

VegWeek

APRIL 16-22, 2018

San Diego VegWeek, part of the nationwide VegWeek, is brought to you by Compassion Over Killing. Sign up by going to www.VegWeek.com. Many perks are available as well as daily emails and support!



are teaming up to bring you some great events and discounts at local restaurants and other San Diego-owned businesses during VegWeek!

San Diego's VegWeek Schedule/Details

These events are hosted by PlantDiego leaders and co-hosted as listed below! Please say hello to your hosts! Mention **VegWeek.com**, **PlantDiego** and/or **Vegan in San Diego** to receive 15% off at participating restaurants during VegWeek events, unless noted otherwise! Visit www.veganinsandiego.com or www.PlantDiego.com for addresses and other updated details.

SUNDAY 5:30-8 pm	VegWeek Kickoff: "How to Ditch Dairy" Cooking class and presentation, Clairemont SDA Church (Hosts: Tracy Childs and Amy Kushner; Cohosts: Veg-Appeal and of A-to-Z Marketing)
MONDAY 5-8 pm	Grains restaurant , Normal Heights (Host: Amy Kushner)
TUESDAY 5-8 pm	Soulshine restaurant , Mission Beach (Host: Terry Hagio)
WEDNESDAY 5-8 pm	Original Herbivore Food Truck , La Mesa (Host: Michelle Roberts; Co-host: Vegan in San Diego)
THURSDAY 5-7 pm	El Veganito , Oceanside Farmer's Market - \$1 off any entree (Host: Erin Riley-Carrasco)
FRIDAY 4-6 pm	Plant Power , Encinitas (Hosts: Tracy Childs & Steven Sarnoff)
SATURDAY 11-1 pm	California Homemades , Escondido (Hosts: April Moor and Shelley Warnick)
SUNDAY 4-6 pm	"How Not to Fail on a Vegan Diet" (\$10), Point Loma (Host: Marina Yanay-Triner ; Co-host: Soul in the Raw)

Dine all week at these restaurants. Mention VegWeek.com, PlantDiego, or Vegan in San Diego to receive 15% off!

- **Soulshine**, Mission Beach
- **Grains**, Normal Heights
- **Greens Please**, Poway & RB
- **Original Herbivore Food Truck**
- **Loving Hut**, Mira Mesa
- **Anthem Vegan**, North Park