



Vegan

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Vegetarian

Organic

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Vegan and Vegetarian Guide

UF | Gator Dining Services
UNIVERSITY of FLORIDA

www.gatordining.com



Vegan and Vegetarian Options On Campus

Gator Dining has many options available to satisfy a vegan or vegetarian diet. From our daily vegan stations and Meatless Monday program in our dining halls to the vegan grab and go items in our convenient stores, Gator Dining strives to accommodate a wide range of diets and lifestyles.

"UF's Meatless Monday program is the perfect way for Gators everywhere to help protect our planet and our bodies. Now there's some food for thought!"

-Jared Misner, Junior at UF

Web Resources

Looking for other vegan and vegetarian resources?

Here are some helpful links around the internet.

Vegetarian Resource Group

www.vrg.org

Meatless Monday

www.meatlessmonday.org

The Environmental Working Group's Meat Eater's Guide

<http://breakingnews.ewg.org/meateatersguide/>

Arredondo Cafe

Reitz Union 4th Floor

There is rotating menu that features a salad bar and vegetarian entrée item every week day.

Burger King

Broward Dining Center

SUGGESTED VEGAN MENU ITEMS

- French Fries
- Onion Rings
- Hash Browns
- Side Salad

**French fries and onion rings are fried in vegetable oil and contain natural flavorings that are derived from plants.*

**French fries are fried separately in their own oil, but all other items may be fried in the same oil as meat products.*

SUGGESTED VEGETARIAN MENU ITEMS

- Egg & Cheese Sandwich or Croissant
- Veggie Burger
- Dutch Apple Pie
- Hershey's Sundae Pie
- French Toast Sticks

Camellia Court Café

Harn Museum of Art

SUGGESTED VEGAN MENU ITEMS

- Camellia Salad
- Heart of Palm Salad
- Loaf of Ciabatta Bread
- Vegetable Bagnet

SUGGESTED VEGETARIAN MENU ITEMS

- Locally Roasted Sweetwater Organic Coffee
- Caesar Salad
- Roasted Vegetable Wrap
- Spinach Stuffed Mushroom
- Chocolate Toffee Mousse
- Florida Key Lime Pie
- Triple Berry Linzer Tart

Chick-fil-A

The Hub & Sun Terrace Cafe

SUGGESTED VEGAN MENU ITEMS

- Waffle Potato Fries
- Fruit Cup
- Side Salad
- Reduced Fat Raspberry Vinaigrette Dressing
- Light Italian Dressing

**Waffle fries are fried in peanut oil and are fried in a different oil than meat products.*

SUGGESTED VEGETARIAN MENU ITEMS

- Cole Slaw
- Cheesecake

Convenience Stores

Beaty Market, P.O.D. Market,
Graham Oasis, Little Hall Express,
Chomp & Go at Pugh and Hough Halls

Look for the natural and organic snack cooler to find a variety of vegetarian and vegan sandwiches, pasta dishes, wraps and snacks.

SUGGESTED VEGAN MENU ITEMS

- Terayaki Wrap
- Thai Dumpling
- Vegan Dumpling
- Avocado & Hummus Sandwich
- Curry Tofu
- Sweet & Sour Tofu
- Mai Veggie Chicken
- Vegetable Sushi
- Bento Box
- Falafel Sandwich
- Tex Mex Burrito with Organic Tofu & Soybeans
- Probiotic Soy Yogurt
- Organic and Vegan Chicken Fingers
- Organic Pad Thai Bowl
- Organic Spinach Noodle Bowl
- Silk Soy Milk
- Sabra Hummus Cups
- Albert's Organics:

Edamame Noodles, Artichoke Spinach Noodles, Pad Thai Noodles, Avocado Hummus Sandwich, Shanghai Dumpling, Sun-Dried Tomato Baked, Tofu Dumpling, Falafel Sandwich, and Black Bean Burrito.

SUGGESTED VEGETARIAN MENU ITEMS

- Yogurt Parfaits
- Vegetarian Chicken Pocket
- Greek Garden Salad
- Stredda "Chicken" Fillet
- All Natural and Organic Products:
Stacy's Pita Chips, Clif Bars, Luna Bars, Fruit Strips, Food Should Taste Good Brand, Amy's Soups, Dr. Oetker Organics Pudding Mixes, Simply Asia, Soy Crisps.

