

2020 HHAS Cruise: Veggie-Friendly Eateries at Each Port of Call

Miami, Florida

[Manna Life Food](#)

Superfood juice bar and plant-based cafe, serving innovative items like superfood arepas and matcha cappuccinos. Hours: Mon-Fri 10 am-6 pm, Sat 11 am-4 pm, Closed Sunday. Location: Alfred I. Dupont Building, 80 NE 2nd Ave., Miami, FL 33132. Contact: (786) 717-5060.

[Love Life Cafe](#)

Plant-based food made with fresh ingredients. They also serve coffee and baked goods. Hours: Sun-Thurs 9 am-10 pm, Fri & Sat 9 am-11 pm. Location: 2616 NW 5th Avenue Wynwood, FL 33127. Contact: (305) 456-4148.

[Plant Miami](#)

Many whole/raw choices; Certified Kosher. Inspired by Miami's tropical climate and broad cultural influences. Hours: Sun-Wed 11:30 am-10 pm; Thurs-Sat 11:30 am-11 pm. Location: 105 NE 24th St Miami, FL 33137. Contact: (305) 814-5365.

San Juan, Puerto Rico

[Café Berlin](#)

This restaurant has ample veggie-friendly options. Hours: Mon-Fri 10 am-9 pm; Sat & Sun 8 am-9 pm. Location: San Francisco St. #407, San Juan PR 00901. Contact: (787) 722-5205.

[St. Germain Bistro & Cafe](#)

A neighborhood bistro in Old San Juan located off the beaten path, St. Germain Bistro & Cafe serves some vegetarian salads and sandwiches and a few vegan options made with the freshest ingredients. Hours: Mon-Fri 11 am-10 pm, Sat-Sun 9 am-10 pm. Location: 156 Calle Sol, Old San Juan, San Juan PR 00901. Contact: (787) 725-5830.

[Istanbul Restaurant](#)

This restaurant offers a wide variety of Turkish and Mediterrean cuisine with plenty of vegan and vegetarian options. Hours: 11:30 am-9:30 pm. Location: 325 Recinto Sur, San Juan PR 00901. Contact: (787) 722-5057.

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Philipsburg, St. Maarten

[Shieka's Vegetarian & Caribbean Cuisine](#)

Located in the heart of Philipsburg, Shieka's offers a taste of paradise with healthy and local favorites. There are multiple vegetarian options, including fresh juices and traditional rice and peas. Hours: Mon-Sat 7 am-4 pm, closed Sun. Location: #50 Backstreet, Phillipsburg, St Maarten. Contact: (721) 542-0068.

[Irie Gardens](#)

Caribbean style food with vegan and vegetarian options, including burgers, pastas, salads, and sandwiches. Serves breakfast, lunch, and dinner. Hours: Mon-Sat 7 am-8 pm. Location: Frontstreet 155, Philipsburg, Netherlands Antilles. Contact: (721) 543-3322.

[Freedom Fighters Ital Shack](#)

Vegetarian restaurant serving Ital soup and fresh juices daily, plus veggie patties on Mondays. Hours: 7 am-6 pm, Friday 7 am-5 pm, Sat & Sun 10 am-6 pm. Location: Bush Road #7 Philipsburg, Netherlands Antilles. Contact: (721) 542-0055.

[Lazy Lizard](#)

Offers vegetarian dishes which can be "veganized" on request. Includes vegan curry, vegan creole, beans and rice, and possibly more. Hours: Mon-Fri 10 am-3:30 pm, Sat 10:30 am-3 pm, Location: Lazy Lizard, 29 Front Street, Philipsburg, Sint Maarten, Netherlands. Contact: (721) 520-4653.

St. John's, Antigua and Barbuda

[One Stone Ital Shack](#)

Offers a selection of vegan lunch food, snacks, and fresh fruit drinks. Daily Ital dishes might include soya chunks, tofu, seitan, provisions, rice, spinach, cassi (local cactus), corn cakes, pie, chickpeas, and lentils. There's no business page for this listing, but the owner has a [personal page on Facebook](#). Hours: 11 am-4 pm. Location: Independence Drive (at opposite Country Pond), St. Johns, Antigua and Barbuda. Contact: (268)-785-6065.

[New Taste of India](#)

This traditional Indian restaurant offers a wide variety of vegetarian options. Hours: Mon-Sat 10 am-10 pm, Sun 5-10 pm. Location: Upper Long Street, St. Johns, Antigua and Barbuda. Contact: (268) 772-7105.

[Hemingways](#)

This Caribbean cafe offers vegetarian options including soups, salads, sandwiches, and entrees made with the freshest ingredients. Hours: 8:30 am-11 pm. Location: On the corner of Thames Street and Saint Mary's Street. Contact: (268) 462-2763.