



# Find Your Veg:

## Your Guide to Vegetarian and Vegan Food on Campus

V = Vegetarian  
V+ = Vegan

### au bon pain

#### BREAD AND BAGELS

- Asiago Cheese Bagel (V)
- Ciabatta (V)
- Cinnamon Crisp Bagel (V)
- Cinnamon Raisin Bagel (V+)
- Country White Bread (V+)
- Everything Bagel (V+)
- Everything Breadstick (V+)
- Honey 9 Grain Bagel (V)
- Jalapeño Cheddar Bagel (V)
- Multigrain Baguette (V+)
- Onion Dill Bagel (V+)
- Plain Bagel (V+)
- Rustic Baguette (V+)
- Semolina Bread (V+)
- Sesame Seed Bagel (V+)
- Southwest Jalapeño Cornbread (V)
- Sprouted Grain Roll (V+)
- Tortilla Wrap (V+)
- Whole Wheat Skinny Bagel (V+)
- Whole Wheat Tortilla Wrap (V+)

#### OTHER BAKERY ITEMS

- Brownies (Brownie Bites, Chocolate Chip, GF Chocolate Chip) (V)
- Chocolate Dipped Cranberry Almond Coconut Macaroon (V)
- Cinnamon Swirl Roll (V)
- Cookies (Chocolate Chip, Chunky Peanut Butter, Classic Oatmeal Raisin, Double Chocolate Mudslide, English Toffee, Mini Chocolate Chip, Palmier, Red Velvet, White Chocolate Macademia, Energy) (V)
- Croissant (Almond, Apple Cinnamon, Chocolate, Plain, Sweet Cheese, Raspberry Cheese, Spinach and Cheese, Sweet Cheese CroisBun™) (V)
- Cupcakes (Double Chocolate, Red Velvet) (V)
- Danishes (Sweet Cheese, Apple) (V)
- Muffins (Cranberry Orange, Blueberry, Corn, Double Chocolate Chunk, and Bran) (V)
- Pound Cakes (Lemon, Marble) (V)
- Pecan Roll (V)

#### BREAKFAST

- Classic Oatmeal (V)
- Egg Whites, Cheddar, and Avocado on Skinny Wheat Bagel (V)
- The Good Egg (V)
- Superfood Cranberry Almond Hot Cereal (V)

#### SMOOTHIES AND FROZEN BEVERAGES

All Smoothies and Frozen Beverages are Vegetarian. The following are also vegan:

- Fresh Fruit Smoothie with Bananas, Pineapple, and Grapes (V+)
- Fresh Fruit Smoothie with Bananas, Watermelon, and Grapes (V+)
- Fresh Fruit Smoothie with Mixed Fruit (V+)
- Mango Wave Fresh Fruit Smoothie (V+)
- Strawberry Passion Fresh Fruit Smoothie (V+)

#### COFFEE, ESPRESSO, AND TEA

All coffee, espresso, and tea drinks are vegetarian. Ask for soy milk to make any of them vegan.

#### SOUPS

- 12 Veggie Soup (V+)
- Barley & Creamy Lentil (V)
- Black Bean Soup (V+)
- Butternut Squash and Apple (V)
- Corn & Green Chili Bisque (V)
- Curried Rice & Lentil (V)
- French Moroccan Tomato Lentil (V)
- Harvest Pumpkin (V)
- Macaroni & Cheese (V)
- Minestrone with Basil (V)
- Roasted Eggplant (V)
- Roasted Red Pepper & Gouda (V)
- Roasted Tomato & Fennel (V)
- Tomato Basil Bisque (V)
- Swiss Chard and Three Bean Soup (V+)
- Tuscan White Bean Soup (V+)
- Vegetarian Chili (V+)
- Vegetarian Minestrone (V)
- Wild Mushroom Bisque (V)

#### SANDWICHES

- Chipotle Black Bean Burger with Avocado (V)
- Garden and Avocado Wrap (V+)
- Two Tomato Caprese (V)
- Veggie and Hummus Wrap (V)

#### SALADS AND SALAD DRESSINGS

- Side Garden Salad (V+)
- Vegetarian Deluxe Salad (V)
- Avocado Greek Yogurt Dressing (V)
- Balsamic Vinaigrette (V+)
- Bleu Cheese Dressing (V)
- Fat Free White Balsamic Vinaigrette (V+)
- Lite Buttermilk Ranch (V)
- Lite Citrus Lime Vinaigrette (V+)

- Lite Lemon Shallot Vinaigrette (V+)
- Lite Olive Oil Vinaigrette (V+)
- Southwest Vinaigrette (V+)
- Thai Peanut Dressing (V+)

