

another broken egg vegan options

Another Broken Egg Vegan Options: A Guide to Plant-Based Delights at Your Favorite Brunch Spot

another broken egg vegan options have become a topic of interest for many diners who want to enjoy the cozy, comforting ambiance of this popular breakfast and brunch chain without compromising their plant-based lifestyles. Known for its creative twists on classic American breakfast dishes, Another Broken Egg has been steadily expanding its menu to cater to diverse dietary preferences, including veganism. Whether you're a strict vegan, someone exploring plant-based eating, or simply curious about what this restaurant offers beyond eggs and dairy, there's plenty to discover that satisfies both taste buds and nutritional needs.

In this article, we'll dive into the best vegan options at Another Broken Egg, explore how the restaurant accommodates special diets, and provide tips on customizing your meal to fit vegan preferences. Along the way, we'll touch on related topics such as plant-based brunch trends, egg alternatives, and ways to navigate menus when dining out as a vegan.

Understanding Another Broken Egg's Vegan-Friendly Approach

Another Broken Egg started primarily as a traditional breakfast venue, with eggs, bacon, and pancakes as staples. However, as more people embrace veganism and flexitarian diets, the chain has recognized the growing demand for plant-based dishes. This shift is part of a broader trend seen in many breakfast and brunch restaurants striving to offer inclusive menus that cater to a wider audience.

Menu Evolution and Plant-Based Inclusions

While Another Broken Egg does not yet have a fully vegan menu, it has taken important steps by incorporating vegan-friendly items or dishes that can be easily customized. For example, many of their side options and salads can be made vegan by omitting cheese and other animal products. Additionally, some locations may feature vegan specials or seasonal items depending on the demand and local sourcing.

How to Identify Vegan Options at Another Broken Egg

Navigating the menu to find vegan-friendly dishes is often easier than you might expect. Here are some practical tips:

- ****Look for plant-based ingredients:**** Focus on dishes that highlight vegetables, fruits, grains, and legumes.
- ****Ask about egg substitutes:**** Some locations might offer tofu scrambles or chickpea-based options as egg alternatives.

- ****Request modifications:**** Many items can be made vegan by removing cheese, sour cream, or butter, and substituting dairy milk with plant-based milks when available.
- ****Check the sides:**** Potatoes, fresh fruit cups, toast with jam, and certain salads can be vegan-friendly choices.

Popular Vegan Dishes and Customizations at Another Broken Egg

Even if the menu doesn't explicitly label items as vegan, there are several dishes you can enjoy with a few tweaks.

Tofu Scramble and Egg Alternatives

While not universally available at all Another Broken Egg locations, tofu scramble is a classic vegan breakfast staple that some branches have started to offer. If it's not on the menu, you can ask if the kitchen can prepare a scramble using tofu or other plant-based substitutes. Otherwise, ordering a vegetable hash or skillet without eggs is another great way to get a hearty, protein-rich start to your day.

Vegan-Friendly Sides and Starters

Some sides naturally lend themselves to a vegan diet:

- **Fresh Fruit Cup:** A refreshing and nutritious option packed with seasonal fruits.
- **Home Fries or Hash Browns:** Generally cooked in vegetable oil, but always check to confirm no butter or animal fats are used.
- **Toast with Jam or Avocado:** Request toast without butter, and enjoy it with jam or avocado slices for a filling snack.
- **House Salad without Cheese:** Loaded with greens, tomatoes, cucumbers, and vinaigrette dressing, salads can be a light yet satisfying choice.

Vegan Pancakes and Waffles

One of the most common brunch cravings is pancakes or waffles. While Another Broken Egg traditionally serves these with eggs and dairy, some locations may offer vegan pancake options or allow you to substitute dairy milk with almond or soy milk. Calling ahead to confirm or requesting modifications can ensure you get a fluffy, plant-based stack that satisfies your sweet tooth.

Creative Vegan Bowls and Toasts

Brunch bowls and avocado toasts have become brunch favorites nationwide, and Another Broken Egg is no exception. Vegan bowls featuring quinoa, roasted vegetables, and fresh herbs are sometimes available or can be customized to exclude animal products. Avocado toast, topped with tomato slices, sprouts, and a drizzle of olive oil, is another simple yet trendy vegan option worth exploring.

