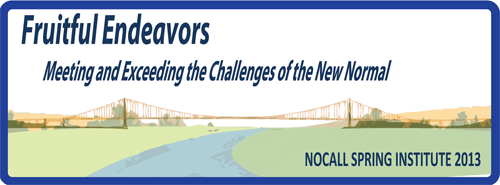
**NOCALL Spring Institute 2013**

**Restaurant Guide**

[**Old Sacramento**](http://oldsacramento.com/)

*Coffee, Sandwiches and Light Fare:*

Steamers Café & Bakery: [www.steamersoldsac.com](http://www.steamersoldsac.com) 101 K St. Coffee/Breakfast Brunch. Casual, accepts credit cards. $.

The Other Office: [www.theotheroffice.biz](http://www.theotheroffice.biz) 928 2d St. Sandwiches. Casual, accepts credit cards. $.

Laszlo’s Gourmet Smoked Fish: [www.laszlossmokedfish.com](http://www.laszlossmokedfish.com) 1100 Front St. Seafood, Sandwiches. Accepts credit cards. $$.

The Underground Tasting Room: <http://theundergroundtastingroom.com> 900 2d St. Wine tasting room. Accepts credit cards. $$.

Sam’s Café: 910 2d St. <http://www.yelp.com/biz/sams-cafe-sacramento> Sandwiches, Ice Cream & Frozen Yogurt. Cash only. $.

Danny’s Mini Donuts, 900 2d St. <http://dannysminidonuts.net/> Donuts. Accepts credit cards. $.

Big Train Coffee & Smoothie Bar: 904 2d St. <http://www.yelp.com/biz/big-train-coffee-and-smoothie-bar-the-sacramento> Coffee. Cash only. $.

Old Sacramento Sandwich: 110 K St. <http://www.yelp.com/biz/old-sacramento-sandwich-sacramento> Sandwiches, Ice Cream & Frozen Yogurt. Cash only. $.

River City Hot Dogs, 1100 Front St. <http://www.yelp.com/biz/river-city-hot-dogs-sacramento> Hot Dogs. Accepts credit cards. $.

Railroad Fish & Chips, 1100 Front St. <http://www.yelp.com/biz/railroad-fish-and-chips-sacramento> Seafood. Cash only. $.

Happy Pita Café, 1100 Front St. <http://www.yelp.com/biz/happy-pita-cafe-sacramento> Greek. Cash only. $.

Slice of Old Sacramento, 1050 Front St.: <http://sliceofoldsac.com/> Pizza. Casual, accepts credit cards. $.

The Missing Link, 1050 Front St. <http://www.yelp.com/biz/the-missing-link-sacramento> Hot Dogs. Accepts credit cards. $.

*More Upscale/Sit-Down:*

The Firehouse Restaurant, 1112 2d St.: [www.firehouserestaurant.com](http://www.firehouserestaurant.com) New American. Dressy, accepts credit cards. $$$.

Ten22, 1022 2d St.: [www.ten22oldsac.com](http://www.ten22oldsac.com) New American. Upscale casual, accepts credit cards. $$.

Fanny Ann’s Saloon, 1023 2d St.: <http://fannyannsaloon.com> American/Burgers. Casual, accepts credit cards. $.

Rio City Café, 1110 Front St.: [www.riocitycafe.com](http://www.riocitycafe.com) New American/Brunch. Casual, accepts credit cards. $$.

Indo Café, 1100 Front St.: [www.indocafe-ca.com](http://www.indocafe-ca.com) Indonesian, Asian Fusion. Accepts credit cards, casual. No alcohol. $.

Tower Bridge Bistro, 100 Capitol Mall: [www.towerbridgebistro.com](http://www.towerbridgebistro.com) Seafood/Traditional American. Casual, accepts credit cards. $$.

Courtyard D’Oro, 1107 Front St.: [www.courtyarddoro.com](http://www.courtyarddoro.com) Traditional American. Dressy, accepts credit cards. $$$.

Pilothouse Restaurant, 1000 Front St.: [www.deltaking.com](http://www.deltaking.com) Aboard The Delta King. American. Dressy, accepts credit cards. $$$.

Joe’s Crab Shack, 1210 Front St.: [www.joescrabshack.com](http://www.joescrabshack.com) Seafood/American. Casual, noisy, accepts credit cards. $$.

[**Downtown Sacramento**](http://sacramento.downtowngrid.com/)

(Bordered roughly by F Street to the north, 16th St. to the East, Broadway to the south, and 5th St. to the west. Some will be within walking distance, though a cab might be advisable):

Magpie Café, 1409 R St. <http://www.magpiecafe.com/cafe> New American, Breakfast/Brunch. Casual, accepts credit cards. $$.

