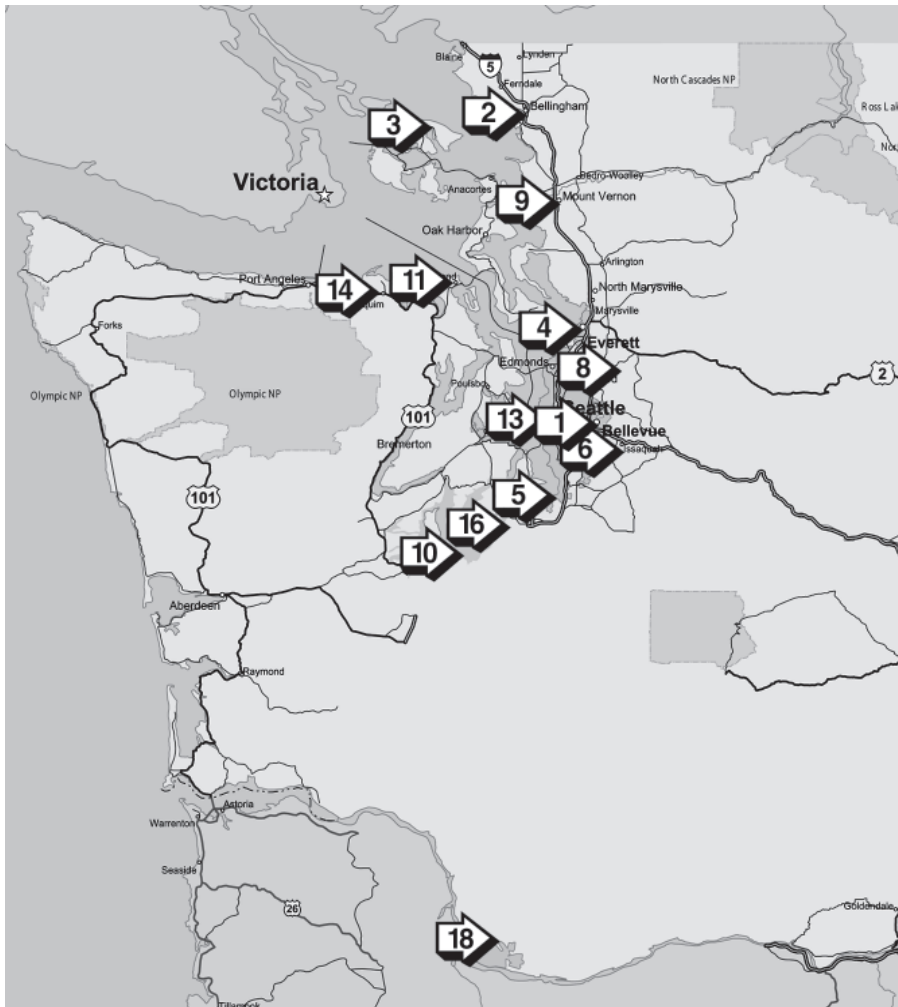


WASHINGTON

1. BELLEVUE
2. BELLINGHAM
3. EASTSOUND
4. EVERETT
5. FEDERAL WAY
6. ISSAQUAH




BELLEVUE

NATURE'S PANTRY

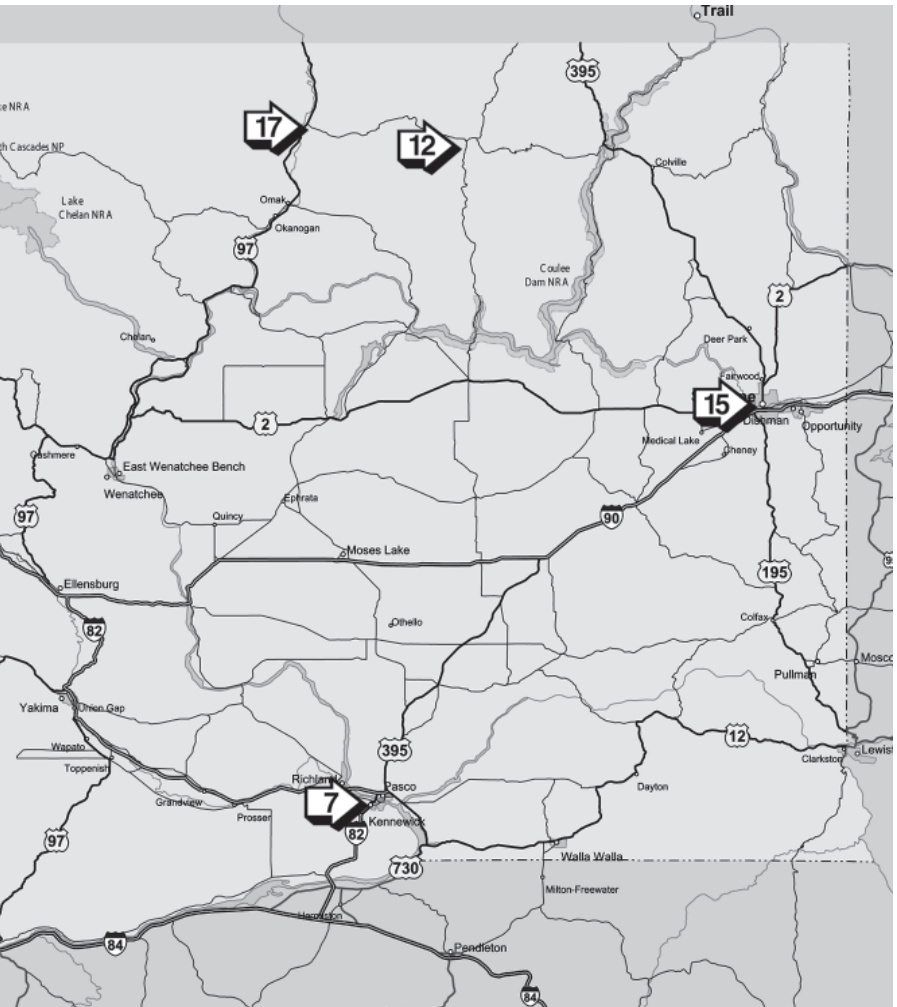
15600 N.E. 8th St. ☎ 425-957-0090 🕒 M-F 9-7, Sat.-Sun. 9-6

- organic produce • freshly prepared food • juice bar • deli • vegetarian friendly • table
- self-service • take-out

 From I-90W, take exit 11 onto the 156th Ave SE ramp to SE Eastgate Way. Turn left onto Eastgate less than 1/4 mile to 148th Ave SE. Turn right onto 148th 2 1/2 miles to NE 8th St. Turn right onto NE 8th about 1/2 mile to store in Crossroads Shopping Center. From I-5, take exit 168B toward Bellevue on WA 520E about 9 miles (across water) to 148th Ave SE exit. Merge right onto

[2-PAGE SPREAD MAP]

- | | | | |
|---------------|-------------------|-------------|---------------|
| 7. KENNEWICK | 10. OLYMPIA | 13. SEATTLE | 16. TACOMA |
| 8. KIRKLAND | 11. PORT TOWNSEND | 14. SEQUIM | 17. TONASKET |
| 9. MT. VERNON | 12. REPUBLIC | 15. SPOKANE | 18. VANCOUVER |




148th about 1 mile to NE 8th. Turn left onto NE 8th about 1/2 mile to store in Crossroads Shopping Center.

