

# Vegan/Vegetarian Quick Guide

Following a Vegan/Vegetarian lifestyle on campus is possible. Build Your Own (BYO) food options are a go-to campus wide. Look in our coolers for grab-and-go items and try our smoothies, Mexican and Wok/Stir Fry options. We have vegan and vegetarian breads and doughs available. We offer tacos, bowls with plant proteins, vegetable sides, salads, and more. Franchises also carry additional items. Concepts and menus subject to change.

## All You Care to Eat (AYCE)

- All-You-Care-to-Eat (Buffet style lines closed during COVID) upstairs will have meatless patties, grain salads, fresh salads, and vegetables @[The Commons \(Talkington\)](#).
- [Fresh Plate \(Bledsoe/Gordon\)](#): BYO salads, BYO pasta, BYO Wok, Fruit Bar, Sandwich Stations, Mixed Sautéed Vegetables (corn, beans, squash, carrots, cabbage, broccoli, and mushrooms), single serve peanut butter cups, and fresh whole/cut fruit. Look for lentils and quinoa. Waffles contain dairy.

## Build Your Own (BYO)

- **Burgers @ [The Commons](#), [The Market](#), and [Sam's Places \(Murray, Sneed, SUB, Wall/Gates, West\)](#)**: Black Bean Burgers (Gardein™), Awesome Burger™ and/or Garden Burger(Gardein™- [Sam's Murray/Upstairs Commons](#)) at burger lines (Gardein™- are BCK certified Kosher)
- **Mexican @ [The Commons](#) and [Sam's Places \(Murray, Sneed, Wall/Gates, and West\)](#)**: Try: Rice Bowls (Vegan Crumble/Vegan Protein Strip @[The Market](#)), Wraps and Tacos on Mexican lines along with black/refried beans (which 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*
- **Pasta @ [The Commons](#) and [Sam's Places \(Wall/Gates, West\)](#)**: with non-beef marinara and vegetables
- **Pizza @ [The Commons](#) and [Sam's Places \(Murray, Wall/Gates, and West\)](#)**: The 7 or 10" pizza crusts are vegetarian (egg-free) but may contain milk. Add sauce and veggies with no cheese **Flatbreads contain egg**
- **Salads @ [The Commons](#), [Fresh Plate \(Bledsoe/Gordon\)](#), [The Market](#), [Smart Choices \(SUB\)](#), and [Sam's Places \(Murray, Sneed, SUB, Wall/Gates, and West\)](#)**: beans (black and/or chick peas) and nuts/seeds are at salad bars. Some locations offer hummus for added protein.
- **Wok/Stir Fry @ [The Commons](#), [The Market](#), and [Sam's Places \(Murray, Sneed, SUB, Wall/Gates, West\)](#)** [Zi's\(SUB\)](#): Vegetables sautéed in your preference of sauce, with steamed and/or brown rice, and Tofu. **Fried rice contains egg. Szechwan Sauce- this product may contain oyster sauce**

## Drinkable Options

- **Fresh Pressed Juice Bar @ [Smart Choices \(SUB\)](#)**: Try grab and go juices- all are Vegan
- **Smoothie Program @ [Gelato in SUB](#), [The Market Café](#), and [Sam's Places \(Murray, West, Wall/Gates, and Poolside\)](#)**: fresh fruits, fruit juices, Coconut water, Coconut Milk, Almond Milk at select locations (for a mixer instead of liquid yogurt), with spinach or kale to add in at many locations. Supplements: Matcha Green Tea, Greens (Blended Wheat Grasses), Energy, Fit and Trim, Immune Support that are verified Vegan are also available

## Other Options

- **Breads (most)**: Hoagie rolls (white and wheat), sliced bread (white, wheat, wheat berry, sour dough, Tortilla Wraps (white, whole wheat, spinach herb, and jalapeno contain Soy and Wheat only. Corn tortillas are corn and may contain soy)- **Flat Bread and Biscuits may contain dairy**
- **Gelato Bar @ [the SUB](#)**: Select sorbets are Vegan
- **Grab-and-Go Coolers @ [Sam's Locations](#) and other [dining locations](#)**: freshly made salads, hummus cups with veggies, snack packs, egg salad sandwiches, peanut butter and jelly, and a variety of fruit cups, and whole fruit. Edamame in the Sushi cases and Spring Rolls, nuts, seeds, and popcorn
- **Salads and Wraps on Sandwich/Salad lines: [The Commons](#), [The Market](#), [Smart Choices \(SUB\)](#), and [Sam's Places \(Murray, Sneed, Wall/Gates, West\)](#)**: Fruit Bar, Juice Bar, Wraps, hummus, nuts/seeds
- **Tofu @ [Wok/Stir fry Line \(The Commons, Fresh Plate \(Bledsoe/Gordon\)\)](#) and [Zi's Wok/Stir fry \(SUB\)](#)**
- **Vegetarian Tacos @ [AYCE](#), [The Commons-Parrillas](#), [Fresh Plate \(Bledsoe/Gordon\)](#), [The Market](#), and [Sam's Place \(SUB\)](#)**: Vegetarian Tacos are on most Mexican lines.
- **Pre-made Vegan Power Bowls**: [Sam's Places](#), [Market Café](#), [Common's Food Court & Raider Exchange](#).

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*In addition, many locations also have vegetarian menu items that you could adapt to vegan as well! This could include ordering a vegetarian sandwich/pizza and just ask for no cheese. Ask managers/staff for assistance.*