THE MARKETPLACE

Student Activities Center - 1st Floor

ENTREES



PRIME GRILL | Southwest Garden Burger

OLILO | Falafel bowl or flatbread AQUA SUSHI | Veggie roll w/ seaweed salad, edamame

THE EXCHANGE

Rotating menu of world cuisine. Vegan/Vegetarian options available in most rotations. Ask the cook or look for RD signage indicating the current vegan and vegetarian options

SALAD BAR | COMING SOON!

THE VILLE GRILL



VEGAN & VEGETARIAN OPTIONS

The Ville Grille is your one stop shop for a variety of options that fit your needs and preferences. It offers a full vegan bar for individuals following a vegan/vegetarian lifestyle.

Vegan and Vegetarian markers are located on nutritional placards at each station to identify appropriate items. A variety of nuts, seeds, and spreads are offered at the salad bar to round out a salad to a complete meal. Ask a Manager or Chef about which dressing options are Vegan.

DAILY MENU

Visit louisville.edu/dining for daily menus



Our Campus Dietitian, Executive Chef, and the UofL Dining team work hard to make sure there are healthy, nutrient-dense options available for

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- Chick-Fil-A, Wendy's, City Café, 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. For a complete list of all vegan and vegetarian options at each location, visit:

louisville.edu/dining



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

CONNECT WITH US!

Vegetarian Vegan

CAMPUS DINING OPTIONS



DINING SERVICES



AU BON PAIN

Kornhauser Library - H.S.C. Campus

ENTREES



Mediterranean Power Pack Egg Whites, Cheddar & Avocado-Skinny Wheat Bagel

Veggie & Hummus Wrap Any Lentil Soup

PAIRINGS



CITY CAFÉ

Duthie Center

ENTREES



Southwest Vegetarian Quesadilla Chipotle Black Bean Burger



EINSTEIN BROS. BAGELS

Bingham Humanities Building

ENTREES



Bagel w/peanut butter or hummus

Vegout Sandwich (sub hummus for signature sauce) Powerbagel w/Peanut Butter or Hummus

PAIRINGS





Garden Salad





No meat, fish, eggs, dairy, honey, or gelatin. All vegan items are also vegetarian.

MEAL SWIPE COMBO

McALISTER'S DELI Miller I.T. Center

ENTREES







Just a Spud & Small Garden Salad Veggie Chili

PAIRINGS



Fruit cup Steamed Broccoli

PANDA EXPRESS

Student Activities Center - 1st Floor

ENTREES



PAIRINGS



Steamed Brown Rice

*All items are cooked/fried in the same oil/equipment as meat and cheese products. **Vegetables are not vegan. They are seasoned with a powder containing soy, dairy, and wheat.

***Any item with "basic sauce" contain chicken fat and chicken broth

PAPA JOHN'S PIZZA

Student Activities Center - 1st Floor

ENTREES



Signature Mozzarella Cheese Pizza

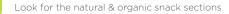


Garden Fresh Pizza w/ No Cheese and Classic Crust

P.O.D. | GRAB & GO

Davidson Hall, University Tower Apts.

ENTREES



STARBUCKS

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

ENTREES



Vegetable Frittata on Artisan Roll Spinach, Feta Roasted Tomato on Wheat Wrap

Perfect Oatmeal w/Fruit, Brown Sugar & Nuts

SUBWAY Davidson Hall

ENTREES



Veggie Delight Salad/Sandwich* Veggie Pattie*

PAIRINGS



*Hearty Italian, Italian, Sourdough & Wrap are Vegan *Mustard, oil, vinegar, sweet onion, fat free Italian, vinaigrette, & buffalo sauce are vegan



ENTREES





2 Tacos-Veggie or Tofu* Vegetarian or Tofu Twisted Nachos, Burrito, or Bowl*

*Ask for no cheese, sour cream, dressing, queso or mayonnaise

