



VEGETARIAN & VEGAN ITEMS

ADAMS MARKET

Express It!

- Fresh fruit (whole)
- Fresh vegetables
- Good-to-Go items
- Microwaveable frozen meals
- Microwaveable frozen vegetables
- Plain salad
- Variety of convenience store items
- Veggies with hummus
- Yogurt
- Yogurt parfaits

CENTRAL MARKET PLACE

1890 Market

- Cheese
- Eggs
- Fresh fruit (whole)
- Fresh vegetables
- Good-to-Go items
- Microwaveable frozen meals
- Microwaveable frozen vegetables
- Salads
- Variety of convenience store items

The 405 Deli

- Botanical Garden Salad
- Farm Sandwich (Egg & Avocado)
- Jardot Sandwich (Caprese)
- Knoblock Sandwich (Insideout Grilled Cheese)

Byte

- Baked Potato / Baked Sweet Potato
- Black bean burger
- Black bean quesadilla
- Build your own salad or wrap
- Cheese Pizza
- Macaroni and Cheese
- Variety of dinners including Asian, Italian and Mexican
- Veggie quinoa rice power bowl with hummus

NORTH DINING

B & B, Co.

- Biscuits & Gravy
- Black Bean Burger
- Breakfast quesadilla (no meat)
- Cheese omelet
- Egg & Cheese Burrito
- French Toast
- Fresh-cut fruit
- Healthy Hash with spinach and mushrooms
- Morning potatoes
- Orange juice
- Scrambled eggs
- Starbucks coffee and espresso
- Tater tots or cheese tots
- Waffles
- Wheat toast

Carvery

- Baked potato
- Daily vegetable
- Macaroni and cheese
- Simple salad
- Vegetarian plate
- Whole-wheat roll

Dash

- Yogurt or ice cream smoothies
- Frozen lemonade (classic, strawberry, mango)

The Natural

- Build your own nourish bowls
- Base: cilantro lime cauliflower rice, romaine lettuce, purple quinoa blend
- Proteins: black beans, chickpeas
- Toppings: choice of vegan cheese & vegetables
- Sauces: variety of vegan sauces
- Green Goddess Bowl
- Sunbutter & Jelly sandwich

Noodle U

- Buttered noodles

Road Trip

- Create-your-own pizza with vegetables
- Choice of crust Regular Crust or Cauliflower Crust
- Regular pizza crust without cheese/with veggies
- Cheese pizza
- Create your own mac & Cheese with vegetables

Zest

- Grilled vegetable gyro without sauce
- Grilled vegetable rice bowl
- Romaine salad with Greek pico
- Romaine salad with kale tabouleh
- Romaine salad with Israeli couscous
- Mediterranean lentil pasta with grilled vegetables

STUDENT UNION

Bread & Beyond Deli

- Create-your-own sandwich
- Create-your-own salad

Caribou Coffee

- Coffee and espresso
- Grab-and-Go items
- Hot and iced teas
- Lattes with choice of milk
- Specialty drinks

Chick-Fil-A

- Fresh fruit cup
- Fries

Mambo Italiano

- Breadsticks
- Choice of pasta with marinara sauce
- Choice of pasta with alfredo sauce
- Steamed broccoli

Items listed in
green are vegan

Passport

- Basmati Rice
- Vegetable fried rice
- Vegetable stir fry
- Naan
- Spring roll
- Vegetarian Egg Roll
- Lo Mein
- Rotating weekly menu with vegetarian and **vegan options**
 - Tofu Tikka Masala
 - Orange Ginger cauliflower
 - Honey Garlic cauliflower
 - Mushroom bulgogi
 - Tandoori Tofu
 - Teriyaki cauliflower
 - Madras vegetable curry

Plaza Corner Cafe

- Tomato basil soup
- Classic grilled cheese
- Roasted veggie melt
- House salad
- Gouda Mac & Cheese
- Spicy Fried Pickles

Red Earth Kitchen

Breakfast

- Build-your-own Greek yogurt
- **Fresh Fruit**
- Biscuit
- Overnight oats (choice of toppings)
- Scrambled eggs

Red Earth Kitchen Lunch

- Rotating vegetarian entree
 - Country Fried Cauliflower
 - Broccoli Rice Casserole
 - Quinoa Stuffed Pepper
- Rotating sides
 - Mashed potatoes
 - Roasted red potatoes
 - Green bean almandine
 - Roasted baby carrots
 - Corn on the cobb
 - Country style gravy

- Whole wheat roll
- Fresh Fruit

Shake Smart

- Shakes and smoothies (choice of milk)
- Bowls Made Your Way (choice of milk)
- Peanut butter or almond butter sandwich
- Protein Balls

Union Chophouse Taqueria

- Bowl-Rito with grilled vegetables (no cheese or sour cream)
- Black beans
- Spanish rice
- Side of salsa or guacamole
- Chips and salsa, guacamole
- Nachos with grilled vegetables
- Smothered burrito with grilled vegetables
- Cheese quesadilla
- Quesadilla with grilled vegetables

Union Express

- Fresh fruit
- Fresh vegetables
- Grab-and-Go items
- Tasty Bites® Microwaveable Meals
- Variety of convenience store items

OTHER LOCATIONS

Café Libro

- Cheese pizza
- Fresh fruit
- Fresh vegetables
- Grab-and-Go items
- Three-cheese marinara pasta
- Tomato mozzarella sandwich
- Variety of convenience store items

BENNETT HALL

Fast Break

- Fresh fruit (whole)
- Hard boiled eggs
- Peanut Butter Snack
- Variety of convenience store items
- Veggies with hummus
- Yogurt parfaits

Slam Dunk

- Bagels and biscuits
- Egg and cheese burrito or biscuit
- Walking breakfast (without sausage)
- Vegetarian meals at dinner
- Black bean burger
- Build your own pizza with regular or cauliflower crust

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HAVE QUESTIONS?

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