Burgers & Brew, 1409 R St. <http://burgersbrew.com/> Burgers. Casual, accepts credit cards. $$.

Jim-Denny’s, 816 12th St. <http://jim-dennys.com/> Diner/Breakfast/Brunch. Casual, accepts credit cards. $.

Thir13en, 1300 H St. <http://www.yelp.com/biz/thir13en-sacramento> Traditional American. Casual, accepts credit cards. $$.

Ella Dining Room and Bar, 1311 K St. <http://www.elladiningroomandbar.com/> New American. Dressy, accepts credit cards. $$$.

Fox & Goose Public House, 1001 R St. <http://www.foxandgoose.com/> Breakfast/Brunch/Pub Food. Casual, accepts credit cards. $$.

Grange Restaurant & Bar, 926 J St. <http://www.grangesacramento.com/> New American. Dressy, accepts credit cards. $$$.

Cafeteria 15L, 1116 15th St. <http://www.cafeteria15l.com/> American. Casual, accepts credit cards. $$.

Sandra Dee’s Barbeque and Seafood, 601 15th St. <http://www.sandradeesbbq.com/> Soul Food/Barbecue/Diner. Casual, accepts credit cards. $$.

Alejandro’s Taqueria, 911 K St. <http://www.yelp.com/biz/alejandros-taqueria-sacramento> Mexican/taqueria. Casual, accepts credit cards. $.

La Garnacha, 2101 16th St. <http://www.yelp.com/biz/la-garnacha-sacramento> Mexican/taqueria. Open 24 hours. Casual, accepts credit cards. $.

Ernesto’s Mexican Food, 1901 16th St. <http://www.ernestosmexicanfood.com/> Mexican. Casual, accepts credit cards. $$.

Tequila Museo Mayahuel, 1200 K St. <http://tequilamuseo.com/> Mexican/Bar. Casual, accepts credit cards. $$.

Hot Italian, 1627 16th St. <http://www.hotitalian.net/> Pizza. Casual, accepts credit cards. $$.

Uncle Vito’s Slice of NY, 1501 16th St. <http://www.unclevito.com/> Pizza. Casual, accepts credit cards. $.

Pizza Rock, 1020 K St. <http://pizzarocksacramento.com/> Pizza. Casual, accepts credit cards. Validated parking. $$.

Monsoon Cuisine of India, 1020 16th St. <http://monsoonsacramento.com/> Indian. Casual, accepts credit cards. $$.

Mikuni Japanese Restaurant & Sushi Bar, 1530 J St. <http://www.mikunisushi.com/en/> Japanese/Sushi. Casual, accepts credit cards. $$.

Bangkok@12 Thai Restaurant, 900 12th St. <http://www.bangkok12restaurant.com/> Thai/Vegetarian. Casual, accepts credit cards. $$.

Harry’s Café, 2026 16th St. <http://www.yelp.com/biz/harrys-cafe-sacramento> Chinese, Vietnamese, Breakfast/Brunch. Casual, accepts credit cards. $.

Ma Jong’s Asian Diner, 1116 15th St. <http://www.majongs.com/> Asian Fusion. Casual, accepts credit cards. Garden seating. $$

Frank Fat’s, 806 L St. <http://www.fatsrestaurants.com/> Chinese. Dressy, accepts credit cards. $$.

Shabu Japanese Fondue, 1730 16th St. <http://www.shabujapanesefondue.com/> Japanese. Casual, accepts credit cards. $$.

Gogi’s Korean BBQ, 1431 L St. <http://www.yelp.com/biz/gogis-korean-bbq-sacramento-2> Korean/Food Stand. Limited hours. Accepts credit cards. $.

Shoki II Ramen House, 1201 R St. <http://shokiramenhouse.com/> Japanese/Ramen. Casual, accepts credit cards only at the R Street location. $.

Nishiki Sushi, 1501 16th St.: <http://www.nishikisushi.com/> Sushi. Casual, accepts credit cards. $$.

Andy Nguyen, 2007 Broadway. <http://www.andynguyenvegetarian.com/> Vegan/Vegetarian/Vietnamese. Casual, accepts credit cards. $$.

The Plum Café, 2315 K St. <http://www.plumcafebakery.com/> Vegan. Casual, accepts credit cards. $$.

Tower Café, 1518 Broadway: <http://www.towercafe.com/> Breakfast/brunch/Sandwiches/Vegetarian. Casual, accepts credit cards. Garden seating. $$

Petra Greek, 1122 16th St. <http://www.petragreek.com/> Greek, Vegetarian. Casual, accepts credit cards. $$.

