

MB Vegan FB Restaurant Options

Locals favorites

For consistent quality, clean and attractive surroundings, pleasant staff, delicious food, decent portions with appropriate prices. Also great for mixed (vegan and non-vegan) groups:

Masala Indian Bistro-both locations

Mellow Mushroom-both locations

Thai In Town and Thai Cuisine

Dennys (Plant Slam)

North Myrtle Beach

Masala Indian Bistro- 3600 Hwy 17 S #2, North Myrtle Beach, SC. Bring cash, they pass on the credit card's 3 ½ % fee. "18% GRATITUTY ON PARTIES OF 4 OR MORE." Second location, food as good as the original location. Friendly service.

The Bossy Hen Mimosa House (formerly Hot Stacks Café)-A pancake/breakfast-lunch place. 9707 North Kings Highway, Myrtle Beach 843-497-7091. Has Gluten Free options. **Their vegan options are clearly listed on their menu**, proudly displayed! No charge for using a credit card. Offers military, senior and local discounts, too.

Thai In Town-110 Hwy 17 S, North Myrtle Beach.

Thai Season- A quiet restaurant with a comfortable décor and ample seating. Extensive menu that includes tofu as protein options. Soups appear to have fish sauce in them even though server said it was vegan. Menu and hours online: <http://www.thaiseasonrestaurant.com/>

Mellow Mushroom-Self-described as "Funky, art-filled chain pizzeria featuring craft beer, calzones & creative stone-baked pizzas". They have vegan and gluten free options for sandwiches and pizza to include non-dairy cheez. Both the tempeh and the tofu sandwiches are very good! 1101 Hwy 17 N, North Myrtle Beach, SC 29582.

Taco Mundo Kitchen y Cantina-Located on the water in Barefoot Landing. Their rice is made with vegetable broth and their side beans do not contain lard or other animal products and thus are, suitable for vegans. Great veggie fajitas. They have extensive outdoor covered seating.

Roca rojo cantina -has delicious mushroom tacos. 806 Sea Mountain Hwy (Cherry Grove)

Lucky Panda-On Kings Highway near Sea Villas. Nice décor inside but food tends to be bland.

Almost all Chinese restaurants will substitute fried tofu for meat in any dish they prepare.

Cha House-1516 Hwy 17 N #6 N. Myrtle Beach- Asian inspired tea house.

El Cerro Mexican Bar and Grill-516 Highway 17 N North Myrtle Beach – veggie fajitas

Taco Mundo Kitchen y Cantina- 4732 Highway 17 S, Barefoot Landing, **North** Myrtle Beach

Aariv Indian-menu shows several vegan options. Multiple vegans have eaten there and said the food is good with good in restaurant service. No lunch menu as of July 2025. Offers military discount. Has a credit card surcharge that can be avoided by paying with cash.

https://www.facebook.com/people/Aariv-Indian-cuisine/61572373962492/?_rdr

Olive Garden at Barefoot Landing-many vegan options here from their pasta with marinara, breadsticks (no modifications necessary) and marinara dipping sauce. Vegan-friendly minestrone soup and pair it with the Famous House Salad. The salad is vegan when ordered without croutons or Italian dressing-just substitute it for olive oil and balsamic vinegar. Vegan-friendly pasta shapes include spaghetti, angel hair, fettuccine, small shells, and rigatoni (note: the gluten-free rigatoni contains eggs). Sides are fries or side of broccoli. NOTE: They charge for sides of marinara sauce. The Garden Primavera comes with basil garlic marinara (not vegan) and a blend of fresh veggies, so simply swap the sauce for the regular marinara sauce and ask your server for NO CHEESE and you have a dairy free dish! www.olivegarden.com/nutrition/vegetarian-and-vegan-options Their corporate site states you can order almost any dish off the menu and simply request the meat and/or dairy portion be withheld or substituted with fresh vegetables or extra pasta.

810 Billiards and Bowling-NMB and MB location has same menu-Veg Head Pizza with vegan chez, Beyond Burger.

Publix-most locations deli has a vegan turkey hoagie which “everyone” states is really good. Weekly ads often have a deli coupon for a meal special. Check your meal before departing.

Bowled. Co -3 locations Grand Strand, the NMB one is in Barefoot Landing, joining the line-up with Conway and Myrtle Beach. Owner Kathleen Pingelski. “Whether you’re gluten-free, vegan, or just looking for something fresh and fast, we’ve got something for you.” The shop offers various choices such as grain bowls, smoothies, salads, and more.