Chili's Too

Racquet Club Dining Center

SUGGESTED VEGAN MENU ITEMS

- Cinnamon Apples
- Corn on the Cob
**Corn comes with phase, a zero trans-fat butter alternative.*
- Fries
**Fries are fried in the same oil as meat products.*
- House Salad

- Any burger can be made with a black bean burger patty
- Chips and Salsa

SUGGESTED VEGETARIAN MENU ITEMS

- Spinach Dip
- Fried Mozzarella Sticks
- Cheese Quesadilla
- Caesar Salad
- Southwest Eggrolls
- Brownie Sundae
- Peanut Butter Molten Cake
- Paradise Pie
- Cheesecake

Croutons Hand-Crafted

Salads

Reitz Union 1st Floor

SUGGESTED VEGAN MENU ITEMS

- Make your own salad with Artie's Tempeh (locally made product) and a variety of toppings
- Focaccia Sticks
- Tofu Salad Toppers

SUGGESTED VEGETARIAN MENU ITEMS

- Asiago Roll
- Tempeh Curry Salad

Einstein Bros. Bagels

The Hub, Sun Terrace Cafe, &
Veterinary Medicine

SUGGESTED VEGAN MENU ITEMS

- Power Bagel with Peanut Butter
- Bagel with Hummus
- Bagel with PB&J
- Garden Salad
- Fruit Cup

SUGGESTED VEGETARIAN MENU ITEMS

- Cheese Pizza Bagel
- Broccoli Cheddar Soup
- Yogurt Parfait
- Mushroom Asparagus Egg White Bagel
- Spinach Mushroom and Swiss Egg Sandwich
- Veggie Lover's Pizza Bagel
- Bagel with Schmear
- Vegout
- STP- Spinach, Tomato, Provolone Egg Sandwich

Freshens

Reitz Union, Little Hall Express &
South West Recreation Center

SUGGESTED VEGAN MENU ITEMS

- Any non-yogurt and non-orange based smoothie

SUGGESTED VEGETARIAN MENU ITEMS

- Frozen Yogurt with fresh fruit and toppings
- Any smoothie

Gator Corner Dining Center and the Fresh Food Company

SUGGESTED MENU ITEMS

- Check out the Vegan Station for daily Vegan/Vegetarian entrees. Many of our dishes can be made meatless, Just Ask! Check out the dining halls on Mondays for an added selection of meatless options as UF is participating in the national Meatless Monday campaign.

Grille Works

Graham Oasis

SUGGESTED VEGAN MENU ITEMS

- Fries
- Buns

Home Zone

Reitz Union 1st Floor

SUGGESTED VEGAN MENU ITEMS

- Spinach
- Green Beans
- Rolls
- Zucchini and Squash
- Mixed Vegetables

SUGGESTED VEGETARIAN MENU ITEMS

- Mac and Cheese
- Vegetarian Lasagna
- Granola Delite
- Cornbread
- Mashed Potatoes

Jamba Juice

Turlington Plaza

SUGGESTED VEGAN MENU ITEMS

- All Fruit Smoothies are Vegan
- Protein Berry Workout (made with Soy Protein)
- Berry Cherry Pecan Steel-Cut Oatmeal without Brown Sugar Crumble
- Blueberry and Blackberry Steel-Cut Oatmeal without Brown Sugar Crumble

SUGGESTED VEGETARIAN MENU ITEMS

- Protein Berry Workout (made with Soy or Whey Protein) Apple Cinnamon Steel-Cut Oatmeal
- Just Brown Sugar Crumble Steel-Cut Oatmeal
- Four Cheesy California Flatbread
- MediteraneYUM Flatbread
- USDA Organic Hot Blends (tea, lattes, hot chocolate)
- Clif Bars
- Luna Bars
- Pop Chips
- Riceworks Gourmet Brown Rice Chips

Java City

SUGGESTED VEGAN MENU ITEMS

- Anything made with Soy Milk

SUGGESTED VEGETARIAN MENU ITEMS

- Fruit and Yogurt Smoothies
- Any coffee drink

Moe's Southwest Grill

Racquet Club Dining Center

SUGGESTED VEGETARIAN MENU ITEMS

- **Art Vandalay (Burrito)** - Beans, Rice, Shredded Cheese, Pico de Gallo, Sour Cream and Guacamole in Original or Junior Size.
- **Unanimous Decision (Taco)** - Beans, Shredded Cheese, Pico de Gallo, Lettuce, Sour Cream and Guacamole.
- **Instant Friend (Quesadilla)** - Beans, Queso, Pico de Gallo, Jalapeños and Black Olives.
- **Ruprict (Nachos)** - Beans, Queso, Pico de Gallo, Jalapeños and Black Olives.
- **Personal Trainer (Salad)** - Lettuce, Beans, Shredded Cheese, Pico de Gallo, Cucumbers, Black Olives and your choice of dressings.

