

# Vegan/Vegetarian Quick Guide

Following a vegan/vegetarian lifestyle on campus is possible. Build Your Own (BYO) food options are a campus-wide go-to. Look in coolers for grab-and-go items and try options from Mediterranean, 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, subs, wraps, and more. Franchises also carry additional items. Concepts and menus subject to change.

## Build Your Own (BYO)

- **Burgers @ The Commons, The Market, and Sam's Places (Murray, SUB, Wall/Gates, West):** Black Bean Burgers (Gardein™) at burger lines (Gardein™ is BC Kosher-certified)
- **Mexican @ The Commons, The Market, and Sam's Places (Murray, Wall/Gates, and West)**
  - Try A Bowl with rice, beans, and your favorite toppings (Vegan Crumble/Vegan Protein Strip @ The Market), veggie fajitas (Wall/Gates), wraps, and tacos on Mexican lines along with black/refried beans (which are vegan), salad toppings, Pico de Gallo, and guacamole.
  - Many locations may prepare Mexican rice with chicken base; some mixes contain dairy as well.
- **Pasta @ Fazoli's® (The Market), Pizza Hut,** with non-beef marinara and vegetables
- **Pizza @ Sam's Places (Murray, Wall/Gates, and West), Pizza Hut in the SUB, and @ Fresh Plate in Bledsoe/Gordon Hall**
  - The 7" or 10" pizza crusts or flat bread are vegetarian (egg-free) but may contain milk.
  - Add sauce and veggies with no cheese.
  - Regular 16" slices available @ Fresh Plate in Bledsoe/Gordon Hall
  - Gluten-free options @ Sam's Place Murray, Fresh Plate, Pi-The Commons Upstairs
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  - **Flatbreads contain egg.**
- **Salads @ The Commons, Fresh Plate (Bledsoe/Gordon), The Market, and Sam's Places (Murray, SUB, Wall/Gates, and West)**
  - Beans (black and/or chickpeas) and nuts/seeds are at salad bars.
  - Some locations offer hummus for added protein.
- **Wok/Stir Fry @ Sam's Place (Murray)**
  - Vegetables sautéed in your preference of sauce with steamed and/or brown rice and tofu.
  - **Fried rice contains egg.**
  - **Szechwan sauce may contain oyster sauce.**
- **Fresh Plate (Bledsoe/Gordon)**
  - BYO salads and pasta, 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.

## Drinkable Options

- **Smoothie Locations @ The Break (SUB AKA Pacuigos), 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, and Immune Support are verified vegan
  - Acai bowls available at select locations-Sam's West, The Break in the SUB-TBD

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## Other Options

- **Boar's Head Deli @ the SUB:** Make any sandwich a salad.
  - **Breads (most):** Hoagie rolls (white and wheat), sliced bread (white, wheat, wheat berry, sour dough), and 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.**
  - **The Break (AKA: Pacuigos)@ the SUB:** Smoothies and Supplement Add-ins
  - **Grab-and-Go Coolers Campus-Wide**
    - 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, spring rolls, nuts, seeds, and popcorn.
    - Power Bowls in the mini market freezers
    - **Potato salad contains egg.**
  - **Salads and wraps on sandwich/salad lines @ The Commons, The Market, and Sam's Places (Murray, Wall/Gates, West)**
    - Fruit Bar, Juice Bar, wraps, hummus, nuts/seeds
  - **NEW TO THE SUB: Second to Naan @ the SUB:** Falafels, Vegan proteins and BYO Mediterranean Bowls or Naanarito with Turmeric Rice, Fries, Spinach or Naan
  - **Vegetarian Tacos or Fajitas @ Parrillas (The Commons), Fresh Plate (Bledsoe/Gordon), Sam's Place-Wall and The Market**
    - Vegetarian tacos are on most Mexican lines.
- Grab-and-Go Campus-Wide:** Select salads, fruit cups, chips, some snack packs, non-parfait yogurts, and drinks available as gluten-free side items.

[Dining Hours Quick Link](#)

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