Big Chill Island House-Barefoot Landing-not on the menu but upon request can make a vegan curry. The veggies will vary depending on the season. Just specify vegan.

Little River

Hong Kong Chinese north in Little River. (preferred) will substitute tofu for meat in any dish. They will also do fried rice without the egg and meat. Just ask them to use vegetable broth and not meat broth in whatever sauce you choose.

Jilla’s Gourmet Kitchen-SW Veggie wrap and falafel wrap is vegan, and it looks like 2 other sandwiches/wraps probably are/could be. Discount if you pay cash. 4390 Spa Drive.

Coopers Tavern- One vegan option on the menu –Spicy Black Bean burger. The “caviar” is a black bean salsa. It is served in a lettuce wrap, unknown if any of the buns are vegan. One member states it was very good.

Myrtle Beach & South

Bay Naturals- 7611 N Kings Hwy, Myrtle Beach- Grocery store with kitchen with limited seating for dine in. Has outdoor seating. Menu has MANY **clearly marked vegan options**, overtly

labeled as vegan. Also has **fantastic** vegan and gf desserts to eat in or to go. Probably the widest variety of overtly vegan options in the area. See Happy Cow listing for details. Offers military discount. **No restaurant service Sunday or Monday.**

LoLeo-Clearly identifies vegan, plant based and non plant based ingredients on their menu. Breakfast toast options, lunch bowls, all day vegan waffles, smoothies. 2 locations in Myrtle Beach. <https://loleojuicebar.com/>

Masala Indian Bistro- 4025 N Kings Hwy suite 2, Myrtle Beach. Bring cash, they pass on the credit card's 3 ½ % fee. "18% GRATITUTY ON PARTIES OF 4 OR MORE."

Arepa Spot- 3590 St James Ave, Myrtle Beach. Arepas are stuffed cornmeal cakes that are crispy outside and fluffy inside, a South American staple, particularly in Columbia and Venezuela. GREAT reviews. Overtly vegan option! Looks clean, but might not be able to accommodate large groups.

Fiesta Mexicana Cantina- 410 70th Ave N, Myrtle Beach-They state their refried beans, rice and flour tortillas are all made with oil and not lard so vegetarian menu items can be made vegan. <https://www.fiestamexicanacantina.com/>

Lekker Eats (pronounced "Lack-Uh")- 3751 Robert M Grissom Pkwy, Myrtle Beach-Only 3 options that were vegan, but at a Myrtle Beach Vegan Meet up in 2025, everyone enjoyed their lunch. Their online menu is not up to date, but they have vegan muffins and treats as well. They have \$1 upcharge for vegan milk for coffee and \$0.25 more for choosing Maple Syrup instead of sugar.

Denny's-Delicious plant based slam with hashbrowns or ask for red skinned potatoes. Just ask that they use oil and no butter or animal fat on the grill (which they are happy to do). Has a vegan Dr Prager's burger, too. See separate list for all the vegan offerings at Dennys to include which breads are suitable for vegans. Bring your own margarine for pancakes and plant based creamer for coffee. Has a military and AARP discount, no charge for using credit card..
Downtown.

Mediterranean Bistro-6104 Frontage Rd, Myrtle Beach-A Falafel Gyro or Veggie Pita that can be made vegan by omitting the feta. Has a vegan burger, too. Authentic Greek food, family run. Don't let its location dissuade you, tasty, fair priced vegan food is a great find. [\(843\) 945-1145](tel:8439451145)

Moran's Irish Pub- 3901 Dick Pond Rd unit n, Myrtle Beach-Bar food that has a clearly listed "Thai Vegan Flatbread" on their menu!

Co Sushi Myrtle Beach- In Market Common, **has a vegan menu**. HOWEVER, some diners have found it is important to clearly state your desire for 100% vegan meals.

Koi Myrtle Beach, Japanese and Sushi- 7718 N Kings Hwy, Myrtle Beach, **has a vegan menu**

Dunes Bistro- 960 Cipriana Dr, Myrtle Beach-Brave enough to use the "v" word and clearly calls out their two vegan options on their menu.

44 & King Pub- 515 44th Ave N, Myrtle Beach-on their dinner menu they list a vegan soup and vegan burger and that a salad can be made vegan. A vegan dessert, too.

