

VEGGIE MEALS IN UNITED STATES NATIONAL PARKS (2016)

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In conjunction with the 100th year anniversary of The National Park Service, over the past couple of months, we have been working on a project where we have been contacting the United States National Parks in hopes of finding out whether or not the parks offer vegetarian/vegan meals.

Over the course of the project we found most National Parks don't have any vegan options for their park services. What we discovered were convenience stores and snack shacks for many visitors to stop by as they are traveling through the parks. Most convenience stores contain trail mix, nuts, and various fruit selections for vegan and vegetarians alike. Since most don't have options, we have compiled a list of the National Parks with neighboring veg-friendly restaurants (if there are any). For the parks that do contain veg-friendly options, we added them to the list as well.

Although the list is on-going, and has taken two months to put together, it hasn't been super difficult to reach these parks. The park rangers and staff working for the National Park Service have been super receptive in answering our questions about whether or not their park has vegetarian and vegan options.

Overall, our best advice to those visiting a National Park is to bring your own food and beverages. There are many picnic areas available at each park alongside with stopping to when you're hungry. Also, it will be a stress-free way of traveling to the National Parks in conjunction with saving money on eating out. Of course, you can also dine at one of the nearby restaurants we mention below.

Acadia National Park

Jordan Pond House Restaurant - Contains 3 Vegan Options: A Bar Harbor's Market Stew, A Season Vegetable Wrap, and The Jordan Pond House Salad

Restaurants with Vegetarian/Vegan options near Acadia National Park in Bar Harbor, Maine:

2 Cats-130 Cottage St., Bar Harbor, ME

Café This Way-14 1/2 Mt. Desert St., Bar Harbor, ME

Gringo's- 30 Rodick St., Bar Harbor, ME

The Looking Glass- 50 Eden St., Bar Harbor, ME

Arches National Park

No food concessions in park boundaries, but the neighboring town of Moab, Utah has vegetarian/vegan options:

Eklectic Cafe- 352, N Main St. Moab, Utah

Love Muffin Cafe- 139 N, Main St. Moab, Utah

Sabaku Sushi- 90 E Center, St. Moab, Utah

The Peace Tree Juice Cafe- 20 S Main, St. Moab, Utah

Moonflower Market- 39 E 100 N St. Moab, Utah

Badlands National Park

Cedar Pass Lodge/Restaurant - Contains fresh and cooked veggie plates along with salads on the

menu. The menu is made to order so it would be easy for someone on the vegan lifestyle to make a meal.

Restaurants with Vegetarian/Vegan options near Badlands National Park:

Subway - 218 South Blvd, Wall, SD

Big Bend National Park

Options within the park:

Chisos Mountains Lodge Restaurant & Patio - Very limited vegan options, but the menu does include a black bean burger and a salad bar

The Basin Convenience Store - groceries, sundries, and camping supplies

The La Harmonia-snacks, basic camping supplies

Rio Grande Village Store- snacks, basic camping supplies

Biscayne National Park

No eating within the park best to bring your own meals.

Bangkok Cuisine - 45 N Homestead Blvd, Homestead, FL

Black Canyon of the Gunnison National Park

No eating Facility on the Park's site

Pappy's is a fast food restaurant nearby - No Vegan Options

Vegan/Vegetarian Friendly Restaurant in Gunnison, Colorado:

The Firebrand Deli: 108 N. Main St., Gunnison, CO

Bryce Canyon National Park

The lodge at Bryce Canyon Restaurant contains Vegan options on their menu with a Gardein Chicken substitute for lunch/dinner.

1 Lodge Way Hwy 63, Bryce, UT

Ruby's Inn includes three restaurants: Cowboy's Buffet & Steak Room, Canyon Diner and Ebenezer's Barn and Grill. Very limited selection of vegan options at each.

26 So Main, Bryce Canyon, Utah

Bryce Canyon Pines Restaurant- VERY LIMITED Vegan options

Highway 12 Mile Marker 10, Bryce, UT

Vegan-friendly Restaurants Nearby:

Hell's Backbone Grill & Farm- No. 20 North Highway 12 PO Box 142 Boulder, Utah

Canyonlands National Park

Unfortunately Canyonlands National Park does not sell food. Visitors should plan on bringing all of their supplies, such water, food, camping equipment, etc.

