



Canada's 50 Best Restaurants with Vegetarian Options According to OpenTable Diners

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Restaurants spanning eight provinces showcase Canada's cultural diversity and culinary passion for herbivore dining

TORONTO, Oct. 24, 2018 /CNW/ --The number of vegetarians in Canada has grown from 900,000 to 2.3 million over the past 15 years, according to studies conducted by Dalhousie University. Whether vegan, vegetarian or simply interested in a nutrient-rich diet, everyone's dining needs and preferences can be catered to with great dishes from the country's top restaurants. This is why OpenTable, the world's leading provider of online restaurant reservations and part of [Booking Holdings, Inc.](#) has announced its list of **Canada's Top 50 Best Restaurants with Vegetarian Options**, to connect vegetarian diners, and those who love them, with top restaurants with menu items that can excite everyone at the table.



Restaurants from coast to coast round out the list, with Ontario having the most restaurants featured (26), followed by British Columbia with 7 and Quebec with 5. Alberta (7), Atlantic Canada (4) and Manitoba (1) also have establishments in the top 50.

"There's a real change in the dining industry in that vegetarian options are an increasingly standard part of menu planning. There are many incredible restaurants with diverse plant-based options, but without insider knowledge, it can be challenging and time consuming to find them," said Caroline Potter, Chief Dining Officer at OpenTable. "There is no reason why being, or loving, a vegetarian should limit dining options or experience. We are excited to share this list, showcasing Canada's gastronomic and multicultural diversity in our vegetarian restaurants from coast to coast."

The list features a range of restaurants including Toronto's [Rosalinda](#), a Mexican restaurant with a completely vegan menu and Calgary's [Ten Foot Henry](#), which boasts a selection of unique vegetarian menu items. The list also includes an assortment of multicultural restaurants including Montreal's Middle Eastern [Damas](#), Toronto's Mediterranean [Byblos](#) and Vancouver's [East is East](#), which features cuisine's from the Silk Route.

Canada's 50 Best Restaurants with Vegetarian Options is generated solely from more than 550,000 restaurant reviews collected from verified OpenTable diners between September 1, 2017 and August 31, 2018. All restaurants with a minimum "overall" score and number of qualifying reviews were included for consideration. Qualifying restaurants were then sorted according to a score calculated from each restaurant's average rating in the "Good Vegetarian Options" category

Based on this methodology, [Canada's 50 Best Restaurants with Vegetarian Options](#) according to OpenTable diners are as follows (in alphabetical order):

[360 The Restaurant at the CN Tower](#) – Toronto, ON
[Afghan Kitchen South Surrey](#) – Surrey, BC
[Antojo Tacos + Tequila](#) – Halifax, NS
[Atomica Pizza & Wine Bar](#) – Kingston, ON
[Berkeley North](#) – Hamilton, ON
[Bistro 67](#) – Whitby, ON
[Borealis Grille & Bar](#) – Kitchener, ON
[Bridgette Bar](#) – Calgary, AB
[Byblos](#) – Toronto, ON
[Calcutta Cricket Club](#) – Calgary, AB
[The Canteen on Portland](#) – Dartmouth, NS
[Cluny](#) – Toronto, ON
[Damas](#) – Montréal, QC
[Diwan at the Aqa Khan Museum](#) – Toronto, ON
[Donna Mac](#) – Calgary, AB
[Earls Kitchen + Bar – King Street](#) – Toronto, ON
[Earth to Table Bread Bar](#) – Guelph, ON
[East is East](#) – Vancouver, BC (Multiple Locations)
[El Catrin](#) – Toronto, ON
[EVOO in the Courtyard](#) – St. John's, NL
[Fairouz](#) – Ottawa, ON
[Fayuca](#) – Vancouver, BC
[Forage](#) – Vancouver, BC
[Fresh](#) – Toronto, ON (Multiple Locations)
[George Restaurant](#) – Toronto, ON
[Ile Flottante \(former Les Deux Singes\)](#) – Montréal, QC
[Isaac's Way](#) – Fredericton, NB

[Koi](#) – Calgary, AB
[Lake House Restaurant](#) – Vineland, ON
[L'Atelier de Joel Robuchon – Montréal](#) – Montréal, QC
[Lola Rosa Parc](#) – Montréal, QC
[Los Colibrjs](#) – Toronto, ON
[Lov](#) – Montréal, QC (Multiple Locations)
[Miiijidaa Cafe + Bistro](#) – Guelph, ON
[Neverland Tea Salon](#) – Vancouver, BC
[Niagara's Finest Thai](#) – Niagara-on-the-Lake, ON
[Osteria Savio Volpe](#) – Vancouver, BC
[Padmanadi](#) – Edmonton, AB
[Pineridge Hollow](#) – RM of Springfield, MB
[Plant Matter](#) – London, ON (Multiple Locations)
[Planta](#) – Toronto, ON
[Raven Bistro](#) – Jasper, AB
[Ravine Vineyard Winery Restaurant](#) – Niagara-on-the-Lake, ON
[The Root Cellar](#) – London, ON
[Rosalinda](#) – Toronto, ON
[Saveur Restaurant](#) – Victoria, BC
[Ten Foot Henry](#) – Calgary, AB
[Terroni ADELAIDE](#) – Toronto, ON
[The Vanitea Room a Tea Salon and Eatery](#) – Ottawa, ON
[Woodlot](#) – Toronto, ON

The complete list may also be viewed at <https://www.opentable.com/lists/best-vegetarian-friendly-ca>

About OpenTable:

[OpenTable](#), part of [Bookings Holdings, Inc.](#) (NASDAQ: BKNG), is the world's leading provider of online restaurant reservations, seating more than 26 million diners per month via online reservations across more than 47,000 restaurants. The OpenTable network connects restaurants and diners, helping diners discover and book the perfect table and helping restaurants deliver personalized hospitality to keep guests coming back. The OpenTable service enables diners to see which restaurants have available tables, select a restaurant based on verified diner reviews, menus, and other helpful information, and easily book a reservation. In addition to the company's website and mobile apps, OpenTable powers online reservations for nearly 600 partners, including many of the Internet's most popular global and local brands. For restaurants, the OpenTable hospitality solutions enable them to manage their reservation book, streamline their operations, and enhance their service levels. Since its inception in 1998, OpenTable has seated over 1.7 billion diners via online reservations around the world. OpenTable is headquartered in San Francisco and has bookable restaurants in more than 20 countries, including Australia, Canada, Germany, Ireland, Japan, Mexico, the Netherlands, Spain, United Kingdom and the United States. Restaurants are available for reservations in Dutch, English, French, German, Japanese, and Spanish languages.

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