#### SNACKS

- Baked Lays (V+)
- Blueberry Yogurt & Wild Blueberry Parfait (V)
- Cheese & Fruit Bon To Go Box (V)
- Chocolate Covered Almonds (V)
- Egg, Veggie, & Cheese Bon To Go Box (V)
- Fresh Grapes (V+)
- Fresh Watermelon (V+)
- Fruit Cup (V+)
- Fruit, Egg, & Nuts Bon To Go Box (V)
- Greek Vanilla Yogurt & Strawberry Parfait (V)
- Greek Vanilla Yogurt & Wild Blueberry Parfait (V)
- Hard Boiled Eggs (V)
- Housemade Granola (V)
- Hummus Bon To Go Box (V+)
- Hummus, Veggies, and Tabbouleh Bon To Go Box (V+)
- Kind Bar (Fruit and Nut Delight) (V+)
- Mixed Nuts (V+)
- Muesli (V)
- Skinny Pop Popcorn (V+)
- Snyder's of Hanover Mini Pretzels (V+)
- Strawberry Fruit Cup (V+)
- Tyrrell's Lightly Salted Potato Chips (V+)
- Tyrrell's Sea Salt and Vinegar Potato Chips (V+)

### Bella Union

- Black Bean Salad (V+)
- Chickpea and Edamame Salad (V+)
- Chopped Mexican Salad (V)
- Garden Salad (V+)
- Fresh Fruit (V+)
- Hummus and Lentil Wrap (V+)
- Mixed Berries (V+)
- Roasted Tomato Pasta (V)
- Tomato Mozzarella Side Salad (V)
- Vegetarian Burrito (V)

## Beyu Blue

- Hand Pies (V)
- Evening Muffins (V)
- Morning Muffins (V)
- Cheddar Scones (V)
- Oatmeal
- Seasonal Muffins (V)

A variety of non-dairy milks are available to customize your drink.

## CaFe

### GELATO

All gelatos are vegetarian. Additionally, CaFe's sorbets are vegan. Current flavors include lemon, mango, and mixed berry.

### SMOOTHIES AND JUICES

All smoothies and juices are both vegan and vegetarian. Try adding a scoop of vegan protein powder to make a well-rounded snack or meal.

### COFFEE

All coffees are vegetarian. Additionally, the following can be made vegan by asking for soy or unsweetened almond milk and no whip.

- Drip Coffee
- Espresso
- Red Eye
- Americano
- Macchiato
- Cappuccino
- Cafe Latte
- Whole-Leaf Tea
- Vanilla Frappe
- Mocha Frappe
- Matcha Frappe
- Chai Frappe

### SNACKS

- Aged Parmesan Puffs (V)
- Crudités (V)
- Dang Good Coconut Chips (V+)
- Dang Good Sticky Rice Chips (V+)
- Dirty Potato Chips (Mesquite BBQ, Reduced Fat Sea Salt) (V+)
- Dried Mango (V+)
- Fig Bar (Raspberry) (V+)
- Fresh Fruit Cup (V+)
- Fruit and Cheese (V)
- Health Warrior Pumpkin Seed Bars (V)
- Hummus and Pita (V+)
- Justin's Chocolate Almond Butter Cups (V+)

- Justin's Chocolate Hazelnut Butter + Pretzels Snack Pack (V+)
- Organic Granola Parfait (V)
- Organic Oatmeal (V+)
- Pirates Booty (V)
- Raspberry Fruit Leather (V+)
- Sahale (Classic Fruit & Nut) (V+)
- Tate's Chocolate Chip Cookies (V)
- This Bar Saves Lives (Wild Blueberry Pistachio, Dark Chocolate Cherry) (V+)

### SANDWICHES AND CREPES

- Cinnamon Sugar Crepe (V)
- Banana Foster Crepe (V)
- Truffled Hummus Crepe (V)
- Apple and Brie Crepe (V)
- Eggs Florentine Crepe (V)
- Eggplant Mozzarella Panini (V)
- Fried Green Tomato + Pimento Cheese Panini (V)

## Café Edens

### BREAKFAST

- Build a Biscuit (no meat) (V)
- Eggs Your Way (V)
- Pancakes (V)
- Quesadilla (V)
- Veggie Scramble (V)
- Bagel and Cream Cheese (V)
- Oatmeal and Fruit (V+)

### SANDWICHES AND SALADS

- Chopped Mexican Salad (V+)
- Garden of Eden Salad (V)
- Mezze Platter (V+)
- Mac and Cheese Bites (V)
- Caesar Salad (substitute dressing) (V)
- Kale Salad (V+)
- Arugula Salad (V)
- Grilled Cheese Sandwich (V)
- Veggie Single Sandwich (V)

### MEALS

- Veggie Samosas (V+)
- Tofu taco (no cheese) (V+)
- Falafel (no tzatziki) (V+)
- Spaghetti and Marinara (V+)
- Tofu Tacos (no queso) (V+)
- Thai Red Curry (V+)
- Veggie Lasagna (V)

### Make It Vegan!

For even more options, ask for the Tofu Tacos without Queso, or try the Falafel on Pita without Tzatziki sauce. You can also swap the Red Wine Vinaigrette on our side salad or swap the Caesar Salad dressing for a Vegan dressing, like Garlic Lime or Honey Lime Vinaigrette.