The Town of Moab, Utah:

Eklectic Cafe- 352, N Main St. Moab, Utah

Love Muffin Cafe- 139 N, Main St. Moab, Utah

Sabaku Sushi- 90 E Center, St. Moab, Utah

The Peace Tree Juice Cafe- 20 S Main, St. Moab, Utah

Moonflower Market- 39 E 100 N St. Moab, Utah

Capitol Reef National Park

No dining facilities on site, but their Non-Profit cooperating association sells fruit and vegetable preserves, selection of nuts, and vegan snacks.

Austin's Chuckwagon Motel *12 West Main St., Torrey, Utah*

Broken Spur Steakhouse *955 E SR24, Torrey, UT*

La Cueva Restaurante *875 N Highway 24, Torrey, Utah*

Capitol Reef Cafe *360 West Main St., Torrey UT*

Red Cliff Restaurant *156 E Main St., Torrey, UT*

Subway Sandwiches *675 East Hwy 24, Torrey, UT*

Carlsbad Caverns National Park

Carlsbad Caverns Trading Company (located near the gift shop) offers sandwiches, snacks, and hot meals to take on the go.

The town of Carlsbad (7 miles away) also offers many other restaurants including:

Lucy's Restaurant - 710 S. Canal St. Carlsbad, NM

Dragon China Buffet - 2125 S. Canal Carlsbad, NM

Channel Islands National Park

There are no goods, services, or accommodations (lodging) available on the islands. Visitors must bring all their own food, supplies, and water (except at Scorpion Ranch Campground on Santa Cruz Island and Water Canyon Campground on Santa Rosa Island where potable water is provided).

Congaree National Park

Nothing on the park to purchase food except for snack items.

Twenty Minutes from the city of Columbia, where there are multiple Vegan/Vegetarian Friendly Restaurants:

Lamb's Bread Vegan Cafe- *2338 Main St.*

Blue Cactus Cafe- *2002 Green St.*

Good Life Cafe- *1614 Main St.*

Rawtopian Bliss Gourmet Raw Vegan Deli- *8502 Two Notch Rd.*

Black Bean Company- *701 Gervais St.*

Earth Fare (Grocery store)- *3312 Devine St.*

Crater Lake National Park

Park Restaurants:

Crater Lake Lodge Dining Room- Two options offered for dinner that are Vegan: Roasted Portobello and a Vegetable Pasta Dish

Rim Village Cafe- Soups, Salads, Sandwiches, and Snack items available for purchase

Annie Creek Restaurant- Very Limited Vegan Options (Veggie Burger and Tofu Stir-Fry available, along with a salad bar)

Mazama Village Store- Contains Groceries

No Vegan Restaurants nearby

Cuyahoga National Park

We have two Trail Mix stores-

Peninsula (1600 West Mill Street, Peninsula OH, 44264, Open: Monday - Friday | 10:00 a.m. - 5:00 p.m. and Saturday & Sunday | 9:30 a.m. - 5:00 p.m. During the summer season)

Boston (1525 Boston Mills Road, Peninsula, OH 44264, Open: Daily | 10:00 a.m. - 5:00 p.m. During summer seasons).

The food is sold in containers with the listed ingredients and listed as vegan or vegetarian. Some daily vegan options include but are not limited to Soba noodle salad, a vegan soup of the day, snickerdoodles, Granola bar, and salads.

Death Valley National Park

Locations within the park:

- Furnace Creek Ranch:
 - The restaurants include The Wrangler Steakhouse, Forty Niner Cafe, Corkscrew Saloon, and The 19th Hole.
 - They have limited options, which include a vegan burger, pasta, rice, Caesar salad without dressing (with vinaigrette options), and a buffet with fruit & a salad bar.
- Stovepipe Wells:
 - The restaurants include Badwater Saloon and Toll Road Restaurant
 - Badwater doesn't have a phone number.
 - Toll Road does offer some vegan options (person on the phone didn't remember what though).

* The Park Service does not run the restaurants*

Denali National Park & Preserve

The Morino Grill located beside the Denali Visitor Center contains soups and salad, and some are vegan.

Vegan Restaurants in the Area:

Prospector's Pizza-Milepost 238.9, Parks Highway, Denali, AK 99577 (Vegan pizza available)

Dry tortugas National Park

The Yankee Freedom Ferry offers some vegan options:

For continental breakfast-fresh fruit, bagels, cereal, orange juice, and coffee.

Buffet Lunch-Sandwich Buffet with fruit

Snack Items: Pizza, Chips, Pretzels, Popcorn, and Candy Bars, Soda, and Fresh Fruit Juices

Two bars are available

If camping at Dry Tortugas National Park- Plan to bring your food since the park is about 70 miles away from civilization.

