

# MB Vegan FB Restaurant Options

## North Myrtle Beach

North Myrtle Beach offers restaurants from informal to formal, from pancake houses to buffets and everything in between. If you are looking for something informal for just an easy bite to eat, below might be helpful.

**Hot Stacks Cafe**-A big town favorite on Restaurant Row is Hot Stacks Cafe (a pancake/breakfast-lunch place). Drive south to 9707 North Kings Highway, Myrtle Beach 843-497-7091. While there is a Hot Stacks in N. Myrtle Beach, we only go to the Hot Stacks Café at this location. It has Gluten Free and lots of vegan items on the menu. It is this location that was voted onto the Grand Strand “Best of” competition for calendar year 2018

**Thai Season**- A quiet restaurant with a comfortable décor and ample seating. Extensive menu that includes tofu as protein options for calorie watchers. On Kings Highway, NMB. Menu and hours online: <http://www.thaiseasonrestaurant.com/>

**Mellow Mushroom**-Self-described as “Funky, art-filled chain pizzeria featuring craft beer, calzones & creative stone-baked pizzas”. They have vegan and gluten free options for sandwiches and pizza to include non-dairy cheez. Both the tempeh and the tofu sandwiches are very good! 1101 Hwy 17 N, North Myrtle Beach, SC 29582.

**Burger Fi**- At the corner of Kings Highway and Main street at 801 Main St, this openly vegan friendly burger joint has some of the best vegan burgers in town!

**Taco Mundo Kitchen y Cantina**-Located on the water in Barefoot Landing. Their rice is made with vegetable broth and their side beans do not contain lard or other animal products and thus are, suitable for vegans. Great veggie fajitas. They have extensive outdoor covered seating.

**Olive Garden** at Barefoot Landing-many vegan options here from their pasta with marinara, breadsticks (yes, the margarine on them is dairy free), salad with vinegar and oil dressing, minestrone soup, side of broccoli, and the Bruschetta Caprese if you ask them to omit the cheese.

The Garden Primavera comes with basil garlic marinara (not vegan) and a blend of fresh veggies, so simply swap the sauce for the regular marinara sauce and ask your server for NO CHEESE and you have a dairy free dish! [www.olivegarden.com/nutrition/vegetarian-and-vegan-options](http://www.olivegarden.com/nutrition/vegetarian-and-vegan-options)

Their corporate site states you can order almost any dish off the menu and simply request the meat and/or dairy portion be withheld or substituted with fresh vegetables or extra pasta.

**Martini N. Myrtle Beach**- They hide the fact they can create two different vegan entrée options. A particularly good one is the Vegetable Napoleon which was panko coated eggplant and squash pan fried and layered on a bed of linguini that had been coated in a chunky marinara like sauce. Bruschetta is vegan as is the baked potato and the store bought French bread brought with the salads. “Fine Dining” prices but in line for such in the area and conveniently located just north of

the condos just south of Main Street. They do NOT have veal on their menu which is a “red line” for some vegans.

**Putters Pub** (Barefoot Landing)- 5183 Barefoot Resort Bridge Rd, NMB- has a vegan customer who eats there “all the time” so just ask what their “hidden” vegan options are and ask them to make them public! They can generally make pasta primavera, tacos, veggie burger, and have vegan cheeses for pizza.

**Roca rojo cantina** -has delicious mushroom tacos. 806 Sea Mountain Hwy (Cherry Grove)

All 3 of these Chinese restaurants will substitute fried tofu for meat in any dish they prepare to save on calories and eliminate cholesterol. The Hong Kong Restaurant in N. Myrtle Beach next to Kroger’s has horrific Yelp reviews and is not recommended.

**Lucky Panda**-On Kings Highway near Sea Villas. Nice décor inside but food tends to be bland.

**China Dragon**-Kings Highway at 2909 Hwy. 17 South found on the east side of the road in a little strip mall. While they will substitute tofu for meat, their dark sauces like General Tso do contain animal products. So vegans should order fried rice without the egg/meat or Veggie Lo Mein or ask for their white sauce.

**Fiesta Mexicana Cantina**-Kings Highway, NMB-They state their refried beans, rice and flour tortillas are all made with oil and not lard so vegetarian menu items can be made vegan.

<https://fiestamexicanacantina.com/index.html>

**The Grumpy Monk**-This restaurant has three Grand Strand Locations. Offers the Impossible Burger (with an upcharge) or has salads that can be ordered vegan.

