

The Cheesecake Factory Vegan Menu



American

The Cheesecake Factory is a hugely popular restaurant chain in the US. It serves up a wide variety of American food and specializes, probably unsurprisingly, in cheesecake. But just because you're going to a cheesecake restaurant doesn't mean there won't be anything for you to eat if you're vegan! Sure, you'll have to pass on the cheesecake itself, but finding vegan food at the Cheesecake Factory doesn't have to be hard.

According to its online menu and nutritional information, **there are 9 vegan options at the Cheesecake Factory**, plus a handful of other dishes that can be customized to make it vegan. We recommend starting with edamame beans or a little house salad if you're just peckish, or go for the Thai lettuce wraps with grilled avocado if you've got a bit more of an appetite. As an entrée, the plant-based Impossible burger makes a fantastic choice. Choose between regular or sweet potato fries as a tasty accompaniment. Alternatively, go for Evelyn's favorite pasta for a vegetable-packed dish—just remember to hold the Parmesan.

There's plenty to choose from when it comes to eating vegan food at the Cheesecake Factory—just remember to swap out cheese or dairy-containing sauces for something else.

Chili's Vegan Menu



American

Chili's is a popular casual dining restaurant with over 1,500 locations around the United States. It offers a tasty selection of burgers and sandwiches, steaks and sides, fried chicken and fajitas, and, of course, chili. If you're wondering how to order vegan food at Chili's, though, you'll be faced with a fairly limited choice.

According to the restaurant's online menu, **there are 38 vegan items at Chili's**. However, most of these are sides, extras, and add-ons, meaning it can be difficult to create a full and satisfying meal.

In terms of appetizers, vegan options at Chili's that we recommend include the bottomless tostada chips, either with salsa or fresh guacamole. If you go for the fried pickles as a starter instead, make sure you remember to ask for no ranch dressing, as this contains both egg and milk. As a main dish, the only real option available for vegans is the Caribbean salad without dressing—but you can swap in the citrus balsamic vinaigrette, which is suitable for vegans.

The good news is that fries at Chili's are also vegan, as are both types of BBQ sauce on the menu. If you're not in the mood for fries, go for Mexican rice or roasted asparagus instead. You could also add avocado slices, fresh guacamole, pickles, or salsa to your food to give it a little extra flavor.

Twin Peaks Vegan Menu



American

Twin Peaks is a chain of sports bars and restaurants with over 80 locations around the US, most of which are in Texas. Its slogan promises “scenic views,” but this probably refers more to the scantily clad female waiting staff than the views out of the window! Food at Twin Peaks consists mostly of classic American dishes, such as burgers, wings, and sandwiches, all served up with a smile. With all these meat-heavy dishes, it can be difficult to find vegan items at Twin Peaks.

According to its online menu and allergen information, **there are 8 vegan options at Twin Peaks**, most of which are side dishes. We recommend starting your meal with the fire-roasted salsa and chips, then enjoy either the house salad with no cheese or the steak salad with no steak, making sure to order the herb vinaigrette instead of the default dressing. If you’re looking for vegan food at Twin Peaks, it’s also possible to order a Beyond Meat burger at some locations—order without cheese or mayo to make this vegan.

When you’re ordering, watch out for hidden dairy or egg products on the mashed potatoes and asparagus, and in the salad dressings. Ask your server to help you if you aren’t sure.

Denny's Vegetarian Menu



Breakfast

Denny's is one of the most popular and successful diner-style eateries in the United States. It's loved by families all over the country and is almost always open, so you can get your fix of pancakes or burgers at any time, day or night. If you're wondering how to order vegetarian at Denny's, you're in luck. There are some great vegetarian options at Denny's.

According to the online menu and nutritional information, **there are 13 vegetarian items at Denny's**. The great thing about the Denny's menu is that there are many ways to "build your own" plate of food. At breakfast time, you can build your own Grand Slam Breakfast or Omelette, or you can order straight off the menu with the Fit Fare Veggie Sizzlin' Skillet or Loaded Veggie Omelette. Later in the day, we recommend building your own burger with a veggie patty and toppings of your choice—add sautéed mushrooms or fresh avocado.

In terms of sides, you've pretty much got free rein if you're looking for vegetarian options at Denny's, but we suggest avoiding the creamed corn; this contains Parmesan, which is usually made with animal rennet so isn't suitable for vegetarians. Watch out also for the Caesar dressing, which usually contains both Parmesan and anchovies.

El Pollo Loco Vegetarian Menu

Chicken



El Pollo Loco is a casual-dining restaurant chain that specializes in Mexican-style chicken. Think of “Los Pollos Hermanos” from *Breaking Bad*, but without the element of crime! Now, as it’s a restaurant that mostly sells chicken, you’re probably wondering how to order vegetarian food at El Pollo Loco—is it even possible?

The good news is that yes, it is possible to find vegetarian options at El Pollo Loco. In fact, **there are 23 vegetarian items at El Pollo Loco**. Of course, it stands to reason that the majority of these are sides and extras.

Order a rice and bean cup, cauliflower rice, regular rice, a range of beans and veggies, or even macaroni cheese to build a tasty meal out of just side dishes. You could then build your own tacos by also ordering plain tortillas, tortilla chips, guacs and salsas.

But you aren’t stuck with sides if you’re a vegetarian at El Pollo Loco. The menu also features two chickenless pollo burritos, one vegetarian and one vegan, meaning you can have a satisfying Mexican meal without the meat.