TACO BELL
Suggested Vegan Menu Items

- Bean Burrito How to order it: No cheese, add potatoes & rice. Try guacamole on the side. Or, you can say, "Fresco Style," which means they remove the cheese & sauce and replace it with pico de gallo—yum! Try it with black beans.
- Seven-Layer Burrito How to order it: Remove the sour cream and cheese, add pico de gallo. Add red sauce for a spicy kick.
- Taco Salad How to order it: Substitute beef for beans (they don't charge for this, woo!), remove the sour cream & cheese, and add rice, potatoes, guacamole and red sauce.
- Mexican Pizza How to order it: OK, this one can be a bit trickier. Substitute beef for beans & remove the cheese.
- Fresco Bean Burrito
- Veggie Cantina Burrito How to order: Remove the Cilantro Dressing.
- Veggie Cantina Bowl How to order: Remove the Cilantro Dressing.

Suggested Vegetarian Menu Items

- All of the above menu items with Cheese and Sour Cream.

VEGAN VS. VEGETARIAN

Vegans do not consume meat, eggs, milk, honey or any food that is derived from animals.

Vegetarians do not eat meat or fish. Some do consume dairy and some vegetarians consume eggs.

NUTRITIONAL F.A.Q.

Do I need to worry about getting enough protein?

- No. Protein deficiency is very rare, even in full-time vegetarians. As long as you're eating enough calories to maintain a healthy weight, and following the USDA's healthy dietary guidelines you're almost certain to get enough protein.

Should I avoid exercising if I'm not eating meat?

- There's no need to avoid exercise on even a full vegetarian diet. A healthy meatless diet will provide more than enough energy, protein and other nutrients to fuel all of your usual activities including your workouts.

The information contained in this brochure is provided for general informational purposes only. These suggestions were not evaluated by a registered dietitian or medical professional. Please use personal judgment before consuming suggested food items. If you utilize any information provided on this brochure, you do so at your own risk and you specifically waive any right to make any claim against ARAMARK Educational Services, Inc., its affiliates, officers, directors, employees or representatives as the result of the use of such information.

GREENS TO GO
Suggested Vegan/Vegetarian Menu Items

- Create your own salad with Kidney Beans and Tofu
- Make it a wrap!

THE DINING COMMONS

You can always find a selection of Vegan and Vegetarian items available at the DC. Just look for the Leaf.

*For more information, visit www.meatlessmonday.com
**STARBUCKS**
*Suggested Vegan Menu Items*
- Plain Bagels
- Whole Wheat Bagels
- Deluxe Fruit Blend
- Perfect Oatmeal with Fruit, Brown Sugar, & Nuts
- Any Tea
- Any Coffee with Soy Milk except for:
  - Pumpkin spice,* White mocha,* Caramel brulee*
- Any frappuccino made with soy milk without whipped cream
- Avoid the Double Chocolate Chip
  - Frappuccino* and Java Chip Frappuccino*
  *The syrups and/or chips in these drinks contain milk.
- Ask for no whipped cream and no toppings such as caramel drizzle, hazelnut drizzle & cinnamon dulce powder as they contain eggs.

*Suggested Vegetarian Menu Items*
- All above suggested vegan items
- Kind Bars
- Yogurt Parfaits
- Vegetarian Protein Artisan Snack Plate
- Egg Salad Sandwich
- Spinach, Egg White Wrap

**PIZZA HUT**
*Suggested Vegan Options*
- Any pizza made with below items without cheese
  - Crust
    - Thin N Crispy
    - Dessert Crust
    - P’Zone Dough
    - Multigrain Crust
- Sauces
  - All-Natural Old World Pizza Sauce
  - All-Natural Pizza Sauce
  - All-Natural Sweet Pizza Sauce
- Toppings
  - Banana Peppers
  - Black Olives
  - Green Olives
  - Green Pepper
  - Mushroom
  - Red Onion
  - Sliced Jalapenos
  - Tomatoes

*Suggested Vegetarian Options*
- Create a pizza from the above ingredients and add cheese!

**SUBWAY**
*Suggested Vegan Menu Items*
- Veggie Delight - no sauce, no cheese
- Apple Slices
- Italian Bread
- Wheat Bread
- Classic Lays

*Suggested Vegetarian Menu Items*
- Egg and Cheese Sandwich
- Veggie Max Sub
- Veggie Delight
- Chips
- Cookies
- Apple Slices

**PANDA EXPRESS**
*Suggested Vegan Menu Items*
- Steamed White Rice
- Steamed Brown Rice

*Suggested Vegetarian Menu Items*
- Cream Cheese Rangoon
- Veggie Spring Rolls
- Egg Plant Tofu
- Fortune Cookies
- Mixed Vegetables

*All items except steamed rice, fried rice, and chow mein are cooked in the same oil / equipment as meat products.

**THE P.O.D**
*Suggested Vegan Menu Items*
- Fresh and Dried Fruit
- Sabra Hummus Cups
- Nuts

*Suggested Vegetarian Menu Items*
- Garden Salad
- Egg Salad Sandwich
- Greek Yogurt

**EINSTEIN BROS. BAGELS**
*Suggested Vegan Menu Items*
- Veg out - substitute Hummus for Cream Cheese and signature sauce

*Suggested Vegetarian Menu Items*
- Egg and Cheese Sandwich
- We often recommend the Santa Fe Wrap with no meat (we add extra cheese to replace the meat & it’s spicy)
- Bagel with Butter Blend or Honey Butter
- Cheese Pizza