MIT Vegetarian Support Group

MIT / Cambridge / Boston orientation

Welcome to MIT! We've compiled this guide to help you get acquainted with vegetarian resources surrounding MIT! All of these locations are accessible from MIT by foot, or via the T subway at Kendall/MIT. (Kendall, Central, Harvard, and Porter are all on the Red Line. The #1 Bus also connects MIT, Central, and Harvard.)

Grocery stores

Bread and Circus
: Whole Foods Market is a national chain of natural food supermarkets. Excellent produce and organically grown foods. A variety of eco-friendly household and personal care products. Somewhat yuppie, this is a popular spot for MIT profs and students. Nearest of three locations: Prospect Street between Mass Ave and Harvard Street in Central Square, close to T, 492-0070. T: Central

Harvest Co-operative Supermarket
: Local food co-op in Central Square, where anyone can shop! Excellent bulk items and spices, organic produce, full grocery selection. 581 Mass Ave in Central Square, very near T, 661-1580. T: Central

LaVerde's
: Conveniently located in the ground floor of the MIT student center, but pricey. Veggie-friendly deli, limited produce, small selection of soy products. 621-0733.

Lee Nutrition
: Pricey, but convenient in Kendall Square. Good for veggie-friendly convenience food. 290 Main Street, 661-9600.

Markets

Haymarket
: Fridays and Saturdays, at the Haymarket in downtown Boston near Faneuil Hall. Supermarket-bound produce of varying quality, rude vendors, cheap cheap prices! The selection is huge, good quality can easily be found. T: Government Center or Haymarket

Central Square Farmer's Market
: Every Monday through Nov. 20, Parking lot at Norfolk & Bishop Allen Dr. (Harvest Co-op) from noon to 6pm, 727-3180. T: Central

Harvard Square Farmer's Market
: Every Sunday until Nov. 19 in front of Charles Hotel at Harvard Sq. from 10am to 2:30pm, 727-3180. T: Harvard

Restaurants

Cafe Liberty
: Within walking distance of MIT, Liberty is smoke-free with groovy atmosphere. Excellent coffee, and some light fare, usually including a soup with veggie stock. Soy milk for your coffee! 497B Mass Ave, 492-9900. T: Central

Buddha's Delight
: Vegan except for dairy in some desserts. Consistent rave reviews. Specializes in temple cuisine, a very impressive traditional Chinese vegetarian cuisine. 5 Beach Street, Chinatown, 451-2395. T: Chinatown or Downtown Crossing

Picante
: Authentic Mexican, with salsa bar! Several excellent vegetarian entrees are offered, and the rice and beans are always vegetarian. $3-$8. 735 Mass Ave in Central Square, 576-6394. T: Central

Indian
: Central Square has many Indian restaurants, all near each other along Mass Ave, including India Pavilion, Gandhi, Passage to India, and Tandoor House. Also, Bombay Club in Harvard Square.

Country Life

Vegan. Outstanding "all you care or dare to eat" buffet and salad bar. Seventh-Day Adventist. Family operated, owned by a nonprofit board. Business lunch discount on the buffet between 11:30am and noon. Closed Sat. 200 High Street (downtown financial district), 951-2534. T: South Station, State, or Aquarium

Christopher's

Natural foods. Many vegetarian and vegan options. Grain burgers, soups, Mexican food, pasta dishes. No preservatives or artificial ingredients. Open Sun-Thu till midnight, Fri-Sat till 2am. Christopher's, 1920 Mass Ave, 876-5405, 876-9180. T: Porter

Grendel's Den

Try the salad bar: homemade taboule, extensive fruit salads, pasta salads, veggie lasagna, etc. 89 Winthrop Street & JFK, Harvard Square, 491-1050. T: Harvard

The King and I

Thai. Will substitute tofu for any meat in any dish. They cook everything to order and do not use chicken fat to cook their vegetables (like many oriental restaurants). 145 Charles Street, Boston, 227-3320. T: Charles

Masao's Kitchen

Vegan macrobiotic. Very good. Closed Mondays. Porter Exchange, 1815 Mass Ave, 497-7348. T: Porter

Middle East Restaurant

Cozy, kind of grunge atmosphere, fun place to chat. 472 Mass Ave, 354-8238. T: Central

Troyka

A charming Russian cafe with several vegetarian selections. One of the least expensive places to eat in Cambridge. 1154 Mass Ave, 864-7476. T: Harvard

MIT Dining

The student-run facility at Baker Hall offers well-prepared vegetarian (sometimes vegan) entrees for dinner four nights per week. Baker is being touted as "the place" for vegetarians to eat on campus. Fall '95 announces the all-vegetarian section "Trade Winds" at Lobdell Food Court! *VSG is working with Dining Services to increase vegetarian awareness and food options. They are receptive to comments, suggestions, and recipes, so tell them what you think: meal@mit.edu*

This is of course a small sample! For more options, check out *http://catless.ncl.ac.uk/Vegetarian/Guide/* on the web!

Vegetarian Products

The Body Shop

1440 Mass Ave in Harvard Square, 876-6334. T: Harvard

Bread and Circus

please see the description of Bread and Circus above T: Central

Harnett's Homeopathy and Body Care

47 Brattle in Harvard Square, 491-4747. T: Harvard

Origins

8 Brattle in Harvard Square, 868-8090. T: Harvard

About VSG

The MIT Vegetarian Support Group is a very informal organization interested in vegetarian issues. Membership is free, noncommittal and comes with no requirements (being vegetarian is not a prerequisite).

Our activities include informal social events (dining out, coffeehouse meetings, potluck meals, cooking groups), and reserved advocacy/education for vegetarianism. VSG maintains a number of electronic mailing lists for local discussion and get-togethers; for more info write *vsg-request@mit.edu*

Visit our VSG world wide web page at *http://www.mit.edu:8001/activities/vsg/home.html* and also check out the "Vegetarian pages" at *http://catless.ncl.ac.uk/Vegetarian/*

Cheers!
-the VSG officers