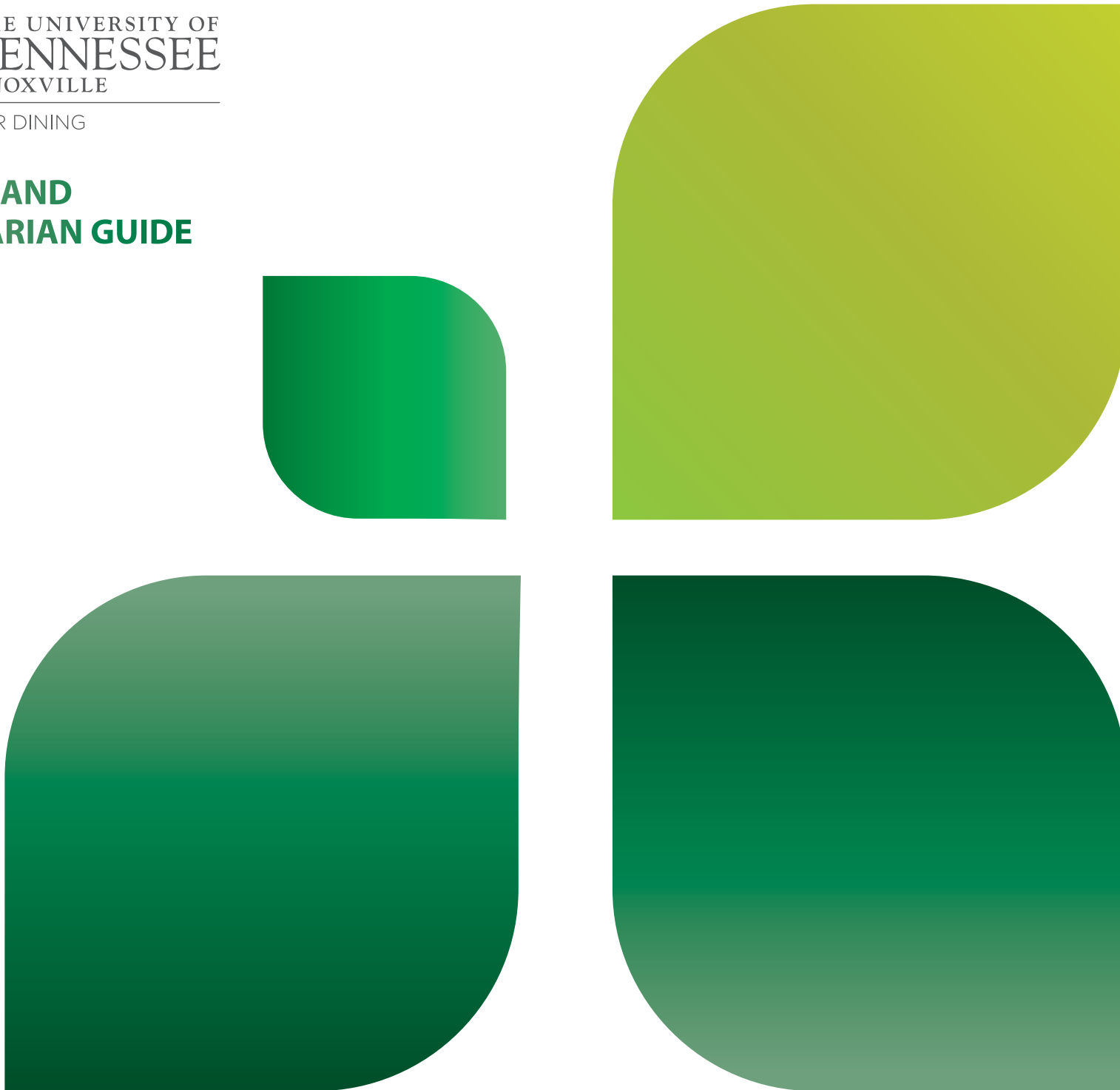




VOLUNTEER DINING

VEGAN AND VEGETARIAN GUIDE



www.utdining.com



Vegan and Vegetarian Options On Campus

Volunteer Dining has many options available to satisfy a vegan or vegetarian diet. From our daily vegetarian stations in our dining halls to the vegan grab and go items in our convenient stores, Volunteer Dining strives to accommodate a wide range of diets and lifestyles.

Resources

Looking for other vegan and vegetarian resources?

