

Plant-Powered Pub Grub: Why Bars and Restaurants are Going Meatless

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Let's spill some tea — or should I say, vegan ranch dressing — on one of the hottest trends taking over bar stools and restaurant booths everywhere: meatless, vegetarian, and vegan options. Yep, your favorite watering hole isn't just slinging wings and burgers anymore. The future is plant-based, and it's tastier than ever.

💡 Why the shift?

Today's diners are more curious, conscious, and creative than ever. Some are in it for the health perks, others for the planet, and plenty just want to shake up their usual order without sacrificing flavor. The best part? You don't have to commit to full-time tofu to enjoy the ride.

Here are a few tasty angles to consider in your establishment:



Unbeetable Burger

🍔 1. Beyond the Salad — The Evolution of Vegetarian Pub Grub

Once upon a time — and not that long ago, really — being the lone vegetarian at a bar was a culinary tragedy. Your choices were usually limited to a lifeless house salad or a basket of fries that left you more salty than satisfied. If you were lucky, there might've been a veggie burger... but let's be honest, it usually tasted like a hockey puck dressed in lettuce.

Fast forward to today, and the pub scene has flipped the script. Now, walking into a bar or casual restaurant as a plant-based eater feels more like stepping into a flavor-packed playground. Menus have gone from "barely there" to boldly creative, offering meatless masterpieces that even the most loyal carnivore would double-take.

From juicy plant-based burgers that *bleed* beet juice, to cauliflower wings that pack just as much crunch and crave-worthy flavor as their chicken counterparts, the bar food world has

officially embraced veggies in the best way possible. Jackfruit tacos mimic the pulled pork you love — minus the pig. Crispy tofu sliders are showing up with sauces so good, you'll forget you're eating soy. And grain bowls? They're no longer reserved for yoga retreats; they've muscled their way onto bar menus loaded with roasted veggies, savory sauces, and protein-packed legumes.

And the best part? This trend isn't just about appeasing vegans or vegetarians. These plant-based plates are designed for **everyone** — especially the "flexitarians" and the meat-lovers who are curious about balancing their bacon with something a little lighter now and then. Whether you're cutting back on meat for health, sustainability, or just to shake up your usual order, modern vegetarian pub grub makes the choice easy (and seriously delicious).



Jackfruit Tacos

2. The Business Behind the Broccoli — More Than Just Good Karma

Let's be honest — for years, offering vegetarian or vegan options was often seen as a goodwill gesture, a polite nod to the occasional meat-free guest. But the game has changed, and these days, adding plant-based dishes to your menu isn't just a feel-

good move — it's a smart business strategy.

The modern dining crowd is more diverse than ever. Some are plant-based purists, others are flexitarians who dabble in meat-free meals a few days a week, and many are simply curious foodies eager to try something new. By expanding your menu beyond beef and bacon, you're widening the net for potential customers — and when more people see themselves in your menu, more people walk through your doors.

And it's not just about accommodating a niche crowd anymore. Research shows that offering plant-based options can directly boost your bottom line. When groups dine out, the choice of where to go often falls to the person with the most dietary restrictions. If your menu leaves the plant-based folks out in the cold, you risk losing the entire table. But give them tempting, well-crafted choices — think plant-based burgers that compete with the real thing, or appetizers that pair perfectly with your beer list — and you've just secured a sale from the whole crew.

Plus, plant-based dishes often carry lower food costs compared to their meat-based counterparts, meaning you can plate up something spectacular while maintaining healthy profit margins. Less overhead, more customer variety, and a reputation for being modern and inclusive? That's not just a win — that's the jackpot.



3. Pairing Plant-Based with Pints — Craft Brews & Meatless Bites

It's no secret that bars have long been the go-to spots for comfort food — wings, sliders, nachos, and the ever-reliable burger. But as plant-based eating has taken root, bar kitchens aren't just swapping out the meat — they're upping their game, curating bold new pairings between craft beers, cocktails, and meatless bites that even die-hard carnivores can't resist.

Gone are the days when the only thing a vegan could snack on at the bar was pretzels or peanuts. Now, menus are featuring crave-worthy creations like **BBQ jackfruit tacos**— smoky, sweet, and perfectly saucy — that just so happen to pair like a dream with a deep, rich porter or a dark lager. The roasted, malty notes from the beer complement the tangy barbecue in a way that's pure, plant-powered bliss.

Or picture this: **crispy tofu tacos** loaded with crunchy slaw, a zingy vegan crema, and just the right hit of spice, paired with a bright, citrus-forward IPA. The beer's hoppy bitterness cuts through the richness of the tofu, while its zesty notes highlight the fresh flavors in the dish. It's the kind of pairing that makes you wonder why you ever limited taco night to carnitas or carne asada.