Everglades National Park

Buttonwood Cafe has Vegetarian/Vegan options on their menu

Gift shops in the Visitor Centers sell snack items

Gates of the Artic National Park

Gates of the Arctic National Park and Preserve is a designated wilderness area; with no roads,

trails, campsites or restaurants - bring your own food.

Glacier Bay National Park

Fairweather Dining Room at Glacier Bay Lodge (Contains limited vegan options)

Best to bring your own food!

Glacier National Park

Located within the Park:

- Apgar
 - Eddie's Café (contains vegan options)
- Lake McDonald Lodge
 - Russell's Fireside Dining Room (limited vegan options)
 - Lucke's Lounge (contains vegan options)
 - Jammer Joe's Grill & Pizzeria (contains vegan options)
- Many Glacier
 - Ptarmigan Dining Room (contains vegan options - clearly labelled on menu)
 - Swiss Lounge (contains vegan options - clearly labelled on menu)
- Rising Sun
 - Two Dog Flats Grill - Breakfast, lunch, and dinner (contains vegan options - clearly labelled on menu)

Grand Canyon National Park

Restaurants located in the park:

Bright Angel Restaurant: (Contains Vegan options)

El Tovar Dining Room: (Contains Vegan options)

Arizona Room: (Contains limited Vegan options)

Maswik Food Court: (contains Vegan options)

Yavapai lodge Restaurant: (contains Vegan options)

Yavapai Tavern: (Contains No Vegan/Vegetarian Options on their menu)

There is also a Market located within the park with snack items.

There are a couple of Mexican Restaurants in the town of Tusayan that offer vegetarian, vegan, and gluten free items on their menus:

Asian Kitchen - Bldg 469 State Route 64, Grand Canyon Village, Arizona,

Sophie's Mexican Restaurant - Bldg 469, Highway 64 (at Grand Canyon Village Shops),

Tusayan, Arizona

We Cook Pizza and Pasta - Rte 64, Grand Canyon Village, Arizona

Grand Teton National Park

Moose

Dornan's Chuckwagon- Very Limited Vegan Options

Dornan's Pizza Pasta Company- Very Limited Vegan Options

Dornan's Trading Post

North Jenny Lake

Jelly Lake Lodge-Contains Vegan Options

Jenny Lake General Store

Signal Mountain

Peak's Dining Room-Limited Vegetarian/Vegan Options
Trapper's Grill-Limited Vegetarian/Vegan options available
Signal Mountain Convenience Store

Jackson Lake Lodge

Mural Room- Vegan Smoothie option available for breakfast/No other vegan options available
Pioneer Grill-Very Limited Vegetarian/Vegan Options
Blue Heron Lounge-Contains Vegetarian/Vegan Options

Colter Bay

Ranch House-Limited Vegetarian/Vegan Options-Tofu Scramble available for breakfast
Cafe Court-Limited Vegetarian/Vegan Options
Colter Bay General Store
Colter Bay Convenience Store

Leek's Marina

Leek's Pizzeria-Vegetarian Options available, No Vegan Options

Flagg Ranch

Headwaters Lodge (Sheffields Restaurant) - Limited Vegetarian/Vegan Options
Headwaters Lodge Convenience Store

No nearby Vegan Restaurants

Great Basin National Park

Very Isolated with limited Dining Options

Only restaurants within the area:

Lectrolux Cafe & Bar- No Vegan Options other than Chips with Salsa/Guacamole

T&D's Restaurant, Grocery Store, and Lounge-

The Border Inn Restaurant- No Vegan Options

There is a cafe in the visitor center which sometimes offers soups and salads that are Vegan.

Best to bring your own food!

Great Sand Dunes National Park and Preserve

The Oasis Restaurant & Store- Very limited Vegan options but Vegetarian Options include:
Portobello Mushroom Burger, Bean Burrito, and Cheese Quesadilla)

The Sand Dunes Swimming Pool includes The Mile Deep Grille which has vegetarian options,
and very limited vegan options such as fries and pretzels.

Great Smoky Mountains National Park

No food or concessions within the park's Boundaries.

There are Vegan restaurants 2 miles South of the Sugarlands Visitor Center in Gatlinburg:

Whole Earth Cafe/Grocery - 466 E Parkway, Gatlinburg, Tennessee

Thai Palace- 1811 Parkway Ste. 104, Gatlinburg, Tennessee

Mellow Mushroom- 903 Parkway, Gatlinburg, Tennessee

Guadalupe Mountains National Park

There is a convenience store with trail mix and energy bars but there are no restaurants or
anything local.