NATURE'S PANTRY  

10200 N.E. 10th St. ☎ 425-454-0170 ☺ M-F 9-7, Sat.-Sun. 9-6

- organic produce • freshly prepared food • juice bar • deli • vegetarian friendly • table
- self-service • take-out

 From I-405, take exit 13 (A from 405S, B from 405N) and follow NE 8th St West ramp onto NE 8th St about 3/4 mile to 102 Ave NE. Turn right onto 102nd to store at 10th St. From I-5, take exit 168B toward Bellevue onto WA 520E about 6 miles (across water) to Bellevue Way NE exit. Merge right onto Bellevue Way about 1 1/2 miles to NE 10th St. Turn right onto 10th 2 blocks to store at 102nd Ave.

WASHINGTON

BELLINGHAM

Bellingham overlooks the San Juan Islands to the west and the majestic peaks of the North Cascades to the east. "A great destination for skiers, mountain bikers, hikers, climbers, kayakers, naturalists, and people who just want to relax in a beautiful environment."


COMMUNITY FOOD CO-OP



1220 N. Forest St. ☎ 360-734-8158 ☺ Daily 8-9

Melissa at the co-op says they have "a staggering number of fresh, local and organic products."

• organic produce • freshly prepared food • juice bar • café • deli • bakery • vegetarian friendly • coop • tables • self-service • take-out

 From I-5, take exit 253. From I-5S, turn right onto Lakeway Dr. From I-5N, turn right onto King St, then right onto Lakeway. From Lakeway (becomes E Holly St), go almost 3/4 mile to N State St. Turn left onto N State St, left onto E Chestnut St, and left onto N Forest to store (just over 1 mile from hwy).


TERRA ORGANICA



929 N. State St. ☎ 360-715-8020 ☺ Daily 9-9

Stephan, who owns the store, says that "every item has a reason for being on the shelf." The food and beverages in the store and cafe are over 99% organic or wild-crafted.

• organic produce • freshly prepared food • juice bar • café • bakery • vegetarian friendly • counter • tables • self-service • take-out

 From I-5N, take exit 253 right onto King St, then right onto Lakeway (becomes E Holly St) almost 3/4 mile to N State St. Turn left onto N State St 1/2 mile to store on left. From I-5S, take exit 254 (State St) west on Ohio St to 2nd left turn (State St). Turn left onto State. about 1 mile to store on left.


EASTSOUND

ORCAS HOME GROWN MARKET



North Beach Rd. ☎ 360-376-2009 ☺ Daily 8:30-9 Deli 8:30-7

• freshly prepared food • deli

 From the ferry landing in Orcas, take the Horsehoe Highway north more than 8 miles to Eastsound. Store is in town.

EVERETT


Lots of wonderful wildlife in the area — sea birds, eagles, sea lions, hawks, otters, deer, beaver, fox, coyote — and (according to Betsy at the Snoisle Co-op) also home to the world's second largest building (a Boeing plant).

SNO-ISLE NATURAL FOODS CO-OP



2804 Grand Ave. ☎ 425-259-3798 ☺ M-Sat. 8-8, Sun. 12-6

• organic produce • freshly prepared food • juice bar • deli • coop • take-out

 From I-5N, take exit 193 left (west) on Pacific Ave about 1 mile to Grand Ave. Turn right onto Grand 3 blocks to store on left in Everett Public Market Bldg. From I-5S, take exit 194 right (west) on Everett Ave about 1 1/4 miles to Grand. Turn left onto Grand 1 block to store on right in Everett Public Market Bldg.


FEDERAL WAY

MARLENE'S MARKET & DELI



31839 Gateway Center Blvd. S. ☎ 253-839-0933 ☺ M-F 9-9, Sat. 9-8, Sun. 10:30-6

• freshly prepared food • deli

 From I-5, take exit 143 (S 320th St) toward Federal Way. From 5S, turn right onto 320th (left from 5N), right onto 319th Place, and straight onto Gateway Center Blvd to store in Gateway Center.


