

### **Au Bon Pain**

#### **HSC - Kornhauser Library**

##### **Suggested Vegan Menu Items**

- Veggie & Hummus Wrap
- 12 Veggie Soup
- Black Bean Soup
- Barley & Creamy Lentil Soup
- Curried Rice & Lentil Soup
- French Moroccan Tomato Lentil Soup
- Fruit Cup
- Fresh Fruit

##### **Suggested Vegetarian Menu Items**

- Mediterranean Power Pack
- Sesame Noodle Salad
- Hot Oatmeal
- Egg Whites & Cheddar- Skinny Wheat Bagel
- Egg Whites, Cheddar and Avocado – Skinny Wheat Bagel
- Toasted Skinny Wheat Bagel & Cream Cheese
- Vegetarian Deluxe
- Side Salad
- Caprese Sandwich
- Chipotle Black Bean Burger with Avocado
- Tuscan Grilled Cheese Sandwich
- Vegetarian Deluxe
- Tuscan White Bean Soup
- Corn & Green Chili Bisque
- Tomato Basil Bisque
- Roasted Eggplant Soup
- Harvest Mushroom and Wheat berries Soup
- Snacks
- Artisan Breads (White Bread, Multigrain Baguette, Southwest Jalapeno Cornbread, Artisan Baguette, Whole Grain Wheat Bread)
- Bagels (Skinny Wheat Bagel)
- Muffins (Blueberry, Carrot Walnut, Corn, Cranberry Walnut, Double Chocolate Chunk, Low Fat Berry, Raisin Bran)
- Croissants (Almond, Plain, Raspberry Cheese, Chocolate, Apple and Cinnamon, Sweet Cheese, Warm Spinach and Cheese)
- Cookies/Brownies (Classic Oatmeal Raisin, English Toffee, White Chocolate & Macadamia Nut, Chocolate Dipped Cranberry Almond Macaroon, Gluten Free Chocolate Chip Brownie)
- Cupcakes (Double Chocolate Cupcake, Lemon Drop Cupcake, Red Velvet)

### **Aqua Sushi**

#### **Marketplace SAC - 1st Floor**

##### **Suggested Vegan Menu Items**

- Vegetable Roll
- Seaweed Salad

### **Chick-Fil-A**

#### **SAC - 1st Floor**

##### **Suggested Vegan and Vegetarian Menu Items**

- Waffle Fries
- Fruit Cup
- Side Salad
- Reduced Fat Raspberry Vinaigrette
- Light Italian Dressing

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

### **Cibus Fresh Cooler**

#### **Marketplace SAC - 1st Floor**

##### **Suggested Vegan Menu Items**

- Small Garden Salad and Mezze Plate

##### **Suggested Vegetarian Menu Items**

- Snack plate with carrots
- Fresh Mozzarella and Tomato Salad
- Greek Salad
- Summer Spinach Salad
- Mixed Berries with Strawberry Yogurt
- Strawberry Granola Parfait
- No Sugar Added Cheesecake Parfait

### **City Cafe**

#### **Duthie Center**

##### **Suggested Vegetarian Menu Items**

- Greek Salad
- Veggie Bowl

### **Einstein Bros. Bagels**

#### **Bingham Humanities Building**

##### **Suggested Vegan Menu Items**

- Vegout (sub hummus for signature sauce)
- Power Bagel with Peanut Butter
- Bagel with Hummus
- Bagel with PB&J
- Garden Salad
- Fruit Cup

##### **Suggested Vegetarian Menu Items**

- Asparagus & Mushroom Egg White
- Yogurt Parfait
- Spinach, Mushroom & Swiss
- Bagel with Butter or Honey Butter

## **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 a vegetarian diet, like any healthy diet, must be well planned in order to help prevent and treat certain diseases.

This guide was created by our Registered Dietitian Nutritionist and is meant to be a quick, easy way to find the vegetarian and vegan options at the dining locations of the UofL Dining Services. 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. If you need additional assistance, please contact our registered dietitian and schedule an appointment at [Louisville.edu/healthpromotion/services/nutrition-coaching](http://Louisville.edu/healthpromotion/services/nutrition-coaching).

