

A vegans guide

- TO TOOWOOMBA -

For a whole host of reasons, people are making the switch to plant-based foods and looking for cafés and restaurants who will accommodate them. Toowoomba has more and more menus that are either completely vegan or vegan-friendly (as in, they offer more than one measly garden salad).



EL ATTAR

It's the wafting smell of spices that you'll notice first – followed closely by the bright red décor and slightly mysterious hookah pipes out the front. But the unassuming location hides the talent of this chef, who trained in both London and Egypt. Enjoy authentic Egyptian dishes – such as moussaka, kebab wraps and shared mezze plates – that accommodate everyone, with plenty of vegan, vegetarian and gluten-free options available.

34A Neil Street
elattarmiddleeasterngrill.com
4632 5096
@elattar4350

URTH CAFÉ

This pet-friendly, child-friendly, wheelchair-accessible café is full of nods to the owners' travels. The menu is international, the sweets cabinet completely homemade, and they offer daily lunch specials. There's plenty of options for dietary needs, including delicious vegan options.

195 Hume Street
urthcafebar.com.au
4637 9740
@urthcafebar

ONS TOOWOOMBA

Tucked away in Northlands Shopping Centre, ONS is a local secret. Serving homemade pasta, pizzas and risotto, ONS Toowoomba is a simple diner run by husband and wife team, Oskar and Sue (hence 'ONS'). They have gluten-free and vegan options for their classic Italian menu, so vegan pasta-lovers unite!

8-12 Hume Street
onstoooomba.com.au
4564 8380
@onstoooomba

RAW ENERGY

Using free range and locally grown seasonal produce, Raw Energy is all about clean eating. Renowned for their juices and smoothies, they also serve fresh acai bowls, vegan burgers and stacks of delicious pancakes.

83 Bridge Street
rawenergy.com.au
4637 9178
@rawenergytoowoomba

ORIGINAL SAIGON

Original Saigon offers an authentic, affordable taste of Vietnam. This family-run restaurant has become a local favourite for its cheap and cheerful traditional dishes, including pho, bahn mi and rice paper rolls. A good option for feeding a group, Original Saigon has plenty of vegan and gluten-free options.

286 Ruthven Street
originalsaigon.com.au
4589 1580
@originalsaigonrestaurant



TOOWOOMBA VISITOR INFORMATION CENTRE

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82 - 86 James Street, Toowoomba Qld 4350
visittoowoombaregion.com.au