## Café at Smith Warehouse

- Mixed Green Salad (V+)
- Fresh Fruit Cup (V+)
- Hummus Cup (V+)
- Pimento Cheese Veggie Wrap (V)
- Tomato Basil Soup (V)
- Meatless Cobb Salad (V)
- Butterbean Hummus Veggie Wrap (V)
- Black Bean Soup (V)
- Strawberry Spinach Salad with Asparagus and Chevre (V)
- Garlic Hummus Veggie Wrap (V)
- Broccoli Cheddar Soup (V)
- Santa Fe Salad (V)
- Strawberry Spinach Salad with Feta and Pistachios (V)
- Apple Cranberry Walnut Salad (V)
- Italian Pasta Salad (V)
- Bagels – Plain or Cinnamon Raiser with Cream Cheese (Strawberry, Plain, Garden) (V)
- Muffins – Blueberry, Banana Walnut, Lemon Poppyseed (V)
- JB's Gluten Free & Vegan Muffins (V+)
- Pastries – Cinnamon Swirl, Vanilla Crown, Raspberry Crown, Maple Pecan, Apple Coronet (V)
- Croissant & Chocolate Croissant (V)
- Veggie Quiche (V)
- Roasted Veggies with Harissa Hummus on Sourdough (V+)
- Quinoa Salad (V)
- Arugula Salad with Parmesan, Chili Flake, Lemon, and Olive Oil (V)
- Local Mixed Green Salad with Tomatoes, Cucumbers, & Balsamic Vinaigrette (V+)
- Oikos Yogurt (V)
- Yogurt Parfait with Local Vanilla Yogurt, Fruit, GF Granola (V)
- Whipped Feta with Crackers (V)
- Harissa Hummus with Carrots & Celery (V)
- Housemade Dessert Bites – Cheesecake Bites, Brownie Bars, Lemon Bars, Pecan Bars (V)
- Cinnamon Thin GF/Vegan Cookie (V+)

## Café De Novo

- Quinoa Stuffed Peppers (V)
- Grilled Eggplant Parmesan (V)
- Granola and Fresh Fruit (V)
- Veggie Burger (V)
- Falafel on Pita (V)
- Hummus Plate (V+)
- Fresh Fries (V+)
- Vegetables du Jour (V+)
- Little Green Salad (V+)
- Tofu Scramble (V+)
- Oatmeal (V+)
- Grits (V+)
- Baked Goods (V)

## Café 300

- Falafel in Pita (V+)
- Hummus and Lentil Wrap (V+)
- Vegetable Burrito (V)
- Garden Salad (V+)
- Chickpea Salad (V+)
- Fruit Salad (V+)
- Mixed Berries (V+)
- Tapas Platter (V+)
- Yogurt Parfait (V)

### COFFEE

Ask for soy or almond milk to make your coffee order vegan!

## Chef's Kitchen

Chef's Kitchen is a pop up café venue with menus that will vary seasonally. Please look for menu items labeled as V or V+ at the serving station.

## The Commons

- Arugula Salad (V+)
- Apple Salad (V+)
- Caprese Salad (V)
- Spinach and Artichoke Dip (V)
- Goat Cheese Gnocchi (V)
- Impossible™ Burger (V+)
- Spaghetti Squash Primavera (V+)
- Three Cheese Ravioli (V)
- Rotating Vegetarian Specials (V+)

## The Devil's Krafthouse

- Black Bean Tortilla Soup (V)
- Cheese Quesadilla (V)
- Greek Salad (V)
- Grilled Veggie Burrito (V)
- Macaroni and Cheese (V)
- Nachos (V)
- Soft Pretzel (V)
- Southwest Chopped Salad (V)
- Sweet Potato Tots (V)
- Tortilla Chips with Salsa/Guacamole (V+)
- Veggie/Hummus Wrap (V+)
- Blackbean Burger (V)
- Classic Grilled Cheese Sandwich (V)
- Caesar Salad (V)

### Make It Vegan!

Ask for the Soft Pretzel without Honey Mustard, or the Black Bean Soup without Sour Cream.

You can also order a custom burrito with a tortilla, black beans, rice, pico de gallo, and lettuce.

## Divinity Café

- Scrambled Eggs (V)
- Baked Oatmeal (V)
- Biscuits – Choice of fillings (V)
- Breakfast Burritos – Choice of fillings (V)
- Baked French toast (V)
- Lemon Ricotta Pancakes (V)
- Grits (V)
- Home Fries (V)
- Yogurt Parfaits (V)
- Assorted Breakfast Breads and Muffins (V)
- House made Granola (V)
- Grapefruit and Cottage Cheese (V)
- Hard Boiled Eggs (V)
- Vegan Sausage (V+)
- Tofu Scramble (V+)
- Whole or Sliced Fruit (V+)
- Soy Greek Yogurt (V+)
- Breakfast Breads and Muffins (V+)
- Tomato Basil Soup (V)
- Grilled Cheese (V)
- Big Spoon Roasters Peanut Butter & Apples (V)
- Big Spoon Roasters Peanut Butter & Jelly Sandwich (V)
- Egg Salad Sandwich (V)
- Pimento Cheese Sandwich (V)
- Assorted Baked from Scratch desserts (V)
- Bountiful Bean Chili (V+)
- Vegan Grilled Cheese (V+)

- Vegetable Lentil Curry (V+)
- Brown Rice & Quinoa (V+)
- Hummus & Veggie Plate (V+)
- Hummus & Veggie Wrap (V+)
- Spring Mix Garden Salad (V+)
- Kale Salad (V+)
- Hummus Wrap (V+)
- Grilled Veggie Wrap (V+)
- Assorted Baked from Scratch desserts (V+)

Divinity has a rotating menu with a variety of vegetarian and vegan options, ask about their daily specials!

