



# VEGETARIAN & VEGAN ITEMS

## ADAMS MARKET

### Express It!

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

### The Hatch

- Corn on the cob
- Mashed potatoes
- Biscuit

## KERR-DRUMMOND

### Country Barbeque Co.

- Any sandwich, wrap or spud can be made vegetarian or vegan
- Baked or sweet potato
- Green bean salad
- Jalapeño corn bread
- Macaroni and cheese
- The Pioneer
- Potato salad or coleslaw
- Side salad
- Whole-grain roll

### Linguetti's

- Breadsticks with cheese
- Cheese or vegetable pizza
- Create-your-own fresh pasta or pasta bake
- French fries or cheese fries
- Garden salad
- Tortellini with Cowboy Sauce
- Veggie calzone

## Twenty Something

- Cheese
- Eggs
- Fresh fruit (whole)
- Fresh vegetables
- Grab-and-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)

## NORTH DINING

### B & B, Co.

- Black Bean Burger
- Breakfast quesadilla (no meat)
- Cheese omelet
- 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

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

## The Natural

- Customize any salad, gluten-free pasta bowl, flatbread pizza or panini sandwich to be made without meat and with vegan cheese
- Red lentil pasta with marinara
- Margherita panini with vegan cheese
- Sunbutter and banana panini with honey
- Sunbutter and grape jelly panini
- Sunbutter and jelly cold sandwich

## Noodle U

- Buttered noodles
- Cold Vegetable Noodle Bowl

## 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 piadina without cheese
- 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

Items listed in  
green are vegan

## 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

### Chic Fil A

- Fresh fruit cup
- Fries

### Mambo Italiano

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

### Passport

- Basmati or brown rice
- Vegetable fried rice
- Rotating weekly menu with vegetarian and vegan options

### Plaza Corner Cafe

- Broccoli cheddar soup
- Tomato basil soup
- Classic grilled cheese
- Roasted veggie melt
- House salad
- Gouda Mac & Cheese

## Red Earth Kitchen

### Breakfast

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

### Lunch

- Daily vegetarian entree
- Daily Vegetables
- Fresh Fruit

### Shake Smart

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

### 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

### Roots

- Fresh fruit
- Fresh vegetables
- Grab-and-Go items
- 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
- Create-your-own sandwich, wrap or salad
- Egg and cheese burrito or biscuit
- Walking breakfast (without sausage)

Items listed in  
green are vegan

# HAVE QUESTIONS?

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