Contact our Student Nutrition Educator

Email: nutrition@utdining.com

Here are some helpful links around the internet.

Vegetarian Resource Group

www.vrg.org

Vegetarian Nutrition

www.vegetariannutrition.net

AFC Sushi & Wok

Student Union

SUGGESTED VEGAN MENU ITEMS

- Tofu Entrée
- California Sushi Roll
- Steamed Rice

SUGGESTED VEGETARIAN MENU ITEMS

- California Veggie Delight
- Fried Rice
- Chow Mein
- Veggie Egg Roll

Chick-fil-A

Student Union & Presidential Court Building

SUGGESTED VEGAN MENU ITEMS

- Waffle Potato Fries
 - Fruit Cup
 - Hashbrowns
 - Reduced Fat Raspberry Vinaigrette Dressing
 - Light Italian Dressing
 - Honey Roasted Sunflower Kernels
- *Waffle fries are fried in peanut oil and are fried in a different oil than meat products.*

SUGGESTED VEGETARIAN MENU ITEMS

- Cole Slaw
- Thousand Island Dressing
- Brownie
- Ranch Dressing

Dippers

Hess Hall

SUGGESTED VEGAN MENU ITEMS

- Fries

SUGGESTED VEGETARIAN MENU ITEMS

- General Caesar Salad without Chicken
- Vol Salad without Chicken

Dunkin Donuts

Vol Hall

SUGGESTED VEGAN MENU ITEMS

- Any Coffee with Soy Milk
- Any Tea
- Cinnamon Raisin Bagel Twist
- Hash Browns

SUGGESTED VEGETARIAN MENU ITEMS

- Egg White Flatbread
- Egg & Cheese Sandwich
- Texas Toast Grilled Cheese
- Cheddar Cheese Bagel
- Egg and Cheese Wrap
- Bagel with Cream Cheese
- Donuts
- Muffins
- Munchkins

Einstein Bros Bagels

Haslam Business Building and Art & Architecture Building

SUGGESTED VEGAN MENU ITEMS

- Bagel with Hummus
- Bagel with Peanut Butter
- Garden Salad
- Fruit Cup
- Chips

SUGGESTED VEGETARIAN MENU ITEMS

- Yogurt Parfait
- Bagel with Schmear
- Cheddar Omelet Bagel Sandwich
- Spinach, Tomato, & Provolone Bagel Sandwich
- Mushroom, Asparagus, Egg White Bagel
- Roasted Veggie Sandwich
- Veg Out Sandwich
- Cheese Pizza Bagel
- Veggie Lover's Pizza Bagel
- Caesar Salad

McAlister's Deli

Thompson Boling Arena

SUGGESTED VEGAN MENU ITEMS

- Garden Salad
- Veggie Sandwich
- Veggie Spud without Mozzarella
- Fruit Cup
- Chips

SUGGESTED VEGETARIAN MENU ITEMS

- Veggie Club Sandwich
- Caesar Salad/Wrap without Chicken

- Just a Spud
- Cheese Spud
- Spud Ole with Vegetarian Chili
- Veggie Spud
- Veggie Chili
- Four Cheese Griller
- Chili Nachos with Vegetarian Chili
- Mac N Cheese

Pizza Hut

Café at the Arena

SUGGESTED VEGAN MENU ITEMS

- Breadsticks without Garlic and Parmesan Spread

SUGGESTED VEGETARIAN MENU ITEMS

- Breadsticks
- Cinnamon Sticks
- Cheese Pizza

Quiznos Sub

Vol Hall & Andy Holt Apartment Residence Hall

SUGGESTED VEGAN MENU ITEMS

- Salad without Chicken and Cheese
- Veggie Sandwich without Cheese or Dressing
- Chips

SUGGESTED VEGETARIAN MENU ITEMS

- Veggie Guacamole Sandwich
- Broccoli Cheddar Soup
- Salad without Chicken
- Cookie

SUGGESTED VEGETARIAN MENU ITEMS

- Caesar Salad
- Cheese Pizza
- Bread Sticks
- Spinach and Cheese Stromboli

Starbucks

Student Union & Hodges Library

SUGGESTED VEGAN MENU ITEMS

- Any Coffee with Soy Milk
- Any Tea
- Deluxe Fruit Blend
- Oatmeal with Fruit, Brown Sugar, and Nuts