Best to bring your own food!

Haleakala National Park

There is a store with nuts, banana chips, and beef jerky but no restaurants on site.
There are multiple nearby Veg-Friendly Restaurants in Kihei, Maui

Hawaii volcanoes National Park

Hawaii Volcanoes Lodge Company operates the Volcano House hotel, which has two dining options:
Uncle George's Lounge and The Rim Restaurant - both contain vegan options.

Hot Springs National Park

There are only two places that serves food in the park, The Superior Bathhouse and the Quapaw Bathhouse. Both might have food for Vegans.
The City of Hot Springs has more vegan-friendly options:
La Bodeguita - 1313 Central Avenue Hot Springs, AR
The Dixie Cafe (Limited options) - 3623 Central Avenue Hot Springs, AR
The Hungry Greek - 3302 Central Ave Hot Springs, AR
Cafe Alexander - 2608 Albert Pike • Hot Springs, AR

Isle Royale National Park

Greenhouse Grill and Lighthouse Restaurant both contain Vegetarian and Vegan options on their menu.
Rock Harbor Lodge- contains vegan options

Joshua Tree National Park

We do not have any services in the park, such as gas, food, or water.
Joshua Tree Vegetarian/Vegan Friendly Restaurants:
Crossroads Cafe- 61715 Twentynine Palms Highway
Joshua Tree Health Foods Store-61673 Twentynine Palms Highway
Natural Sisters Cafe-61695-B Twentynine Palms Highway
Joshua Tree Farmers Market- 61690 Twentynine Palms Highway
Royal Siam Cuisine- 61599 Twentynine Palms Highway
Sue's Health Foods Store- 56840 Twentynine Palms Highway

Katmai National Park and Preserve

Katmailand- Brooks Lodge is the dining service and all the food is run Buffet Style with a salad bar for lunch and dinner. There is a vegetarian soup but it is not always vegan.
Best to bring your own food with very limited options within park boundaries and outside food vendors.

Kenai Fjords National Park

No food service concessions within the park boundaries but Seward, a town nearby the town does have a few restaurants serving vegan options.
The Sea Bean Cafe -225 Fourth Ave, Seward, Alaska
Nature's Nectars- 1313 4th Ave (at Small Boat Harbor), Seward, Alaska

Frontier Trading Post(Seward's only health food store)-1313 4th Ave (at Small Boat Harbor), Seward, Alaska

Kings Canyon National Park

Dining locations with limited vegan options inside the park:

Wuksachi Lodge - The Peaks Restaurant

Watchtower Deli

Cedar Grove Snack Bar

Grant Grove Dining

Kobuk Valley National Park

There are no food services provided in this park, so bring your own food!

“Visitors should be prepared to enjoy a non-traditional national park experience. There are no roads, trails, campgrounds or regularly attended ranger stations in Kobuk Valley National Park. Access is typically by small aircraft, which can cost several hundred dollars per hour.” - from NPS site.

Lake Clark National Park

“If you are not staying overnight at a lodge, you must provide all your own meals during your visit to the park. You may be able to make advanced arrangements for a meal with a lodge in the area you plan to visit. There is also one cafe in Port Alsworth open during the summer at the General Lodge.” - from NPS site

Best to bring your own food!

Lassen Volcanic National Park

Drakesbad Guest Ranch- Only Vegetarian options, No vegan options except for Peanut butter Jelly for lunch and fruit for breakfast

Lassen Cafe & gift- Snacks/Cafe, limited options

Manzanita Lake Camper Store- Snacks

Nearby Restaurants:

Happy Garden Chinese Restaurant - 605 Main St Chester, CA 96020

Tantardino's Pizzeria and Pasta - 401 Ponderosa Dr, Westwood, CA 96137

Red Onion Grill & Bar - 401 Ponderosa Dr, Westwood, CA 96137

Mammoth Cave National Park

There is a lunchroom where you can make your own salads.

There are also picnic tables available to bring your own food.