ISSAQUAH

PCC NATURAL MARKET



1810 12th Ave. N.W. ☎ 425-369-1222 ☺ Daily 7-11

• organic produce • freshly prepared food • juice bar • deli • vegetarian friendly • coop • take-out


 I-90E, take exit 15 (Hwy 900/Renton/Lake Sammamish State Park). Take left exit lane (Lake Sammamish State Pk) to traffic light at 17th Ave NW. Turn left onto 17th Ave NW 2 lights to store on right in Pickering Place shopping center (follow “S” curve to store on left). From I-90W, take exit 15 (Hwy 900/W Renton) to the right. Turn right at light into Pickering Place shopping center and follow “S” curve to store on left.

KENNEWICK

HIGHLAND HEALTHFOOD SUPERSTORE



101 Vista Way ☎ 509-783-7147 ☺ M-Th. 9:30-8, F 9:30-5, Sun. 12-5

 From I-82/US 12E, take exit 5A onto WA 240E toward Kennewick about 7 miles to US 395S. Turn right onto 395S almost 1 mile to Vista Way. Turn left onto Vista to store on right. From I-82W, take exit 113 onto US 395N about 4 1/4 miles to Vista Way. Turn right onto Vista to store on right.


KIRKLAND

PCC NATURAL MARKET



10718 N.E. 68th St. ☎ 425-828-4622 ☺ Daily 7-11

• organic produce • freshly prepared food • deli • vegetarian friendly • coop • take-out

 From I-405, take exit 17 left onto NE 70th Pl (2 lefts from 405N). Follow NE 70th onto NE 72nd Pl, then NE 68th St about 3/4 mile to store on right in Houghton Village Shopping Center.

MT. VERNON

On the route to the San Juan Islands, the North Cascade Mountains or heading to Vancouver, Canada.

SKAGIT VALLEY FOOD CO-OP



202 S. First St. ☎ 360-336-9777 ☺ M-Sat. 8-9, Sun. 9-8

Delis offers vegetarian, vegan and natural meat options.

• organic produce • freshly prepared food • salad bar • café • deli • bakery • vegetarian friendly • vegan friendly • coop • counter • tables • self-service • take-out

 From I-5, take exit 226 west on Kincaid St/US 536 (right from 5S, left from 5N) to traffic light at 3rd St. Turn right onto 3rd 5 blocks to store at S 2nd St (just after going under overpass).

OLYMPIA

OLYMPIA FOOD CO-OP



921 N. Rogers ☎ 360-754-7666 ☺ Daily 9-8

• coop

 From I-5, take exit 104 onto US 101N about 1 3/4 miles to Black Lake Blvd

WASHINGTON

exit. Take ramp toward West Olumpia right onto Black Lake (becomes Division St) about 1 2/3 miles to Bowman Ave. Turn right onto Bowman about 1/3 mile to store at corner Bowman & Rogers St.

OLYMPIA FOOD CO-OP



3111 Pacific Ave. ☎ 360-956-3870 🕒 Daily 9-9

• freshly prepared food • salad bar • café • deli • vegetarian friendly • coop • tables • self-service • take-out

📍 From I-5, take exit 107 west on Pacific (right from 5S, left from 5N) less than 1/4 mile to Lansdale Rd. Turn left onto Lansdale to store on corner.

PORT TOWNSEND

Awesome natural beauty and access point to the mountains, beaches, rivers, old growth forests, and rain forest.

THE FOOD CO-OP



414 Kearney St. ☎ 360-385-2883 🕒 M-Sat. 8-9, Sun. 9-7

• organic produce • freshly prepared food • juice bar • deli • coop • tables • self-service • take-out

📍 Take Hwy 20 to Port Townsend. Store is at the first light in town at corner Sims Way (aka WA 20) & Kearney St.

REPUBLIC

FERRY COUNTY CO-OP



34 N. Clark St. ☎ 509-775-3754 🕒 M-F 8-5:30, Sat. 10-4

• freshly prepared food • coop

📍 Republic is at the crossroads of WA 20 & 21. From 20, take Clark St north 1 block to store on right.

