



Compassionate Events Resource Guide

We know it can be difficult to source meals if you aren't sure where to start, so we have put together this guide to help you plan your events with ease.

Fortunately, Pittsburgh has many plant-based, vegan options, and more restaurants are offering these options than ever before. Even many places that are primarily meat and animal-based are likely to have some items that are vegan or can be veganized. If you currently have a favorite vendor or restaurant for your events, there is a very good chance they could offer you a plant-based menu!

Below is a partial list of restaurants, caterers, and food trucks that offer plant-based items. For a more complete list, please visit www.veganpittsburgh.org or www.happycow.com. If you would like further assistance with menu-planning, don't hesitate to contact us at info@humaneactionpittsburgh.org

Restaurants and Catering Companies

Name	Neighborhood	Notes
ADDA Coffee & Tea House addacoffeehouse.com	Shadyside	Space can be rented out for a gathering of up to 40 people <i>**Reimagine Takeout approved</i>
Aladdin's Eatery aladdinseatery.com	Multiple	Catering menu available
Apteka aptekapgh.com	Bloomfield	Hosts private events and catered parties on a limited schedule Fully vegan
B52 b52pgh.com	Lawrenceville	Fully vegan Caters small events, pick up only, generally only weekdays
Bae Bae's Kitchen baebaes.kitchen	East Liberty	Vegan friendly Offers catering

Big Burrito bigburrito.com	Multiple	Full service catering with customized menus
Bistro to Go bistroandcompany.com	Central Northside	Specializes in vegan, veg, & gluten-free menus
Casa Brasil casa-brasil.com	Highland Park	Vegan friendly Brazilian Cuisine
Common Plea commonplea-catering.com		Full service catering with customized menus
Condado Tacos condadotacos.com	Multiple	Vegan/Vegetarian Options Offers catering for small parties, special events, and small meetings
D's Six Pax & Dogs ds6pax.com	Regent Square	Has a loft that can be rented, and a food truck
Double-Wide Grill doublewidegrill.com	Southside	Offers a full catering menu and party room rentals at the Southside location
El Burro Comedor elburropgh.com	North Side & Regent Square	Offers catering with delivery; email for more information
Franktuary franktuary.com	Lawrenceville	Offers catering menu and food truck
Fortuitea Cafe fortuiteacafe.com	Washington	Fully vegan Full service catering with customized menus
Great Harvest Bread Company greatharvest.com	East Liberty	Small party servings of salads and sweets Vegetarian and Vegan options available
Lelulo's Pizza facebook.com/Lelulos	Plum	Offers regional delivery. Vegan menu is on FB page
Lin's Asian Fusion linsasianfusion.com	South Side	Offers a catering menu with small and large trays

Mad Mex madmex.menu	Various	Full catering menu requiring a 24-hour notice
Mi Empanada miempanadapgh.com	Catering	Vegan and Vegetarian options
Onion Maiden onionmaiden.com	Allentown	Fully vegan Full service catering with customized menus <i>**Reimagine Takeout approved</i>

Pittsburgh Fresh LLC pghfresh.com	Brookline	Pick your meals, add them to your cart, meals will be delivered or pick up is an option Vegan/Vegetarian Options
Remo's Catering remoscatering.com	Ross Twp	Full catering service Vegetarian Friendly
Root's Natural Kitchen rootsnaturalkitchen.com	Oakland and Shadyside	Can provide a buffet of items to make your own meal, also salad/grain bowls.
Round Corner Cantina roundcornercantina.com	Lawrenceville	Can book parties at the restaurant <i>"no plastic please" approved</i>
SaludPGH saludjuicery.com	Mobile	Offers catering. Juices, Smoothies, Hot drinks, etc.
SoFresh lovesofresh.com	East Liberty	Can accommodate a wide variety of dietary needs. Includes Vegan options on their catering menu. Delivers fresh, cooked-to-order meals straight to your employees in the office.
Sausalido sausalido.net	Bloomfield	Custom Vegetarian food menus
Spirit spiritpgh.com	Lawrenceville	450-person event space available for rent
Tamarind Savoring India tamarindpa.com	South Hills & Cranberry	Catering catalogue of over 600 items

Tana Ethiopian Cuisine tanaethiopiancuisine.com	East Liberty	Caters all kinds of events with the capability of designing your own special menu; a projector can also be provided for presentations
Tupelo Honey Teas tupelohoneyteas.com/	Millvale	Plant Based Café Offers catering Uses compostables & reusables for takeout <i>"no plastic please" approved</i> <i>**Reimagine Takeout approved</i>
Veggies N' At veggiesnat.com	Downtown	Fully Vegan Offers catering, pop-up/collaborative events, and private dinners
YinzBurgh BBQ YinzBurghBBQ.com	Oakland	48 hour notice for catering Vegan and Vegetarian Options
Zeke's Coffee zekescoffeepgh.com	East Liberty	Caters coffee and baked goods
Zenith zenithpgh.com	South Side	Offers catering services on-site for private parties as well as off-site Fully vegetarian

Grab-n-Go & Fast Casual

Of course, vegan items are easy to find at the grocery store, and many popular fast-casual eateries offer options, as well.

