

WKU RESTAURANT GROUP

# VEGAN AND VEGETARIAN GUIDE



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# VEGAN/VEGETARIAN GUIDE

Vegetarian foods are a major source of nutrition for most people in the world. Some people like to limit their diet to only foods that are considered vegetarian. A healthy vegetarian diet is typically low in fat and high in fiber. However, even a vegetarian diet can be high in fat if it includes excessive amounts of fatty snack foods, fried foods and whole milk dairy products. Therefore vegetarian diets, as any healthy diet, must be well planned to help prevent and treat certain diseases.

This guide was created by our Registered Dietitian Nutritionists and is a quick, easy way to find the vegetarian and vegan options at the dining locations of the WKU Restaurant Group. Food options in the Fresh Food Company change each meal, every day. For this reason, we recommend talking with one of our chefs or managers should you need help in determining if a menu item is vegan or vegetarian.

## IN GENERAL:

Remember: all vegan items are vegetarian, but not all vegetarian items are vegan.

All items cooked in grease or oil may have risk of cross contamination with meat or dairy containing products.

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## GRAB&GO/ CONVENIENCE STORES P.O.D, PIT STOP, GCC, JAVA CITY

*Suggested Vegan Menu Items:*

Hummus & Veggie Box

*Suggested Vegetarian Menu Items*

Peanut Butter & Jelly

Nutri-Grain Bar & Yogurt

Fruit, Egg & Cheese Box

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## MASS MEDIA

### **Einstein Bros. Bagels**

*Suggested Vegan Menu Items*

Vegout (sub hummus for cream cheese and signature sauce)

Power Bagel with Peanut Butter

Bagel with Hummus

Bagel with PB&J

Market Salad

Fruit Cup

Roasted Veggie Toastini

Coffee: cold press, espresso,

Americano, black coffee (may add soy milk and/or flavor shots)

*Suggested Vegetarian Menu Items*

Egg and Cheese Sandwich

Yogurt Parfait

Santa Fe Wrap with no meat and extra cheese

Bagel with Butter or Honey Butter

Cheese Pizza Bagel

# DSU

## **Chick-Fil-A**

### *Suggested Vegan/Vegetarian Menu Items*

Waffle Fries\*

Fruit Cup

Side Salad w/ Raspberry Vinaigrette  
or Light Italian Dressing

\*Waffle fries are fried in peanut oil and  
are fried in different oil than meat

## **Fresh Food Company**

-Check out the Vegan and Vegetarian  
Station for Vegan/Vegetarian entrées.

-Many of our dishes can be made  
meatless, just ask!

## **RedZone**

### *Suggested Vegetarian Menu Items*

Black Bean Burger

All-American Grilled Cheese

Grilled Vegetable & Cheese

Quesadilla

Pancake Stack

Big Red Veggie Omelet

Halftime Queso Dip

Stadium House Salad

Hail Mary Caesar Salad

Chips& Salsa

Cheese Sticks

All sides

### *Suggested Vegan Menu Items*

Hummus and veggies

Vegetable Wrap (no cheese)

## **Burrito Bowl**

### *Suggested Vegan Menu Items*

Choose Veggie Burrito, Veggie Rice  
Bowl or Veggie Salad

KC BBQ (no bacon or cheese)

Cajun (no Provolone, no Ranch)

Mexican (no cheese, no Ranch)

Florence (no cheese)

Power Protein (no cheese , eggs, meat  
or dressing)

Greek (no Feta)

### *Suggested Vegetarian Menu Items*

Choose Veggie Burrito, Veggie

Rice Bowl or Veggie Salad

KC BBQ

Cajun

Mexican

Power Protein (no meat)

Greek

## **Papa John's Pizza**

(also in Garrett Conference Center)

### *Suggested Vegan menu Items*

Breadsticks (no special garlic sauce or  
parmesan Italian seasoning)

### *Suggested Vegetarian Menu Items*

Cheese and Cheese Pizza

# DSU CONTINUED

## Starbucks

### *Suggested Vegan Menu Items*

Plain/Wheat/Cinnamon  
Raisin Bagels  
Perfect Oatmeal with Fruit,  
Brown Sugar and Nuts  
Blueberry Oatmeal  
Any Tea  
Any Coffee with Soy, almond,  
or Coconut Milk except for:  
Pumpkin Spice, White Mocha  
& Caramel Brûlée  
Horchata Almond Milk  
Frappuccino  
Avoid the Double Chocolate  
Chip Frapp. and Java Chip  
Frapp.

\*No whipped cream or toppings

### *Suggested Vegetarian Menu Items*

Spinach, Feta Roasted Tomato on  
Wheat Wrap  
Egg White Bites

## BATES RUNNER HALL

### **Subway** (also in Garrett Conference Center)

#### *Suggested Vegan Menu Items*

Veggie Delight Sub & Salad (no cheese)  
Apple Slices  
Italian/Wheat Bread  
Classic Lays

#### *Suggested Vegetarian Menu Items*

Egg and Cheese Sandwich  
Sides: Chips and Cookies

# ALUMNI SQUARE GARAGE

## Chili's

### *Suggested Vegan Menu Items*

Black Beans

Fresh Guacamole (no chips)

Caribbean Salad (no meat and fish)

SantaFe Salad (no meat/tortilla chips)