SEATTLE

BAMBOO GARDEN VEGETARIAN CUISINE



364 Roy St. ☎ 206-282-6616 🕒 Daily 11-10

Chinese vegetarian.

• vegetarian • vegan friendly • kosher • tables • wait staff

📍 From I-5, take exit 167 and follow Fairview Ave N to Valley St. Turn left onto Valley (becomes Broad St) about 1/2 mile to Harrison St. Turn right onto Harrison to 5th Ave. Turn right onto 5th about 1/4 mile to Roy St. Turn left onto Roy to restaurant between 4th & 3rd Ave.

CAFE AMBROSIA



2501 Fairview Ave. E. ☎ 206-325-7111 🕒 Tues.-Thurs. 5-9, F-Sat. 5-10, Sun. 10-2, 5-9

Gourmet vegetarian dining emphasizing organic ingredients. Waterfront setting on Lake Union. Reservations recommended.

• vegetarian • vegan friendly • organic focus • alcohol • tables • wait staff

📍 From I-5S, take exit 168A. After crossing Ship Canal Bridge, turn right at traffic light onto Roanoke St down hill toward Lake Union. At bottom follow bend left to restaurant immediately on right. From I-5N, take exit 168A to stop sign and turn left onto Lakeview Blvd to 2nd traffic light. Turn left onto Roanoke St and follow directions above.

CAFE FLORA ✂

2901 E. Madison St. ☎ 206-325-9100 ☺ Tues-Thurs. 11:30-9, F 11:30-10, Sat. 9-2, 5-10, Sun. 9-2, 5-9

Upscale vegetarian restaurant with an international menu emphasizing local foods.

• vegetarian • vegan friendly • alcohol • tables • wait staff

☞ From I-5S, take exit 168 onto Hwy 520 to first right (Montake Blvd exit). Stay in right lane past Montake Blvd intersection onto Lake Washington Blvd. Follow Lake Washington Blvd (winds through arboretum) about 1 mile to traffic light at E Madison St. Turn right onto E Madison 1 long block to restaurant on left at 29th Ave E intersection. From I-5N, take exit 164A (Madison St). Follow long ramp right (east) onto Madison about 2 miles to 29th Ave E. Restaurant is on SE corner. From I-90W, take Ranier Ave N exit to 3-way intersection with S Jackson, Boren & 14th Ave S. Turn right onto 14th Ave S to Madison. Turn right onto Madison to 29th Ave E. Restaurant is on SE corner.

CARMELITA ✂

7314 Greenwood Ave. N. ☎ 206-706-7703 ☺ Tues.-Sun. 5-10

Mediterranean-influenced, upscale vegetarian and vegan dining, using organic and local produce whenever possible.

• vegetarian • vegan friendly • organic focus • alcohol • tables • wait staff

☞ From I-5, take exit 172 west on 85th St (right from 5S, left from 5N) about 1 1/3 miles to Greenwood Ave. Turn left onto Greenwood about 11 blocks to restaurant on left at between N 74th & 73rd St.

GOOD MORNING HEALING EARTH ✂

901 N.E. 55th St. ☎ 206-523-8025 ☺ Tues.-F 11-8:30, Sat. 10-8:30, Sun. 10-4:30

Whole foods vegan menu with organic slant. A neighborhood place.

• vegan • organic focus • tables • wait staff • take-out

☞ From I-5, take exit 169 and follow ramp toward NE 50th St/Seattle Pacific U to NE 50th St. Turn east onto NE 50th (right from 5N, left from 5S) to 1st traffic light at 9th Ave. Turn left onto 9th 2 blocks to restaurant at end of street.

HILLSIDE QUICKIE'S VEGAN SANDWICH SHOP ✂

4106 Brooklyn Ave. N.E. ☎ 206-632-3037 ☺ M-Sat. 11-9

Just what is says ... vegan sandwiches, plus salads and accoutrements.

