



## SWEET TREATS

### Vegan Victory

**Baker makes specialized, custom desserts.**

BY LAURA GORDON

Imagine taking a bite of a sinful chocolate cake. Now, remove the eggs, milk, and butter, subtract 75 calories per slice, and keep the same great taste. Then, you have **Vegetarian Desserts'** most popular treat—the vegan chocolate cake. Owner Charmane Baker (yes, that's her real name) started baking sans animal products seven

years ago when her vegan boyfriend "asked for a dessert he could actually eat during the holidays," she says. Since then, the Baltimore native has kept her treats delicious and healthful with products such as soy margarine, vinegar, vegetable oil, and lemon juice. She accepts vegan orders from across the country, but, lucky for us, Baker has a shop in Mt. Vernon's antique row (827 N. Howard St., 410-383-7770, [veggiedesserts.com](http://veggiedesserts.com)). She customizes desserts—cinnamon buns, blueberry pie, oatmeal-raisin cookies, you name it—with prices starting in the \$20 range for a small cake or a batch of cookies. Baker used to be in the Army, runs marathons, and has a full-time job with the city Health Department. Though not a vegan herself, she takes health food seriously. Now, Baltimore vegans can have their cake and eat it, too.

## OUT TO LUNCH

### TO YOUR HEALTH Timonium deli serves up earth-friendly, organic products.

BY CARRIE OLEJNIK

**Tucked at the end** of a long row of shops across from the Maryland State Fairgrounds, **The Natural Market** (2149 York Road, 410-560-3133) is easy to miss. But once you've found it, step inside. The health-food store offers a wide selection of organic and vegetarian products in addition to special dietary items and a small deli and cafe. While dining there can be cramped, carryout is available from a large menu that includes 19 meatless (and often tofu-filled) wraps, sandwiches, burgers, and salads. The goddess salad (\$4.95 side, \$6.95 full) mixes organic field greens with romaine, spinach, carrots, tomatoes, sprouts, cucumbers, and onions, and is topped with a delicious, creamy tahini-and-lemon dressing. The vegan turkey club (\$6.50) is a hearty partner to the salad with three slices of vegan turkey



stacked on sprouted-multigrain bread with lettuce, tomato, and a crunchy layer of tempeh (soybean cake) bacon. There are also a half-dozen variations of fresh juices to wash it all down, including an option to make your own. Health food has never been better.

## LISTINGS KEY

### Our Policy

The Dining Guide is a reader service compiled by Baltimore's editorial staff. The magazine does not accept advertising or other compensation in exchange for the listings. Critics visit restaurants anonymously and all expenses are paid by the magazine. Listings are updated regularly. To correct a listing or request a restaurant be considered for the list, contact Suzanne Loudermilk at [lsuzanne@baltimoremagazine.net](mailto:lsuzanne@baltimoremagazine.net) or 410-752-4201 x5219. A ★ indicates that a restaurant has won an award (Best Restaurants, Best of Baltimore, Cheap Eats, etc.) in the past year.

### The Key

- |                    |                  |
|--------------------|------------------|
| <b>B</b> Breakfast | ▲ Fireplaces     |
| <b>L</b> Lunch     | ★ Outdoor Dining |
| <b>D</b> Dinner    | ☒ Free parking   |
| †† Kids' menu      | ☒ Reservations   |
| ♻ Accessible       | ☒ Carryout       |
|                    | ★ Award winner   |

### Pricing

- \$ Entrees cost up to \$15.95  
 \$\$ Entrees cost between \$16 and \$19.95  
 \$\$\$ Entrees cost between \$20 and \$24.95  
 \$\$\$\$ Entrees cost over \$25

## Baltimore City Above North Avenue

- ALONSO'S RESTAURANT AND PACKAGED GOODS** 415 W. Cold Spring Ln., 410-235-3433. Reborn local bar famed for huge burgers now serves Italian, too. **L, D** daily, brunch Sat-Sun. ☒ \$ \$ \$ ☒ ☒ ☒
- AMBASSADOR DINING ROOM** 3811 Canterbury Rd., 410-366-1484. Royal Indian cuisine in a Tudor setting. **L, D** daily. \$ \$ ☒ ▲ ☒ ☒ ☒
- ANGELINA'S** 7135 Harford Rd., 410-444-5545. Italian restaurant with crab cakes and an Irish pub. Under new management. **L, D** Tue-Sun. †† ☒ \$ \$ \$ ☒ ☒ ☒ ☒
- BOMBAY GARDEN** 5511 York Rd., 410-323-8440. Tandoori, curry specialties. **L, D** Tue-Sun. \$ \$ ☒ ☒ ☒ ☒
- CAFE HON** 1002 W. 36th St., 410-243-1230. Homey food, hon: meatloaf, burgers, roast beef with mashed potatoes, crab cakes. **B, L** Mon-Fri, **D** daily, brunch Sat-Sun. †† ☒ \$ ☒ ☒ ☒ ☒
- CAFE ZEN** 438 E. Belvedere Ave., 410-532-0022. Cheery venue for simple, homestyle Chinese. Near The Senator Theatre. **L, D** daily. ☒ \$ \$ ☒ ☒ ☒ ☒
- CARLYLE CLUB** 500 W. University Pkwy., 410-243-5454. Terrific Southern Indian food. **D** Tue-Sun. \$ \$ \$ ☒ ☒ ☒ ☒ ★
- CHAMELEON CAFE** 4341 Harford Rd., 410-254-2376. Charming French-inflected restaurant is a Lauraville favorite. Tue-Sat. \$ \$ \$ ☒ ☒ ☒ ☒ ☒ ★
- CLEMENTINE** 5402 Harford Rd., 410-444-1497. Innovative food with Euro influences in casual setting. **B, L, D** Wed-Sun. †† ☒ \$ ☒ ☒ ☒ ☒
- CREPE DU JOUR** 1609 Sulgrave Ave., 410-542-9000. French cuisine in a warm atmosphere. Brunch Sat-Sun; **L, D** Tue-Sun. \$ \$ ★
- CROSSROADS AT THE CROSS KEYS INN** 5100 Falls Rd., 410-532-6900. Hotel dining room with contemporary menu. **B, L, D** daily. †† ☒ \$ \$ \$ ☒ ☒ ☒ ☒
- CRUSH** 510 E. Belvedere Ave., 443-278-9001. Lively bar area and white tablecloth dining on other levels. **L, D** daily. \$ \$ ☒ ☒ ☒ ☒
- DESERT CAFE** 1605 Sulgrave Ave, 410-367-5808. Middle Eastern light fare in comfy cafe. Belly dancers on weekends. **L, D** Tue-Sat. \$ ★ ▲ ☒ ☒
- THE DOGWOOD RESTAURANT** 911 W. 36th St., 410-889-0952. American preparations featuring local, organically raised produce and meats. **L, D** Mon-Sat. ☒ \$ \$ \$ ☒ ☒ ☒ ☒ ★