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# Plant-Based Bites in Chattanooga

By Sarah Joyner on Mar. 02, 2022

Southern vegan soul food? Heck yeah it's a thing and in Chattanooga we're rocking it. Many locally owned restaurants make it a point to include scrumptious vegan options on their menu. Others make it their calling.

Check out some of our favorite plant-based restaurants and see what all the buzz is about for yourself!

### Southern Squeeze



@its\_meta\_jean

**1301 Dorchester Rd**  
**Southern Squeeze** plant-based kitchen boasts a rainbow of fresh juices, smoothies, wellness lattes, and more! Pair one of their filling bowls (loaded Thai sweet potato, anyone?) or toasties (like an ooey-goey vegan grilled cheese) with local on-tap kombucha! Definitely add something from the bakery case to your order. You deserve the splurge.

### Sluggo's



@biancaphillips

**505 Cherokee Blvd**  
 Part vegan café. Part music venue. **Sluggo's** serves up southern vegan soul food in Chattanooga's Northshore. They keep their menu fresh with daily features and a Sunday brunch, in addition to their tried-and-true favorites like a house-made Tahini Goddess dressing that's so good it's drinkable.

### Real Roots Café



@realroots\_cafe

**607 N. Market St**  
 Owned by a local husband and wife duo, this plant-based café and smoothie bar is 100 percent vegan. **Real Roots Café's** regular menu items include smoothies and smoothie bowls, paninis, avocado toasts, grab-and-go lunch items (hello picnic!), + hot food specials and all the café beverages you love with a healthy twist!

### Cashew



@cashewchattanooga

**149 River St**  
 Steps from Coolidge Park, you'll find **Cashew** plant-based vegan café serving up menu favorites like the Buffalo Bowl, Philly Cheesesteak, or Jackfruit Nachos (seriously, people can't stop talking about this one). The bakery items are tantalizing and plentiful, with a ton of gluten-free options to boot! If you're lucky, you might snag a reservation for a Cashew special-themed 5-course dinner or cooking class.

## Looking for more vegan options?

Check out [this vegan food guide from Nooga Today](#) or [ChattaVegan](#) online for some more comprehensive lists.

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 Fat Boy's Roadside Eats: It used to be a food truck but they are now a full size restaurant on Apison pike. Still the best food around; massive portions and all freshly prepared. They also now have a full vegan menu. Give them a try, you can thank me later.  
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