## Dolce Vita

### GRAB AND GO

- Black Bean Salad (V+)
- Chickpea and Edamame Salad (V+)
- Chopped Mexican Salad (V)
- Fresh Fruit (V+)
- Hummus Wrap (V)
- Mixed Berries (V+)
- Roasted Tomato Pasta (V)
- Pesto Penne Pasta (V)
- Tomato Mozzarella Side Salad (V)
- Vegetarian Burrito (V)
- Yogurt Parfait (V)

### COFFEE

All coffee drinks can be made with soy milk upon request.

## The Farmstead

### SALAD BAR

- Local Mixed Field Greens (V+)
- Organic Baby Spinach (V+)
- Broccoli (V+)
- Shredded Carrots (V+)
- Corn (V+)
- Cauliflower (V+)
- Cucumbers (V+)
- Organic Cherry Tomatoes (V+)
- Organic Green and Red Bell Peppers (V+)
- Peas (V+)
- Red Onion (V+)
- Garbanzo Beans (V+)
- Red Kidney Beans (V+)
- Raisins (V+)
- Sliced Black Olives (V+)
- Sunflower Seeds (V+)
- Feta Cheese (V)
- Shredded Parmesan Cheese (V)
- Boiled Eggs (V)
- Local Arugula (V+)
- Kalamata Olives (V+)
- White Rice (V+)
- Spinach Lasagna (V)
- Honey Carrots (V)
- Green Beans (V+)
- Black Beans (V+)
- Cheddar Cheese (V)
- Cous Cous (V)

### MAINS

- 3 Bean Chili (V)
- Buttermilk Mashed Potatoes (V)
- Falafel Sandwich (V+)
- Garlic Peas (V+)
- Green Beans (V)
- Lebanese Lemon Lentil Soup (V)
- Lentil Soup (V+)
- Mac & Cheese (V)
- Maple Mashed Sweet Potatoes (V)
- Mixed Vegetables (V+)
- Sautéed Green Beans (V+)
- Sugar Snap Peas (V+)
- Vegetable Medley (V+)

## Freeman Center

The Freeman Center has a rotating menu with several vegan and vegetarian options. Ask about these specials daily.

- Salad Bar and Whole Fruit offered daily (V)
- Monday-Wednesday- All vegetables and Sides (V+)
- Thursday-Macaroni & Cheese (V)

## Ginger + Soy

### MAKE YOUR OWN BOWL

- Jasmine Rice (V+)
- Brown Rice (V+)
- Chilled Noodles (V+)
- Tofu (V+)
- Bean Sprouts (V+)
- Broccoli (V+)
- Cilantro (V+)
- Corn (V+)
- Edamame (V+)
- Green Pepper (V+)
- Jalapeño (V+)
- Mushroom (V+)
- Onion (V+)
- Pineapple (V+)
- Tomato (V+)
- Water Chestnut (V+)

### SIDE ITEMS

- Fried Vegetable Dumplings (V)
- Japanese Vegetable Curry (V)
- Steamed Vegetable Dumplings (V+)

## Gyotaku

### STARTERS AND SIDES

- Edamame (V+)
- Garden Salad (V)
- Miso Soup (V+)
- Veggie Hand Roll (V+)
- Veggie Spring Roll (V+)

### MAKE YOUR OWN SUSHI

- Sushi Rice (V+)
- Avocado (V+)
- Carrots (V+)
- Cilantro (V+)
- Cucumber (V+)
- Jalapeño (V+)
- Lettuce (V+)

## Il Forno Italian Kitchen

### PASTA STATION

- Breadstick (V)
- Eggplant Parmesan (V)
- Mixed Vegetable Pasta (V)
- Garden Pesto Pasta (V)

### PIZZA STATION

- Bruschetta Pizza (V)
- East Coast Pizza (V)
- Harvest Pizza (V)
- Infused Olive Oil Pizza (V)
- Margherita Pizza (V)
- Neapolitan Pizza (V)

### Make It Vegan!

Il Forno's pizza dough is vegan, so you can make a custom pizza with vegetable toppings and any sauce except Buffalo Sauce and Hot Sauce, both of which contain dairy. Further, any cheese can be subbed out for vegan cheese upon request.

