Vegan and Vegetarian Options On-Campus

Vol Dining has many options available to satisfy a vegan or vegetarian diet. From our daily vegan stations in our dining halls, to the vegetarian Grab and Go items in our convenience stores, Vol 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

Bento Sushi
Thompson-Boling Arena
Suggested Vegan Menu Items
• Mini Vegetable Roll
• California Sushi Roll
• Steamed Rice

Suggested Vegetarian Menu Items
• Vegetable California Roll
• Vegetable Spring Roll

Chick-fil-A
Student Union & Presidential Court Building
Suggested Vegan Menu Items
• Waffle Potato Fries
• Fruit Cup
• Hash Browns
• Reduced Fat Raspberry Vinaigrette Dressing
• Light Italian Dressing

Dippers
Hess Hall
Suggested Vegan Menu Items
• Crinkle Cut Fries

Suggested Vegetarian Menu Items
• Caesar Salad without Chicken
• Vol Salad without Chicken

Dunkin Donuts
Vol Hall
Suggested Vegan Menu Items
• Any Coffee with Non-Dairy Milk
• Any Tea
• Bagels – Cinnamon Raisin, Everything, Garlic, Onion, Plain, Poppy Seed, Salt, and Sesame
• Hash Browns

*Waffle fries are fried in peanut oil and are fried in a different oil than meat products.
Suggested Vegetarian Menu Items
- Egg White Flatbread
- Egg & Cheese Sandwich
- Texas Toast Grilled Cheese
- Cheddar Cheese Bagel

Einstein Bros Bagels
Haslam Business Building and Art & Architecture Building

Suggested Vegan Menu Items
- Bagels – Plain, Everything, Pumpernickel, Blueberry, Chocolate Chip, Cinnamon Raisin, Cranberry, Garlic, 9-Grain, Onion, Poppy, Potato, Pretzel, Sesame, Apple Cinnamon, Power Protein, Potato Roll, Multigrain Roll
- Bread – Ciabatta, Bagel Baguette, Tortilla, Multigrain
- Bagel with Hummus
- Bagel with Peanut Butter
- Bagel with Jelly
- Bagel with Avocado
- 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

WhichWich
Thompson Boling Arena

Suggested Vegan Menu Items
- Black Bean Patty
- Avocado Superfood Which
- LettuceWich
- White Bread Sandwich
- Salad
- Chips

Suggested Vegetarian Menu Items
- Black Bean BurgerWich
- Caprese
- The Avocado
- All Sandwiches and Salads without meat

Jamba Juice
TRECS

Suggested Vegan Menu Items
- Strawberry Whirl
- Cheese Pizza Bagel
- Veggie Lover’s Pizza Bagel
- Caesar Salad

Suggested Vegetarian Menu Items
- Egg and Cheese Wrap
- Bagel with Cream Cheese
- Donuts
- Muffins
- Munchkins

Starbucks
Student Union & Hodges Library

Suggested Vegan Menu Items
- Any Coffee with Soy Milk
- Any Tea
- Deluxe Fruit Blend
- Bagels – Plain or Multigrain
- 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

Quiznos Sub
Vol Hall & Andy Holt Apartment Residence Hall

Suggested Vegan Menu Items
- Salad without Meat and Cheese
- Veggie Sandwich without Cheese or Dressing
- Balsamic Vinaigrette
- Bread – White, Wheat, Herb Wrap
- Chips

Suggested Vegetarian Menu Items
- Veggie Guacamole Sandwich
- Broccoli Cheddar Soup
- Salad without Chicken

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**

**Mabel’s Café**
*McCord Hall*

**Suggested Vegetarian Menu Items**
- Salad Bar
- Vegetable Plate
- Baked Potato
- Fresh Fruit
- Chips
- Cornbread
- 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

**Café at the Arena**
*Thompson Boling Arena*

**Suggested Vegetarian Menu Items**
- Italian Bread
- Chips
- Veggie Delight
- 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

**Subway**
*Student Union & Fred Brown Jr. Hall*

**Suggested Vegan Menu Items**
- Veggie Delight with No Sauce or Cheese
- Apple Snack

**PCB Café**
*Presidential Court Bldg.*

**Suggested Vegetarian Menu Items**
- Fire & Ice Stir-Fry without meat
- Salad Bar
- Fresh Fruit

**Suggested Vegetarian Menu Items**
- Italian Station for Vegetarian Pizza and Pastas
- Omelet Station
- Bakery Station

**Twisted Taco**
*Fred Brown Jr. Hall*

**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
- Jalapeños
- Salsa Verde
- Pico de Gallo
- House Salsa

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**Convenience Stores**
*Greve Grab N Go, PCB Grocery,*
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
- Grab 'n Go Hummus Wrap
- Yogurt Parfaits
- Dippin' Stix Baby Carrots & Ranch Dip
- All Natural and Organic Products: Stacy's Pita Chips, Cliff Bars, Luna Bars, Kashi Bars
- Pastry Items

*Visit each brand website for individual product information