Tips for Ordering Vegan at Another Broken Egg

Dining out vegan can sometimes feel like a challenge, but Another Broken Egg's flexible menu makes it easier to enjoy a satisfying meal with these tips:

1. **Communicate clearly with your server:** Let them know you're vegan and ask for recommendations or modifications.
2. **Be specific about ingredients:** Don't hesitate to ask which dishes contain eggs, dairy, or honey.
3. **Request plant-based milk:** If you want coffee or tea, ask if almond, soy, or oat milk is available instead of cow's milk.
4. **Customize your meal:** Many dishes can be adapted by removing cheese, sour cream, or mayonnaise and swapping animal products for vegan alternatives.
5. **Check for cross-contamination:** If you have a strict allergy or sensitivity, inquire about food prep practices.

Why Vegan Brunch Options Matter

The rise of plant-based diets is transforming how restaurants approach their menus, especially in the brunch scene. Vegan options at places like Another Broken Egg not only cater to those avoiding animal products but also appeal to health-conscious diners, people with allergies, and environmentally aware consumers.

Offering vegan choices supports inclusivity and allows more people to enjoy social dining experiences without compromising their principles or dietary needs. Moreover, it encourages creativity in the kitchen—introducing vibrant, nutrient-rich dishes that highlight the flavors and textures of plant-based ingredients.

Health Benefits of Choosing Vegan Options at Breakfast

Starting your day with plant-based meals can provide numerous health perks. Vegan breakfasts tend to be high in fiber, antioxidants, vitamins, and minerals while being lower in saturated fat and cholesterol. This can contribute to improved digestion, better heart health, and sustained energy levels throughout the day. Selecting vegan options at Another Broken Egg can be a delicious step toward a balanced and wholesome lifestyle.

Environmental Impact of Plant-Based Eating

Beyond personal health, opting for vegan meals reduces your environmental footprint. Producing plant-based foods generally requires fewer resources like water and land and results in lower greenhouse gas emissions compared to animal agriculture. Supporting restaurants that offer vegan dishes helps promote sustainability and encourages the food industry to adopt more eco-friendly practices.

Exploring Vegan Alternatives Inspired by Another Broken Egg

If you enjoy Another Broken Egg's style but want to experiment with plant-based cooking at home, there are plenty of ways to recreate or reinvent their popular dishes.

DIY Vegan Breakfast Bowls

Combine cooked quinoa or brown rice with sautéed spinach, roasted sweet potatoes, black beans, and avocado. Top with a drizzle of tahini or a squeeze of fresh lemon for a nourishing and satisfying bowl that echoes the hearty brunch vibe of Another Broken Egg.

Plant-Based Pancakes and Waffles

Use mashed bananas, flaxseeds, or applesauce as egg substitutes in your pancake batter. Incorporate plant-based milk and a touch of vanilla extract to create fluffy, flavorful pancakes perfect for topping with maple syrup and fresh berries.

Tofu Scramble with Veggies

Crumbled firm tofu seasoned with turmeric, garlic powder, nutritional yeast, and black salt (kala namak) can mimic scrambled eggs' texture and flavor. Add diced bell peppers, onions, mushrooms, and spinach for a colorful and protein-packed breakfast.

Finding the Best Another Broken Egg Vegan Options Near You

Another Broken Egg has locations across many states, and vegan offerings may vary depending on local demand and kitchen capabilities. The best way to discover what's available is by visiting the restaurant's website, checking the digital menu, or calling ahead. Social media platforms and vegan dining apps can also provide reviews and updates from other plant-based diners.

Many customers share their experiences online, recommending hidden gems or successful custom orders, which can be invaluable when planning your next brunch outing.

Exploring vegan options at Another Broken Egg opens up a world of tasty, wholesome choices that go beyond traditional breakfast fare. With a little creativity and communication, you can enjoy a fulfilling plant-based brunch that fits your lifestyle while savoring the warm, inviting atmosphere this beloved chain offers. Whether you're ordering a modified skillet, diving into fresh fruit, or indulging in vegan pancakes, Another Broken Egg proves that breakfast can be inclusive, delicious, and exciting for everyone.

Frequently Asked Questions

Does Another Broken Egg offer vegan options on their menu?

Yes, Another Broken Egg has introduced several vegan-friendly options, including plant-based breakfast items and customizable dishes that can be made vegan upon request.

