

A vegans guide

- TO TOOWOOMBA -

For a whole host of reasons, people are making the switch to plant-based foods and looking for cafés and restaurants who will accommodate them. Toowoomba has more and more menus that are either completely vegan or vegan-friendly (as in, they offer more than one measly garden salad).



R&D CAFÉ

This big, cheerful café is run by a family with a passion for healthy, nourishing meals. The vegan-friendly menu is one of the most extensive in town, although there's also plenty of options for everyone. The friendly, inclusive service makes this an easy win for vegan and vegetarian guests.

11 Railway Street
4613 0874
@homegrown_health

EL ATTAR

It's the wafting smell of spices that you'll notice first – followed closely by the bright red décor and slightly mysterious hookah pipes out the front. But the unassuming location hides the talent of this chef, who trained in both London and Egypt. Enjoy authentic Egyptian dishes – such as moussaka, kebab wraps and shared mezze plates – that accommodate everyone, with plenty of vegan, vegetarian and gluten-free options available.

34A Neil Street
elattarmiddleeasterngrill.com
@elattar4350

URTH CAFÉ

This pet-friendly, child-friendly, wheelchair-accessible café is full of nods to the owners' travels. The menu is international, the sweets cabinet completely homemade, and the daily lunch specials all under \$15. There's plenty of options for dietary needs, including delicious vegan options.

195 Hume Street
urthcafebar.com.au
4637 9740
@urthcafebar

ONS TOOWOOMBA

Tucked away in the Northlands Shopping Centre, ONS is a local secret. Serving homemade pasta, pizzas and risotto, ONS Toowoomba is a simple diner run by husband and wife team, Oskar and Sue (hence 'ONS'). They have gluten-free and vegan options to their classic Italian menu, so vegan pasta-lovers unite!

8-12 Hume Street
onstoowoomba.com.au
4564 8380
@onstoowoomba

RAW ENERGY

Using free range and locally grown seasonal produce, Raw Energy is all about clean eating. Renowned for their juices and smoothies, they also serve out fresh acai bowls, vegan burgers and stacks of delicious pancakes.

83 Bridge Street
rawenergy.com.au
@rawenergytoowoomba

ORIGINAL SAIGON

Original Saigon offers an authentic, affordable taste of Vietnam. This family-run restaurant has become a local favourite for its cheap and cheerful traditional dishes, including pho, bahn mi and rice paper rolls. A good option for feeding a group, Original Saigon has plenty of vegan and gluten-free options.

286 Ruthven Street
originalsaigon.com.au
4589 1580
@originalsaigonrestaurant

TOOWOOMBA VISITOR INFORMATION CENTRE

P 07 4688 6590 or 1800 331 155
82 - 86 James Street, Toowoomba Qld 4350



**TOOWOOMBA
REGION**