



## 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](http://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](mailto:ananda.unmesha@gmail.com)

### Cavi-Art

Delicious, seaweed based, vegan Caviar-like product  
20% discount for members using code "VEG"  
[www.caviart.us](http://www.caviart.us)

### Haveli Indian Vegetarian Restaurant

16564 Cleveland St, Redmond  
425 883-4443 [www.haveli.us](http://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](http://www.juicegoddess.com)

### Kallaloo Restaurant

Authentic Caribbean food  
3820 South Ferdinand St., Seattle  
206-760-7766 [www.kallalooseattle.com](http://www.kallalooseattle.com)

### Karen's Kitchen

Whole foods meals, cooking classes, lifestyle & dietary guidance, and more.  
253 568 2750 [macromama@msn.com](mailto: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](http://www.luckypalate.com)

### Luscious Lessons & Chef Kati

Veg cooking classes and catering. Gourmet vegetarian chef.  
425 836 4077 [www.chefkati.com](http://www.chefkati.com)

### Meghana Foods

Your local source for gourmet Indian foods, sauces, chutneys.  
25% for members purchasing online  
[www.meghanafoods.com](http://www.meghanafoods.com)

### Mayuri Indian Cuisine

[www.mayuriseattle.com](http://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](http://www.MoscowGourmetKitchen.com)

### Mother Nature's Natural Foods

516 1st Ave N. Seattle  
206 284 4422 [www.mothernaturesstore.com](http://www.mothernaturesstore.com)

### New Roots Organics

\$10 off first delivery 206 261 2500  
[www.newrootsorganics.com](http://www.newrootsorganics.com)

### Pabla Indian Cuisine

[www.pablaacuisine.com](http://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](http://www.PunjabSweetsOnline.com)

### Shire Cafe

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

### Turmeric 'n More

Home-style Indian vegetarian food for any special occasion. Free delivery for members. 206 859 9591  
[www.turmericnmore.com](http://www.turmericnmore.com)

### The Upper Crust

Catering for weddings, holidays, corporate events etc  
8420 Greenwood Avenue N, Seattle  
206 783 1826 [www.theuppercrustcatering.com](http://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](http://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](http://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](http://www.freemonthealingarts.com)

### Acupuncture & Chinese Herbal Medicine

#### Jessica Vargish L.Ac

916 E. Miller St. Seattle 98102  
206 459 3704 [www.seattleacupuncturist.com](http://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](http://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](mailto: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](http://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](http://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](http://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](mailto: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](http://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](http://www.nantrees.com)

### Network Spinal Analysis - Dr Dick Shepard

50% of your first visit (usually \$125)  
206 525 4155 [www.zipcon.net/~networkcare](http://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](http://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](http://www.NutritionWorkSeattle.com)

### Sanctuary Massage and Healing

1204 SW 168 St, Burien. 206 439 0820  
[sanctuarymassage@comcast.net](mailto: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](mailto: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](http://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](http://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](http://www.seattlediaper.com)

### Cibola Natural Fiber Clothing

1501 Pike Pl. #521, Seattle. 206 682 5640  
[www.cibolaclothing.com](http://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](http://www.tropicalplantsandgifts.com)

### Fertile Ground Guesthouse

Green lodging for people who care  
311 9th Ave SE., Olympia.  
360 352 2428 [www.fertileground.org](http://www.fertileground.org)

### FoodasGrown.com

Gluten free cookbook and "The China Study" videos. Use discount code "vegwa" online. [www.FoodasGrown.com](http://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](http://www.goodsfortheplanet.com)

### Grime Reapers

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

### Jobri Gifts

Vegetarian friendly, gourmet gift baskets Members get 5% off with coupon code: "vegwa"  
[www.JobriGifts.com](http://www.JobriGifts.com)

### Katko All Pet Services

Licensed, bonded, and insured in-home pet-sitting service  
206 816 4560 [www.katkopets.com](http://www.katkopets.com)

### Lands in Love Hotel & Resort - Costa Rica

100% vegetarian cloud forest resort - 15% off hotel & activity costs  
[www.landsinlove.com](http://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](http://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](http://www.naturalfiberclothing.com)

### Natural Cleaning Service

Serving Redmond, Kirkland, Bellevue. Call Elizabeth  
425-443-9477 [www.ANaturalCleaningService.com](http://www.ANaturalCleaningService.com)

### Normandy Park Yoga

19655 First Avenue South Suite 102, Normandy Park WA  
206 878 9642 [www.normandyparkyoga.com](http://www.normandyparkyoga.com)

### Online Hardware Store

[www.TheHardwareCity.com/?linkId=44](http://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](mailto:Vukshich@earthlink.net)

### Richard Stockhoff - Mortgage Consultant

Sr. Loan Originator, Alaska USA Mortgage Company  
(425) 891-2979 [RStockhoff@comcast.net](mailto: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](http://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](http://www.solsticeseattle.com)

### Spectrum Learning Community

16230 NE 4th St, Bellevue 425 455 2345  
[www.yousucceed.org](http://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](http://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](http://www.uiweb.com/terrel)

### The Synergy Company

Whole food nutritional supplements  
(800) 723-0277 [www.thesynergycompany.com](http://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](http://www.vegandivine.us)

### Viridis Salon

Full service green salon.  
10% off with participating stylists  
117 Main St, Kirkland  
425 576 9345 [www.viridissalon.com](http://www.viridissalon.com)

### Whole Life Yoga

8551 Greenwood Ave N Ste 2, Seattle  
206 784 2882 [www.wholelifeyoga.com](http://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](http://www.youngpilates.com)

### Zero and Somebuddy

Clowns for all occasions.  
425 739 9433 [ZeroandSomebuddy@hotmail.com](mailto:ZeroandSomebuddy@hotmail.com)