• vegan • tables • self-service • take-out

☞ From I-5, take exit 169 toward NE 45th St. Follow ramp to NE 45th/Univ of WA to NE 45th. Turn east (right from I-5N, left from I-5S) onto NE 45th about 1/3 mile to Brooklyn Ave NE. Turn right onto Brooklyn about 1/3 mile to shop.

LUCKY PALATE 🍷

307 McGraw St. ☎ 206-352-2583 ☺ M 9-6, Tues. 9:30-6 and at various other times, so call to see if someone is around

Primarily a home-delivery meal service, but at the storefront you can buy these healthy vegetarian and vegan "Grab-and-Go Meals," along with some other homemade items.

• deli • vegetarian • vegan friendly • organic focus • take-out

☞ From I-5S, take exit 172 (N 85th St) toward NE 80th St. Take N 85th St ramp toward Aurora Ave N. Veer right onto N 85th about 2/3 mile to Aurora Ave N/WA 99S. Turn left onto Aurora about 3 1/4 miles to Queen Anne Dr. Turn right onto Queen Anne to 4th Ave N. Turn left onto 4th, right onto Raye

WASHINGTON


St (becomes Nob Hill Ave N). Veer right on Nob Hill to store at McGraw St. From I-5N, take exit 167 toward Aquarium/Seattle Center. Turn right onto Fairview Ave, left onto Valley St (becomes Broad St) and veer right onto Roy St to Aurora Ave N/WA 99N). Turn right onto Aurora almost 1 1/4 miles to Halladay St. Turn right onto Halladay, left onto 6th Ave N (becomes Queen Anne Dr, left onto 4th Ave N, and right onto Raye St (becomes Nob Hill Ave). Follow Nob Hill to right to store at McGraw.

PCC NATURAL MARKET



716 N. 34th St. ☎ 206-632-6811 ☺ Daily 7-11

• organic produce • freshly prepared food • juice bar • deli • bakery • vegetarian friendly
• coop • take-out


 From I-5S, take exit 169 toward NE 45th St. Follow ramp to NE 45th/Univ of WA to NE 45th. Turn right (west) onto 45th almost 1 mile to Stone Way. Turn left onto Stone Way almost 1 mile to N 34th St. Turn right onto 34th about 1/4 mile to store on right just before Fremont Ave N. From I-5N, take exit 167 on left toward Seattle Center right onto Fairview Ave, left onto Valley St and right onto Westlake Ave N about 1 2/3 miles to 4th Ave N. Veer right onto 4th across water (becomes Fremont) to N 34th St. Turn right onto 34th to store on left. From Hwy 99 (Aurora Ave), go west on 45th St blocks to N Fremont. Turn left onto N Fremont to N 35th St. Turn left onto 35th and take 2 rights onto 34th to store on right.

PCC NATURAL MARKET



7504 Aurora Ave. N. ☎ 206-525-3586 ☺ Daily 7-11

• organic produce • freshly prepared food • deli • vegetarian friendly • coop • take-out


 From I-5, take exit 172 toward Aurora Ave N west on N 85th St (left from 5N, right from 5S) less than 1 mile to Aurora. Turn left onto Aurora (Hwy 99) 1/2 mile to store on right just before Winona Ave N intersection (turn left onto Winona for parking on left)..

PCC NATURAL MARKET



5041 Wilson Ave. S. ☎ 206-723-2720 ☺ Daily 7-10

• organic produce • freshly prepared food • deli • vegetarian friendly • coop • take-out


 From I-5, take W Seattle Bridge/Columbian Way exit (163A going south, 163 going north). Take fork toward Columbian Way, then get into right lane. At 3rd traffic light (“Y” intersection) bear left onto S Columbian Way (becomes S Alaska St) more than 1 mile to Ranier Ave S. Turn right onto Ranier to 2nd left at S Edmunds St. Turn left onto Edmunds 1/4 mile to 42nd St S. Turn right onto 42nd and immediately left onto S Ferdinand St 1/2 mile to 50th Ave S. Turn right onto 50th ((becomes Wilson Ave S) 1 1/2 blocks to store on right.

