

THE MARKETPLACE

Student Activities Center - 1st Floor



VEGAN & VEGETARIAN OPTIONS

Vegan/Vegetarian options available in most rotations. Ask the cook about the current vegan and vegetarian options. Try the Beyond Burger or Grilled Cheese at Prime Grill and the Build Your Black Bean Burrito Bowl or Taco at Global Eats!

DAILY MENU

Visit louisville.edu/dining for daily menus.

THE VILLE GRILL



VEGAN & VEGETARIAN OPTIONS

CHECK OUT OUR FRESH MADE-TO-ORDER
VEGAN STATION, HEIRLOOM.

The Ville Grill is your one stop shop for a variety of options that fit your needs and preferences. A variety of legumes, nuts, seeds, and spreads are offered at the salad bar to complement entrees and sides with protein. Check out rotating vegan protein options at each station indicated by icons on menu boards.

DAILY MENU

Visit louisville.edu/dining for daily menus.



ABOUT THIS GUIDE

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.

GUIDE UPDATED SPRING 2024

FOR MORE INFO & COMPLETE MENUS, VISIT:
LOUISVILLE.EDU/DINING

CONNECT WITH US!



@uofldining



VEGAN *and* VEGETARIAN

DINING GUIDE



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OF | DINING
SERVICES

CHICK FIL A

Student Activities Center - 1st Floor

- Buttered Biscuit
- Egg Biscuit
- Side Salad
- Yogurt Parfait
- Fruit Cup
- Waffle Potato Fries
- Hashbrowns

*Ketchup, mustard, barbecue, polynesian, sweet and spicy siracha, balsamic vinaigrette, chili lime vinaigrette, and light Italian dressing are vegan.

EINSTEIN BROS. BAGELS

Bingham Humanities Building

- Fruit Cup
- Avocado Toast
- Veggie Cup
- Yogurt Parfait
- Classic Caesar Salad
- Avocado Veg Out Sandwich
- Cheese Pizza Bagel
- Cheesy Veggie Melt
- Cheddar Cheese Egg Sandwich

*Plain, poppyseed, sesame, cinnamon raisin, cinnamon sugar, chocolate chip, and blueberry bagels are vegan.
**Cheesy hashbrown, six cheese, asiago, and honey whole wheat bagels are vegetarian.
***Hummus, natural peanut butter, natural strawberry jelly, and avocado/guacamole are vegan.

LUEBERRY

Student Recreation Center

- All Bowls
- Nutella Toast
- Veggie Wrap
- Parmesan Dip
- Pesto
- Green Goddess Dressing
- All Smoothies
- So What I'm Basic Avocado Toast
- Bang Bang Asian Wrap with Tofu
- Miso Maca BBQ Dip
- I Hate Bananas Toast

ZOCA

Louisville Hall

- Bloomin Shroom Quesadilla
- Cilantro Lime Rice
- Chips and Guacamole
- Charro Beans
- Fire Roasted Corn
- Barbeshroom
- Bean Lovers Burrito, Bowl, and Nachos
- Double Bean/Rice Build Your Own Burrito, Bowl, and Nachos

*Omit cheese, sour cream, queso, dressings/sauces to make it vegan.

ZEN SUSHI

The Marketplace

- Vegetable Maki
- Milk Bubble Tea
- Hibachi Vegetable
- Hibachi Noodle
- Vegetable Fried Rice
- Siracha Tofu Poke Bowl

PANDA EXPRESS

Student Activities Center - 1st Floor

- Vegetable Spring Rolls*
- Cream Cheese Rangoon
- Super Greens
- Eggplant Tofu
- Fried Rice
- Steamed White Rice
- Fortune Cookie

*Teriyaki, Sweet & Sour, Chili Sauce, Hot Mustard Sauce, Plum Sauce and Soy Sauce are vegan.
**All items are cooked/fried in the same oil/equipment as meat and cheese products.
***Any item with "basic sauce" contain chicken fat and chicken broth.

