

# Plant-Rich Wenatchee Valley

A Local Plant-Based Eating Guide to Support the  
ESRAG 15 Day Plant-Rich Diet Challenge  
October 2022



This guide is meant to help you find plant-based products in our area to begin or expand your plant-rich diet journey. It is not a living document and serves only as a snapshot in time as of October 2022. A team of volunteers did their best to compile as much information as possible and any omissions are unintentional. Listings in this guide do not imply any endorsement, sponsorship, affiliation, association, or connection of products or businesses with Wenatchee Confluence Rotary or ESRAG.

Grocery inventories and restaurant menu items often change. It is always helpful to inquire about availability. You will get the greatest health benefits from consuming a whole-food plant-based diet, especially when food is in season. It's important to remember that when exploring plant-based alternatives to meat/dairy/eggs/fish, that there are variations among brands and ingredients. It's also important to read labels of these alternative foods if you have food allergies or intolerances.

**Thank you for taking the Plant-Rich Diet Challenge. We hope you enjoy your plant-rich adventure!**



**Rotary**  
Wenatchee Confluence  
Rotary Club



[esrag.org/plant-rich-diet/](https://esrag.org/plant-rich-diet/)

<https://wenatcheeconfluencerotary.com/>

# Grocery Stores

For more complete information about purchasing locally grown produce, please visit Sustainable NCW at: <https://www.sustainablencw.org/food>

Businesses want to offer what their customers will buy. If you don't find what you are looking for in the store or see it on the menu, ask if it's possible to make it available. Produce that is local, organic, and in-season is always the healthiest choice for you, our environment, and our local economy.

Most grocery stores have a variety of plant-based items located throughout the store, such as a special area of the produce section, in the dairy case, and in the fresh or frozen meat sections. Excellent sources of plant-based protein that are less processed include soy-based products like tofu and tempeh, and wheat-based seitan. When plant-based items are not available, animal foods that are pasture-raised locally are the next best choice.

Food labels can be confusing and sometimes misleading. Find a comprehensive guide at <https://awionline.org/>

Wenatchee	PB dairy	PB eggs	PB beef	PB poultry	PB pork	PB fish	Notes
<a href="#">Albertson's</a> 1128 N Miller	X	X	X	X	X	X	Great selection of PB items located throughout the store.
<a href="#">Grocery Outlet</a> 1616 N Wenatchee Ave	X	X	X	X	X	X	inventory varies, but typically offers a wide selection of PB products
<a href="#">Plaza Super Jet</a> 106 Okanogan Ave	X		X	X	X	X	PB meat alternatives are in the frozen section, can special order items upon request
<a href="#">Safeway</a> , 5th and Miller	X	X	X	X	X	X	Meat alternatives in fresh & frozen sections
<a href="#">URM Cash &amp; Carry</a> 3022 Ohme Road	X		X	X	X		
<a href="#">Walmart</a> 200 N Wenatchee Ave	X	X	X	X	X	X	excellent selection of items located throughout the store
<a href="#">Wenatchee Natural Foods</a> 222 N Wenatchee Ave	X	X	X	X	X		bulk and special orders available
<a href="#">Winco</a> 1340 N Wenatchee Ave	X		X	X	X		PB meats in freezer case, PB products section next to organic produce

Several stores such as Costco, Target, US Foods/Chefs Store, and others offer a small inventory of plant based items such as dairy, burgers, chicken tenders, etc.

Grocery stores continued on the next page.

