

# 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, Fresh Plate (Wall/Gates), 23@Sneed, and Sam's Places (Murray, SUB, West): Black Bean Burgers (Gardein™) at burger lines (Gardein™ is BC Kosher-certified)
- **Mexican** @ The Commons, The Market, Fresh Plate (Wall/Gates), Sneed, and Sam's Places (Murray and West):
  - Try A Bowl with rice, beans, and your favorite toppings (Vegan Crumble/Vegan Protein Strip @ The Market), veggie fajitas (Fresh Plate @ 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), @The Commons, with non-beef marinara and vegetables.
- **Pizza** @Sam's Places (Murray and West), Pizza Hut in the SUB, Sneed, Raider Exchange, and @ Fresh Plate in Wall/Gates, @ The Commons
  - 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 Wall/Gates
  - Gluten-free options @ Sam's Place Murray, Fresh Plate, Pi-Pizza @The Commons (upstairs)
  - Cauliflower Pizza Crust contains egg and cheese.
  - Flatbread contains egg.
- **Salads** @The Commons, Fresh Plate (Wall/Gates), The Market, 23@Sneed, and Sam's Places (Murray, SUB, and West)
  - Beans (black and/or chickpeas) and nuts/seeds are at salad bars.
  - Select locations offer hummus for added protein.
- **Wok/Stir Fry** @ Sam's Place (Murray), 23@Sneed, and The Market
  - 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.
- **All You Care to Eat** @Fresh Plate (Wall/Gates)
  - BYO salads and pasta, fruit bar, side items with potatoes and rice daily, mixed sautéed vegetables (corn, beans, squash, carrots, cabbage, broccoli, potatoes, and mushrooms), single-serve peanut butter cups, and fresh whole/cut fruit. Breakfast options are biscuits, bread, cheese, yogurt, cereals, fruit.

## Drinkable Options

- **Smoothie Locations** @ The Break (SUB), The Market Café, and Sam's Places (Murray, West, 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 @ select locations
  - Acai bowls available at select locations-Sam's West, The Break in the SUB

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## Other Options

- **Boar's Head Deli @ the SUB, Sam's West, and Burkhart:** Make any sandwich a salad. Vegetarian sandwiches and select locations offer gluten-free pizza options.
  - **Cauliflower Pizza Crust contains egg and cheese.**
- **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 @ 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.**
- **Mexican @ Parrillas (The Commons), Fresh Plate (Wall/Gates), Sneed, and The Market**
  - **Vegetarian Tacos, Nachos, Quesadillas or Fajitas @ Parrillas (The Commons), Fresh Plate (Wall/Gates), 23@Sneed, and The Market**
- **Salads and wraps on sandwich/salad lines @The Commons: The Market, Sneed, and Sam's Places (Murray and West)**
  - Fruit Bar, Juice Bar, wraps, hummus, nuts/seeds
- **Ramen Around and Seasonal Soups**
  - BYO Ramen with noodles, vegetable broth base and vegetables.
  - Vegetarian Soups are offered late fall in most dining locations.
- **Mediterranean: Second to Naan (upstairs) @The Commons:** Falafels, BYO Mediterranean Bowls or Naanarito with Turmeric Rice, Fries, Spinach or Naan and top them off with vegetarian sauces along with plenty of vegetables. Hummus and pita cheese also available.
- **All Day Breakfast/Brunch @The Commons:** Biscuits, omelets, French toast, waffles, eggs, and potatoes.
- **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 vegan options ask for no cheese. Ask managers/staff for assistance.