Vegan and Vegetarian Options On Campus

Volunteer Dining has many options available to satisfy a vegan or vegetarian diet. From our daily vegetarian stations in our dining halls to the vegan grab and go items in our convenient stores, Volunteer 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

AFC Sushi & Wok
Student Union
SUGGESTED VEGAN MENU ITEMS
• Tofu Entrée
• California Sushi Roll
• Steamed Rice

SUGGESTED VEGETARIAN MENU ITEMS
• California Veggie Delight
• Fried Rice
• Chow Mein
• Veggie Egg Roll

Dippers
Hess Hall
SUGGESTED VEGAN MENU ITEMS
• Fries

SUGGESTED VEGETARIAN MENU ITEMS
• General Caesar Salad without Chicken
• Vol Salad without Chicken

Chick-fil-A
Student Union & Presidential Court Building
SUGGESTED VEGAN MENU ITEMS
• Waffle Potato Fries
• Fruit Cup
• Hashbrowns
• Reduced Fat Raspberry Vinaigrette Dressing
• Light Italian Dressing
• Honey Roasted Sunflower Kernels

*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
• Egg and Cheese Wrap
• Bagel with Cream Cheese
• Donuts
• Muffins
• Munchkins

Dunkin Donuts
Vol Hall
SUGGESTED VEGAN MENU ITEMS
• Any Coffee with Soy Milk
• Any Tea
• Cinnamon Raisin Bagel Twist
• Hash Browns

SUGGESTED VEGETARIAN MENU ITEMS
• Egg White Flatbread
• Egg & Cheese Sandwich
• Texas Toast Grilled Cheese
• Cheddar Cheese Bagel
• Egg and Cheese Wrap
• Bagel with Cream Cheese
• Donuts
• Muffins
• Munchkins
### Einstein Bros Bagels

**Haslam Business Building and Art & Architecture Building**

**SUGGESTED VEGAN MENU ITEMS**
- Bagel with Hummus
- Bagel with Peanut Butter
- Garden Salad
- Fruit Cup
- Chips

**SUGGESTED VEGETARIAN MENU ITEMS**
- Just a Spud
- Cheese Spud
- Spud Ole with Vegetarian Chili
- Veggie Spud
- Veggie Chili
- Four Cheese Griller
- Chili Nachos with Vegetarian Chili
- Mac N Cheese

**Starbucks**

**Student Union & Hodges Library**

**SUGGESTED VEGAN MENU ITEMS**
- Any Coffee with Soy Milk
- Any Tea
- Deluxe Fruit Blend
- Oatmeal with Fruit, Brown Sugar, and Nuts

### Pizza Hut

**Café at the Arena**

**SUGGESTED VEGAN MENU ITEMS**
- Breadsticks without Garlic and Parmesan Spread

**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 Chicken and Cheese
- Veggie Sandwich without Cheese or Dressing
- Chips

**SUGGESTED VEGETARIAN MENU ITEMS**
- Veggie Guacamole Sandwich
- Broccoli Cheddar Soup
- Salad without Chicken
- Cookie

### McAlister's Deli

**Thompson Boling Arena**

**SUGGESTED VEGAN 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

### Subway

**Student Union & PCB**

**SUGGESTED VEGAN MENU ITEMS**
- Veggie Delight with No Sauce or Cheese
- Apple Snack
- Italian Bread
- Chips

### Salad Creations

**Student Union**

**SUGGESTED VEGAN MENU ITEMS**
- Create Your Own vegan salad
- Any salad without meat
- Any dressing

### Qdoba

**Student Union**

**SUGGESTED VEGAN MENU ITEMS**
- Vegetarian burrito without queso, sour cream, or cheese
- Vegetarian burrito bowl without queso, sour cream, or cheese

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**SUGGESTED VEGAN MENU ITEMS**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Follow-up Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Einstein Bros Bagels</td>
<td>Haslam Business Building and Art &amp; Architecture Building</td>
</tr>
<tr>
<td>Subway</td>
<td>Student Union &amp; PCB</td>
</tr>
<tr>
<td>Pizza Hut</td>
<td>Café at the Arena</td>
</tr>
<tr>
<td>Quiznos Sub</td>
<td>Vol Hall &amp; Andy Holt Apartment Residence Hall</td>
</tr>
<tr>
<td>McAlister's Deli</td>
<td>Thompson Boling Arena</td>
</tr>
<tr>
<td>Starbucks</td>
<td>Student Union &amp; Hodges Library</td>
</tr>
<tr>
<td>Salad Creations</td>
<td>Student Union</td>
</tr>
<tr>
<td>Qdoba</td>
<td>Student Union</td>
</tr>
</tbody>
</table>
Café At the Arena
Thompson Boling Arena
SUGGESTED VEGETARIAN MENU ITEMS
- Vegetarian Plate
- Salad Bar
- Fresh Fruit
- Chips
- Cornbread
- Cookies

Twisted Taco
Student Union
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
- Jalapenos
- Salsa Verde
- Pico de Gallo
- House Salsa

Mabel’s Café
McCord Hall
SUGGESTED VEGETARIAN MENU ITEMS
- Salad Bar
- Vegetable Plate
- Baked Potato
- Fresh Fruit
- Chips
- Cornbread
- 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

PCB Café
Presidential Court Bldg.
SUGGESTED VEGETARIAN MENU ITEMS
- Check Out the Daily Vegetarian Entrées
- Vegetarian Side Items
- Italian Station for Vegetarian Pizza and Pastas
- Omelet Station
- Fire & Ice Stir-Fry without meat
- Salad Bar
- Fresh Fruit

SUGGESTED VEGETARIAN MENU ITEMS
- Vegetarian version of any taco

Twisted Taco
Student Union
SUGGESTED VEGAN MENU ITEMS
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- Yellow Rice
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- Jalapenos
- Salsa Verde
- Pico de Gallo
- House Salsa

SUGGESTED VEGETARIAN MENU ITEMS
- Egg Salad Sandwich
- Yogurt Parfaits
- Dippin’ Stix Baby Carrots & Ranch Dip
- All Natural and Organic Products: Stacy’s Pita Chips, Cliff Bars, Luna Bars, Kashi Bars
- Pasty Items

Convenience Stores
Greve Grab N Go, PCB Grocery, Andy’s Pantry, 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

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*Visit each brand website for individual product information