**Excerpted from Sacramento News & Review: *Sacramento’s Top 25 Vegetarian Dishes*, May 10, 2012:**

<http://www.newsreview.com/sacramento/sacramentos-top-25-vegetarian-dishes/content?oid=5953157>

***East African Veggie Burger at Tower Cafe***

Listen, normally we’d be totally loath to suggest you dip your toes into the world of vegan eating by noshing on, of all things, a veggie burger. How horribly cliché and predictable, right? Tower Cafe’s East African Veggie Burger, however, completely redefines the notion of what to put between two buns. Chomp down on a vegan patty made up of ground peas, sweet potato, garbanzo beans, and corn mixed with African spices and then coated with sesame and sunflower seeds and topped with super yummy roasted red pepper. Bonus: The burger is accompanied by the most delicious peanut sauce ever to grace the planet. For reals. *1518 Broadway, (916) 441-0222,* [*www.towercafe.com*](http://www.towercafe.com/).

***Vegetarian Combination plate at Queen Sheba***

Ethiopian cuisine is meant to be eaten with the hands and shared with friends. A Vegetarian Combination plate provides a meal with plenty to spare, since every savory bite is wrapped in injera, the sourdough flatbread used to scoop up the food. The combo arrives on a large platter; the dishes laid side by side in a colorful wheel of African delicacies. Spicy lentils, chunky potatoes, greens, crisp salad, smoky yellow peas and other vegetables are sautéed and stewed into a medley of tastes you won’t find anywhere else in Sacramento. *1704 Broadway, (916) 446-1223,* [*www.queenshebas.com*](http://www.queenshebas.com/).

***Vegan thali at Kathmandu Kitchen***

The rich selection of plant-based dishes at Nepalese and Indian restaurants can paralyze vegetarians with indecision. How to pick just one entree? Kathmandu’s vegan thali provides the solution. For $11.95, you get samosas, Tibetan momos, chana masala, vegetable curry, rice, puri, and an assortment of chutneys and dipping sauces. Everything is served thali-style, on a neatly compartmentalized steel tray. *1728 Broadway, (916) 441-2172,* [*www.kathmandukitchen.com*](http://www.kathmandukitchen.com/)*;*

***Thai ice tea at Andy Nguyen Vegetarian***

For the record, there are plenty of items at Andy Nguyen Vegetarian—downtown Sacramento’s longest standing veg eatery—that are fulfilling and lovely and have enlightened names such as Awakening Mind Chow Fun, to boot. But to its Thai ice tea, let us bow in praise. The beverage is often off-limits to strict vegetarians, since it’s usually made with condensed milk, but Andy’s version of the black-tea beverage is made with either soy or coconut cream. This iced treat is only $3.50 with—wait for it—*endless* refills. Endless! *2007 Broadway, (916) 736-1157,* <http://www.andynguyenvegetarian.com/>

***Spicy Vegan Ramen at Shoki Ramen House***

There’s usually a wait at this tiny hot spot, and with good reason. Shoki’s Ramen House’s ramen is healthfully constructed to be low in sodium and artificial additives, and filled with slow-cooked flavor. The Spicy Vegan Ramen bowl comes loaded with spinach, noodles, bamboo shoots, seaweed, scallions and more. Customize your soup with additional toppings. We recommended adding corn and fresh tofu from the Sacramento Tofu Company, plus a healthy spoonful of pureed garlic from the jar on your table. *1201 R Street, (916) 441-0011; 2675 24th Street, (916) 454-2411;* [*http://shokiramenhouse.com*](http://shokiramenhouse.com/).

***Sweet Potato & Avocado Panini at The Plum Cafe***

When it comes to meat-free sandwiches, most restaurants are content to slap some veggies (roasted, if you’re lucky) on a French roll and consider their work done. Thank goodness for The Plum Cafe. Not only does it boast an extensive vegan menu, but the dishes offer a fresh take on standard deli fare. The Sweet Potato & Avocado Panini ($9), for example, may seem like an unusual combination on the page, but here the two starring ingredients are complemented by roasted onions, tomatoes, vegan cheese and a poppy-seed aioli for a filling meal rich in texture and insane taste. *2315 K Street, (916) 706-3309,* [*http://plumcafebakery.com/*](http://plumcafebakery.com/)

***Vegetarian shabu at Heat Shabu Baru***

As much fun to make as it is to eat! A $10 order of vegetarian shabu (Japanese fondue) comes with an array of raw vegetables, tofu, noodles, herbs and rice—all to be cooked at your table in your own personal pots of broth. Not all broth choices are vegetarian, so be sure to get the rundown from your waiter (we recommend the spicy miso and the tom yum). The atmosphere is sleek and modern, and the interactive nature of shabu makes this a fun meal to share with friends. *2416 18th Street, (916) 930-9888,* [*www.heatshabu.com*](http://www.heatshabu.com/)*.*

***Mushroom Reuben at Fat Face***

The first time I bit into the Mushroom Reuben ($9) served at the Fat Face cafe tucked away inside Bows and Arrows, I just about zoned out in pure bliss. The sandwich seems simple enough: sautéed portobello mushrooms, tangy sauerkraut and gooey Swiss cheese (for a vegan version, order without), all slathered in a housemade Russian dressing and grilled on hearty walnut bread. Seriously, this sammie is so good, I found myself staring at it, lovingly, between bites, which meant it took a long, long time to finish. And that’s a good thing, *1815 19th Street inside Bows & Arrows, (916) 822-5668,* [*www.bowscollective.com/cafe*](http://www.bowscollective.com/cafe).