PCC NATURAL MARKET



6514 40th Ave. N.E. ☎ 206-526-7661 ☺ Daily 7-11


• organic produce • freshly prepared food • deli • vegetarian friendly • coop • take-out

 From I-5S, take exit 171 (NE 71st St/NE 65th St) onto 6th Ave NE to stop sign at NE 70th St. Turn left onto 70th 1/4 mile to Roosevelt Way NE. Turn right onto Roosevelt 1/4 mile NE 65th St. Turn left onto NE 65th 1 1/2 miles to 40th Ave NE. Turn left onto 40th to store on NE corner 40th Ave NE & NE 65th St. From on I-5N, take exit 170 (NE 65th St/Ravenna) left onto 8th Ave NE to NE 65th St. Turn right onto NE 65th and follow directions above from NE 65th.


PCC NATURAL MARKET 

2749 California Ave. S.W. ☎ 206-937-8481 ☺ Daily 7-11

• organic produce • freshly prepared food • deli • vegetarian friendly • coop • take-out

 From I-5, take W Seattle Bridge exit (163A going south, 163 going north) onto bridge 2 miles to Admiral Way ramp. Take Admiral Way 1 mile to California Ave SW. Turn right onto California to store on right.**RAINBOW GROCERY** 

417 15th Ave. E. ☎ 206-329-8440 ☺ Daily 8-9


 From I-5S, take exit 166 (Stewart St) toward Denny Way right onto Stewart and left onto Denny about 1/4 mile to Olive Way. Turn left onto E Olive Way (becomes E John St) almost 2/3 mile to 15th Ave E. Turn left onto 15th to store on left between Harrison & Republican St. From I-5N, take exit 166 right onto Olive Way (becomes E John St) less than 1 mile to 15th Ave E. Turn left onto 15th to store on left between Harrison & Republican St.

In the University of WA district.

SILENCE-HEART-NEST 


5247 University Way N.E. ☎ 206-524-4008 ☺ M, Tues., Th.-Sat 11-9, Sun. 10-2

• vegetarian • tables • wait staff • take-out

 From I-5, take exit 169 and follow ramp toward NE 50th St/Seattle Pacific U to NE 50th St. Turn east onto NE 50th (right from 5N, left from 5S) 1/3 mile to University Way NE. Turn left onto University to restaurant on left.**WHOLE FOODS MARKET**  

1026 N.E. 64th St. ☎ 206-985-1500 ☺ Daily 8-10

• organic produce • freshly prepared food • juice bar • salad bar • deli • bakery • vegetarian friendly • chain • tables • self-service • take-out

 From I-5S, take exit 171 (NE 71st St/NE 65th St) onto 6th Ave NE to stop sign at NE 70th St. Turn left onto 70th about 1/4 mile to Roosevelt Way NE. Turn right onto Roosevelt about 1/3 mile to NE 64th St. Turn left onto 64th to store in Roosevelt Square. From I-5N, take exit 170 (Ravenna Blvd) toward NE 65th St onto 8th Ave NE to NE 64th St. Turn right onto 64th 2 blocks to store at Roosevelt Way in Roosevelt Square..**SEQUIM**

Along the northern coast in the shadow of the majestic Olympic mountains.

SUNNY FARMS COUNTRY STORE 


261461 Hwy. 101 ☎ 360-683-8003 ☺ Daily 8-7 (until 8 after daylight savings)

• organic produce • deli • take-out

 Store is on Hwy 101 about 1 mile west of Sequim (which is 20 miles west of Port Townsend).**SPOKANE****LORIEN HERBS & NATURAL FOODS** 

414 E. Trent Ave. ☎ 509-456-0702 ☺ M-F 10-6, Sat. 10-5, Sun. 12-4

• organic produce

 From I-90, take exit 281 toward Newport-Colville onto US 2E/395N/ Division St (merge right from 90W, turn left from 90E) about 1/2 mile to Trent Ave. Turn right onto Trent 4 blocks to store.