What are some popular vegan dishes available at Another Broken Egg?

Popular vegan dishes at Another Broken Egg include their Vegan Avocado Toast, Tofu Scramble, and the Vegan Breakfast Burrito, which features plant-based ingredients and fresh vegetables.

Can I customize menu items at Another Broken Egg to be vegan?

Yes, Another Broken Egg allows customers to customize certain menu items by substituting animal products with vegan alternatives such as tofu, plant-based sausages, or dairy-free cheese.

Does Another Broken Egg use vegan-friendly ingredients in their cooking process?

Another Broken Egg takes care to use vegan-friendly ingredients and offers options prepared without eggs, dairy, or meat, ensuring a suitable experience for vegan diners.

Are there gluten-free and vegan options available together at Another Broken Egg?

Yes, Another Broken Egg offers some dishes that are both gluten-free and vegan, such as certain salads and customizable bowls, but it's recommended to check with the staff to ensure your dietary needs are met.

Additional Resources

Another Broken Egg Vegan Options: Navigating Plant-Based Choices at a Popular Brunch Spot

another broken egg vegan options have become a topic of growing interest as more diners seek plant-based meals without compromising on flavor or variety. Another Broken Egg, a well-known breakfast and brunch chain, has built its reputation on a diverse menu featuring classic American breakfast fare with a Southern twist. However, as veganism surges in popularity, understanding the availability and quality of vegan options at such establishments is crucial for consumers aiming to maintain their dietary preferences while dining out.

This article delves into the current state of Another Broken Egg's vegan offerings, evaluating menu choices, customization possibilities, and how the restaurant compares to other brunch venues in accommodating plant-based diets. Through an investigative lens, we explore whether Another Broken Egg adequately caters to vegans and what improvements might enhance its appeal to this growing demographic.

Overview of Another Broken Egg's Vegan-Friendly Menu Items

Another Broken Egg's menu traditionally revolves around eggs, dairy, and meat, which poses inherent challenges for vegan diners. Nevertheless, the restaurant has made some strides in incorporating vegan options or enabling modifications to existing dishes. The availability of vegan meals largely depends on location, as some franchises offer more plant-based choices than others.

Current Vegan Dishes and Customization Potential

While the menu does not explicitly label vegan dishes, several items can be adapted:

- **Oatmeal or Grits:** These can be ordered without dairy milk or butter, substituting with water or plant-based milk where available.
- **Fruit Bowls:** Fresh seasonal fruit selections provide a naturally vegan option without the need for modification.
- **Toast and Avocado:** Simple toast (ask for no butter) with avocado slices offers a light vegan

snack or side.

- **Customizable Salads:** Some salads can be ordered without cheese, eggs, or meat, and dressed with oil and vinegar or vegan-friendly dressings.

Importantly, Another Broken Egg allows customers to request modifications such as omitting eggs, cheese, and butter, though cross-contamination risks remain due to shared kitchen equipment.

Limitations and Challenges in Vegan Offerings

Despite these adaptable items, the core menu heavily features animal products. Vegan diners might find it challenging to locate substantial, protein-rich entrées comparable to the traditional offerings. The absence of plant-based proteins like tofu, tempeh, or vegan sausage limits meal variety and nutritional balance.

Additionally, the restaurant's reliance on eggs as a breakfast staple means that many signature dishes, such as omelets, benedicts, and scrambles, are inherently non-vegan. Vegan egg substitutes or plant-based "cheese" alternatives are not widely available on the menu, which restricts the ability to recreate classic dishes in a vegan format.

Comparative Analysis: Another Broken Egg vs. Competitors in Vegan Brunch Options

To contextualize Another Broken Egg vegan options, it is useful to compare the chain with other popular brunch establishments known for their plant-based menus.

Competitor A: The Original Pancake House

The Original Pancake House offers several clearly labeled vegan options, including pancakes made without eggs or dairy, and tofu scrambles. This transparency and inclusion of vegan-specific dishes make it a more appealing choice for plant-based diners seeking convenience and clarity.

Competitor B: First Watch

First Watch has embraced veganism by incorporating vegan sausage patties, tofu scrambles, and a variety of vegan-friendly sides and salads. The availability of vegan milk alternatives, such as oat or almond milk, also enhances the dining experience.