## Little River

**Hong Kong Chinese** north in Little River. (preferred) will substitute tofu for meat in any dish. They will also do fried rice without the egg and meat. Just ask them to use vegetable broth and not meat broth in whatever sauce you choose.

**Casa Villa**- 1529 US-17, Little River- Dinner is twice the price of any other Mexican restaurant around. They state their refried beans, rice and flour tortillas are all made with oil and not lard so vegetarian menu items can be made vegan.

## Myrtle Beach & South

**Bay Naturals**- 7611 N Kings Hwy, Myrtle Beach- Grocery store with kitchen. See Happy Cow listing for details.

**Nellies Pizza**-8724 Highway 707, Unit A, Myrtle Beach-Vegan cheez pizza with vegan beef or pepperoni or ckn topping, and will soon have vegan sausage topping, along with all the staple veggie toppings. They will have regularly featured [vegan] pies.

**Mediterranean Bistro**-6104 Frontage Rd, Myrtle Beach-A Falafel Gyro or Veggie Pita that can be made vegan by omitting the feta. Has a vegan burger, too. Authentic Greek food, family run. Don't let its location dissuade you, tasty, fair priced vegan food is a great find. [\(843\) 945-1145](tel:8439451145)

**Royal Ramen** - 7819 N Kings Hwy, Myrtle Beach. Vegetarian items clearly spelled out on their online menu and when you order there, they will work to make most any dish they can vegan! They pass the 4% credit card fee onto their customers so pay cash if you want to avoid the fee.

**Moran's Irish Pub**- 3901 Dick Pond Rd unit n, Myrtle Beach-Bar food that has a clearly listed "Thai Vegan Flatbread" on their menu!

**La Cantina** – An oceanfront Mexican restaurant in Myrtle Beach lists on its menu vegan chorizo tacos, veggie fajitas, vegan quesadillas and has vegan cheese.  
<https://lacantinamyrtlebeach.com/menu>

**Brixx Wood Fired Pizza** - Myrtle Beach-This chain restaurant has vegan options.

**Pizza Hyena** (Surfside Beach)-regular pizza crust is dairy and egg free/vegan. They don't have a dairy free cheese.

**Dunes Bistro**- 960 Cipriana Dr, Myrtle Beach-Brave enough to use the "v" word and clearly calls out their two vegan options on their menu.

**44 & King Pub**- 515 44th Ave N, Myrtle Beach-on their dinner menu they list a vegan soup and vegan burger and that a salad can be made vegan. A vegan dessert, too.

**Projuicery**-cold pressed juices with menu items like avocado or almond butter toast. Appears very vegan friendly.

**Ducatis Pizzeria & Trattoria**-Several easy to veganize options on the menu-just ask that they omit cheese. Average portion size, good service, bland taste, pleasant atmosphere. Ample, outdoor seating.

**Beach Hippie Coffee Shop**-Kings Highway, Myrtle Beach. Has gluten free baked goods, some of the GF baked goods are also vegan. Has Just Egg, vegan cheese and a variety of vegan milks.  
<https://beachhippiecoffee.com/>

**Pho Claire**-on their menu under "noodle soups" has a vegan noodle soup (none of the Pho are vegan). Can get a side of fried tofu, too. <https://phoclaire.com>

**Banditos Mexican**- Has a vegan tofu taco or burrito (rice & beans with them are extra charge). Has a veggie burger but does NOT indicate if it is vegan. Vegan Bandito bowl. Vegetarian refried beans, some sides might be vegan (?). Kids have vegan taco or bowl option. <https://www.banditosmyrtle.com/menu>

**Thai-Lao**- 1210 N Kings Hwy, Myrtle Beach. Thai/Laotian restaurant with labeled vegetarian dishes with tofu and vegetables. Vegans specify no egg and no fish sauce.

**Market commons area**- PF Changs has several options.

**Sun City Cafe**-801 Main St, Myrtle Beach-2 vegetarian and one vegan option (taco), vegetarian probably can be made vegan option upon request

**Earth Cafe**- 3811 N Kings Hwy, Myrtle Beach- Listed on Happy Cow. Has an extensive array of vegan choices, including hummus, Caesar salad, the Impossible burger, avocado toast, flatbread, açai bowls. The menu has vegan and vegetarian labels.

**Bombay at the Beach**-Indian restaurant with many vegetarian options on the dinner menu and many items can be made vegan. Ask for the vegan menu and they have a paper menu that indicates which dishes are vegan. Right in the heart of the Broadway on the Beach so consider traffic and parking during the summer, but great location to eat if having fun in that part of town and easy to get to off season. Friendly owner and staff.