# **Vegan & Vegetarian** *Guide*



### **SRC Cafe**

#### **Suggested Vegan Menu Items**

- Salad (3 toppings included)
- Wraps (3 toppings included)

### **Mark's Feed Store**

#### **SAC- 2nd Floor**

#### **Suggested Vegetarian Menu Items**

- Veggie Salad
- Veggie Platter
- Baked Beans
- Black Bean Burger
- Spicy Fries
- Sweet Potato Fries
- Mac & Cheese
- Sweet Cornbread

### **McAlister's Deli**

#### **Miller IT Center**

#### **Suggested Vegan Menu Items**

- Veggie Chili
- Garden Salad
- The Veggie
- Apple Sauce

#### **Suggested Vegetarian Menu Items**

- Veggie Club
- Cheese Spud

### **Olilo**

#### **Marketplace SAC - 1st Floor**

#### **Suggested Vegan Menu Items**

- Falafel Bowl
- Falafel Flatbread

#### **Suggested Vegetarian Menu Items**

- Falafel Bowl
- Falafel Flatbread

### **Panda Express**

#### **SAC- 1st Floor**

#### **Suggested Vegan Menu Items**

- Steamed White Rice
- Steamed Brown Rice

### **Suggested Vegetarian Menu Items**

- Tofu
- Veggie Spring Rolls\*
- Cream Cheese Rangoon\*
- Fortune Cookies
- Mixed Vegetables

*\*All items 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.*

*\*\*All fried items are fried in the same oil as meat and cheese products.*

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

### **Papa John's Pizza**

#### **SAC- 1st Floor**

#### **Suggested Vegan menu Items**

- Breadsticks (ask for no special garlic sauce or parmesan Italian seasoning)

#### **Suggested Vegetarian Menu Items**

- Signature Mozzarella Cheese Pizza
- Garden Fresh Pizza
- Cheese Sticks

### **P.O.D - Grab and Go**

#### **Davidson Hall, University Tower Apartments, SAC - 2nd Floor**

Look for the natural and organic snack sections.

### **Prime Grill**

#### **Marketplace SAC - 1st Floor**

#### **Suggested Vegetarian Menu Items**

- Southwest Garden Burger
- Vegetable of the Day

### **Starbucks**

#### **SAC - 1st Floor East Side, HSC - Bookstore, Ekstrom Library**

#### **Suggested Vegan Menu Items**

- Whole Grain Oatmeal

- Whole Wheat Bagels
- Plain Bagels
- Deluxe Fruit Blend
- Perfect Oatmeal with Fruit, Brown Sugar and Nuts
- Any tea

#### **Suggested Vegetarian Menu Items**

- Yogurt parfaits
- Egg Salad Sandwich
- Greek Yogurts
- Honey Parfait
- Vegetable Frittata on Artisan Roll
- Hot Roasted Veggie Panini
- Spinach, Feta Roasted Tomato on Wheat Wrap
- Garden Pesto Pasta Salad
- Eggs & Cheese Protein Box
- PB&J Protein Box
- Cheese & Fruit Protein Box
- Tomato & Mozzarella Sandwich
- Lemon Chiffon Yogurt
- Berry Trio Yogurt
- Spinach & Feta Cage-Free Egg White Breakfast Wrap
- Beecher Grilled Cheese
- Sous Vide Egg Bites: Egg Whites & Red Peppers

*\*Any Coffee with Soy Milk except for: Pumpkin Spice, White Mocha & Caramel Brulee.*

*\*Avoid the Double Chocolate Chip Frappuccino and Java Chip Frappuccino; the Java Chips contain Milk.*

*\*Ask for no whipped cream and no toppings such as caramel drizzle, hazelnut drizzle and cinnamon dulce powder.*

### **Subway**

#### **Davidson Hall**

#### **Suggested Vegan and Vegetarian Menu Items**

- Veggie Delight
- Veggie Pattie
- Apple Slices

### **Twisted Taco**

#### **Louisville Hall**

#### **Suggested Vegetarian Menu Items**

- Tacos
- The Big Jake Burrito/Bowl

- Twisted Nachos
- El Pancho Quesadilla
- Chips & Salsa
- Traditional Queso
- Fresh Guacamole

#### **Seafood Options**

- Boom Boom Shrimp

### **Wendy's**

#### **SAC- 1st Floor**

#### **Suggested Vegan Menu Items**

- Value French Fries
- Apple Slices

#### **Suggested Vegetarian Menu Items**

- Garden Side Salad
- Caesar Side Salad
- Sour Cream and Chive Baked Potato

### **The Ville Grill**

#### **The Ville Grill**

#### **Suggested Vegan Menu Items**

- Heirloom - Daily Vegan Station

Daily menu can be viewed at:  
[louisville.campusdish.com/EatWellContent/ViewMenu](http://louisville.campusdish.com/EatWellContent/ViewMenu)

The Ville Grill offers a full vegan bar for individuals with a vegan/vegetarian diet! Also, look out for the Vegan and Vegetarian markers located on nutritional information placards at each station.