SUGGESTED VEGAN MENU ITEMS

- Any of the above menu items can be made vegan; just ask for no shredded cheese, no sour cream, and no queso.

Orange and Brew

Reitz Union Ground Floor

SUGGESTED VEGAN MENU ITEMS

- Fruit Salad
- Vegetarian Sandwich, no mayonnaise
- Veggie Wrap, no mayonnaise

SUGGESTED VEGETARIAN MENU ITEMS

- Vegetarian Sandwich
- Veggie Wrap
- Pastries

Panda Express

Reitz Union 1st Floor

SUGGESTED VEGAN MENU ITEMS

- Steamed Rice
- Chow Mein
- Mixed Vegetables
- Spring Bean Tofu

SUGGESTED VEGETARIAN MENU ITEMS

- Cream Cheese Rangoon
 - Fried Rice
 - Veggie Spring Rolls
 - Fortune Cookies
- *All items except steamed rice, fried rice, and chow mein are cooked in the same oil/equipment as meat products.*

Papa John's Pizza

Reitz Union 1st Floor

SUGGESTED VEGAN MENU ITEMS

- Bread Sticks (ask for no garlic parmesan spread)

SUGGESTED VEGETARIAN MENU ITEMS

- Cheese Pizza
- Garden Pizza

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Reitz Union 1st Floor

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Pollo Tropical
Reitz Union 1st Floor

SUGGESTED VEGAN MENU ITEMS

- Vegetarian Tropicchop - Yellow Corn, black beans and lettuce/tomato blend over white rice.
 - Balsamic Tomatoes
 - Yuca Fries
 - Curly Fries
 - Sweet Plantains
- *All fried items are fried in the same oil as cheese products.*

SUGGESTED VEGETARIAN MENU ITEMS

- Flan
- Tres Leches
- Caesar Salad
- Mac and Cheese
- Mashed Potatoes with no gravy

Quiznos
The Hub

SUGGESTED VEGAN MENU ITEMS

- Veggie Sub, no mayonnaise or sauce
- Veggie Caprese Sub, no mayonnaise or sauce
- Side Salad

SUGGESTED VEGETARIAN MENU ITEMS

- Broccoli Cheese Soup
- Veggie Sub
- Veggie Caprese Sub
- Brownies
- Cookies

Salad Creations
Health Science Center

SUGGESTED VEGAN MENU ITEMS

- Any custom salad without cheese

SUGGESTED VEGETARIAN MENU ITEMS

- Balsamic Orange & Bleu
- The Wedge
- Greekalicious
- Caesar
- Green Goodness
- Spicy Veggie
- Apple & Pecan

Starbucks

SUGGESTED VEGAN MENU ITEMS

- Any coffee with Soy Milk
- Any Tea
- Deluxe Fruit Blend
- Perfect Oatmeal with Fruit, Brown Sugar, and Nuts

SUGGESTED VEGETARIAN MENU ITEMS

- Yogurt Parfaits
 - Fruit Nut, and Cheese Artisan Snack Plate
 - Vegetarian Protein Artisan Snack Plate
 - Egg Salad Sandwich
 - Greek Yogurt and Honey Parfait
 - Vegetable Frittata on Artisan Roll
 - Hot Roasted Veggie Panini
 - Garden Pesto Pasta Salad
 - Spinach , Feta, Roasted Tomato on Wheat Wrap
- *At the Reitz- Vegetarian Breakfast Sandwich*

Subway
Reitz Union Ground Floor & Turlington Plaza

SUGGESTED VEGAN MENU ITEMS

- Veggie Max Sub, no sauce
- Black Bean Sub, no sauce
- Veggie Delight, no sauce
- Cinnamon Rolls
- Hash browns
- Apple Snack
- Italian Bread

SUGGESTED VEGETARIAN MENU ITEMS

- Vegetarian Breakfast Sandwich
- Veggie Max Sub
- Black Bean Sub
- Veggie Delight
- Chips
- Cookies
- Muffins
- Yogurt Cup
- Cinnamon Rolls

