



DISCOUNT PROGRAM

The following businesses will give a 10% discount (except where otherwise specified) to members of Vegetarians of Washington, on showing their valid Member ID Card.

This list is growing all the time, please check our website for updates. Vegetarians of Washington makes no endorsement and assumes no liability for any of the goods and services offered in this program. Goods and services included in this program are subject to change without notice.

Restaurants, Markets & Catering Services

Airel Natural Foods

All natural freeze dried fruit, including apple, banana, pineapple and mango. 15% off any freeze dried fruit purchase. 13400 NE 20th Street, Bellevue
425 637-3345 ext 103 www.arielfoods.com

Blissful Lotus Cooking School

Regional Vegetarian Indian cuisine and South-East Asian cuisines. Based in Woodinville.
425 424 0504 ananda.unmesha@gmail.com

Cavi-Art

Delicious, seaweed based, vegan Caviar-like product
20% discount for members using code "VEG"
www.caviart.us

Haveli Indian Vegetarian Restaurant

16564 Cleveland St, Redmond
425 883-4443 www.haveli.us

Hillside Quickie's Vegan Sandwich Shop

4106 Brooklyn Ave NE, Seattle
206 632 3037

Juice Goddess

Organic Café and Juice Bar
1903 N 45th St, Seattle.
206 632 1828 www.juicegoddess.com

Kallaloo Restaurant

Authentic Caribbean food
3820 South Ferdinand St., Seattle
206-760-7766 www.kallalooseattle.com

Karen's Kitchen

Whole foods meals, cooking classes, lifestyle & dietary guidance, and more.
253 568 2750 macromama@msn.com

Kitaro Japanese Restaurant

Expansive selection of Japanese vegan fare, brown rice always offered.
1624 N 45th St, Seattle
206 547 7998

Lilac Juice N Smoothie Company

10% off all smoothies
6208 N. Division near Toys R Us, Spokane
509 483 2633

Lucky Palate Vegetarian Food Delivery

307 W McGraw St, Seattle
206 352 2583 www.luckypalate.com

Luscious Lessons & Chef Kati

Veg cooking classes and catering. Gourmet vegetarian chef.
425 836 4077 www.chefkati.com

Meghana Foods

Your local source for gourmet Indian foods, sauces, chutneys.
25% for members purchasing online
www.meghanafoods.com

Mayuri Indian Cuisine

www.mayuriseattle.com
15400 NE 20th St, Bellevue - (425) 641 4442
or 20611 Bothell-Everett Highway/Maltby Road, Bothell
(425) 481 6900

Moscow Gourmet Kitchen - 15% off

Private, hands-on vegetarian Russian cooking classes, dinner parties or special meals cooked in your own kitchen.
www.MoscowGourmetKitchen.com

Mother Nature's Natural Foods

516 1st Ave N. Seattle
206 284 4422 www.mothernaturesstore.com

Mother Nature's Organic Delivery Service

10% off first delivery, plus \$10 set-up fee is waived
425 743 4150 www.mothernaturesorganics.com

Pabla Indian Cuisine

www.pablaacuisine.com
364 Renton Center Way SW, Renton
425 228 462

Pabla Veggie Cuisine

1420 NW Gilman Blvd #N3, Issaquah
425 392 4725

Patty Pan Grill

Find us at Seattle area farmers' markets

Punjab Sweets

23617 104th Ave SE C, Kent
253 859 323 www.PunjabSweetsOnline.com

Shire Cafe

Snohomish County's premier vegetarian restaurant. (15% discount)
117 E Division Street, Arlington
360-403-9020 www.ShireCafe.com

Sidecar for Pigs Peace

Seattle's only veg grocery and boutique
5270B University Way NE, Seattle
206 729-0835

Silence Heart Nest Restaurant

3508 Fremont Place N, Seattle
206 633 5169

Sutra Vegetarian Cuisine

Open Wed-Sat evenings, two sittings. Call for reservations
Free yerba mate peppermint iced tea or sparkling elixir for members.
1605 N 45th St, Seattle
206 547 1348 www.sutrasedattle.com

Turmeric 'n More

Home-style Indian vegetarian food for any special occasion. Free delivery for members. 206 859 9591
www.turmericnmore.com

The Upper Crust

Catering for weddings, holidays, corporate events etc
8420 Greenwood Avenue N, Seattle
206 783 1826 www.theuppercrustcatering.com

Thyme at the Table

Personal chef service, specializing in vegetarian food, offering weekly meal preparation, dinner parties and special events. 10% discount off first service
206.462.0302 www.thymeatthetable.com

Vegetarian Express

Online vegan food, mixes, spices and more
\$1 off if 3 items purchased, \$2 off if 6 items purchased
(734) 355 3593 www.thevegetarianexpress.com

Wendy's Freight House Square - Vietnamese restaurant

430 East 25th, Tacoma 253 572 4678

Wendy's II - Vietnamese restaurant

5015 Tacoma Mall Blvd, Tacoma 253 471 0228

Health & Wellness Services

Active Health Massage

Sadie Rusby, \$10 off 1st massage
720 N 35th Street, Seattle
206 859 8487 www.freemonthealingarts.com