SUGGESTED VEGETARIAN MENU ITEMS

- Vegetable Frittata on Artisan Roll
- Hot Roasted Veggie Panini
- Spinach, Feta, Roasted Tomato on Wheat Wrap
- Any Pastry Item

Salad Creations

Student Union

SUGGESTED VEGAN MENU ITEMS

- Create Your Own vegan salad
- Balsamic Orange and Blue Salad without bleu cheese
- Greekalicious Salad without feta cheese
- Sophie's Strawberry Chicken Salad without chicken and goat cheese
- Baja Shrimp Cobb Salad without shrimp and cheddar cheese
- Ginger Glazed Salmon Salad without salmon
- Chicken Caesar Salad without chicken and parmesan cheese
- Chipotle BBQ Chicken Salad without

- chicken and cheddar cheese
- Thai Crunch Salad
- Chinese Chopstick Salad without chicken
- Apple Pecan Salad without goat cheese
- Raspberry Vinaigrette Dressing
- Sesame Ginger Dressing
- Balsamic Vinaigrette Dressing

SUGGESTED VEGETARIAN MENU ITEMS

- Create Your Own vegetarian salad
- Any salad without meat
- Any dressing

Subway

Student Union & PCB

SUGGESTED VEGAN MENU ITEMS

- Veggie Delight with No Sauce or Cheese
- Apple Snack
- Italian Bread
- Chips

SUGGESTED VEGETARIAN MENU ITEMS

- Veggie Delight
- Cookies

Qdoba

Student Union

SUGGESTED VEGAN MENU ITEMS

- Vegetarian burrito without queso, sour cream, or cheese
- Vegetarian burrito bowl without queso, sour cream, or cheese

SUGGESTED VEGETARIAN MENU ITEMS

- Vegetarian burrito
- Vegetarian burrito bowl

Café At the Arena

Thompson Boling Arena

SUGGESTED VEGETARIAN MENU ITEMS

- Vegetarian Plate
- Salad Bar
- Fresh Fruit
- Chips
- Cornbread
- Cookies

Mabel's Café

McCord Hall

SUGGESTED VEGETARIAN MENU ITEMS

- Salad Bar
- Vegetable Plate
- Baked Potato
- Fresh Fruit
- Chips
- Cornbread
- Cookies

Southern Kitchen

Vol Hall Apartments

SUGGESTED VEGETARIAN MENU ITEMS

- Check Out the Daily Vegetarian Entrées
- Southern Kitchen House Salad
- Hand Tossed Caesar Salad
- Fresh Fruit Salad
- Pasta Salad
- Potato Salad
- Vegetarian Side Items

PCB Café

Presidential Court Bldg.

SUGGESTED VEGETARIAN MENU ITEMS

- Check Out the Daily Vegetarian Entrées
- Vegetarian Side Items
- Italian Station for Vegetarian Pizza and Pastas
- Omelet Station
- Fire & Ice Stir-Fry without meat
- Salad Bar
- Fresh Fruit

Twisted Taco

Student Union

SUGGESTED VEGAN MENU ITEMS

- Tofu Tacos without sour cream, cheese or queso
- Vegetarian Twisted Nachos without queso and sour cream
- Vegetarian Fajita Salad without cheese
- Fresh Guacamole
- Chips and Salsa
- Yellow Rice
- Black Beans
- Jalapenos
- Salsa Verde
- Pico de Gallo
- House Salsa

SUGGESTED VEGETARIAN MENU ITEMS

- Vegetarian version of any taco

Convenience Stores

Greve Grab N Go, PCB Grocery, Andy's Pantry, P.O.D. Market & Express

SUGGESTED VEGAN MENU ITEMS

- Portabella Mushroom Grab N' Go Sandwich
- Vegetable Sushi
- PB&J Sandwich
- Sabra Hummus Cups
- Dippin' Stix Sea Salt Pita Chips & Roasted Red Pepper Hummus
- Dippin' Stix Sliced Apples & Caramel
- Fruit Cup
- Fresh Fruit
- Silk Soy Milk

SUGGESTED VEGETARIAN MENU ITEMS

- Egg Salad Sandwich
- Yogurt Parfaits
- Dippin' Stix Baby Carrots & Ranch Dip
- All Natural and Organic Products: Stacy's Pita Chips, Cliff Bars, Luna Bars, Kashi Bars
- Pasty Items

**Visit each brand website for individual product information*