

RESTAURANT GUIDE

Petaluma 2026

This is a list of lacto-vegetarian friendly restaurants and markets in Petaluma, CA and surrounding cities (approximately 20 to 40 minute drive from Petaluma). 🌱 indicates that the dining establishment is entirely vegan or lacto-vegetarian. It is recommended that patrons always ask about food preparation and ingredients as recipes and food suppliers (particularly cheese) often change.

Restaurant Name	🌱	Cuisine/Type	Address	Telephone	Additional Info
PETALUMA					
VEGETARIAN / VEGAN MENU AVAILABLE					
Aqus Café		American	189 H St., Petaluma	707-778-6060	Mon - Thu: 8 am - 7 pm. Fri: 8 am - 8 pm. Sat 8 am - 7 pm. Sun 8 am - 6 pm.
Soban		Korean	255 N. McDowell Blvd., Petaluma	707-769-3112	Tue - Sun 11 am - 2 pm, 4:30 pm - 8:30 pm.
Sol Food		Puerto Rican	151 Petaluma Blvd. S, #129, Petaluma	707-347-5998	10 am - 8 pm Daily.
Simmer		Vietnamese	299 N. McDowell Blvd., Petaluma	707-762-4288	Mon - Fri: 11 am - 3 pm, 4:30 - 9 pm. Sat - Sun: 11 am - 8 pm.
Stockhome		Mediterranean	220 Western Ave., Petaluma	707-981-8511	Daily: 12 - 3 pm, 4 - 8 pm.
VEGETARIAN / VEGAN OPTIONS IDENTIFIED ON REGULAR MENU					
Everest		Nepalese	56 East Washington St., Petaluma	707-781-9131	11 am - 3 pm, 5 - 9 pm
Himalayan Grill & Dosa		Indian	5306 Old Redwood Hwy., Petaluma	707-665-0644	Mon - Sat: 11 am - 2:30 pm, 4 - 9 pm.
Levant		Mediterranean	140 2nd St., #100, Petaluma	707-658-8017	Tue - Sun: 5 pm - 9 pm.
Pho Sonoma		Vietnamese	140 2nd St. #120, Petaluma	707-762-6888	11:00 am - 8 pm Daily.
River Front Café		American	224 B St., Petaluma	707-347-5147	Mon - Thu: 8 am - 3 pm. Fri - Sun: 8 am - 8 pm.
The Local		Sandwiches	229 N McDowell Blvd, Petaluma	707-981-7100	Mon - Sat: 10:30 am - 3:30 pm.
Wild Goat Bistro		American	6 Petaluma Blvd. North #A5, Petaluma	707-658-1156	Mon - Sat: 11:30 am - 8 pm. Sun: 10:30 am - 3 pm.
VEGETARIAN / VEGAN OPTIONS AVAILABLE					
Chipotle		Mexican	401 Kenilworth #710, Petaluma	707-772-5225	Daily: 10:45 am - 10 pm.
Lemongrass Thai		Thai	109 N. McDowell Blvd., Petaluma	707-789-9777	11 am - 3 pm, 4:45 - 8:30 pm Daily.
Whole Foods Market		Salad bar/Deli	621 East Washington St., Petaluma	707-762-9352	8 am - 9 pm Daily.
PENNGROVE / COTATI / ROHNERT PARK					
VEGETARIAN / VEGAN MENU AVAILABLE					
Turmeric Cuisine of India	🌱	Indian	919 Golf Course Dr., Rohnert Park	707-708-2982	11 am - 2:30 pm, 4:30 pm - 9 pm.
VEGETARIAN / VEGAN OPTIONS IDENTIFIED ON REGULAR MENU					
Everest		Indian	572 E Cotati Ave. A, Cotati	707-795-7680	11 am - 3 pm and 4 pm - 9 pm Daily.
Redwood Café		American	8240 Old Redwood Hwy., Cotati	707-795-7868	8 am - 9 pm Daily. Mon - Sat: 11:30 am - 2:30pm, 4:30 - 8:30 pm.
Shangri-la Café & Grill		Nepalese	1706 East Cotati Ave., Cotati	707-793-0300	Tue - Sun 11:30 am - 3 pm, 4:30 pm - 9:30 pm.
Mai Vietnamese		Vietnamese	8492 Gravenstein Highway #J, Cotati	707-665-9628	4:30 pm - 9:30 pm.
VEGETARIAN / VEGAN OPTIONS AVAILABLE					
Chipotle		Mexican	6325 Commerce Blvd., Rohnert Park	707-536-0348	10:45 am - 11 pm Daily. Sun - Thu: 11 am - 10 pm.
Olive Garden		Italian	6430 Redwood Dr., Rohnert Park	707-586-3607	Fri - Sat: 11 am - 11 pm.
Oliver's Market		Salad/Buffer	546 East Cotati Ave., Cotati	707-795-9501	7 am - 10 pm Daily.
MARIN COUNTY					
VEGETARIAN / VEGAN MENU AVAILABLE					
Nekter Juice Bar	🌱	Juice Bar Smoothies	5800 Nave Dr., Novato	415-612-2040	8 am - 7 pm Daily.
VEGETARIAN / VEGAN OPTIONS IDENTIFIED ON REGULAR MENU					
Active Culture		American	464 Ignacio Blvd., Novato	415-475-1128	9 am - 8 pm Daily.
Batika India Bistro		Indian	868 Grant Ave., Novato	415-895-5757	11:30 am - 2:30 pm; 5 pm - 8:30 pm Daily.
Little Goan Indian Cafe		Indian	2007 Novato Blvd., Novato	415-878-0490	Tue - Sun: 11 am - 9 pm.
Café del Soul		Juice Bars, Smoothies	1408 4th St., San Rafael	415-457-5400	10 am - 7 pm Daily.
Falafel Hut		Middle Eastern	1115 4th St., San Rafael	415-259-0440	Tue - Sun: 11 am - 8 pm.
Lotus Cuisine of India		Indian	812 4th St., San Rafael	415-456-5808	11 am - 2 pm; 4:30 - 9 pm Daily.
Good Earth Natural Foods		American	201 Flamingo Rd., Mill Valley, CA	415-383-0123	8 am - 9 pm Daily
Himalayan Kitchen		Nepalese	227 3rd St., San Rafael	415-526-3161	11:30 am - 2:30 pm, 4:30 pm - 9 pm Daily.
Café del Soul		Juice Bars, Smoothies	247 Shoreline Hwy., Mill Valley	415-388-1852	10 am - 8 pm Daily.