Acupuncture & Chinese Herbal Medicine

Jessica Vargish L.Ac

916 E. Miller St. Seattle 98102
206 459 3704 www.seattleacupuncturist.com

Amy Alpine Psychotherapy

Therapy for Individuals, Couples and families; addiction specialist
Amy Alpine MA CDP CDCCII.
50% off first visit, 10% off each additional visit
206 367 5093

Dr. Astrid Davidson Psy.D

Psychotherapy for Adults & Children. Complimentary first session
14042 N.E. 8th St. #102, Bellevue
425 455 4890, www.DrADavidson.com

Barry North

Certified Wellness Consultant and Wellness Coach
Offering classes, workshops and individual coaching
\$20 off first year of Wellness Forum membership, which includes free 10-hour Wellness 101 class
206 283 4740 barry@123forwellness.com

Carol Maples, LMP (\$10 off 1hr massage)

Swedish Massage Stress Reduction
Crossroads Myotherapy 15935 NE 8th St, #A104, Bellevue
425 894 6090 www.massage-classifieds.com/cjmaples

Chris Kozura, ND LMP Naturopathic Dr.

The Vitality Center, 3216 NE 45th Place, Suite 212, Seattle
206 419 9829 www.vitalitynaturally.com

Held Massage - Tisha Held LMP

\$10 off first visit, \$5 off subsequent visits.
115 N 85th St. Suite 202, Seattle
206 790 4976

Karen Lamphere MS CN

Certified Nutritionist
406 Main St Suite 111B, Edmonds
425 218 2310 www.wholefoodsnutrition.com

Lake Washington Chiropractic

Free Consultation and ½ off First Exam
13501 100 Ave NE #50, Kirkland
425 821 1101 LKWChiropractic@aol.com

Lisa Boyd LM Licensed Midwife

Ten Moons Birthing Services - Complete prenatal, labor and post natal care in and out of hospital setting. Members receive a free consultation and prenatal herbs.
206 715 6123 www.tenmoons.net

Nancy K. Ishii L.Ac.

Licensed Acupuncturist
5437 California Ave SW, Seattle
206 937 4777 ext. 2

Nan Trees L.M.P.

Natural Healing and Wellness for Health and Beauty
206-525-7170 www.nantrees.com

Network Spinal Analysis - Dr Dick Shepard

50% of your first visit (usually \$125)
206 525 4155 www.zipcon.net/~networkcare

Nisha Shah MPH RD (15% discount)

Nutrition, Fitness, Stress Management and Holistic Health
Consultations 10900 NE 4th Street, Ste 2300, Bellevue
425 260 2937 www.iquesthealth.com

NutritionWorks - (15% discount)

Nutrition consulting - registered dietitians & certified nutritionists
2901 NE Blakeley St Suite 3B, Seattle
206 551 3407 www.NutritionWorkSeattle.com

Sanctuary Massage and Healing

1204 SW 168 St, Burien. 206 439 0820
sanctuarymassage@comcast.net

Sensible Eating, Inc.

Nutrition consulting service based in Olympia
\$5 off 1st cooking class or seminar or \$15 off initial private consult 360 956-0163 SensibleEat@aol.com

WellnessOne SB discount healthcare services

Open to businesses and individuals who are uninsured or under-insured. Payment must be made at time of service. Members receive 20% discount on all services listed below:

Acupuncture Associates

Gentle care for chronic pain
15100 SE 38th St Ste 305B, Bellevue, WA - 425 289 0188

Or 8821 51st Ave NE, Marysville, WA - 360 653 3140

Bellevue Dental Care - Dr Johann Yi

Comprehensive & cosmetic dental care
1515 116th Ave NE #206, Bellevue
425 454 1225 www.bellevuedentalcare.net

Elite Chiropractic

Care for aches, pains and injuries
14700 NE 8th Ste 115, Bellevue - 425 644 8386

Or 15100 SE 38th (Eastgate Plaza), Bellevue 425 289 0092

Naturopathic Physician - Nita Bishop ND

General practice, female hormone balancing
12636 NE 85th St, Kirkland, WA - 206 699 1550

Vision Care Center - Dr Nery Sison

Preventative therapy, stylish eye-wear
14700 NE 8th Ste 105, Bellevue, WA - 425 746 2122

WellnessOne Massage

Injury, relaxation and wellness massage
14700 NE 8th Ste 115, Bellevue - 425 644 8386
Or 15100 SE 38th Ste 305B, Bellevue - 425 289 0092

Additional Businesses & Services

ADT Security Systems

Free package of equip & installation. Reqd monitoring agreement. Contact Carol Meyer
206 729 8759 www.security4today.com

Another Time Antiques & Modern Furniture

514 E Pike, Seattle. 206 709 9896

Baby Diaper Service

Providing cloth diaper service and accessories - free diaper cover for new members registering with service
206-634-2229, 800-562-2229 www.seattlediaper.com

