Our Campus Dietitian, Executive Chef, and the UofL Dining team work hard to make sure there are healthy, nutrient-dense options available for every lifestyle. If you have questions or concerns, please reach out to us.

This brochure serves as a guide to help identify some of the nutrient dense vegan and vegetarian options that make a balanced meal. Not all vegan and vegetarian options are listed (such as fries or yogurts available at some locations). Some locations—Wendy’s and Panda Express—do not provide enough options to pair and create a balanced, nutrient dense meal, but still have vegan and vegetarian options available. Menu items are subject to change.

ABOUT THIS GUIDE
**CHICK FIL A**
Student Activities Center - 1st Floor
- Buttered Biscuit
- Egg Biscuit
- Side Salad
- Yogurt Parfait

**EIFFEL PIZZA**
Student Activities Center - 1st Floor
- Vegetarian Pizza
- Cheese Pizza

**EINSTEIN BROS. BAGELS**
Bingham Humanities Building
- Fruit Cup
- Avocado Toast
- Veggie Cup
- Avocado Veg Out Sandwich

**LOUIE’S CORNER | GRAB & GO**
Duthie Center for Engineering

**MILITARY I.T. BUILDING**

**NATHAN’S TAQUERIA**
Food Truck
- Bean & Rice Quesadilla, Nachos, Burrito, or Bowl

**PANDA EXPRESS**
Student Activities Center - 1st Floor
- Vegetable Spring Rolls*
- Cream Cheese Rangoon
- Super Greens
- Eggplant Tofu

**PANDA EXPRESS**
Student Activities Center - 1st Floor
- Fried Rice
- Steamed White Rice
- Fortune Cookie

**PANDA EXPRESS**
Student Activities Center - 1st Floor
- *Teriyaki, Sweet & Sour, Chili Sauce, Hot Mustard Sauce, Plum Sauce and Soy Sauce are vegan.
- **Ketchup, mustard, barbecue, polynesian, sweet and spicy siracha, balsamic vinaigrette, chili lime vinaigrette, and light Italian dressing are vegan.
- *Omit cheese and sour cream to make it vegan.
- **Avocado spread and Justin’s Hazelnut Butter/Classic Almond Butter are vegan.

**PANDA EXPRESS**
Student Activities Center - 1st Floor
- **Non-dairy beverages (Oat Milk, Soy Milk, Almond Milk, and Coconut Milk), Espresso, Americano, and Coffee are vegan.
- **Hummus, natural peanut butter, natural strawberry jelly, and avocado/guacamole are vegan.
- **Plain, cinnamon raisin, and everything bagels are vegan.
- **All items are cooked/fried in the same oil/equipment as meat and cheese products.

**SUBWAY**
Davidson Hall
- Veggie Pattie
- Veggie Delight Salad

**TWISTED TACO**
Louisville Hall
- Fried Avocado Taco
- Tofu Burrito or Nachos
- Tofu Bowl or Quesadilla

**SCHEDULE YOUR APPOINTMENT**
This guide was created by our Registered Dietitian and is meant to be a quick, easy way to find the vegan & vegetarian options at our dining locations. If you need additional assistance, please contact our Registered Dietitian to schedule an appointment:
louisville.edu/healthpromotion/services/nutrition-coaching