Honest Greens- 7937 N. Kings Highway- Clearly labeled vvegan Signature Bowl and Build your Own options. Has vegan sides, too. Order, pay and then retrieve food. Clean restaurant, pleasant staff. Reasonable prices/good value, great taste. Offers military discount.

Projuicery-cold pressed juices with menu items like avocado or almond butter toast. Appears very vegan friendly.

Ducatis Pizzeria & Trattoria-Several easy to veganize options on the menu-just ask that they omit cheese. Average portion size, good service, bland taste, pleasant atmosphere. Ample, outdoor seating.

Tidal Creek – Black bean burger

Kosta Bowls-bowls include acai, green, oatmeal. Also has smoothies. Four Grand Strand locations-Market Commons, Conway, Carolina Forest, Pawleys Island. <https://kostabowls.com>

Beach Hippie Coffee Shop-Kings Highway, Myrtle Beach. Has gluten free baked goods, some of the GF baked goods are also vegan. Has Just Egg, vegan cheese and a variety of vegan milks. Now apparently has vegan waffles! <https://beachhippiecoffee.com/>

Thai E-San - 7727 N Kings Hwy, Myrtle Beach. Has indoor and outdoor seating, has air conditioning. M-F 11-3pm they have lunch specials. Just tell them “vegan” and “no fish sauce” and vegan looking dishes will be made vegan. Tofu is a protein option for the meals. Sept 2024 Myrtle Beach meet up here-EVERYONE loved their meal. Great service, good portions, too. Offers military discount but no senior discount. Near cute locally owned bookstore that has cats.

Thai-Lao- 1210 N Kings Hwy, Myrtle Beach. Thai/Laotian restaurant with labeled vegetarian dishes with tofu and vegetables. Vegans specify no egg and no fish sauce. Note: no air conditioning in restaurant. https://www.thai-lao-restaurant.com/wp-content/uploads/2023/11/lunch-menu_11_23.pdf

Thai Cuisine- 1208 N Kings Hwy-local vegans are both pleased with their meals and have not had issues in ordering items vegan. On street parking which can be harder to find in tourist season. A 20% service charge will be added to parties of 5 or more. (843)-946-7475

Thai Bistro-Although they can make vegan dishes, several local vegans have eaten there and love what they order but noticed that remnants of eggs from a prior dish appeared in their dish, so that made folks suspicious if fish sauce might also be an issue. One said their orders get delivered incorrectly.

Royal Ramen - 7819 N Kings Hwy, Myrtle Beach. Vegetarian items clearly spelled out on their online menu and when you order there, they will work to make most any dish they can vegan! They pass the 4% credit card fee onto their customers so pay cash if you want to avoid the fee.

Pho Claire-on their menu under “noodle soups” has a vegan noodle soup (none of the Pho are vegan). Can get a side of fried tofu, too. <https://phoclaire.com>

Bowled -Several of their bowls are vegan.Near Sayebrook Target. Recommended by a MB Vegan Meet Up regular. <https://www.bowledco.com/locations/south-carolina/myrtle-beach/>

Market commons area- PF Changs has several options.

Sun City Cafe-801 Main St, Myrtle Beach-2 vegetarian and one vegan option (taco), vegetarian probably can be made vegan option upon request. Has a vegetarian section on their menu. Only open for dinner.

Earth Cafe- 3811 N Kings Hwy, Myrtle Beach- Listed on Happy Cow. Has an extensive array of vegan choices, including hummus, Caesar salad, the Impossible burger, avocado toast, flatbread, açai bowls.

Kind Belly Cafe - 316 79th Ave N, Myrtle Beach. Happy Cow lists some of their vegan options.

Jerusalem Mediterranean Restaurant & Bar- Expensive, higher end Mediterranean. Served family style and portions are nice sized. Vegan options are falafel, salads, rice, couscous, veggies and maybe the pita.

LoLeo Juice Bar- 2922 Howard Ave. Happy Cow lists some of their vegan options.

Mimosas - Myrtle Beach- avocado toast is only vegan breakfast option. Has impossible burger BUT NOT VEGAN because on a brioche bun. Side bowl of fruit probably vegan, fries may be, maybe salad can be vegan with omissions.

Drift will make oatmeal with water upon request. Gio's will make a pasta primavera upon request.

