

FOR IMMEDIATE RELEASE



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**Hampton Roads VegFest Returns with Bands, Beer, and Region's Best Plant-Based Cuisine**  
*Second annual fest to draw thousands to Chesapeake for vendors, speakers, food, and more on Oct. 8*

Chesapeake, VA - October 2, 2017 - At the second annual [Hampton Roads VegFest](#) on **October 8** at **Chesapeake City Park**, thousands of vegans and curious carnivores alike will converge for mouth-watering plant-based delights, from juices to juicy veggie burgers, pizza, desserts, and everything in between.

With more than 25 food and drink vendors, the festival will showcase Southeastern Virginia's best vegan fare on the heels of [Mintel naming](#) plant-powered meals as one of 2017's hottest food and drink trends and [QSR](#) boasting that "plants have invaded" nationwide. Omnivore favorites like Cast Iron Catering, Sofrito, and Bodacious Pizza will join the roster of vegan staples like the Green Cat, Fruitive, and Kahiau's Bakery and Cafe with 100% vegan menus that entice attendees to try out healthier, kinder, and more compassionate eating.

But lunch isn't the only thing on the menu: VegFest will also feature acclaimed speakers from coast to coast, a beer garden presented by Smartmouth Brewing Co., local [bands](#) including headliner True Body and Veer award-winner Skye Zentz (& The Moon Door), an interactive kids' zone, free yoga classes, more than 70 [vendors and non-profits](#), and mounds of vegan peanut butter pie at the day's culminating event: Hampton Roads' second annual vegan pie-eating contest, sponsored by renowned local bakery [My Vegan Sweet Tooth](#).

This year's [confirmed speakers](#) include **Kristie Middleton**, author of the new cookbook *MeatLess* ([described as](#) "the roadmap for a healthier life and a better you"); [Speciesism](#) ("brilliant and compelling" -Michael Shermer, *Scientific American*) documentarian **Mark Devries**; Compassion Over Killing Executive Director **Erica Meier**; and Richmond's plant-based culinary expert **Pauline Stephens**.

The first 100 attendees will also receive a free swag bag, stuffed with vegan goodies and coupons from brands like Hippeas, GoMacro, Dr. Bronner's, Emmy's Organics, The Jackfruit Co., and NadaMoo!

VegFest is presented by [Smithfield Pig Save](#), a non-profit organization advocating for compassion for farmed animals, and is sponsored by local businesses including Rajput Indian Cuisine, My Vegan Sweet Tooth, Whole Foods Market Virginia Beach, Blue Ridge Bucha, and the Green Cat Cafe, as well as non-profits A Well-Fed World, VegFund, PETA, and Compassion Over Killing.

More more information visit [www.HamptonRoadsVegFest.com](http://www.HamptonRoadsVegFest.com) or follow Hampton Roads VegFest on Facebook and [@hrvegfest](#) on Instagram.

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*Hampton Roads VegFest: Celebrating plant-based fare and cruelty-free living and inspiring the community of Southeastern Virginia to make kinder, greener, and healthier choices.*