Cibola Natural Fiber Clothing

1501 Pike Pl. #521, Seattle. 206 682 5640
www.cibolaclothing.com

Edenscape

Flowers and unique gifts. 10% off orders of \$50 or more
404 Shore Road, Port Angeles
360 417 0464 www.tropicalplantsandgifts.com

Fertile Ground Guesthouse

Green lodging for people who care
311 9th Ave SE., Olympia.
360 352 2428 www.fertileground.org

FoodasGrown.com

Gluten free cookbook and "The China Study" videos. Use discount code "vegwa" online. www.FoodasGrown.com

Goods for the Planet (10% off orders of \$40 or more)

Earth-friendly goods for your home & garden, pets & office
525 Dexter Ave N, Seattle
206 652 2327 www.goodsfortheplanet.com

Grime Reapers

Holistic house cleaning. \$20 off first cleaning (2 hour min)
206 290 7065 GrimeReapers@gmail.com

Jobri Gifts

Vegetarian friendly, gourmet gift baskets Members get 5% off with coupon code: "vegwa"
www.JobriGifts.com

Katko All Pet Services

Licensed, bonded, and insured in-home pet-sitting service
206 816 4560 www.katkopets.com

Lands in Love Hotel & Resort - Costa Rica

100% vegetarian cloud forest resort - 15% off hotel & activity costs
www.landsinlove.com

Language Lessons

French for beginners. Hebrew all levels. First lesson free.
Malka Garni - 425 486 9815

Lollipops Resale Shop

Kids & women's clothing, shoes & toys
2038 SW 152nd St, Burien.
206.243.1795 www.shoplollipops.com

Natural Fiber Clothing/Wearable Art Studio

11 - 4pm Tues thro' Sat or by appt.
610 West Crockett, Seattle
206-352 5914 www.naturalfiberclothing.com

Natural Cleaning Service

Serving Redmond, Kirkland, Bellevue. Call Elizabeth
425-443-9477 www.ANaturalCleaningService.com

Normandy Park Yoga

19655 First Avenue South Suite 102, Normandy Park WA
206 878 9642 www.normandyparkyoga.com

Online Hardware Store

www.TheHardwareCity.com/?linkId=44
One Stop Place for all your home and garden needs.
10% off on all orders , no minimum. Enter coupon code 'vegofwa10' during checkout. Phone: 1-866-673-1142

Peter Vukshich - Architect

Free initial consultation. Environmentally conscious architect
35 yrs experience.
253 804 5747 Vukshich@earthlink.net

Richard Stockhoff - Mortgage Consultant

Sr. Loan Originator, Alaska USA Mortgage Company
(425) 891-2979 RStockhoff@comcast.net

Sassyfit! (15% discount)

In home personal training and yoga company
206 331 1755

Seattle Green Cleaning (\$10 off first cleaning)

For a clean home and a clean conscience
Call Jennifer: 206.499.3046 www.seattlegreencleaning.com

Skin Deep Dance Studios

15% off first massage with Katrina LMP
Top Floor of El Centro de la Raza, 2524 16th Ave S #311, Seattle
206-322-9500 <http://skindeepstudios.net>

Solstice Jewelry and Gifts (15% disc)

Pier 55, 1101 Alaskan Way Suite 103A, Seattle, 206 624 9057
www.solsticeseattle.com

Spectrum Learning Community

16230 NE 4th St, Bellevue 425 455 2345
www.yousucceed.org

Stepping Stone Graphics

Barbara Levy - 206-920-0670
Providing creative, comprehensive solutions for a wide variety of print and electronic publications
www.steppingstonegraphics.com

Strive4Excellence, Coaching & Seminars

One free "Get To Know Professional Coaching" Session and a month of Coaching (three 30 minutes session) for \$100 instead of \$210
Daniel Marty - (206) 718-7078

Terrel Lefferts Photography

20% on outdoor (only) print or CD packages.
425 883 0836 www.uiweb.com/terrel

The Synergy Company

Whole food nutritional supplements
(800) 723-0277 www.thesynergycompany.com

Vegan Divine

Gourmet vegan gift baskets for all occasions. Call for member discount code when ordering.
206 529 4406 www.vegandivine.us

Viridis Salon

Full service green salon.
10% off with participating stylists
117 Main St, Kirkland
425 576 9345 www.viridissalon.com

Whole Life Yoga

8551 Greenwood Ave N Ste 2, Seattle
206 784 2882 www.wholelifeyoga.com

Wholesale Fire Services

Servicing of fire alarms, fire sprinklers & fire extinguishers
7302 21st NE, Seattle 206 528 6110

Young Pilates

Brooke Young, Certified pilates instructor
20% off each Pilates session when 5 sessions are purchased
1001 West Howe St, Seattle
206-282-2504 www.youngpilates.com

Zero and Somebuddy

Clowns for all occasions.
425 739 9433 ZeroandSomebuddy@hotmail.com