

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.

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. Ask a Manager or Chef about which dressing options are Vegan.

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 FALL 2023

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

CONNECT WITH US!



VEGAN *and* VEGETARIAN

DINING GUIDE



U**L** 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.

EIFFEL PIZZA

Student Activities Center - 1st Floor

- ■ Vegetarian Pizza
- ■ Cheese Pizza

EINSTEIN BROS. BAGELS

Bingham Humanities Building

- Fruit Cup
- Avocado Toast
- Veggie Cup
- Yogurt Parfait
- ■ 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

ZEN SUSHI

The Marketplace

- Vegetable Maki
- Milk Bubble Tea

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
- Poptarts
- Pistachios
- Edamame
- Harvest Snaps Products
- Sahale Snacks
- Cliff Bars
- Cheese
- Apples & Caramel
- PB&J Sandwich
- Campbell's Tomato Soup
- Quaker Oatmeal
- Kraft Mac & Cheese
- Friday's Mozzarella Sticks
- Lean Cuisine Entrees
- Salad Bar
- Keebler Crackers
- York Street Entrees
- ■ York Street Grilled 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 General Tso's Tofu
- Simply Asia Sesame Teriyaki Bowl
- Friday's Jalapeno Poppers
- Panera Soups
- Stouffer's Veggie Lovers Lasagna
- Sweet Earth Cauliflower Mac
- Nature's Valley Snacks
- Amy's Entrees
- ■ York Street Smashed Chickpea Wrap

*One, Luna, Met-Rx, Cliff Builder, Fiber One, Kind, Fit Crunch, Quest, and PowerBars are vegetarian. **Item availability may vary at each location.

STARBUCKS

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

- Chickpea Protein Box
- Whole Grain Oatmeal
- Hippeas
- 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, Flatbread, and Multigrain are vegan.

**Italian Herb & Cheese is vegetarian.

*Brown mustard, yellow mustard, guacamole, oil, vinegar, sweet onion sauce, herb garlic oil, vinaigrette, barbecue sauce, and buffalo sauce are vegan.

WENDY'S

Student Activities Center - 1st Floor

- Cold Brew or Hot Coffee
- Plain Baked Potato
- Seasonal Fruit
- Fries
- Seasoned Potatoes
- French Toast Sticks
- Honey Butter Biscuit
- Frosty-cino
- Cookies
- Sour Cream and Chives Baked Potato

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

LEGEND

- Meal Swipe Combo
- Vegetarian
- 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