Bowled. Co -3 locations Grand Strand, NMB in Barefoot Landing, Conway and Myrtle Beach. Owner Kathleen Pingelski. "Whether you're gluten-free, vegan, or just looking for something fresh and fast, we've got something for you." The shop offers various choices such as grain bowls, smoothies, salads, and more.

Palmetto Pointe Pizza-3711 Palmetto Pointe Blvd, Myrtle Beach-has vegan smashburger. Discontinued vegan pizza in March 2026.

Nellies Pizza-8724 Highway 707, Unit A, Myrtle Beach-Vegan cheez pizza with vegan beef or peperoni or ckn topping.

Longs, SC

Oriental Pantry, Longs, SC. Vegan oyster sauce can be hard to find and they have it. They also have 2 brands of green jackfruit. They also have cans of ripe jackfruit. They have some accidentally vegan items like black soy sauce and rice noodles. Nothing in the freezer appeared vegan. <https://www.facebook.com/asianflower1/>

These have terrible online reviews:

Bombay at the Beach-Indian restaurant with many vegetarian options on the dinner menu and many items can be made vegan. Ask for the vegan menu and they have a paper menu that indicates which dishes are vegan. Right in the heart of the Broadway on the Beach so consider traffic and parking during the summer.

La Cantina – An oceanfront Mexican restaurant in Myrtle Beach lists on its menu vegan chorizo tacos, veggie fajitas. No a/c. Random mandatory additional tip.
<https://lacantinamyrtlebeach.com/menu>

Surfside

Wooden Spoon Eatery in Surfside-Veteran and family owned, very vegan friendly. Breakfast bowls popular with vegans. <https://woodenspoonsurfside.com/>

Chicago Pizza in Surfside-upon request has vegan cheese. Crust & sauce are vegan. Some sandwiches could be made vegan. 665 US-17 BUS B, Surfside Beach

Pizza Hyena - regular pizza crust is dairy and egg free/vegan and has vegan cheese (Diaya) for \$2 upcharge and a yummy mushroom sandwich. Thin crust. All pizzas are 10". Has a history of burning the crust edges so ask for it to be slightly undercooked to maybe prevent this. Large outdoor seating area. No restaurant parking, so city parking is \$4/hour from 1 Mar to 31 Oct. (843) 945-9025

Murrells Inlet

Hippie Hen House- vegetarian and vegan options on their menu are marked with symbols to indicate. Check their facebook for current menu. 1 Happy Cow review.

Crummz Brunch & Bake-For current info see her facebook page.

<https://www.facebook.com/Crummzbb/> All vegan!!! Gullah & Trini Inspired Cuisine. Appears to need 48 hours ordering notice to make everything to order. Specialty is cake and cupcakes but appears to do catering, too.

Luna's-vegetarian tacos can be made vegan and other vegetarian items likely could be, too.
4450 Highway 17, Suite 06, Murrells Inlet

Tropical Smoothie Café-11990 Hwy 17 Byp s Unit 1, Murrells Inlet- can substitute vegan ckn in all of their chicken wraps.

Pawleys Island

Chive Blossom- One local stated they, UPON REQUEST, whipped up a delicious vegan pasta made from zucchini noodles and had fresh corn, spinach, mushrooms, tomatoes and was delicious.

Yagi Sushi & Hibachi - Sweet Tofu Poke bowl. Sweet tofu served with white rice, seaweed, avocado, scallions and mango. So delicious

Pawleys Local- Located in the historical Hammock Shops, they have the biggest selection of vegan options in the area. They really do a fine job of serving vegan meals, they are kind and fun people and the cuisine is extremely elegant and tasty! <https://www.facebook.com/PawleysLocal/>

Carolina Forest

Fast Greek Cafe, Carolina Forest-falafal and other items that can be made vegan

Sneaky Beagle -Has a few items proudly displayed as vegan and maybe a few more can easily be made vegan.

Zeytin in Carolina Forest – Falafal appetizer or sandwich or entrée might be vegan, Veggie Roll might be vegan. <https://zeytinmb.com/>

Conway

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Brookgreen Garden

Vegan meals made upon request in the restaurants. Local vegans attest that the meals are “amazing”.