And it's not just beer getting in on the fun. Bartenders are getting creative with cocktails designed to complement plant-based plates — smoky mezcal drinks with roasted veggie flatbreads, herbaceous gin sippers with vegan charcuterie boards, or bourbon classics like the Old Fashioned alongside deep-fried mushroom “wings.”

The new era of bar dining proves one thing: plant-based plates aren't just an afterthought — they're built to mingle with your drink in ways that elevate the entire experience. Whether you're here for the hops or the house cocktails, the right meatless pairing can turn happy hour into an all-out flavor fest.

🌍 4. Sustainability on the Menu

Let's face it: today's diners aren't just looking for good food — they're looking for food they can feel *good about*. And that's exactly where plant-based options shine.

It's no secret that animal agriculture leaves a hefty footprint on the planet. From the water it takes to produce a single pound of beef to the greenhouse gases floating up from factory farms, meat-heavy menus have long been linked to environmental strain. But when restaurants and bars mix in plant-based dishes, they're not only expanding their culinary creativity — they're also helping cut back on emissions, conserve water, and reduce waste. And you better believe customers are paying attention.

For environmentally conscious guests (and there are more of them than ever), a bar or restaurant that offers plant-based options signals more than just menu variety — it signals awareness, responsibility, and a willingness to evolve. Whether it's a fully vegan burger or a meatless twist on a bar classic, plant-based dishes give eco-minded patrons a way to align their values with their cravings, no guilt required.



Cauliflower Buffalo “wings”

👁️ 5. Instagram-Worthy Eats

Let's be real: some food is just born camera-ready — and plant-based plates are leading the charge. From vibrant veggies to playful textures and eye-popping colors, meatless meals have become a feast for both the stomach *and* the feed.

Take the humble burger, for example. Swap the beef patty for a beet-dyed plant-based version, and suddenly you've got a deep magenta masterpiece that demands a close-up. Or think about the classic veggie stack — layer up roasted portobello mushrooms, juicy heirloom tomatoes, bright green avocado, and a golden turmeric aioli, and you've got a dish that looks more like modern art than bar food.

The best part? Plant-based dishes don't just photograph well — they spark curiosity. When one guest snaps a shot of their meatless masterpiece and posts it online, they're sending a subtle signal to their friends: “This place is cool, fresh, and worth checking out.”

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It's the kind of organic marketing that money can't buy, and it turns every meal into a mini billboard for your business.

In a world where people eat with their eyes before their fork ever hits the plate, plant-based fare gives restaurants an edge. It's proof that going meatless doesn't just taste good — it looks incredible too. And don't get us started on Cauliflower wings glazed with sticky-sweet Korean BBQ sauce!

Final Bite:

Whether you're in it for the flavor, the health perks, or the environmental impact, the rise of meatless options is more than just a trend — it's a movement. And the best part? You don't have to give up your favorite barstool to be part of it. So, we thought we would leave you with our top ten easy-to-digest (get it?) culinary options:

1.  **Jacked Up Sliders**
Pulled jackfruit tossed in smoky BBQ sauce, topped with vegan slaw and served on toasted mini buns. No piggies harmed in the making!
2.  **Cauli-fornia Dreamin' Wings**
Crispy battered cauliflower, tossed in your choice of buffalo, BBQ, or garlic-parm-style vegan sauce. Finger-lickin' plant power.
3.  **Not'cho Average Nachos**
House-fried tortilla chips, smothered in dairy-free queso, black beans, pico, and a dollop of guac. Meat-free, mess-ready.
4.  **The Beyond Belief Burger**
A plant-based patty seared and stacked with lettuce, tomato, onion, and vegan mayo. Looks like beef. Eats like bliss.
5.  **Holy Guac & Chips**
A classic that never goes out of style — creamy avocado mash with lime, cilantro, and a side of house-seasoned tortilla chips. Simple. Shareable. Snackable.
6.  **Tofu Tango Tacos**
Crispy tofu bites, shredded slaw, zesty vegan crema, and a squeeze of lime — all wrapped in warm corn tortillas. Your new taco Tuesday crush.

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7. 🍷 **Plant-Based Poutine Party**

Crispy fries smothered in rich mushroom gravy and melty vegan cheese curds. It's the best thing to come out of Canada since Alanis!

8. 🍄 **Shroom With a View Flatbread**

Roasted mushrooms, caramelized onions, dairy-free mozzarella, and a balsamic drizzle on a crispy crust. No meat. Maximum umami.

9. 🍷 **The Unbeetable Burger**

House-made beet and black bean patty with crisp lettuce, tangy pickled onions, and a vegan garlic aioli. Pink, proud, and packed with flavor.

10. 🍷 **Falafel About It Wrap**

Crispy chickpea falafel tucked in a warm pita with lettuce, tomato, cucumber, and a dollop of plant-based tzatziki. One bite and you'll forget meat ever existed.

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