Vegetarian Options

All UDS operations offer vegetarian and meatless choices. Listed below is a sampling of the options. Our vegetarian options do not contain meat products, but may contain dairy and egg product.

Baja Fresh

- **Burrito Ultimo**: Grilled veggies, salsa Baja, jack & cheddar cheese, rice & sour cream
- **Build Your Own Burrito**: Grilled veggies, melted jack cheese, rice & choice of beans

Red Earth Kitchen

- Rotating menu that includes locally grown vegetables, homemade soups and a build your own farmer’s market salad.

Bread & Beyond Deli

- **Veggie Sandwich**: Cucumber, red onion, green bell pepper, tomato, lettuce, raspberry vinaigrette
- **Mediterranean Hummus**
- **Spinach & Roasted Red Bell Pepper**: Fresh spinach, fire roasted red bell pepper, with mozzarella & Italian seasoning on Panini bread
- **Tomato Mozzarella Panini**: Tomato, mozzarella & basil with balsamic mayo on a ciabatta

Service Station

- **Garden Burger**
- **Salad Bar**

Service Station Restaurant After Dark

- **Portobello Mushroom Burger**: Grilled Portobello mushroom, zucchini and yellow squash arranged on a toasted with a side of seasoned cream cheese.
- **Gourmet Garden Burger**

Newton’s

- **Electron Wrap**: Whole Wheat tortilla with tomatoes, lettuce, black beans & feta cheese
- **Simple**: Newton’s specialty house salad
- **Light**: Spinach, mandarin oranges, craisins, walnuts, onions, with raspberry vinaigrette
- **The Wave Salad**: Spinach with strawberries, mandarin oranges, almonds & raspberry vinaigrette
Roots

- **Veggie Extreme**: Sliced tomatoes, peppers, bean sprouts, cucumbers, & flavored cream cheese
- **Veggie Club**: Flavored hummus, carrots, peppers, red onion, and bean sprouts
- **Peanut Butter and Jelly**
- **European Salad**: Spinach, roasted red peppers, feta cheese and black beans
- **Garden Deluxe Salad**: Spring mix, zucchini, tomatoes, onions, feta cheese & balsamic vinegar
- **Veggie and Dip/ Fresh fruit**

Stout Coffee and Café

- **The Cheesy**: Cheddar and mozzarella cheeses with roasted tomato & garlic cream cheese on a plain bagel
- **Veggie Sandwich**: Focaccia roll with red peppers, sprouts, cucumbers, lettuce, tomatoes, red onions, provolone and balsamic vinaigrette
- **Flat Veggie**: Herb flat bread with mozzarella, oven roasted tomatoes, spinach, red onions and pizza sauce.
- **Grilled PB&J**
- **Waldorf salad with a Twist**: Thinly sliced apples served on a bed of spring mix topped with celery, walnuts and Chantilly dressing.
- **Veggie Lover’s Dream**: Shredded carrots, cucumbers, bean sprouts, tomato wedges, mixed green beans and balsamic vinaigrette dressing
- **Chef Salad**: Lettuce, tomatoes, mixed cheese and choice of dressing
- **House Salad**: Lettuce, tomatoes, mixed cheese and choice of dressing.

Country Barbeque Co.

- **The Pioneer**: Mixed greens, cattle drive beans, cheddar cheese, tomatoes, shredded carrots, bbq ranch, whole wheat wrap

Oregano’s Italian Restaurant

- **Salad bar**
- **Veggie Pizza**
- **Veggie Calzones**
- **Six-Cheese Pasta Bake**
- **Create your own pasta bake**
- **Spaghetti Primavera**
- **Bruschetta**

Which Wich

- **Caprese sandwich**
- **Tomato & avocado sandwich**
- **Elvis Wich**: peanut butter, honey and banana
- **Hummus sandwich**
- **Black bean patty sandwich**.
The Wok at Adams Market

- Mongolian flat top grill area where students can choose all the vegetable ingredients and sauces including tofu to make a full meal entrée or side.

All You Care to Eat at Adams Market

Includes a rotating vegetarian entrée option on Tuesdays along with at least two vegetables, starch and full salad bar with fruit

For more information visit dining.okstate.edu or call 405-744-4424