***Vegetarian Meal for 2 at Mati’s Indian Eats***

Takeout rules at this modest Midtown spot: two generous portions of naan cooked to order (choose garlic); three sides, including palak paneer (spinach and Indian cheese) every other day; rice and veggie samosas; plus some of the spiciest chutneys you’ll ever continue dousing. All for $16.99, which is practically free when it comes to Indian food bartering. And this is not to mention more than one—read: generous—vegan and gluten-free option, such as Mati’s interesting take on aloo gobi. Worth noting: The young guys manning the counter are supremely kind. Also worth noting: I wish they wouldn’t use plastic wrap in the dish trays. *1501 16th Street, (916) 341-0532,* [*www.matisindianeats.com*](http://www.matisindianeats.com/)*.*

***Curry Tofu Scramble at Fox & Goose***

While more restaurants now offer a tofu-scramble option, the resulting dishes tend to be boring—chunks of tofu stir-fried with some sort of dry seasoning mix. *Blech*. Not at the Fox & Goose, however. Not only does this British pub defy vegetarian menu expectations, it does so with verve. In particular, the Curry Tofu Scramble ($7.95), served with a pickle (!) on the side borrows liberally from the U.K.’s Indian influences for a dish that won’t make you feel like a vegan kid left out of the fun at the adult meat-eaters’ table. Order a side of the tempeh bacon, slather that side of toast with some tangy marmalade, and you’ve got a breakfast worth the Goose’s legendarily long waits. *1001 R Street, (916) 443-8825,* [*www.foxandgoose.com*](http://www.foxandgoose.com/)*.*

***Chocolate avocado mousse at Magpie Cafe***

Not only does Magpie Cafe’s chocolate avocado mousse not have butter, there’s no cream or eggs, either. Instead, this inventive take on the classic dessert relies on the creaminess of avocado, blended with dark chocolate for a treat that’s at once elegant and sinfully satisfying ($6.50). Too full for dessert? That’s what take-out containers were invented for, silly. *1409 R Street, (916) 452-7594,* [*www.magpiecaterers.com*](http://www.magpiecaterers.com/).

***Happy hour at Kasbah Lounge***

We’re not even talking about the drinks. Kasbah is on this list purely on the strength of its delicious and unbelievably cheap happy-hour appetizers. Two dollars buys a generous selection of gourmet olives, a dish of hummus with warm pita bread, or a plate of spicy chickpeas. Big spenders can shell out $3 for a large serving of crisp french fries or fresh-cooked falafel balls with green tahini sauce. Happy hour prices are available Monday through Friday from 5 to 7 p.m., and Sundays through Thursdays after 10 p.m. *2115 J Street, (916) 442-4388,* [*www.kasbahlounge.com/happy-hour*](http://www.kasbahlounge.com/happy-hour)*.*

***Aden Roll at Kru Restaurant***

Yes, vegetarian sushi makes as much sense as decaf coffee. But if you, vegetarian, do happen to find yourself stuck at a sushi spot sans options, hope for the best. Namely, seated in front of Billy Ngo at Midtown’s Kru. For popular chef Ngo or his able staff will certainly not complain to whip up an Aden Roll: tempura vegetables, such as asparagus or sweet potato, folded into mildly sweet sushi rice and soy wrap, topped with thinly sliced, chilled avocado, generous micro greens and a spicy-sweet, chili-glaze sauce. Only $8, so order two. *2616 J Street,* [*www.krurestaurant.com*](http://www.krurestaurant.com/)*.*

***Lemon-lavender vegan doughnut at Doughbot Donuts***

It’s totally unnecessary to go dunking doughnuts by Doughbot Donuts, because these golden rings are gourmet, wholly—or holey, whatever—created from scratch vs. a premade mix. Ranging from $1.50 to $2 a pop, the slew of vegan flavors include the classic (maple) and the unusual (malasada), but the superstars are the seasonal fruit flavors, particularly, the lemon lavender: It will embrace your taste buds with tender sweetness and then deploy its tart blast. *2226 10th Street, (916) 444-5157,* [*http://doughbotdonuts.com*](http://doughbotdonuts.com/)*.*