Black Beans & Veggie Fajitas

Dressing: Citrus Balsamic

Sides: asparagus, broccoli, citruschile

rice, corn, mandarin oranges, pineapple, quinoa and wheatberry blend

Extras: avocados, corn/flour tortillas, BBQ sauce, pico, salsa

### *Suggested Vegetarian Menu Items*

Chipotle Black Bean Burger

Flatbread California (exc. meat)

Flatbread Margherita

Fresco Salad

Quesadilla Explosion Salad (exc. chicken) with all dressings

Chips\* and Queso

Crispy\* Cheddar Bites

Chips\* and Guac/Salsa

\*Risk of cross contamination in fryers

# TOWER FOOD COURT

## The Den by Denny's

### *Suggested Vegan Menu Items*

Veggie Mash Up Burrito/Burger (no cheese and chipotle sauce)

Fruit Salad

Veggie Quinoa Wrap & Veggie Quinoa Salad (no cheese, no ranch)

\*ask to prepare meals 'dry' (no margarine)

### *Suggested Vegetarian Menu Items*

Pancakes

Egg White Ranchero Melt

Mozzarella Sticks

Fried Green Beans

Potato Rounds

French/Sweet Potato Fries

Yogurt Parfait

\*Risk of cross contamination in fryers

\*Can sub veggie mashup options in place of any burger patty

# GARRETT CONFERENCE CENTER

## **Bene Pasta**

### *Suggested Vegan Menu Items*

Whole grain pasta and veggies

Marinara

Tofu

### *Suggested Vegetarian Menu Items*

All vegan items + cheese topping

## **Grille Works**

### *Suggested Vegetarian Menu Items*

Classic/Everyday Grilled Cheese

Four Cheese Grilled Cheese

*Cooked on the same grill as  
beef and chicken*

## **Izzi's Southwest**

### *Suggested Vegan Menu Items*

Veghead Chico Burrito

Veghead Tacos

Veghead Nachos

Veghead Naked Burrito Chico

Veghead Quesadilla

*\*\*ask for no meat and cheese*

## **Panda Express**

### *Suggested Vegan Menu Items*

Steamed White/Brown Rice

### *Suggested Vegetarian Menu Items*

Cream Cheese Rangoon

Veggie Spring Rolls

Fortune Cookies

Mixed Vegetables

## **Panda Express Cont.**

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

*\*\*Vegetables are not vegan; they are seasoned with a powder that contains soy, dairy, and wheat.*

*\*\*Any items cooked with the basic sauce contain chicken fat broth.*

## **Olilo/Wicked Eats**

### *Suggested Vegan Menu Items*

Create your own meals with greens, grains, protein, toppings, and dressings

All greens

Quinoa

Baked Falafel

Pickled Onion

Tomato Cucumber Salad

Chickpea Chermoula Salad

Kalamata Olives

Romseco

Hummus

Banana Peppers

All Dressings

### *Suggested Vegetarian Menu Items*

Feta Cheese

Tzatziki Sauce

# MEAL PLAN OPTIONS

## VEGETARIAN

- Steak & Shake: Grilled Cheese +Fries
- Papa John's: Cheese Pizza + 1 Breadstick
- RedZone: Pancake Stack
- Red Zone: Hilltopper Scrambler (excluding meat)
- Red Zone: All-American Grilled Cheese
- Burrito Bowl: Baja Bowl/Wrap (no meat)
- Express; P.O.D. Market; The Pit Stop; Java City: Peanut Butter and Jelly Sandwich or Nutrigrain Bar and Yoplait Yogurt or Fruit, Egg, and Cheese Snack Box
- Panda Express: Chef's Creation Tofu + Steamed White Rice
- Grille Works: One Biscuit & Gravy and a Hashbrown
- Grille Works: Two Biscuits & Gravy
- Grille Works: Bacon or Sausage, Egg and Cheese on Biscuit or English Muffin (exclude meat)
- Grille Works: Everyday Grilled Cheese + regular fries or whole fruit
- Subway: 6" Egg and Cheese Sub
- The Den by Denny's: Fried Cheese Melt
- The Den by Denny's: French Toast
- The Den by Denny's: Original Grand Slam (no meat)
- Davinci's: Classic Cheese Pizza or Florence Veggie Pizza
- Davinci's: Soup or Salad + Mona Cheese-A
- Topper Grill & Pub: Cuatro Grilled Cheese
- Topper Grill & Pub: Cheese Trio Pizza
- Topper Grill & Pub: French Toast
- Olilo: all Value Meals (exclude meat)
- Izzi's: all Value Meals (exclude meat)



# MEAL PLAN OPTIONS

## VEGAN

Red Zone: Hummus & Veggies

Burrito Bowl: Cajun Bowl/Wrap (no cheese or meat), Buffalo Bowl/Wrap (no bacon or cheese), KC BBQ Bowl/Wrap (no bacon or cheese)

Bene Pasta: Made-to-Order Pasta with Tofu (exclude meat and cheese)

P.O.D Market; The Pit Stop; Java City: Hummus & Veggie Box

Subway: Veggie Delight Salad and Sub (no cheese)

The Den by Denny's: Quinoa Wrap (exclude cheese and ranch)

Davinci's: Oatmeal

Topper Grill & Pub: Fresh Vegetable Wrap (exclude cheese)

Olilo/Wicked Eats: All Value Meals excluding chicken, cheese & tzatziki sauce

Izzi's: Veghead burrito/taco/quesadilla (excluding cheese)

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