How Another Broken Egg Measures Up

Compared to these competitors, Another Broken Egg falls behind in terms of dedicated vegan dishes and clear menu labeling. The necessity for customers to customize existing items to meet vegan requirements can be inconvenient and may deter less assertive diners. However, the restaurant's willingness to accommodate requests suggests openness to expanding vegan options in the future.

Customer Experience and Feedback on Vegan Options

Online reviews and social media discussions reveal a mixed response from vegan patrons. Many appreciate the friendly service and efforts to modify dishes upon request but express frustration over the limited number of vegan entrées and the occasional use of non-vegan ingredients hidden in sauces or dressings.

Some diners highlight the lack of vegan breakfast staples, such as plant-based egg substitutes or vegan cheese, as a missed opportunity. Others note that the fruit and toast options, while safe, are not sufficiently filling for a complete brunch experience.

Suggestions from Vegan Customers

Common recommendations from the vegan community include:

- Introduction of vegan egg alternatives or tofu-based scrambles.
- Availability of vegan cheese and plant-based sausage or bacon substitutes.
- Clear labeling of vegan and vegetarian dishes on the menu.
- Inclusion of plant-based milk options beyond soy, such as oat or almond milk.

Implementing these changes could significantly enhance the appeal of Another Broken Egg to a broader customer base.

The Growing Demand for Vegan Options in Brunch Culture

The rise of veganism and flexitarian diets has influenced the restaurant industry profoundly. Brunch culture, in particular, has evolved to embrace plant-based innovations, as consumers seek ethical, environmental, and health-conscious choices. Chains that fail to adapt risk losing market share to more progressive competitors.

Data from market research firms indicate that nearly 10% of the U.S. population identifies as vegan or vegetarian, with an even larger proportion reducing meat consumption. Consequently, restaurants with diverse vegan menus can capitalize on this trend by attracting repeat customers and positive word-of-mouth.

Another Broken Egg's Potential Path Forward

Given these industry trends, Another Broken Egg has an opportunity to expand its vegan offerings. Incorporating vegan proteins, plant-based dairy substitutes, and clearly marking vegan-friendly dishes would align the brand with contemporary consumer preferences.

Moreover, collaboration with vegan chefs or consultants could help develop dishes that maintain the restaurant's signature Southern flair while being entirely plant-based. Such innovation could position Another Broken Egg as a leader among brunch chains in inclusivity and menu diversity.

Another Broken Egg's current vegan options, while limited, demonstrate a willingness to accommodate dietary restrictions. However, the absence of dedicated plant-based entrées and clear vegan labeling remains a barrier for some customers. As demand for vegan dining continues to grow, the chain's responsiveness to this market segment will be vital in maintaining relevance and expanding its customer base.

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another broken egg vegan options: Go Plant-Based in 30 Days Sarah Taylor, 2020-05-19 Once you've made the decision to adopt a plant-based diet, what is the best way to go about it? Sarah Taylor has carefully researched, tested, and designed a 30-day, step-by-step program to help you transition to this new way of eating by gradually replacing meat, dairy, and eggs with wholesome and nutritious plant-based foods. Each day of the program has a theme and homework assignment to keep you motivated and guide you toward a wealth of new information, foods, recipes, cooking gadgets, and methods. In addition, you'll learn how to manage eating out, deal with sensitive situations, and adapt socially with friends and family. These next 30 days could change your life!

another broken egg vegan options: *The budget & backpacker guide for Vietnam* YouGuide Ltd, 2025-09-24

another broken egg vegan options: DISCOVERING VIETNAM TRAVEL GUIDE 2025 Dudley Heptinstall, Dudley is excited to share with you his latest book, *Discovering Vietnam: A Comprehensive Guide to Traveling and Trekking in Vietnam*. In this book, Dudley takes you on a journey through the vibrant and diverse country of Vietnam, sharing his personal experiences and expert knowledge to help you plan an unforgettable adventure. Whether you're a seasoned traveler or a first-time visitor, this guide has everything you need to know to make the most of your trip. Dudley covers all the top destinations, from the bustling cities of Ho Chi Minh and Hanoi to the