## JB's Roast & Chops

- Apple and Fennel Salad (V+)
- Black Bean and Avocado Burger (V)
- Butternut Squash Risotto (V)
- Chopped Salad (V+)
- Paella Verduras (V+)
- Roasted Seasonal Vegetables (V+)
- Sautéed Mushrooms (V+)
- Sautéed Onion (V+)
- Spinach and Pear Salad (V+)
- Steamed Broccoli (V+)
- Wood-Fired Lasagna (V)
- Apple and Fennel Salad (V+)
- Spinach and Pear Salad (V+)
- Sautéed Mushrooms (V+)
- Sautéed Onion (V+)
- Steamed Broccoli (V+)
- Roasted Seasonal Vegetables (V+)
- Beer Battered Onion Rings (V)
- Garlic and Parsley Fries (V+)
- Roasted Garlic Mashed Potatoes (V)
- Paella Verduras (V+)
- Rotating Vegetarian Burgers (V)

## The Loop Pizza Grill

### SANDWICHES

- Black Bean Burger (V)
- Grilled Portobello Sandwich (V)
- Grilled Tofu Sandwich (V+)
- Grilled Vegetable Sandwich (V)
- Veggie Melt Ciabatta (V)

### PIZZA PIES

- Caprese Pesto-Based Pizza (V)
- Farmer's Market Pizza (V)
- Five Cheese Pizza (V)
- Grilled Veggie Pesto-Based Pizza (V)
- Mediterranean Pesto-Based Pizza (V)

### SALADS AND SOUPS

- Crunchy Broccoli Salad (V+)
- Feta Mediterranean Salad (V)
- Goat Cheese Salad (V)
- Grilled Vegetable with Couscous Salad (V)
- Santa Fe Black Bean Soup (V+)
- Walnut Gorgonzola Salad (V)

### SIDES

- French Fries (V+)
- Fresh Fruit (V+)
- Homemade Chips (V+)
- Onion Rings (V+)
- Side Garden Salad (V)

### Make It Vegan!

A number of The Loop's salads can be made vegan by omitting the cheese or meat and choosing a vegan-friendly dressing, like the balsamic vinaigrette. Add a cup of Black Bean Soup on the side for some extra protein.

## Marketplace

### BREAKFAST

- Boiled Eggs (V)
- Scrambled Egg (V)
- Oatmeal (V+)
- Grits (V+)
- Veggie Sausage (V)
- Breakfast Potatoes (V+)
- Whole Fruit (V+)
- Fruit Compotes (V+)
- Pancakes or French Toast (V)
- Breakfast Frittata (V/V+)
- Tofu Scramble (V/V+)
- Granola (V)
- Biscuits (V)
- Fresh Cut Fruit (V+)
- Made to Order Omelets (V)
- Yogurt & Cottage Cheese (V)
- Cereal (V/V+)
- Assorted Breads (V/V+)

### BRUNCH

- Boiled Eggs (V)
- Scrambled Eggs (V)
- Oatmeal (V+)
- Grits (V+)
- Veggie Sausage (V)
- Breakfast Potatoes (V+)
- Whole Fruit (V+)
- Fruit Compotes (V+)
- Pancakes or French Toast (V)
- Breakfast Frittata (V/V+)
- Tofu Scramble (V/V+)
- Granola (V)
- 1 Soup Options (V/V+)
- Fresh Cut Fruit (V+)
- Cheese or Margarita Pizza (V)
- Made to Order Omelets (V)
- Choice of 3 Starch Sides (V/V+)
- Choice of 3 Vegetables Sides (V/V+)
- Sweet Potato (V+)
- Vegetarian Protein Entrée (V/V+)
- Yogurt & Cottage Cheese (V)
- Cereal (V/V+)
- Assorted Breads (V/V+)

### LUNCH

- Cheese or Margarita Pizza (V)
- Choice of 3 Starch Side (V/V+)
- Choice of 3 Vegetable Sides (V/V+)
- Baked Sweet Potato (V+)
- Vegetarian Protein Entrée (V/V+)
- Deli Bar (V/V+)
- Vegetable Burger Option (V/V+)
- Vegetable Dumpling (V)
- Full Salad Bar (V/V+)
- Tofu Stir Fry (V+)
- 3 Stir Fry Vegetables Blend Options (V+)
- Noodles (V+)
- Steamed Rice (V+)
- Egg Roll (V)
- French Fries (V+)
- Fresh Cut Fruit (V+)
- Whole Fruit (V+)
- Ice cream (V)
- Dessert Options (V)
- Cereal (V/V+)
- Assorted Breads (V/V+)
- 1 Soup Options (V/V+)

### DINNER

- Cheese or Margarita Pizza (V)
- Choice of 3 Starch Side (V/V+)
- Choice of 3 Vegetable Sides (V/V+)
- Baked Sweet Potato (V+)
- Vegetarian Protein Entrée (V/V+)
- Pasta Bar (V/V+)
- Vegetable Burger Option (V/V+)
- Vegetable Dumpling (V)
- Full Salad Bar (V/V+)
- Tofu Stir Fry (V+)
- 3 Stir Fry Vegetables Blend Options (V+)
- Noodles (V+)
- Steamed Rice (V+)
- Egg Roll (V)
- French Fries (V+)
- Fresh Cut Fruit (V+)
- Whole Fruit (V+)
- Ice cream (V)
- Dessert Options (V)
- Cereal (V/V+)
- Assorted Breads (V)
- 1 Soup Options (V/V+)

Marketplace offers a salad bar as well as a rotational menu of vegan and vegetarian specials daily.