Nearby the park:

Cave City Dining:

- Watermill Restaurant - 804 Mammoth Cave Rd Cave City, KY 42127
- El Mazatlan - 105 Gardner Ln Cave City, KY 42127

Bowling Green Dining

- Mellow Mushroom - 1035 Chestnut Street Bowling Green, KY 42101
- Saladworks - 2300 Gary Farms Blvd Suite 700 Bowling Green, KY 42101
- Samurai Steak & Sushi - 2718 Scottsville Rd Bowling Green, KY 42104

Mesa Verde National Park

Metate Room- Vegan option for Breakfast, but not for dinner
Fair view Terrace Cafe- Salad bar, sandwich bar, and fruit bar available for purchase
La Casita de Cortez - 332 E. Main Street, Cortez, CO 81321
The Farm Bistro - 34 West Main, Cortez, Colorado
Thai Cortez - 1430 E Main St, Cortez, CO 81321

Mount Rainier National Park

Mount Rainier has two restaurants, two snack bars, a cafe, and a general store located within the park.
National Park Inn Dining Room (contains limited vegan options)
Cliff Drovers Cafe (limited vegan options) - 12968 US Hwy 12 Packwood, WA
Griffin Corner Thai - 1240 Griffin Ave, Enumclaw, WA
Rainier Bar and Grill - 1623 Cole St, Enumclaw, WA
The Summit House - 1623 Cole St, Enumclaw, WA

National Park of American Samoa

Sunny's Chinese Restaurant - Nuuuli Village
Sook's Sushi - Matu'u Village

North Cascades National Park

If a visitor is participating in program through the North Cascades Institute, there are meals available at the Environmental Learning Center. There are many vegan options available, but NCI does request to be notified in advance of any dietary restrictions so they can be sure to accommodate those needs. There is also a small general store in Newhalem, but otherwise our visitors tend to bring their own food in from elsewhere. There are groceries available in surrounding towns, the nearest being Marblemount (West side) and Winthrop (East side).

Olympic National Park

Hurricane Ridge-unknown
Sol Duc Resort-No Vegan Option
Log Cabin Resort-No Vegan Option
Lake Crescent Lodge- Limited Vegan Options
Kalaloch Lodge- Creekside Restaurant contains two items on the menu labeled vegan

Petrified Forest National Park

The Painted Desert Diner:
Veggie Spinach Wrap, the ingredients include: Spinach Tortilla, Hummus, Zucchini, Summer Squash, Red Bell Peppers, Carrots, Spring Mix.
House Salad, the ingredients include: Spring Mix, Tomatoes, Cucumber, Carrots, Radish, Goat Cheese (salad can be made without cheese), 2 oz. Ranch on the side (dressing is contained and does not touch salad).
Vegetarian option, the Tepa Burger and it contains egg whites.

Ingredients of the Tapa Burger include the following: Tepary Beans, Sunflower Seed, Egg White (Pasteurized), Blue Cornmeal, Oat, Black Beluga Lentil, Onion, Carrot, Fire-roasted Chili, Kale, USDA Organic AZ Lemon Juice, Olive Oil, Honey, Garlic, Salt, Pepper, Smoked Paprika, Oregano, Cumin, Garlic Powder.

Also a convenience store next to the Painted Desert Visitors Center which includes snack items.

Redwood National Park

No concessions on the park boundaries, however nearby cities have plenty of options!

Trinidad CA:

- Larrupin Cafe - 1658 Patricks Point Dr (contains limited vegan options)
- Moonstone Grill - 100 Moonstone Beach Rd (contains vegan options)
- Beachcomber Cafe - 363 Trinity St (contains Vegan options)

Crescent City, CA:

- Thai House - 105 N St (contains Vegan options)
- Perlita's Authentic Mexican - 297 US-101 (contains vegan options)
- The Good Harvest Cafe - 575 US Highway 101 South (contains Vegan options)

Arcata, CA:

- Sistah's Vegan - 100 Ericson Ct Unit 160 (Vegan)
- Golden Harvest Cafe - 1062 G St (contains Vegan options)
- Tomo - 708 9th St (contains Vegan options)
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Rocky Mountain National Park

Nearby Restaurants:

- Poppy's Pizza & Grill - *342 East Elkhorn Avenue Estes Park, CO*
- Trailhead Restaurant - *3450 Fall River Rd. Estes Park, Colorado*
- Cascades Restaurant and Lounge - *333 Wonderview Avenue Estes Park, CO*
- Mountain Home Cafe (limited options) - *457 E Wonderview Ave Suite C-1 Estes Park, CO*
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Saguaro National Park

Vegan friendly restaurants nearby (in Tucson):

- Zinman's Food Shop - *111 W Fourth St, Tucson, Arizona*
- Cashew Cow - *16 S Eastbourne Ave, Tucson, Arizona*
- Fresco - *3011 E Speedway, Tucson, Arizona*
- Goodness Fresh Fruit and Juice Bar - *2502 N Campbell Ave, Tucson, Arizona*
- Veg in a Box - *75 E Pennington St , Tucson, Arizona*
- Urban Fresh - *73 E Pennington St, Tucson, Arizona*

