

Maryland Vegan Restaurant Month Returns in March with its Statewide Plant-Based Celebration

Maryland Vegan Eats celebrates its 18th semi-annual plant-based celebration this March

BALTIMORE, MD, UNITED STATES, March 5, 2026 /EINPresswire.com/ -- [Maryland Vegan Eats](#) is back with the 18th Bi-Annual Maryland Vegan Restaurant Week, running March 6–15. This week-long plant-based dining event connects vegans and meat eaters with restaurants across Maryland, offering creative and affordable plant-based dishes while helping eateries tap into a growing market.

Unlike traditional restaurant weeks that offer a fixed-price menu, participating restaurants create their own selection of plant-based dishes, giving chefs freedom to innovate while keeping meals accessible and affordable. The event also provides restaurants with media coverage and food influencer visits, helping expand their reach to new diners.

Restaurants wishing to participate can sign up now at www.mdveganeats.com/sign-up. Diners can explore menus, locations, and participating restaurants at www.mdveganeats.com.

Current participants include Golden West Cafe, [The Land of Kush](#), Miss Shirley's Cafe, Bar V 2.0, Slutty Vegan, Harmony Bakery, The Lord Baltimore Hotel & LB Tavern, Oleum, Red Emma's, Black Baltimore Vegan, AppleCore's Bake Shoppe, and more! For the full list of restaurants, menus, and event updates, follow @mdveganeats on Instagram.



Sam and Naijha

The week will kick off with a Launch Party at Bar V 2.0 on Thursday, March 5, from 6–9 PM, featuring complimentary small bites and samples. Visit Maryland returns as presenting sponsor, supporting the mission of expanding plant-based dining across the state.

MARYLAND VEGAN EATS GROWTH

Since its launch in 2017, Maryland Vegan Eats has grown from a local Baltimore initiative into the state's largest plant-based dining event, connecting tens of thousands of diners with vegan-friendly restaurants each year. The cities of Philadelphia, Colorado Springs, and even the continent of Africa have reached out to founders Samantha Claassen and Naijha Wright-Brown to replicate the concept internationally. "We're thrilled to see the event expand each year, reaching more diners and inspiring restaurants across the globe to add more vegan dishes," say Claassen and Wright-Brown.



Golden West Cafe's Vegan Chicken Sandwich

ABOUT MARYLAND VEGAN EATS

Founded by Naijha Wright-Brown (Land of Kush) and Sam Claassen (Golden West Cafe), Maryland Vegan Eats is the state's largest plant-based dining event, connecting tens of

“

We're thrilled to see the event expand each year, reaching more diners and inspiring restaurants across the globe to add more vegan dishes.”

Samantha Claassen & Naijha Wright-Brown

thousands of diners with vegan-friendly restaurants every year. Since 2017, it has inspired restaurants and advocates worldwide to expand vegan menus, become a model for similar events, and drawn consistent media, influencer, and community attention. www.mdveganeats.com #MDVeganEats

ASSET LINKS: [PHOTOS](#)

Naijha Wright-Brown

Black Veg Society

+1 443-343-2834

[email us here](#)

Visit us on social media:

[LinkedIn](#)

Instagram

Facebook

X



Land of Kush Holiday Food Tray

This press release can be viewed online at: <https://www.einpresswire.com/article/897500230>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.