## McDonald's

### MAINS

- English Muffin (V+)
- Fruit and Maple Oatmeal (V+)
- Fruit and Yogurt Parfait (V)
- Hotcakes (V)
- Multigrain Bagel (V+)
- Egg Biscuit (V)
- Plain Biscuit (V)

### SNACKS

- Baked Apple Pie (V+)
- Desserts and Shakes (V)
- Garden Fresh Side Salad (V+)
- Fries (V)
- Chocolate Chip Cookies (V)
- Hashbrown (V)

## Nasher Museum Café

- Artisanal Cheese Plate (V)
- Mezze Platter (V)
- Caprese Platter (V)
- Mushroom Ravioli Plate (V)
- Medici Salad (V)
- Fall Cabbage (V+)
- Kale Caesar (anchovies in dressing)
- Warm Mushroom Salad (V)
- Roasted Squash Salad (V)
- Vegan Portabella (V+)
- Southern Harvest Panini (V)
- Red, White and Green Panini (V)
- Fried Green Tomato Panini (V)
- French Toast Casserole (V)
- Veggie Benedict (V)
- Huevos Rancheros (V)
- Mushroom Benedict (V)
- Veggie Omelet (V)
- French Apple Tart (V)
- Molten Lava Cake (V)
- Tiramisu (V)
- Lemon Blueberry Cheesecake (V)
- Vanilla Gelato (V)
- Forest Fruit Gelato (V+)

### Make It Vegan!

Can make any adjustments to other items to accommodate V and V+.

Dinner changes weekly, so call restaurant  
All Salads can be made Vegan by removing cheese (sans Cobb).

## Panda Express

Due to their cooking process, Panda Express cannot guarantee that any of its items are vegan and/or vegetarian.

## Red Mango

- Fro-yo (V)
- "Fro-no" options (V+)
- All smoothies and smoothie bowls (V)
- All smoothies and smoothie bowls made with soy or almond milk. (V+)
- Greek Goddess Salad Flatbread (V)
- Fresh Berry Grill PB&J (V)
- Grilled Banana PB&J (V)
- Grilled Banana Delight (V)
- Juices (V+)
- Smoothie Bowls (V)

### GRAB N GO

- Greek Goddess Salad (V)
- Mediterranean Pesto Wrap (V)
- Fruit Cups (V)
- Yogurt Parfaits (V)
- Overnight Yoats (V)
- Hard Boiled Eggs (V)

Red Mango has a rotating specials list of daily soups, ask about the vegetarian and vegan options among these.

## Saladella Café at Perkins Library

### ESPRESSO BAR

All coffees and teas are vegetarian, and can be made vegan by asking for soy or almond milk.

### SANDWICHES AND WRAPS

- Falafel Pita (V+)
- Hummus Wrap (V)
- Mozzarella and Tomato Sandwich (V)
- Southwest Veggie Wrap (V)
- Veggie Wrap (V)

### SALADS AND SALAD DRESSINGS

- 1000 Island Dressing (V)
- Beet and Goat Cheese Salad (V)
- Garden Salad (V+)
- Greek Salad (V)
- Lemon Tahini Dressing (V+)
- Pomegranate Balsamic Vinaigrette (V+)
- Tzatziki (V)
- Vinaigrette (V+)
- White French (V)

### SIDES AND SNACKS

- Andean Black Beans (V+)
- Baba Ganouj (V)
- Banana Parfait (V)
- Basil Rotini (V+)
- Beet Salad (V+)
- Fattoush (V+)
- Feta Bowtie Salad (V)
- Fruit and Cheese Cup (V)
- Garbanzo Bean Salad (V)
- Granola Parfait (V)
- Green Beens (V+)
- Hummus (V+)
- Kale Makmoorah (V+)
- Lentil and Rice Pilaf (V+)
- Mozzarella and Tomato Side (V)
- Orzo Pasta Side (V)
- Okra (V+)
- Quinoa Salad (V+)
- Red Pepper Penne (V+)
- Red Pepper Hummus (V+)
- Rice and Lentil Mujaddara (V+)
- Roasted Vegetable (V+)
- Southwest Black Beans and Rice (V+)
- Tabbouleh (V+)

## Saladella Café at Sanford

### ESPRESSO BAR

All coffees and teas are vegetarian, and can be made vegan by asking for soy or almond milk.