National Chains that have local restaurants

MOD Pizza-all MOD Pizza locations have vegan cheese available

<https://www.peta.org/living/food/best-vegan-friendly-restaurants-for-nonvegan-family/>

Burger King-Impossible Whopper-hold the mayo/no cheese

Taco Bell-Lots of easy to make vegan items there

Denny’s- Plant Slam

Salads as the meal

Hickory Tavern has a build your own salad with good options

Grumpy Monk has a huge build your own salad with decent options, bean burger and Impossible Burger

That’s a wrap has a great salad bar

Other options

Wild Wing Cafe has vegan chicken nuggets and Impossible Burger

Odori’s has vegan spring rolls and vegetable hibachi and is very knowledgeable about what can be done vegan. They use a vegan margarine

World of Beer has a burger. They can also use that burger with tacos. They have a nice rice bowl

Adult Beverages (vegan)

At Barefoot Landing is **Carolina Vineyards Winery** tasting center. The grapes are grown in Spartanburg but turned into wine in North Myrtle Beach and ONLY available at the tasting center. \$3 to sample 7 wines and for \$1 more tell them you want a souvenir glass. Wine is \$12.99/bottle. They give 10% military discount.

Duplin Winery- This Rose Hill, NC winery opened a new tasting center in N. Myrtle Beach in 2016. I confirmed they are vegan and got them listed on Barnivore.com. While you can buy their wines in the local Kroger, it is probably more fun to taste a few first and see which ones are your favorite!

<https://www.duplinwinery.com/visit-duplin-winery/myrtle-beach/>

The Kentucky Mist Distillery is a craft distillery located in Kentucky near West Virginia and has a tasting room in Barefoot Landing. You can sample all the 'regular' or fruit infused moonshines for a price based on sample glass size. All moonshine are made from natural ingredients and are vegan.

Treats

Earthly Bakes- **100% VEGAN** baker-<https://www.facebook.com/earthlybakes1>

Crummz Brunch & Bake LLC-**100% VEGAN** - You can check out their Facebook <https://www.facebook.com/Crummzbb>

Bay Naturals always have a chilled cabinet with lots of vegan sweet treats that are also gluten free. **Lekker Eats** also has a chiller where many of the items are vegan. There's a particularly good version of a snickers bar. **Beach Hippie Coffee** has vegan baked goods. **Publix** has vegan cookies in the bakery. Most **Wal Marts** have vegan cupcakes in the fridge in the bakery area.

That Cupcake Lady-dairy free, vegan upon request-
<https://www.facebook.com/thatcupcakeladymb>

Sweet Girlz Bakery and Café- North Myrtle Beach. Has vegan cupcakes and no other vegan options- <https://www.sweetgirlzmyrtle.com>

No No Nuts 1417 Hwy 17 S, North Myrtle Beach, SC-**fully vegan** facility and nut and other allergen free ice cream!

Meyers Ice Cream Parlor-Surfside Beach

Has non-dairy ice cream (scoops). (Near the corner of 544 and 17 Bus. Across from Ocean Lakes.)

Bruster's Real Ice Cream 3784 Renee Dr, Myrtle Beach-this chain has vegan ice cream (non-dairy made with coconut milk) as well as vegan sorbets and Italian ices. Appears to have several flavors of each available daily.

D&M Confections-Cakes, cupcakes and cookies. 141 flavors. Has vegan, gluten-free and sugar-free options, too! 3826 S Kings Highway Myrtle Beach, SC (843) 360-7435

<http://www.dmconfections.com/>

Baskin Robbins -now carries one vegan ice cream

The Crazy Mason Milkshake Bar- Hershey's OATmazing vegan ice cream

Stella's Homemade Ice Cream-3021 Us-17 Bus, Murrells Inlet, SC- generally two vegan ice cream flavors. Also has Italian Ice.

Paradise Homemade Ice Cream in Pawleys Island has dairy-free nice cream flavors!

Mean Mugs-North Myrtle Beach and Myrtle Beach (Market Common) locations- two oatmilk flavors

[Sunset Slush of NMB](#) dairy free, gluten free, cholesterol free, nut free, egg free

Seaside sunrise cafe has dairy free vanilla soft serve ice cream (not confirmed recently)

Parlor doughnuts -they have gluten free vegan doughnuts that they make in bulk and freeze and defrost and ice when ordered. It tastes like cheap gf flour and should not be vegan because it gives vegan a bad name.

NOTE: This list does not include restaurants with vegan options that also serve baby cows/veal.