recreation-culture/killarney-pool.asp>



For more activity recommendations ---) <https://vancouverbestplaces.com>

YOGA IN VANCOUVER:

My favorite yoga studios are the smaller studios in Vancouver.

Unity Yoga, Karma Yoga and One Yoga are some examples.

The following article covers some of them.



Indoor Yoga Classes (Best Studios) <http://dailyhive.com/vancouver/best-yoga-studios-vancouver-2017>

Free Outdoor Summer Yoga : <http://dailyhive.com/vancouver/free-outdoor-yoga-summer-mat-collective-2018>

Indoor Free (Or Donation Based) Yoga Classes:

<https://www.narcity.com/ca/bc/vancouver/health-fitness/8-excellent-studios-free-yoga-classes-vancouver>



Wild Places to check out:

- 1) Wreck Beach/ Acadia/UBC
- 2) Lynn Valley/ Capilano
- 3) Stanley Park

<https://www.insidevancouver.ca/2015/09/14/8-places-to-spot-wildlife-in-vancouver/>



So there you have it! I hope that your Vancouver experience is super satisfying and fulfills all of your eco-centered needs.

Credits :

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