Do Vegan Options Promote Veganism?

Or do they just siphon dollars away from vegan eateries that do?

Typical Scenario: One vegan dining with a group of omnivores.

Type of Restaurant	Vegan Meals Ordered	Meals that saved animals	Omnivores eating vegan	Supports vegan eatery
Non-vegan	1	1	0	0
100% vegan	All	All	All	All

Dining with omnivores at a mainstream restaurant, hoping they'll order the vegan option, is like joining alcoholics in a bar, hoping they'll order the lemonade.

Non-vegan restaurants include vegetarian and veg-friendly eateries.
Egg & dairy animals suffer more and longer than meat animals before ultimately being killed and eaten anyway--no one gets out alive.

Non-Vegan Restaurant Observations

- Non-vegan eateries add vegan options in the hopes of luring groups that include a token vegan. Their desire is to increase profits, not promote veganism. The bulk of their sales continue to harm animals.
- Vegan options eaten by a token vegan yield no net benefit to animals—the vegan would have ordered a cruelty-free meal regardless. Animals are saved only if the omnivores in the group ordered the vegan option.
- With animal products on the menu, omnivores rarely, if ever, choose the vegan option. With no ethical or health compulsion to avoid animal products, why choose a "mock" dish over the real thing?
- A dollar spent in a non-vegan restaurant is a dollar *not* spent in a vegan restaurant. If vegans, for social reasons or the "desire for variety," use their money to eat in non-vegan eateries, vegan restaurants suffer.
- A vegan wouldn't think of attending a dog, cock, or bullfight where people entertain themselves by *watching* animals. So how can a vegan justify dining with people who are hurting animals by *eating* them?
- Non-vegan restaurants are sanitized extensions of the slaughterhouse. And patrons are the reason. If no one ordered animal products, no animals would suffer and die. You can't have one without the other.
- "You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity." Ralph Waldo Emerson

100% Vegan Restaurant Observations

- Brave vegan restaurateurs willingly accept reduced clientele and profits for ethical reasons.
- Omnivores invited to dine in vegan eateries are often surprised by how "normal" the food tastes.
- Omnivores experiencing a tasty vegan meal are more willing to eat vegan again.
- Even if eating vegan doesn't instantly convert omnivores, no animals were hurt for those meals.
- The money spent by omnivores helps keep the vegan eatery in business.

What should an ethical vegan do?

- Let people know that, going forward, you plan to patronize only 100% vegan eateries. When invited to dine in non-vegan restaurants, suggest a vegan one instead.
- Organize dining events for family & friends in exclusively vegan eateries. Most will gladly join you, although a few stubborn holdouts may resist at first. Be patient. They may eventually come around.
- Don't isolate yourself completely. Let others know that you won't boycott social events, just the animal-eating portions. When the cruelty begins, quietly remove yourself from the scene by taking a walk. Eat food you brought, or, if available, dine in a nearby vegan restaurant. Then just as quietly return to the event.
- Be prepared to be left out of future non-vegan restaurant invitations. Your feelings may be hurt—it's tough being vegan in a non-vegan world—but it's worth it not to sanction or appear to tolerate the callous behavior of omnivores while they casually hurt (eat) animals.
- Relish the peace you'll feel as you no longer experience the cognitive dissonance (distress caused by contradictory thoughts) of dining with normally kind and compassionate family and friends while they blissfully consume animal foods.
- Stay strong for your principles--and the animals!

I support well-meaning efforts to add vegan options into mainstream restaurants—the more the better! But this only benefits animals if the vegan options are so enticing that *omnivores* order them!

From p. 6 of www.maxlearning.net/HEALth/VeganCityBlog.pdf