DUTHIE DASH | GRAB & GO

Duthie Center for Engineering

LOUIE'S CORNER | GRAB & GO

Student Activities Center - 1st Floor

P.O.D. | GRAB & GO

Academic Building, Davidson Hall, University Tower Apts.

- Blue Diamond Nuts
- Belvita Breakfast Bars
- Pistachios
- Edamame
- Harvest Snaps Products
- Sahale Snacks
- Select Snack Bars
- Cheese
- Apples & Caramel
- Campbell's Tomato Soup
- Quaker Oatmeal
- Salad Bar
- Keebler Crackers
- Chickpea Salad Sandwich
- Garden Salad
- Veggie & Spicy Feta Sandwich
- Veggie Hummus Wrap
- Oh Snap! Pickled Products
- Dole Fruit
- Sabra Guacamole & Chips
- Planter's Peanuts or Cashews
- Nature's Bakery Fig Bar
- Planter's Trail Mix
- Chinook Sunflower Seeds
- Yogurt
- Carrots & Ranch
- Ritz Peanut Butter Crackers
- Sweet Earth Entrees
- Simply Asia Sesame Teriyaki Bowl
- Panera Soups
- Select Frozen Entrees
- Nature's Valley Snacks
- Amy's Entrees and Burritos
- Fruit Cup
- Parfait
- Hummus & Pretzels
- Tomato Mozzarella Salad

*Item availability may vary at each location.

IEFFEL PIZZA

Student Activities Center - 1st Floor

- Vegetarian Pizza
- Cheese Pizza

LEGEND

- Meal Swipe Combo
- Vegetarian
- Vegan

STARBUCKS

S.A.C. East, Ekstrom Library, H.S.C. Campus Bookstore

- Chickpea Protein Box
- Whole Grain Oatmeal
- Moon Cheese
- Egg White Bites
- Butter Croissant
- Blueberry Muffin
- Spinach, Feta, Egg White Wrap
- Beyond Breakfast Sandwich
- Eggs & Gouda Protein Box
- Crispy Grilled Cheese
- Peanut Butter & Jam Box
- Mushroom & Kale Egg Bites
- Blueberry Scone
- Cinnamon Coffee Cake

*Non-dairy beverages (Oat Milk, Soy Milk, Almond Milk, and Coconut Milk), Espresso, Americano, and Coffee are vegan.
**Avocado spread and Justin's Hazelnut Butter/Classic Almond Butter are vegan.
***Plain, cinnamon raisin, and everything bagels are vegan.

SUBWAY

Davidson Hall

- Veggie Pattie
- Veggie Delight Salad

*Italian, Spinach Wrap, Tomato Wrap, and Multigrain are vegan.
*Italian Herb & Cheese and Flatbread is vegetarian.
*Brown mustard, yellow mustard, guacamole, oil, vinegar, sweet onion sauce, herb garlic oil, vinaigrette, barbecue sauce, and buffalo sauce are vegan.

FRESHENS

The Marketplace

- Strawberry Kale Salad
- Meatless Mexican Rice Bowl
- Craft Your Own Rice Bowl
- Acai Banana Berry
- Four Cheese Mac & Cheese
- Select Smoothies
- Acai Peanut Butter

*For entrees not listed: Swap meat for Quorn and omit any bacon, egg, dressings, cheese, and queso to make it vegan.

WENDY'S

Student Activities Center - 1st Floor

- Cold Brew or Hot Coffee
- Plain Baked Potato
- Seasonal Fruit
- Baked Oatmeal Bar
- Egg & Cheese Biscuit
- French Toast Sticks
- Honey Butter Biscuit
- Frosty-cino
- Cookies
- Sour Cream and Chives Baked Potato

*Sweet & sour sauce, barbecue sauce, and ketchup are vegan.

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 at: bit.ly/ULDietitian_booking