Sequoia National Park

Dining locations with limited vegan options inside the park:

Wuksachi Lodge - The Peaks Restaurant

Watchtower Deli

Cedar Grove Snack Bar

Grant Grove Dining

Shenandoah National Park

There are two restaurants inside of the park:

Skyland Dining (contains limited vegan options)

Big Meadows Lodge (contains limited vegan options)

There are additional food-stops located along Skyline Drive that have groceries. These include:

Elkwallow Wayside (Mile 24.1)

Big Meadows Wayside (Mile 51)

Loft Mountain Wayside (Mile 79.5)

Theodore Roosevelt National Park

The park has no restaurants, snacks, or food service options.

Medora, North Dakota has restaurants with very limited vegan options:

- Theodore's Dining Room - 301 3rd Ave, Medora, ND
- Badlands Pizza and Saloon - 285 3rd Ave, Medora, ND

Virgin Islands National Park

Caneel Bay Resort:

- Caneel Beach Bar & Grille (contains vegan options)
- Caneel Beach Terrace
- Turtle Bay Estate House (contains limited vegan options)

Voyageurs National Park

There is one small restaurant in the Kettle Falls hotel and a small separate convenience store.

Right now, there are no food labels attached to the food items on the menu (i.e. Vegan) and we are exploring the possibility of providing the concessionaire menu on the website. One could find limited vegan options on the menu.

Those items are:

- nachos without the cheese
- tossed salad
- hash browns
- dry cereal
- toast
- small juice
- occasional fruit

Wind Cave National Park

The only food service available in the park is a couple vending machines, which include some vegan options (ie, peanuts).

Nearby towns:

Custer:

- Begging Burro Mexican Restaurant - 529 Mt Rushmore Rd, Custer, SD
- Sage Creek Grill - 611 Mt. Rushmore Rd, Custer, SD

Hot Springs:

- Woolly's Western Grill - 1648 Hwy 18 Bypass, Hot Springs, SD
- China Buffet - 333 N. River St., Hot Springs, SD

Hot Springs also has a health food store ("Earth Goods") that tends to have more vegan-diet groceries available than the average supermarket.

Warnell - St. Elias National Park and Preserve

Copper Center Area contains restaurants and convenience stores within the Glennallen/tazlina area. Limited dining options are also available along Nabesna Road, Kennecott and McCarthy Road, and Yakutat.

Best to bring your own food into the park!

Yellowstone National Park

Does contain vegetarian/vegan options

Grant Village-Grant village Lake House Restaurant and Grant Village Dining Room

Canyon Village- Canyon Lodge Deli, Cafeteria, and the Dining Room all contain Limited vegan options

Yellowstone Lake Lodge- Deli, Cafeteria, and Dining Room all contain Very Limited Vegan Options

Mammoth Hot Springs- Mammoth Terrace Grill, and Mammoth Dining Room contain Very Limited Vegan Options

Old Faithful-Geyser Grill, Obsidian Dining Room, Cafeteria and Bake Shop, Bear Paw Deli, and the Old Faithful Inn Dining Room contain Very Limited Vegan Options

Roosevelt Lodge- Roosevelt Old West Dinner cookout (needs advance notice for vegan/vegetarian), and Dining Room(Only house salad is a Vegan option)

Yosemite National Park

Restaurants within the park:

- The Majestic Yosemite Hotel
- Yosemite Valley Lodge Dining Room
- Bigtrees Lodge
- Half Dome Village:
 - Meadow Grill
- High Sierra Camps (will accommodate dietary preferences/needs - require reservations!)
- Yosemite Village:
 - Degnan's Loft
 - Village Grill Deck

Grocery stores including the Village Market and the Curry Village Market have vegan products including non-dairy cream cheese, non-dairy milk, Amy's frozen entrees, tofurky, etc.

Zion National Park

Zion Lodge:

- Red Rock Grill
- Castle DomeCafe

Restaurants in the town of Springdale- <http://www.zionpark.com/#!/dining/ctu9>

- Cafe Soleil - 205 Zion Park Blvd. Springdale, Utah
- Baby Sumo Sushi & Steakhouse - 792 Zion Park Blvd, Springdale, UT
- The Spotted Dog Cafe -428 Zion Park Blvd. Springdale, Utah