

# 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.

**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.

**Martini N. Myrtle Beach**- They hide the fact they can create two different vegan entrée options. “Fine Dining” prices but in line for such in the area and conveniently located just north of the condos just south of Main Street.

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

Almost all 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.

**Cha House**-1516 Hwy 17 N #6 N. Myrtle Beach- Asian inspired tea house.

**El Cerro Mexican Bar and Grill**-516 Highway 17 N North Myrtle Beach – veggie fajitas

**Olive Garden** at Barefoot Landing-many vegan options here from their pasta with marinara, breadsticks (no modifications necessary) and marinara dipping sauce. Vegan-friendly minestrone soup and pair it with the Famous House Salad. The salad is vegan when ordered without croutons or Italian dressing-just substitute it for olive oil and balsamic vinegar. Vegan-friendly pasta shapes include spaghetti, angel hair, fettuccine, small shells, and rigatoni (note: the gluten-free rigatoni contains eggs). Sides are fries or side of broccoli. NOTE: They charge for sides of marinara sauce. 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.

**810 Billiards and Bowling-NMB and MB location has same menu**-Veg Head Pizza with vegan chez, Beyond Burger.

**Publix**-almost all location in the deli has a vegan turkey hoagie which “everyone” states is really good. Publix weekly ads often have a deli coupon that can be used for a meal special.

### 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.

**Jilla's Gourmet Kitchen**-SW Veggie wrap and falafel wrap is vegan, and it looks like 2 other sandwiches/wraps probably are/could be. Discount if you pay cash. 4390 Spa Drive.

### Myrtle Beach & South

**Bay Naturals**- 7611 N Kings Hwy, Myrtle Beach- Grocery store with kitchen with limited seating for dine in. 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.

**Arepa Spot**- 3590 St James Ave, Myrtle Beach. Arepas are stuffed cornmeal cakes that are crispy outside and fluffy inside, a South American staple, particularly in Columbia and Venezuela. GREAT reviews. Overtly vegan option! Looks clean, but might not be able to accommodate large groups.

**Fiesta Mexicana Cantina**- 410 70th Ave N, Myrtle Beach-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>

**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)

**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!

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

**Co Sushi Myrtle Beach**- In Market Common, has a vegan menu. HOWEVER, some diners have found it is important to clearly state your desire for 100% vegan meals.

**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.

**Tidal Creek** – Black bean burger

**Kosta Bowls**-bowls include acai, green, oatmeal. Also has smoothies. Four Grand Strand locations- Market Commons, Conway, Carolina Forest, Pawleys Island. <https://kostabowls.com>

**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/>

**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 E-San** - 7727 N Kings Hwy, Myrtle Beach. Has indoor and outdoor seating, has air conditioning. M-F 11-3pm they have lunch specials. Just tell them "vegan" and "no fish sauce" and vegan looking dishes will be made vegan. Tofu is a protein option for the meals. Sept 2024 Myrtle Beach meet up here-EVERYONE loved their meal. Great service, good portions, too. Offers military discount but no senior discount. Near cute locally owned bookstore that has cats.

**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. Note: no air

conditioning in restaurant. [https://www.thai-lao-restaurant.com/wp-content/uploads/2023/11/lunch-menu\\_11\\_23.pdf](https://www.thai-lao-restaurant.com/wp-content/uploads/2023/11/lunch-menu_11_23.pdf)

**Thai Cuisine**- 1208 N Kings Hwy-local vegans are both pleased with their meals and have not had issues in ordering items vegan. Parking can be harder to find in tourist season.

**Thai Bistro**-Although they can make vegan dishes, several local vegans have eaten there and love what they order but noticed that remnants of eggs from a prior dish appeared in their dish, so that made folks suspicious if fish sauce might also be an issue. One said their orders get delivered incorrectly.

**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.

**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>

**Bowled** -Several of their bowls are vegan.Near Sayebrook Target. Recommended by a MB Vegan Meet Up regular. <https://www.bowledco.com/locations/south-carolina/myrtle-beach/>

**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.

**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.

**Drift** will make oatmeal with water upon request. Gio’s will make a pasta primavera upon request.

**These have terrible online reviews:**

**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.

**Masala Indian Bistro**- 4025 N Kings Hwy suite 2, Myrtle Beach and Nirvana Indian Restaurant 1711 N Kings Hwy, Myrtle Beach, very poor reviews online.

**La Cantina** – An oceanfront Mexican restaurant in Myrtle Beach lists on its menu vegan chorizo tacos, veggie fajitas. No a/c. <https://lacantinamyrtlebeach.com/menu>

## 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 (Diaya) for \$2 upcharge and a yummy mushroom sandwich. Thin crust. All pizzas are 10". Has a history of burning the crust edges so ask for it to be slightly undercooked to maybe prevent this. Large outdoor seating area. No restaurant parking, so city parking is \$4/hour from 1 Mar to 31 Oct. (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.

**Luna's**-vegetarian tacos can be made vegan and other vegetarian items likely could be, too. 4450 Highway 17, Suite 06, Murrells Inlet

**Tropical Smoothie Café**-11990 Hwy 17 Byp s Unit 1, Murrells Inlet- can substitute vegan ckn in all of their chicken wraps.

## 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.

**Zeytin in Carolina Forest** – Falafal appetizer or sandwich or entrée might be vegan, Veggie Roll might be vegan. <https://zeytinmb.com/>

### National Chains that have local restaurants

**MOD Pizza**-all MOD Pizza locations have vegan cheese available

<https://www.peta.org/living/food/best-vegan-friendly-restaurants-for-nonvegan-family/>

**Burger King**-Impossible Whopper-hold the mayo/no cheese

**Taco Bell**-Lots of easy to make vegan items there <http://www.veganaugusta.com/wp-content/uploads/2016/09/At-Taco-Bell.pdf>

**More national restaurants here-** <http://www.veganaugusta.com/eating-out/>

### Salads as the meal

Hickory Tavern has a build your own salad with good options

Grumpy Monk has a huge build your own salad with decent options, bean burger and Impossible Burger

That's a wrap has a great salad bar

### Other options

Wild Wing Cafe has vegan chicken nuggets and Impossible Burger

Thai in Town has a ton of options

Odori's has vegan spring rolls and vegetable hibachi and is very knowledgeable about what can be done vegan. They use a vegan margarine

World of Beer has a burger. They can also use that burger with tacos. They have a nice rice bowl

### 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- **100% VEGAN**

**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](#)

**No No Nuts** 1417 Hwy 17 S, North Myrtle Beach, SC-**fully vegan** facility and nut and other allergen free ice cream!

### **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/>

**Baskin Robbins** -now carries two vegan ice creams

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

**Stella's Homemade Ice Cream-**3021 Us-17 Bus, Murrells Inlet, SC- generally two vegan ice cream flavors. Also has Italian Ice.

**Paradise Homemade Ice Cream** in Pawleys Island has dairy-free nice cream flavors!

## **Article on Vegan Options**

March 18, 2022 article on Grand Strand vegan options.

<https://www.visitmyrtlebeach.com/blog/post/a-vegan-guide-to-myrtle-beach/>

NOTE: This list does not include restaurants with vegan options that also serve baby cows/veal.