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another broken egg vegan options: Managing Multiple Sclerosis Naturally Judy Graham, 2010-06-24 A totally revised and updated edition of the first book to offer a holistic approach to slowing the progression of MS • Provides guidance on special diets and nutritional supplements, exercise, alternative therapies, and the effects of negative and positive thoughts on MS • Explains how to reduce toxic overload from mercury and chemicals • Includes life wisdom and coping strategies from others who suffer with MS Judy Graham is an inspiration. Diagnosed with multiple sclerosis when she was just 26 years old, 35 years later Judy Graham is still walking, working, and has successfully birthed and raised a son who is now an adult. In this totally revised and updated edition of her groundbreaking *Multiple Sclerosis*, first published in 1984, she shares the natural treatments that have helped her and many others with MS stabilize or even reverse the condition. Beginning with the effects of diet, she explains that many people with MS have been eating the wrong foods and shows which foods are “good” and “bad,” how to recognize food sensitivities, and how to correct nutritional deficiencies using dietary supplements. She also looks at reducing the body's toxic overload, whether from mercury amalgam fillings, chemicals, or medications. She presents the exercises with proven benefits for MS she has found most reliable and appropriate, such as yoga, pilates, and t'ai chi, and explores alternative therapies that provide relief and support to the body's efforts to control MS, including acupuncture, reflexology, shiatsu, reiki, and ayurveda. Most important are the insights she provides on the effects of negative thoughts on MS. She demonstrates how a positive mental attitude can actually slow down or even reverse the progression of this disease. Judy Graham is living proof that, as devastating as a diagnosis of MS is, life can still be lived to its fullest.

another broken egg vegan options: Vegan Boards Kate Kasbee, 2021-03-02 Finally, a book of beautiful food board ideas for snacks, parties, and family meals that fit your plant-based diet. Serving artfully arranged foods on boards or platters is extremely popular, but until now, all the books on the subject have been full of meats, cheeses, and other animal products. *Vegan Boards* is the first book to make this trend accessible to people who follow a plant-based diet. The results are delectable—and gorgeous to behold. In these pages, Kate Kasbee, co-creator of the popular blog *Well Vegan*, shows you how to create 50 stunning plant-based boards. Step-by-step instructions and a color photograph are included for each one. All the boards are remarkably easy to prepare and most require no cooking at all. Those that require cooking are simple to make, such as roasted vegetables, quesadillas, or bruschetta. You'll also find guidance on how to use equipment and utensils to make serving food on boards both beautiful and safe. Treat your family and friends to enticing vegan boards for every occasion, from breakfast and brunch, grazing at home, and full meals to seasonal celebrations, special occasions, and dessert, including: Build-Your-Own Bagel Sandwich Board Chia Pudding Parfait Board Mediterranean Grazing Board Taco Bowl Tuesday Board Coconut Chickpea Curry Board Afternoon Tapas and Sangria Board Winter Solstice Board Spring Forward Board Midsummer Backyard BBQ Board Oktoberfest Grazing Board Hot Chocolate Dessert Board Ice Cream Sundae Board Make these creative vegan boards ahead of time and then enjoy spending time with your impressed and delighted family or guests.

another broken egg vegan options: Every Last Bite Carmen Sturdy, 2020-06-30 The Specific Carbohydrate Diet (SCD) has been hailed as the gold standard of dietary treatment plans for people suffering from autoimmune and digestive disorders. Its core focus is on eliminating non-essential carbohydrates known to cause inflammation, including grains, starchy tubers, and milk products high in lactose. The SCD can put you on the road to recovery from many debilitating symptoms caused by celiac disease, ulcerative colitis, Crohn's disease, diverticulitis, and more. However, all too often people are deterred from trying it because they perceive it to be too restrictive or difficult. Carmen Sturdy is here to prove that it is anything but! In her new cookbook, *Every Last Bite: A Deliciously Clean Approach to the Specific Carbohydrate Diet* Carmen shows how to prepare delicious, quick, easy, and above all satisfying meals that will please every palate. Each recipe is SCD compliant and promises all the taste and comfort of the familiar foods that you and your family have come to cherish. While *Every Last Bite* is rooted in the principals of the Specific Carbohydrate Diet, it goes beyond by offering modifications and substitutions to meet an array of dietary plans, including Keto, Paleo, AIP, and more! *Every Last Bite* features over 150 recipes that are grain-free, dairy-free and allergen-friendly. Also included: handy cooking tips, a guide to entertaining, and Carmen's experience-based tips for keeping your health on track. Sample recipes include: Wonton Soup Kung Pao Chicken Cacio e Pepe The Ultimate Beef Lasagna Creamy Spring Risotto Cherry Trifle Enchiladas BLT Breakfast Sandwiches With Carmen by your side in the kitchen, you can confidently serve incredible meals that everyone at the table will enjoy, eliminating the need to cook multiple meals at once—giving you more time to embrace life!