<b>East Wenatchee</b>		<b>PB dairy</b>	<b>PB eggs</b>	<b>PB beef</b>	<b>PB poultry</b>	<b>PB pork</b>	<b>PB fish</b>	<b>Notes</b>
<a href="#"><u>Fred Meyer</u></a> 11 Grant Rd		X	X	X	X	X		PB items throughout store, but majority in dedicated section
<a href="#"><u>Grocery Outlet</u></a> 315 Valley Mall Parkway		X		X	X	X	X	inventory varies, but typically offers a wide selection of PB products
<a href="#"><u>Safeway</u></a> 510 Grant Rd		X	X	X	X	X		Meat alternatives are in the frozen section. Dairy free cheese and mayonnaise available in refrigerated section.
<b>Cashmere</b>		<b>PB dairy</b>	<b>PB eggs</b>	<b>PB beef</b>	<b>PB poultry</b>	<b>PB pork</b>	<b>PB fish</b>	<b>Notes</b>
<a href="#"><u>Martin's Market Place</u></a> 130 Titchenal Rd		X	X	X	X	X		
<b>Chelan</b>		<b>PB dairy</b>	<b>PB eggs</b>	<b>PB beef</b>	<b>PB poultry</b>	<b>PB pork</b>	<b>PB fish</b>	<b>Notes</b>
<a href="#"><u>Bear Foods</u></a> 125 E Woodin Ave		X	X	X	X	X		local pasture raised eggs available, deli
<a href="#"><u>Safeway</u></a> 106 W Manson Road		X	X	X	X	X		
<a href="#"><u>Walmart</u></a> 108 N Apple Blossom Dr		X	X	X	X	X	X	
<b>Leavenworth</b>		<b>PB dairy</b>	<b>PB eggs</b>	<b>PB beef</b>	<b>PB poultry</b>	<b>PB pork</b>	<b>PB fish</b>	<b>Notes</b>
<a href="#"><u>Dan's Food Market</u></a> 1329 US 2		X		X	X	X		Some plant based frozen entrees
<a href="#"><u>Safeway</u></a> 116 Riverbend Drive		X	X	X	X	X		
<a href="#"><u>Sage Mountain Natural Foods</u></a> 11685 US Hwy 2		X	X	X	X		X	Many whole food products, excellent deli with large selection of plant-based dishes

## Local Restaurants

Plant-based burgers are one of the easiest plant-based menu items to find in our area. Skip the cheese and mayo (eggs) to make it completely plant-based. These Wenatchee and East Wenatchee restaurants offer a variety of plant-based burgers on their menus: [Badger Mountain Brewing](#), [Bob's Burgers & Brew](#), [Bob's Classic](#), [The Depot Cafe](#), [Dizzy D's](#), [Dusty's In & Out](#), [EZ's Burger Deluxe](#), [Mission Burgers & Chicken](#)

WENATCHEE	Breakfast entrees	Lunch entrees	Dinner entrees	Notes VT/vegetarian - no meat VN/vegan - no meat/eggs/dairy
<a href="#">Atlas Fare</a> 137 N Wen Ave Suite 103			VT, VN	
<a href="#">Columbia Cafe</a> Pybus Market, 7 N Worthen	VT	VT		
<a href="#">Cook's Corner</a> 200 S Wenatchee Ave	VT brunch	VT	VT	
<a href="#">Fire at Pybus</a> , 7 N Worthen		VT	VT	several vegetarian pizza options
<a href="#">Garlini's</a> , 212 5th St.		VT	VT	pasta del sol
<a href="#">Huck at Pybus</a> , 3 N Worthen	VT	VT		
<a href="#">India House</a> , 105 S Wenatchee		VT, VN	VT, VN	Large selection of vegetarian (VT) and vegan (VN) entrees
<a href="#">Innas</a> , 26 N Wenatchee Ave		VT	VT	
<a href="#">Lemolo</a> , Cafe & Deli, 114 N Wenatchee Ave		VT, VN	VT, VN	
<a href="#">McGlenn's</a> , 111 Orondo Avenue	VT	VT	VT	breakfast on weekends only
<a href="#">Om Cooking</a> , 749 Riverside Dr		VT, VN	VT, VN	Thai and Korean cuisine
<a href="#">Rail Station</a> , 29 N Columbia St.		VT, VN	VT, VN	
<a href="#">Riverside Pub</a> , 538 Riverside Drive		VT	VT	portabello mushroom sandwich
<a href="#">Saddlerock Pub</a> 25 N Wenatchee Ave		VT	VT	
<a href="#">South</a> , Pybus Market, 7 N Worthen		VT, VN	VT, VN	
<a href="#">Spring Lotus</a> , 1050 Springwater Ave		VT, VN	VT, VN	Vietnamese cuisine
<a href="#">Steam Panda</a> , 104 N Wenatchee Ave		VT, VN	VT, VN	plant-based sushi, poke bowls, rolls
<a href="#">Stones Gastropub</a> 120 N Wenatchee Ave			VT, VN	

Restaurants continued on the next page.