**Kind Belly Cafe** - 316 79th Ave N, Myrtle Beach. Happy Cow lists some of their vegan options.

**LoLeo Juice Bar**- 2922 Howard Ave. Happy Cow lists some of their vegan options.

**Mimosas** - Myrtle Beach avocado toast is only vegan breakfast option. Has impossible burger BUT NOT VEGAN because on a brioche bun. Side bowl of fruit probably vegan, fries may be, maybe salad can be vegan with omissions.

## Surfside

**Wooden Spoon Eatery in Surfside**-Veteran and family owned, very vegan friendly. Breakfast bowls popular with vegans. <https://woodenspoonsurfside.com/>

**Chicago Pizza in Surfside**-upon request has vegan cheese. Crust & sauce are vegan. Some sandwiches could be made vegan. 665 US-17 BUS B, Surfside Beach

**Pizza Hyena** - has vegan cheese and crust plus a yummy mushroom sandwich. (843) 945-9025

## Murrells Inlet

**Hippie Hen House**- vegetarian and vegan options on their menu are marked with symbols to indicate. Check their facebook for current menu. 1 Happy Cow review.

**Crummz Brunch & Bake**-For current info see her facebook page.

<https://www.facebook.com/Crummzbb/> All vegan!!! Gullah & Trini Inspired Cuisine. Appears to need 48 hours ordering notice to make everything to order. Specialty is cake and cupcakes but appears to do catering, too.

## Pawleys Island

**Chive Blossom**- One local stated they, UPON REQUEST, whipped up a delicious vegan pasta made from zucchini noodles and had fresh corn, spinach, mushrooms, tomatoes and was delicious.

**Yagi Sushi & Hibachi** - Sweet Tofu Poke bowl. Sweet tofu served with white rice, seaweed, avocado, scallions and mango. So delicious

**Pawleys Local**- Located in the historical Hammock Shops, they have the biggest selection of vegan options in the area. They really do a fine job of serving vegan meals, they are kind and fun people and the cuisine is extremely elegant and tasty! <https://www.facebook.com/PawleysLocal/>

## Carolina Forest

**Sneaky Beagle** -Has a few items proudly displayed as vegan and maybe a few more can easily be made vegan.

### Adult Beverages (vegan)

At Barefoot Landing is **Carolina Vineyards Winery** tasting center. The grapes are grown in Spartanburg but turned into wine in North Myrtle Beach and ONLY available at the tasting center. \$3 to sample 7 wines and for \$1 more tell them you want a souvenir glass. Wine is \$12.99/bottle. They give 10% military discount.

**Duplin Winery**- This Rose Hill, NC winery opened a new tasting center in N. Myrtle Beach in 2016. I confirmed they are vegan and got them listed on Barnivore.com. While you can buy their wines in the local Kroger, it is probably more fun to taste a few first and see which ones are your favorite!

<https://www.duplinwinery.com/visit-duplin-winery/myrtle-beach/>

**The Kentucky Mist Distillery** is a craft distillery located in Kentucky near West Virginia and has a tasting room in Barefoot Landing. You can sample all the 'regular' or fruit infused moonshines for a price based on sample glass size. All moonshine are made from natural ingredients and are vegan.

### Treats

**Cinnaholic Cinnamin Rolls**- 1399 S Commons Dr Suite B-8, Myrtle Beach, SC 29588

**You Eat I Bake Bakery**-for take away bakery goods, they have at least 2 vegan baked goods items every day. You can check out their Facebook. [You Eat I Bake](#)

### Meyers Ice Cream Parlor-Surfside Beach

Has non-dairy ice cream (scoops). (Near the corner of 544 and 17 Bus. Across from Ocean Lakes.)

**Bruster's Real Ice Cream** 3784 Renee Dr, Myrtle Beach-this chain has vegan ice cream (non-dairy made with coconut milk) as well as vegan sorbets and Italian ices. Appears to have several flavors of each available daily.

**Wee-R-Sweetz Candy Store**-With a location in Barefoot Landing and on NMB's Main Street, there is one near each condo!! The homemade taffy is suitable for vegans. They let you pick a piece to try before you buy one of the many flavors to choose from. It runs around \$9/pound.

### D&M Confections

Cakes, cupcakes and cookies. 141 flavors. Has vegan, gluten-free and sugar-free options, too!

3826 S Kings Highway Myrtle Beach, SC 29577 (843) 360-7435 <http://www.dmconfections.com/>

**The Crazy Mason Milkshake Bar**- Hershey's OATmazing vegan ice cream