

Vegan/Vegetarian Quick Guide

Following a 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 are subject to change.

Build Your Own (BYO)

- **Burgers** @ The Market, Fresh Plate (Wall/Gates), 23@Sneed, Sam's Place (Murray), and Ol' Red's: Black Bean Burgers (Gardein™) at burger lines (Gardein™ is BC Kosher-certified)
- **Mexican** @ The Commons, The Market, Fresh Plate (Wall/Gates), 23@Sneed, Sam's Places (Murray, SUB), and Ol' Red's:
 - Try A Bowl with beans, and your favorite toppings (Vegan Crumble @ The Market), veggie fajitas (@ Parrillas in The Commons), wraps, and tacos on Mexican lines along with black/refried beans (which are vegan), salad toppings, Pico de Gallo, and guacamole.
 - **Many locations prepare Mexican rice with chicken and beef base.**
- **Pasta** @ Fazoli's® (The Market) with non-beef marinara and vegetables.
- **Pizza** @ Sam's Place (Murray), Ol' Red's, Pizza Hut in the SUB, 23@Sneed, Raider Exchange, Fresh Plate in Wall/Gates, The Commons, Fazoli's® (The Market), and Burkhardt Café
 - The 7" or 10" pizza crusts or flat bread are vegetarian (egg-free) but may contain milk.
 - Add sauce and veggies with no cheese.
 - Pizza by the slice available @ Fresh Plate in Wall/Gates and Fazoli's® (The Market)
 - Gluten-free options @ Sam's Place Murray, Fresh Plate, Burkhardt Café*, and Pi-Pizza @ The Commons (upstairs)
 - ***Cauliflower Pizza Crust contains egg and cheese.**
 - **Flatbread contains egg.**
- **Salads** @ The Commons, Fresh Plate (Wall/Gates), The Market, Sam's Place (Murray), and Ol' Red's
 - 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.
 - Vegan teriyaki strips available @ Chopstix in The Market, and tofu @ Sam's Place (Murray)
 - **Fried rice contains egg.**
 - **Szechuan 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), and fresh whole/cut fruit. Breakfast options are biscuits, bread, cheese, yogurt, cereals, and fruit.



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Drinkable Options

- **Smoothie Locations** @ The Break (SUB), Daybreak Café (The Market), Sam's Place (Murray), and Ol' Red's
 - 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-Ol' Red's, The Break in the SUB

Other Options

- **Boar's Head Deli** @ the SUB, Ol' Red's, and Burkhart: Make any sandwich a salad. Vegetarian sandwiches and select locations offer gluten-free pizza options.
- **Breads (most):** Hoagie rolls (white and wheat), sliced bread (white, wheat, wheat berry, sourdough), 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 (seasonal), peanut butter and jelly, and a variety of fruit cups and whole fruit.
 - **Potato salad contains egg.**
- **Mexican** @ Parrillas (The Commons), Fresh Plate (Wall/Gates), 23@Sneed, The Market, Sam's Place (Murray), and Ol' Red's
 - Vegetarian Tacos, Nachos, Quesadillas or Fajitas
- **Salads and wraps on sandwich/salad lines** @ The Commons, The Market, 23@Sneed, Sam's Place (Murray), and Ol' Red's
 - Fruit Bar, Juice Bar, wraps, hummus, nuts/seeds
- **Seasonal Soups**
 - 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, Naan, and top them off with vegetarian sauces along with plenty of vegetables.
- **Mini Markets:** Nuts, seeds, popcorn, plant-based milks, yogurts, and more.

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



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