### SPECIALS

- Broccoli Quiche (V)
- Cheese Quesadilla (V)
- Egg and Cheese Burrito (V)
- Egg White Focaccia Panini (V)
- Mac & Cheese (V)
- Spanakopita (V)
- Spinach Artichoke Panini (V)
- Spinach Quiche (V)
- Tomato Basil Soup (V)
- Veggie Burrito (V)
- Veggie Lasagna (V)
- Veggie Quesadilla (V)

### SANDWICHES AND WRAPS

- Falafel Pita (V+)
- Hummus Wrap (V)
- Mozzarella and Tomato Sandwich (V)
- Southwest Veggie Wrap (V)
- Veggie Wrap (V)

### SALADS AND SALAD DRESSINGS

- 1000 Island Dressing (V)
- Beet and Goat Cheese Salad (V)
- Garden Salad (V+)
- Greek Salad (V)
- Lemon Tahini Dressing (V+)
- Pomegranate Balsamic Vinaigrette (V+)
- Tzatziki (V)
- Vinaigrette (V+)
- White French (V)

### SIDES AND SNACKS

- Andean Black Beans (V+)
- Baba Ganouj (V)
- Banana Parfait (V)
- Basil Rotini (V+)
- Beet Salad (V+)
- Fattoush (V+)
- Feta Bowtie Salad (V)
- Fruit and Cheese Cup (V)
- Garbanzo Bean Salad (V)
- Granola Parfait (V)
- Green Beens (V+)
- Hummus (V+)
- Kale Makmoorah (V+)
- Lentil and Rice Pilaf (V+)
- Mozzarella and Tomato Side (V)
- Orzo Pasta Side (V)

- Okra (V+)
- Quinoa Salad (V+)
- Red Pepper Penne (V+)
- Red Pepper Hummus (V+)
- Rice and Lentil Mujaddara (V+)
- Roasted Vegetable (V+)
- Southwest Black Beans and Rice (V+)
- Tabbouleh (V+)

## Sazón

- Vegetarian (V+)
- Grilled Portobello (V+)
- Black Beans (V+)
- Chimichurri (V+)
- Cilantro Aioli (V)
- Cilantro-Lime Coleslaw (V+)
- Fresco Sauce (V)
- Pineapple Salsa (V+)
- Maduros (V+)
- Tostones (V+)
- Brown Rice (V+)
- Cilantro-Lime Rice (V+)
- Guacamole (V+)
- Elote (V)
- Corn Tortillas (V+)
- Corn Arepas (V)
- Cilantro Aioli (V)
- Aji Verde (V)
- Roasted Corn (V+)
- Sauteed Onions (V+)
- Pico De Gallo (V+)
- Queso (V)
- Shredded Romaine (V+)
- Fresh Baked Chips (V)
- Churros (V)
- Agua Frescas (V+)
- Yucca Fries (V+)
- Horchata (V)
- Fresh Island Juice (V+)

## The Skillet Southern Cookery

### BREAKFAST

- Enjoy Life Pancakes (V+)
- Tofu Scramble (V+)
- Sweet Potato & Corn Hash (V+)
- Quinoa Oatmeal (V+)
- Hickory Smoked Tempeh (V+)
- Apple Sausage 1 (V+)
- Fresh Fruit 3 oz (V+)
- Morning Star Sausage (V)
- Sprouted White (V+) or Sprouted Wheat (V+)

### BREADS

- Taqueria Guac Toast (V)
- Mixed Berry Muffin (V+)
- SO DELICIOUS Vanilla Yogurt (V+)
- Kikkoman Pearl Soy Milk (V+)
- SILK Almond Milk (V+)
- Assorted Breakfast Breads and Pastries (V)
- Cinnamon Oatmeal (V+)
- Farm Fresh Eggs (V)
- Fresh Strawberries (V+)
- Granola (V+)
- Made-to-Order Omelets (V)
- Mixed Fresh Fruit Cup (V+)
- Wheat Toast (V+)
- White Toast (V+)
- Biscuit (V)
- Grits (V)
- Hashbrowns (V+)
- Cheesy Hashbrown Casserole (V)
- Mixed Fresh Fruit Cup (V+)
- Sprouted White Bread (V+)
- Sprouted Wheat Bread (V+)

### LUNCH AND DINNER

- Apple Cobbler (V+)
- Biscuit (V)
- Black Beans (V+)
- Cole Slaw (V)
- Cucumber Salad (V+)
- Green Beans (V)
- Green Bean Salad (V+)
- Grits (V)
- Hashbrowns (V)
- Hashbrown Casserole (V)
- Hoppin' John Salad (V+)
- Mac and Cheese (V)
- Roasted Vegetable Po' Boy (V)
- Select Rotating Cold Salads (V+)
- Spanish Rice (V+)
- Valinda's Pot Salad (V)
- Tempeh Pot Pie (V)

## Sprout Fruits & Plants

Everything at Sprout is vegetarian, and many items are vegan as well. As always, make sure to read allergen labels to ensure that your meal is vegan. The following items are vegan:

### MAINS

- Beef Seitan (V+)
- White Rice (V+)
- Vegetable Moussaka (V+)
- Roasted Maple Brussel Sprouts (V+)
- Moroccan Lentil Stew (V+)
- Chick Pea Stew (V+)
- Mock Chick (V+)
- Thai Chili Tofu (V+)
- Western Scrambled Tofu (V+)
- Avocado Toast (V+)
- Kale Salad (V+)
- Orzo salad (V+)
- Fruit Salad (V+)
- Sweet Potato Salad (V+)
- Lentil Salad (V+)
- Macaroni & Cheese (V+)
- Mixed Vegetables (V+)
- Green Beans (V+)
- Broccoli/ Cauliflower (V+)
- Mushroom/Tomatoes (V+)
- Grape Leaves (V+)

