

Miami, Florida

[Choices Organic Cafe](#)

*Organic food that nourishes the body. Smoothies, burgers, and make-your-own wraps and bowls.*

[GLAM Vegan](#)

*Fast-casual dining with international flair. GLAM stands for Green Living Animals Matter. Menu includes chana masala, spaghetti and meatless balls, and jackfruit “al pastor” tacos.*

[Manna Life Food](#)

*Superfood juice bar and plant-based cafe. Innovative items like superfood arepas and matcha cappuccinos.*

[Plant Miami](#)

*Many whole/raw choices; Certified Kosher. Inspired by Miami’s tropical climate and broad cultural influences.*

Ocho Rios, Jamaica

### Reggae Pot Rastarant

*The Reggae Pot Rastarant specializes in a wide variety of vegetarian cuisine and natural juices, including ital food. Developed by Rastafarians, ital food is a natural way of cooking that tries to avoid processed food, additives, oil, salt, and sugar.*

### The Healthy Way

*Authentic Jamaican ital vegan food.*

### Mi Hungry

*Rastafarian restaurant serving raw food, such as raw pizzas, raw burgers, salads, shakes, juices, and desserts.*

### Miss T's Kitchen

*Authentic Jamaican meals in a rustic, colorful ambience with impeccable customer service. They have vegan options such as chickpea stack, vegetables stewed in coconut milk, and veggie balls.*

## Oranjestad, Aruba

### [One Happy Bowl](#)

*Offers plant-based and gluten free bowls with fresh veggies, tempeh, and tofu. Also has breakfast options such as house-made granola and tofu scramble.*

### [Alfresco](#)

*Health-focused restaurant with vegan options, including bowls, salads, pastas, and more.*

### [Green Food Service](#)

*A vegetarian restaurant where you'll find passion and love for food transformed into the perfect blend of healthy and delicious dishes. Vegan options available.*

### [Elements Restaurant](#)

*Elements Restaurant offers a more upscale culinary experience in an oceanfront setting. Elements' globally-inspired fare highlights natural, organic ingredients in European-style portions that are well-balanced for healthier living. They have vegan and vegetarian menus.*

Cartagena, Colombia

### Crepes & Waffles

*Chain restaurant offering breakfast, lunch, dinner, and dessert. Vegan options are marked on the menu.*

### Oh La La

*French restaurant with a vegetarian section on the menu and a few vegan options like ratatouille, quinoa, salad, and lentil soup.*

### Green Kitchen

*Billed as a healthy fast food concept, using preservative-free products. Offers pizza, falafel, portobello mushroom burger, lentil burger, wraps, salads, and natural juices.*

### Cafe Stepping Stone

*Fresh locally sourced food featuring vegan, vegetarian, and gluten-free options.*

Colón, Panama

### Grand Cafe at Panaderia Mediterranea

*This Mediterranean restaurant has vegetarian and vegan options.*

### Bakery and Restaurant Rico&Rico

*Great place for baked goods, coffee drinks, and juices.*

## Costa Maya, Mexico

### Pitaya Beach Club

*Offers two vegan main dishes: tacos with bean cream, lettuce, red cabbage, and vegan chorizo; and pitaya burger with vegan patty, onion, lettuce, and tomato served with fries. They also have guacamole with tortilla chips and a mixed salad with amaranth grains.*

### Jaime's at the Blue Reef

*Local cuisine with vegetarian and vegan options.*

### Ibiza Sunset

*Local cuisine with vegetarian and vegan options.*

### Hayhu Beach

*They have a veggie section on their menu with various options.*

## Cozumel, Mexico

### Cali Cafe

*Plant-based restaurant serving pastries, coffee, juices, smoothies, soups, tacos, and more.*

### Crazy King Burritos

*Vegan and vegetarian burritos.*

### Sombrero Falafel

*Casual place serving mainly falafel in pitas. Has other items like empanadas, sabich (fried eggplant), fries, fruit shakes, and cookies.*

### Bindiya

*Indian restaurant with vegan and vegetarian options.*