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others can't. He offers inside information about different establishments, giving a detailed and sometimes irreverent sense of the food and the people behind them. Goes beyond ratings-centered guides to offer detailed, opinionated reviews by an experienced chef and longtime New Yorker Recommends restaurants, bakers, butchers, chocolatiers, cheese stores, fishmongers, pastry shops, wine merchants, and more Entries include basic facts, contact information, and a thoughtful, personal review Includes choices in every price range and neighborhood, from Tribeca to Harlem Whether you're visiting for a weekend or have lived in New York for years, this guide is your #1 go-to source for the best food the city has to offer.

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Animal activists shine a bright light into the dark recesses of factory farms, vivisection labs, fur farms, product-testing facilities and animal "training" complexes. *Striking at the Roots: A Practical Guide to Animal Activism* brings together the most effective tactics for speaking out for animals. Activists from around the globe explain why their models of activism have been successful – and how you can become involved.

another broken egg vegan options: Another Fork in the Trail Laurie March, 2011-04-01

Packed with lightweight, mouthwatering recipes for backcountry adventurers, *Another Fork in the Trail* is focused on delicious, easy-to-prepare recipes for those following vegetarian and vegan diets. It includes more than 120 recipes, all of which survived Laurie Ann March's rigorous testing, both at home and in the backcountry. Many of the recipes are gluten-free as well and thus suitable for the growing number of those suffering from celiac disease. From flavorful lunches, such as roasted tomato dip, to hearty dinners such as vegetable ratatouille, many of the recipes are prepared and dried at home, saving valuable time at camp. With recipes for desserts and baked goods in addition to the staples, the book covers menu planning and recipe creation and discusses other important considerations for the vegetarian and vegan outdoor adventurers.

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2016-07-01T00:00:00Z Animal rights is an important social justice movement, and the animal rights movement presents ethical and political challenges to deeply rooted structures of violence and exploitation, challenging ideologies of capitalism and speciesism. Corporate interests that form the animal industrial complex understand the animal rights movement as a threat to their profits and have mobilized to undermine it. Informed by both critical animal studies and critical terrorism studies, John Sorenson analyzes ecoterrorism as a social construction. He examines how corporations that profit from animal exploitation fund and produce propaganda to portray the compassionate goals and nonviolent practices of animal activists as outlandish, anti-human campaigns that operate by violent means not only to destroy Western civilization but also to create actual genocide. The idea of concern for others is itself a dangerous one, and capitalism works by keeping people focused on individual interests and discouraging compassion and commitment to others. Driven by powerful and wealthy industries founded upon the exploitation of nonhuman animals and the extraction of natural resources, the discourse of ecoterrorism is a useful mechanism to repress criticism of the institutionalized violence and cruelty of these industries as well as their destructive impact on the environment, their major contribution to global warming and ecological disaster, and their negative impacts on human health. Further, by deliberately constructing an image of activists as dangerous and violent terrorists, these corporations and their representatives in government have created a widespread climate of fear that is very useful in legitimizing calls for more policing and more repressive legislation, such as Bill C-51 in Canada.

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Harrell, Greg Benchwick, Alison Bing, Celeste Brash, Adam Karlin, 2019-12-01 *Lonely Planet: The world's leading travel guide publisher Lonely Planet's San Francisco* is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Admire the brilliance of the Golden Gate Bridge, swing down Balmy Alley for a slice of Mission life, and take in the city's hills on a cable car ride - all with your trusted travel companion. Get to the heart of San Francisco and begin your journey now! Inside *Lonely Planet's San Francisco*: NEW pull-out, passport-size 'Just Landed' card with Wi-Fi, ATM and transportation info - all you need for a smooth journey from airport to hotel Full-colour maps and images throughout Highlights and itineraries help

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