<b>WENATCHEE</b>	<b>Breakfast entrees</b>	<b>Lunch entrees</b>	<b>Dinner entrees</b>	<b>Notes VT/vegetarian - no meat VN/vegan - no meat/eggs/dairy</b>
<a href="#">The Taproom by Hellbent</a> @ Pybus Market		VT	VT	
<a href="#">The Thai Restaurant</a> 1211 N Mission St		VT, VN	VT, VN	Many vegetarian dishes can become plant-based by omitting egg
<a href="#">Wenatchee Valley Brewing Co.</a> 108 E Island View		VT, VN	VT, VN	PB bratwurst, tacos, cheese, sausage, and chicken patties
<a href="#">Wok About Grill</a> 110 N Wenatchee Ave		VT, VN	VT, VN	
<a href="#">Yogi Grind</a> , 112 N Wenatchee Ave	VT, VN	VT, VN		dairy alternatives for beverages
<b>EAST WENATCHEE</b>	<b>Breakfast entrees</b>	<b>Lunch entrees</b>	<b>Dinner entrees</b>	<b>Notes VT/vegetarian - no meat VN/vegan - no meat/eggs/dairy</b>
<a href="#">Caribbean Snaps</a> , 873 Valley Mall Pkwy		VT	VT	
<a href="#">Mai Lee Thai</a> , 595 Grant Rd, Ste 6		VT, VN	VT, VN	
<b>CASHMERE</b>	<b>Breakfast entrees</b>	<b>Lunch entrees</b>	<b>Dinner entrees</b>	<b>Notes VT/vegetarian - no meat VN/vegan - no meat/eggs/dairy</b>
<a href="#">Agave Azul</a> , 128 Cottage Ave		VT	VT	
<a href="#">Milepost 111</a> , 407 Aplets Way		VT	VT	
<a href="#">Tacos Chavo</a> , 5647 Sunset Highway		VT	VT	
<b>LEAVENWORTH</b>	<b>Breakfast entrees</b>	<b>Lunch entrees</b>	<b>Dinner entrees</b>	<b>Notes VT/vegetarian - no meat VN/vegan - no meat/eggs/dairy</b>
<a href="#">Blewett Brewing</a> , 911 Commercial Street		VT, VN	VT, VN	
<a href="#">Icicle Brewing</a> , 935 Front Street		VT, VN	VT, VN	
<a href="#">The Loft</a> , 843 Front Street		VT, VN	VT, VN	
<a href="#">South</a> , 913 Front Street		VT, VN	VT, VN	
<a href="#">Wok About Grill</a> , 920 Front Street		VT, VN	VT, VN	
<a href="#">Yodelin</a> , 633 Front Street		VT, VN	VT, VN	
<b>CHELAN</b>	<b>Breakfast entrees</b>	<b>Lunch entrees</b>	<b>Dinner entrees</b>	<b>Notes VT/vegetarian - no meat VN/vegan - no meat/eggs/dairy</b>
<a href="#">Local Myth Pizza</a> , 122 S Emerson St.		VT	VT	
<a href="#">Marcela's Cocina Mexicana</a> , 119 E Woodin Ave		VT, VN	VT, VN	many unique vegetarian dishes on the menu
<a href="#">Sorrentos at Tsillan Cellars</a> , 3875 Highway 97A		VT	VT, VN	

## Fast Food and Chain Restaurants

Plant-based burgers are one of the easiest plant-based menu items to find in our area. Skip the cheese and mayo (eggs) to make it completely plant-based. These Wenatchee and East Wenatchee restaurants offer a variety of plant-based burgers on their menus: Applebees, Burger King, Carl's Jr., Denny's, Red Robin. *KFC, Jack-in-the-Box, McDonalds, and Wendy's **do not** have plant-based protein options on their local menus at this time.*

Name & Location	PB breakfast	PB lunch	PB dinner	Notes VT/vegetarian - no meat VN/vegan - no meat/eggs/dairy
<a href="#">Abbys Pizza</a> , 509 N Western/Wenatchee & 702 Grant Rd/East Wenatchee		VT	VT	
<a href="#">Chipotle</a> , 1121 N Mission, Wenatchee		VN	VN	Build your own option for several dishes with plant-based protein
<a href="#">Olive Garden</a> , 615 Valley Mall Parkway, East Wenatchee		VT	VT	eggplant Parmesan & fettucini Alfredo
<a href="#">Panda Express</a> , 1920 N Wenatchee Ave, Wenatchee		VN	VN	plant-based orange chicken (offered on a trial basis at this time)
<a href="#">Pizza Hut</a> , 927 N Chelan/Wenatchee & 720 Grant Rd/East Wenatchee		VT	VT	veggie pizza
<a href="#">Subway</a> , N Mission St/Wenatchee & Grant Rd/East Wenatchee		VT	VT	veggie delight sandwich
<a href="#">Taco Bell</a> , 1300 N Miller St., Wenatchee	VT	VT	VT	large selection of vegetarian options
<a href="#">Taco Time</a> , 1512 N Wenatchee Ave/Wen & 100 Eastmont Ave/East Wenatchee		VT	VT	no lard used in beans