### SALADS

- Baba Ganouj (V+)
- Beet Salad (V+)
- Hummus (V+)
- Mediterranean Potato Salad (V+)
- Pita Bread (V+)
- Quinoa Tabbouleh (V+)
- Roasted Cauliflower Salad (V+)

## Tandoor

- Aloo Beans (V+)
- Aloo Methi Mutter (V+)
- Basmati Pilaf (V+)
- Bhindi Masala (V+)
- Broccoli Lentil (V+)
- Cabbage Mutter (V+)
- Cabbage Poriyal (V+)
- Cabbage Toren (V+)
- Chana Masala (V+)
- Dal Fry (V+)
- Dal Zucchini (V+)
- Gobi Manchurian (V)
- Malai Kofta (V)
- Mango Lassi (V)
- Mixed Vegetable Jalfraze (V+)
- Mushroom Mutter (V+)
- Naan (V)
- Panir Makhani (V)
- Vegetable Masala (V+)

## Terrace Café

- Fresh Fruit Cup (V+)
- Loco Pop Popsicles -Fruit Flavors (V+)
- Mixed Greens Garden Salad (V+)
- Peanut Butter & Jelly (V+)
- Seasonal Berry Parfait (V)
- Seasonal Grape Cup (V+)
- Veggie Spirals (V)
- Domestic Cheese & Cracker Tray
- Picnic Protein Pack (V)

## The Commons Dining Room

- Arugula Salad (V)
- Fall Vegetable Woodland Pie (V+)
- Goat Cheese Gnocchi (V)
- House Salad (V+)
- Roasted Vegetable Hushpuppy (V+)
- Spinach Cakes (V)
- Three Cheese Ravioli (V)
- Vegetarian Special of the Week

## Thrive

- Banana Toast (V+)
- Avocado Toast (V+)
- Strawberry Hazelnut Toast (V)
- Thai Avocado Toast (V+)
- Acai Bowl (V+)
- Smoothies, all (V) Green Devil and Nutty Monkey (V+)
- Breakfast Potatoes (V+)
- Fall Kale Salad (V+)
- Spinach Salad (V+)
- Mixed Greens Salad (V+)
- Quinoa Bowl (V+)
- Fall Falafel Bowl (V+)
- Build your own Bowl, as well as all bowls can be made substituting the proteins with eggs or more veggies. (V+)
- Grilled Veggie and Edamame Hummus Wrap (V+)
- Beet Falafel Wrap (V)
- Eggplant Parmesan Sandwich (V)
- Grilled Cheese (V)
- Black Bean Burger (V)
- House made chips (V+)
- Pickle Fries (V)
- Fried Avocado Slices (V)
- Fries and Sweet Potato Fries (V+)
- Garden Pizza (V)
- Cheese Pizza
- Margherita Pizza (V)
- Build your own pizza (V+)

Nightly specials offer Vegetarian option as well. Vegan cheese is offered and can be requested as a replacement or addition to pizzas.



## Trinity

- Roasted Corn & Black Bean Salad (V+)
- Black Bean w/ Cheddar Cheese Panini (V)
- Broccoli, Olives, Kale Pesto Pasta Salad (V+)
- Egg & Cheese Breakfast Burrito (V)
- Double Chocolate Muffin (V)
- Cherry Greek Yogurt Danish (V)
- Blueberry Muffin (V)
- Brown Sugar Scone (V)
- Oatmeal Raisin Cookie (V)
- Chocolate Chip Cookie (V)
- Sugar Cookie (V)
- Blueberry Bagel (V)
- Cinnamon Raisin Bagel (V)
- Plain Bagel (V)
- Cinnamon Roll (V)
- Quinoa Salad (varies) (V or V+)
- Egg Salad Sandwich (Fri-Sun) (V)
- 4-Compartment Salads (Varies) (V)
- Garden Salad (V+)
- Power Pack (V)
- Chobani Greek Yogurt (V)
- Dannon Plain Yogurt (V)
- Sabra Hummus Cup (V+)
- Yogurt Parfaits (V)
- Fresh Fruit Cups (V+)
- Whole Fruit (V+)
- Hand Dipped Ice Cream (V)
- Fruit Smoothies (V)
- Cheese Pizza (offered after 9pm) (V)

## Twinnies Café

- Caprese (V)
- Cheese Tortellini (V)
- Egg Salad (V)
- Fresh Fruit Salad (V)
- Greek Salad (V)
- Hummus and Pita (V+)
- Parfait (V)
- Pasta Salad (V)
- Spinach and Goat Cheese Salad (V)
- Veggie Panini Sandwich (V)



Duke  
UNIVERSITY

NUTRITION  
SERVICES



FRESH THINKING.  
WORLD CLASS.



Duke  
UNIVERSITY  
STUDENT  
WELLNESS  
CENTER