Name	Location	Notes
Allegro Hearth Bakery allegropgh.com	Squirrel Hill	Plant- Based Bakery and Sandwich shop <i>Limited quantities for items (ideal for small meetings)</i>
Panera Bread panerabread.com	Multiple	Bagels, hummus, etc
Chipotle chipotle.com	Multiple	Sofritas, black and pinto beans, rice, various toppings
REED&CO reedand.company	Lawrenceville	Salads, juices, smoothies
Bruegger's Bagels brueggers.com	Multiple	Bagels, hummus
East End Food Co-op eastendfood.coop	Homewood	Local food market for purchasing food with low plastic and in bulk. Co-Op café has organic juice, smoothie, and coffee bar; vegetarian hot bar, salad bar, and fully stocked grab-and-go deli. Use compostables with their hot serve. <i>'no plastics please'</i> approved <i>**Reimagine Takeout approved</i> Composts their food waste with Zero Waste Wrangler.

Pizza

Spak Bros spakbrothers.com	Garfield	Also offers sandwiches and seitan wings
Mandy's Pizza mandypizza.com	Westview	Offers regional delivery and catering for any dietary need
Pastoli's pastolis.menu	Squirrel Hill	Several options and regional delivery.
Lelulo's lelulospizzeria.com	Plum	Vegan menu available by request. Regional delivery.
Blaze blazepizza.com	Multiple	Fast casual pizza
Antonio's Pizzeria antoniospizzeriapgh.com	Brookline	Vegan pizza options available. Several vegan appetizers - chili, broccoli cauliflower bites and more
Country Style Pizza countrystylepizza.net	Bridgeville	They offer an extensive vegan pizza menu along with four vegan sandwich options.

Food Trucks

Many of the local food trucks offer vegan options. Since trucks have limited menus and rotate them often, it's best to call or email them to request the vegan options for your event.

Name	Notes
Franktuary franktuary.com	Veggie dogs
Alberta's Pizza facebook.com/albertaspizza	Homemade pizzas
Blue Sparrow bluesparrowpgh.com	"Street food"
PGH Taco Truck pghtacotruck.com	Tacos!
Chop Shop Salad Shop choppedsaladshop.com	Various hearty salads
Revival Chili revivalchili.com	Chili

Sweet Eats

Bella Christie and Lil' Z's Sweet Boutique asweetboutique.com	Lawrenceville & Aspinwall	Some vegan grab-n-go items, catering and special orders
Betsy's Ice Cream betsysicecream.com	Mt. Lebanon	Caters outside events
The Butterwood Bake Consortium thebutterwoodbakeconsortium.com	Lawrenceville	Offers cakes, single serving desserts, and pies for order
Café Chokolade cafechokolade.net	Oakdale	Caters for outside orders 72 hours in advance

Gluten Free Goat glutenfreegoat.com	Garfield	Has a catering form online that can be submitted with a 5 day notice Fully vegetarian
Gluuteny Bakery gluuteny.com	Squirrel Hill	Orders can be placed in person at the bakery or online for delivery
Good Chroma goodchroma.com	Mobile	Fully vegan. Cupcakes, cakes, cookies for order and delivery
Sugar Spell Scoops sugarspellscoops.com	Sharpsburg	Fully vegan. Special orders available. Ice cream and ice cream cakes
Sweet Alchemy facebook.com/sweetalchemybakeshop/	New Kensington	Fully Vegan

**"no plastic please" approved* means this venue or company should be amenable to helping you reduce your plastic usage as much as possible. Please let us know if you'd like more information on HUMANE ACTION Pittsburgh's *"no plastic please"* campaign and visit www.noplasticplease.net.

**Reimagine Takeout approved means this business is either using some or all compostable items. Visit reimaginetakeout.org to learn more about composting.

Tips for hosting an eco-friendly event

Waste is anything at your event that you must throw away, including but not limited to: food, dinnerware (plates, cups, utensils and napkins), brochures, decorations, centerpieces, signage, raffle tickets, beverage bottles, and cans. Below are some tips for hosting an eco-friendly event and some businesses that can make that a possibility!

There are many businesses available to help you host a waste free event. Below are just a few of the options:

Name	Notes
Dianne's Dishware facebook.com/DiannesDishware/	Very affordable rental of reusable bamboo dishware and cutlery <i>"No plastics please" approved</i>
PRC's Zero Waste Event Services prc.org	Pennsylvania Resource Council provides several options for supporting the use of compostables at events. They have kits of compostables you can pick up to use for smaller events where you can just collect the compostable waste yourself and then drop off. Or you can have them handle the pickup and management of the compostables at the event PRC's Zero Waste Kit Rental PRC's Zero Waste Event Services
Zero Waster Pennsylvania prc.org/programs	Provides waste reduction techniques to various commercial businesses, residents, institutions, and special events across the state.
World Centric worldcentric.com	Manufactures only compostable foodservice and packaging products
Worm Return wormreturn.com	Provides the Pittsburgh area with residential and commercial composting, education, and consulting. Works with groups and individuals to divert materials from landfills, with a variety of plans to fit your needs!

General Tips Hosting a Compassionate Event

- Digitally market your event
- Choose eco-friendly vendors
- Consider issuing electronic tickets instead of paper ones
- Avoid excess packaging and products sold in nonrecyclable packaging
- Avoid disposable cups, plates, and other utensils
- Use paper, reusable, or compostable bags instead of plastic bags*

- Do not use polystyrene or plastic clamshells, plates, cups, and cutlery. Instead use compostable alternatives if you are collecting material for composting
- Use signs that can be stored and re-used for future events.
- Avoid using throw away decorations (E.g. balloons, streamers, banners)
- Consider making decorations out of recycled materials
 - *This is not a comprehensive lists, just a few things to consider on your journey to hosting an eco-friendly event*
 - ***Note: Visit reimaginetakeout.com to learn more about what to do with compostable items.** Please, do not throw compostable items into the recycling bin. When compostable containers are placed in the recycling stream, they cause contamination and may result in other items not being recycled.