## Coffee / Specialty

Name & Location	PB Milk	Other/ Notes
<a href="#">Auto Mocha</a> multiple locations in Wenatchee and East Wenatchee	X	
<a href="#">Dutch Brothers</a> multiple locations in Wenatchee and East Wenatchee	X	
<a href="#">Cafe Mela</a> 17 N Wenatchee Ave	X	small selection of PB breakfast and lunch items
<a href="#">Ice</a> , Pybus Market 7 N Worthen		offers several flavors of sorbetto, a non-dairy/no egg frozen dessert
<a href="#">Little Red's Espresso and Bakery</a> 15 N Worthen Ave, Wenatchee	X	Small selection of vegetarian and vegan lunch items
<a href="#">Starbucks</a> multiple locations in Wenatchee and East Wenatchee	X	Impossible (PB) breakfast sandwich
<a href="#">Steamers West</a> , 317 Orondo Ave, Wenatchee	X	vegetarian and vegan food options for lunch
<a href="#">The Cheesemonger Shop @ Pybus</a> 7 N Worthen St. Wenatchee		selection of plant based cheeses



## Regional Organic/Regenerative Farms

Name & Location/Contact Info	pasture - raised					Availability
	beef	pork	poultry	eggs	other	
<a href="#">Colockum Hillside Farm</a> 6411 Colockum Rd, Ellensburg <a href="https://www.facebook.com/colockumhillsidefarm/">https://www.facebook.com/colockumhillsidefarm/</a>	X	X	X	X		Wenatchee Valley Farmers Market, Leavenworth Farmers Market, or order online
<a href="#">Easley Farms</a> 1905 Mulberry Lane, Wenatchee <a href="https://www.facebook.com/easleyfarm">https://www.facebook.com/easleyfarm</a>				X		Wenatchee Valley Farmers Market, <b>Rhubarb Market</b> , or order online, organic CSAs also available
<a href="#">Oberg Bros Natural Farms</a> 1222 Havillah Rd, Tonasket <a href="https://www.facebook.com/Obergbrothersnaturalbeef">https://www.facebook.com/Obergbrothersnaturalbeef</a>	X	X				Wenatchee Valley Farmers Market, Wenatchee Natural Foods, <b>Royal Produce</b> in Pybus Public Market, Sage Mountain Natural Foods (Leavenworth), or order online
<a href="#">Mt. Spring Homestead</a> 10 Mtn Springs Rd, Orondo <a href="https://www.facebook.com/MountainSpringHomestead">https://www.facebook.com/MountainSpringHomestead</a>			chicken & turkey	X	meat rabbits, goat milk	Bear Foods in Chelan, or order online
<a href="#">Post 5 Cattle Company</a> 61 Basin St NW, Ephrata <a href="https://www.post5cattle.com/">https://www.post5cattle.com/</a>	X					available in-store or online/shipped, on menus at McGlenn's, Sweetwood BBQ, Mission Burgers & Chicken
<a href="#">Greenbow Farms</a> 3980 Vantage Hwy, Ellensburg <a href="https://www.facebook.com/GreenBowFarm">https://www.facebook.com/GreenBowFarm</a>	X	X	X	X	X	online orders or Westside farmers markets, also offer a variety of meat products made on the farm at their onsite farm store
<a href="#">Meeks Ranches</a> Ellensburg (509) 899-4646	X					large and small online orders, farm tours available
<a href="#">Radix Farms,</a> 2753 W Malaga Rd, Malaga				X		pick up at the farm, text 509-670-7520 to order, organic CSAs also available
<a href="#">Windy N Ranch</a> 3661 Passmore Rd., Ellensburg <a href="https://www.facebook.com/windynranch">https://www.facebook.com/windynranch</a>	X	X	X	X	lamb, goat	online orders or Westside Farmers' Markets
<a href="#">Methow Grown Farm &amp; Ranch Directory</a>	X	X	chicken	X	lamb	varies by farm/ranch

## Local Sources for Local Food

<a href="#">Rhubarb Market</a> , 10 N Wenatchee Ave	excellent source of local/regional, seasonal produce & pasture-raised eggs
<a href="#">Royal Produce</a> , Pybus Market, 7 N Worthen Ave	local/regional produce and pasture-raised meats and eggs, plant-based protein smoothies