

Vegan/Vegetarian Quick Guide

- 1) **Build Your Own(BYO) Burger @ Sam's Places-SUB, Murray, West, Wall/Gates, Sneed, The Commons, & The Market:** Black Bean Burgers or Garden Burger at Burger Lines
- 2) **BYO Mexican @ Sam's Places- Murray, Sneed, West, Wall/Gates, The Commons**
Try: Rice Bowls, Wraps and Tacos on Mexican lines along with Black, Refried Beans are Vegan, Salad Toppings, Pico and Guacamole. Many locations may prepare Mexican rice with chicken base, some mixes contain dairy as well. *Choose brown or white steamed rice campus wide and top with salsa or Pico-de-Gallo for individual Mexican rice.*
- 3) **BYO Wok at Asian Lines @ Sam's Places-SUB, Murray, West, Wall/Gates, Sneed, The Commons, & The Market** 8-12 different vegetables, sautéed in your preference of sauce, we offer steamed and/or brown rice. Our fried rice(contains egg) –**Szechwan Sauce, this product may contains oyster sauce**
- 4) **Tofu:** Select Locations (The Commons: Asian Line, Zi's Asian in SUB, Fresh Plate: Asian Line)
- 5) **BYO Salads @ Sam's Places-SUB, Murray, Sneed, West, Wall/Gates, The Commons, & The Market and Smart Choices:** Nuts, Beans (Black and/or Chick Peas) and Seeds to salad bars as well as some locations offer hummus for added proteins.
- 6) **Smoothie Program@ Sam's Places: Murray, West, Wall/Gates, Poolside, Pacuigo's in SUB, The Market Cafe:** Fresh Fruits, Fruit Juices, Coconut water for a mixer instead of yogurt, add in spinach or kale at many locations. As well as supplements with Matcha Green Tea, Greens (Blended Grasses), Energy, Fit and Trim, Immune Support that are verified Vegan.
- 7) **Pacuigo's Gelato Bar in the SUB:** Sorbets that are Vegan
- 8) **Fresh Pressed Juice Bar @ Smart Choices in SUB:** Try grab and go juices and these are all Vegan
- 9) **Vegetarian Tacos:** Vegetarian Taco on most Mexican lines, Vegan Food Truck Tacos are fantastic, skip the sauce! A Dietitian Favorite ♥
- 10) **Salads and Wraps on Sandwich/Salad lines: The Market, The Commons, Smart Choices (SUB), Sam's Places Murray, Sneed, Wall/Gates, and West: Fruit Bar, Juice Bar, Wraps, with Hummus, Nuts and Seeds**
- 11) **Most breads:** Hoagies Rolls (White and Wheat), Sliced Bread (White, Wheat, Wheat Berry, Sour Dough, Tortilla Wraps (White, Whole Wheat, Spinach Herb, and Jalapeno Contain Soy, Wheat only and Corn tortillas are corn and soy only)- **Flat Bread and Biscuits: contain dairy**
- 12) **BYO Pasta @ Sam's Places-SUB, Murray, West, Wall/Gates, Sneed, The Commons, & The Market with non-beef Marinara and vegetables**
- 13) **All You Care to Eat:** BYO Salads, BYO Pasta, BYO Wok, Fruit Bar, Sandwich Stations, Mixed Sautéed Vegetables (corn, beans, squash, carrots, cabbage, broccoli, mushrooms) look for single serve Peanut Butter Cups, Fresh Whole and Cut Fruit. –**Waffle Mix contains buttermilk**
- 14) **BYO Pizza: The 7 or 10" pizza crusts are** vegan (egg-free) add sauce and veggies with no cheese The Commons, Sam's Places: Wall/Gates, Murray, and West (Flatbreads contain egg)
- 15) **Grab and Go Coolers in our dining locations:** fresh made salads, hummus cups with veggies, snack packs, peanut butter and jelly, and a variety of fruit cups, and whole fruit. Edamame near the Sushi cases, nuts, seeds, and popcorn.

In addition, many locations also have vegetarian menu items that you could adapt to vegan as well! Such as vegetarian sandwich/pizza, ask for no cheese.