WASHINGTON

MIZUNA

214 N. Howard St. ☎ 509-747-2004 ☺ Lunch M-F 11:30-2:30 Dinner Tues.-Sat. 5-9
Fine dining with varied menu of vegetarian, vegan and seafood selections. Live music on weekends.



• vegetarian friendly • vegan friendly • alcohol • tables • wait staff • take-out


 From I-90W, take exit 280B and merge right onto S Lincoln St about 1/3 mile to W Main Ave. Turn right onto Main 3 blocks to Howard St. Turn left onto Howard to restaurant on left. From I-90E, take exit 280 (Maple St) toward Lincoln. Turn left onto S Walnut St and right onto W 3rd Ave less than 1/2 mile to S Lincoln. Turn left onto S Lincoln and follow directions above from Lincoln.

TOP OF THE LINE HEALTH FOOD STORE

809 W. Garland Ave. ☎ 509-325-1580 ☺ M-F 9:30-6, Sat. 10-5, Sun. 12-4



• organic produce • coop

 From I-90W, take exit 281 toward Newport-Colville onto US 2E/395N/ Division St. Follow 2E almost 3 miles to Garland Ave. Turn left onto Garland 1/2 mile to store on south side (across from Milk Bottle building). From I-90E, take exit 280 (Maple St) toward Lincoln St. Turn left onto S Walnut St and follow across Maple St Bridge and onto Maple St almost 3 miles to Garland Ave. Turn right onto Garland about 3/4 mile to store on south side (across from Milk Bottle building).


TACOMA

MARLENE'S MARKET & DELI

2951 S. 38th St. ☎ 253-472-4080 ☺ M-F 9-8, Sat. 9-7, Sun. 10:30-6




• freshly prepared food • deli • take-out

 From I-5, take exit 132 toward Bremerton/Gig Harbor onto S 38th St ramp (toward Sprague from 5S, toward Tacoma Mall from 5N) onto S 38th St W ramp. Veer right onto S 38th about 1/2 mile to store on right in Best Plaza.

WESTGATE NUTRITION CENTER

5738 N. 26th St. ☎ 253-759-1990 ☺ M-F 9-6, Sat. 10-5, Sun. 12-5



 From I-5, take exit 132 toward Bremerton/Gig Harbor onto S 38th St ramp (toward Sprague from 5S, toward Tacoma Mall from 5N) onto WA 16W about 3 miles. Take 6th Ave exit toward WA 163. Turn left onto 6th to first right onto Pearl St 1 mile to N 26th St. Turn right onto 26th to store just off Pearl.

TONASKET


Great wilderness area for camping, hiking, fishing, and skiing. Just 16 miles below Canada.

OKANOGAN RIVER NATURAL FOODS CO-OP

21 W. 4th St. ☎ 509-486-4188 ☺ M-F 9-6 winter, 9-7 summer, Sat. 9-5, Sun. 9-4



• organic produce • freshly prepared food • deli • take-out

 Take US Hwy 97 to Tonasket. Turn west (left from 97N, right from 97S) onto 4th St 1 block to store.


VANCOUVER

WILD OATS MARKET

8024 E. Mill Plain Blvd. ☎ 360-695-8878 ☺ Daily 8-9



• organic produce • freshly prepared food • deli • vegetarian friendly • chain • take-out

 From I-5S, take exit 7 onto I-205S about 9 miles to exit 28 (Mill Plain Rd) toward Vancouver. Merge right onto Mill Plain Blvd about 1 1/3 miles to store at corner Mill Plain & Garrison Rd in Garrison Square Mall. Coming from OR on I-5N, take exit 1C right onto Mill Plain Blvd about 3 2/3 miles to store at corner Mill Plain & Garrison Rd in Garrison Square Mall.