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MARIN COUNTY					
VEGETARIAN / VEGAN OPTIONS AVAILABLE					
Blue Barn		American	819 Grant Ave., Novato	415-895-6577	11 am - 8 pm Daily.
Chipotle		Mexican	128 Vintage Way Unit W-4, Novato	628-236-8393	10:45 am - 10 pm Daily.
Amici's East Coast Pizzeria		Italian	1242 4th St, San Rafael	415-455-9777	11:30 am - 9 pm Daily.
Whole Foods Market		American	790 De Long Ave, Novato	415-878-0455	8 am - 9 pm Daily.
Whole Foods Market		American	340 3rd St, San Rafael	415-451-6333	8 am - 9pm Daily.
Flour Chylde Bakery		Bakery	850 Grant Ave., Novato	415-893-7700	Tue - Sat: 9 am - 4 pm.
SANTA ROSA, SEBASTOPOL					
VEGETARIAN / VEGAN MENU AVAILABLE					
Cozy Plum	🌱	American	6970 McKinley St., Sebastopol	707-823-3333	Mon - Sun: 11:30 am - 7:00 pm.
Little Saint	🌱	Plant-Based	25 North St., Healdsburg	707-433-8207	8:00 am - 9:00 pm Daily.
Muir's Tea Room		Bakery/Tea	330 S Main St., Sebastopol	707-634-6143	Sat - Sun: 11:30 am - 4:30 pm.
The Branch Line		Café	10 4th St. Ste 1, Santa Rosa	707-595-1941	Wed - Sun: 9 am - 2 pm.
VEGETARIAN / VEGAN OPTIONS IDENTIFIED ON REGULAR MENU					
Abyssinia		Ethiopian/ African	913 4th St., Santa Rosa	707-568-6455	Mon - Wed: 4 - 8:30 pm. Thu - Sat: 12 - 2:30 pm, 4 - 8:30 pm.
Mint		Indian	170 Farmers Ln. Ste 8, Santa Rosa	707-800-7923	11 am - 2:30 pm, 4:30 pm - 9:30 pm Daily.
East-West Café		American	557 Summerfield Rd., Santa Rosa	707-546-6142	11 am - 8 pm Daily.
Falafel Hut		Middle Eastern	701 4th St., Santa Rosa	707-237-7010	Tue - Sun: 11 am - 6:40 pm. Mon: 11 am - 2:40 pm.
Himalayan Tandoori Curry House		Indian	969 Gravenstein Hwy. S, Sebastopol	707-824-1800	Mon - Sat 11 am - 2:30 pm, 5 - 8:30 pm.
Kathmandu Café & Grill		Nepalese	6761 Sebastopol Ave., Sebastopol	707-861-9398	Wed - Mon: 11:30 am - 2:30 pm, 5 - 9 pm.
Yeti Restaurant		Nepalese	190 Farmers Ln., Santa Rosa	707-521-9608	11 am - 10 pm Daily.