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, Senior 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

The Environmental Working Group’s Meat Eater’s Guide
http://breakingnews.ewg.org/meateatersguide/

ARREDONDO CAFE
Reitz Union 4th Floor
There is a rotating menu that features a salad bar and vegetarian entree every week day.

CAMELLLIA COURT CAFE
Harn Museum of Art

SUGGESTED VEGAN MENU ITEMS
• Greek Salad with no feta cheese
• Vegetable Wrap
• Loaf of Ciabatta Bread

SUGGESTED VEGETARIAN MENU ITEMS
• Locally Roasted Sweetwater Garden Medley Salad
• Veggie Patch Flat Bread
• Florida Sunshine Cake

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
• Fresh fruit
• Probiotic Soy Yogurt
• Silk Soy Milk
• Sabra Hummus Cups

CONVENIENCE STORES

P.O.D. Markets at the Reitz Union, Beaty Towers, Hub and Rawlings, Graham Oasis, Little Hall Express, and 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
• NEW! Local, Grass-fed yogurt from Dreaming Cow (P.O.D. Reitz Union only)
• Yogurt Parfaits
• Fresh fruit
• Greek Garden Salad
• 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.

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• Yogurt Parfaits
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• Greek Garden Salad

CHOMPIT

SUGGESTED VEGAN MENU ITEMS
• Any custom salad without cheese or meat
• Vegan dressing- Strawberry

SUGGESTED VEGETARIAN MENU ITEMS
• Black Bean Burger
• Strawberry Salad: ask for no bacon and no chicken
• Buffalo Chicken Salad: ask for no chicken
• Creamy Tomato Soup
• 3 Cheese Grilled Cheese
**COFFEE CARTS**
Starbucks Law School, Engineering Java City, and Health and Wellness Java City

**SUGGESTED VEGAN MENU ITEMS**
- Vegetarian Sushi without the spicy mayo (not available at Heath and Wellness)
- Any coffee drink with soy milk

**SUGGESTED VEGETARIAN MENU ITEMS**
- Any coffee drink
- Bagels and muffins
- Fruit cups
- Parfaits
- Hummus Cups
- Veg Out from Einstein’s (not available at Heath and Wellness)
- Egg Salad Sandwich

**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
- Any custom salad with no meat and cheese
- Balsamic Vinaigrette
- Blueberry Balsamic Vinaigrette
- Fat-Free Italian
- Sesame Ginger
- Raspberry Vinaigrette

**EINSTEIN BROS. BAGELS**
The Hub, Sun Terrace Cafe, & Veterinary Medicine

**SUGGESTED VEGAN MENU ITEMS**
- Veg out Sandwich - sub hummus for cream cheese and signature sauce

**SUGGESTED VEGETARIAN MENU ITEMS**
- Hearty vegetable soup
- SW Quinoa soup
- Egg and cheese sandwich
- We often recommend the Santa Fe Wrap with no meat (we add extra cheese to replace the meat and it’s spicy)
- Bagel with butter or honey butter
- Cheese pizza

**FRESHENS**
Reitz Union, Little Hall Express & SW Recreation Center

**SUGGESTED VEGAN MENU ITEMS**
- Any non-yogurt and non-orange based smoothie

**SUGGESTED VEGETARIAN**
- Frozen Yogurt with fresh fruit and toppings
- Any smoothie
- Any Froyo-blast
- Any milkshake (with whipped cream)
- Any ice cream
- Any granola parfait with your choice of toppings

**EINSTEIN BROS. BAGELS**
The Hub, Sun Terrace Cafe, & Veterinary Medicine

**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
- Apple Chips

**SUGGESTED VEGETARIAN MENU ITEMS**
- All Jamba smoothies are vegetarian!
- 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
- Mediterranean Flatbread
- USDA Organic Hot Blends (tea, lattes, hot chocolate)
- Clif Bars
- Kind Fruit and Nut Bars
- Luna Bars
- Pop Chips
- Riceworks Gourmet Brown Rice Chips
- Pistachios
- Jamba Trail Mix
- Pirates Booty
- Spinach and Cheese Wrap

**GATOR CORNER DINING CENTER & 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! **UF was voted #1 in the country for Most-Vegan Friendly College by Peta2.com**

**GRAHAM GRILL**
Graham Oasis

**SUGGESTED VEGAN MENU ITEMS**
- Buns
- Curly fries
- Veggie sub (ask for no mayo)
- Boca burger
- Tater tots
- Bagels
- Onion rings

**SUGGESTED VEGETARIAN**
- **All fried items are fried in the same oil as meat and cheese products.**
**Java City**

**Suggested Vegan Menu Items**
- Anything made with Soy Milk

**Suggested Vegetarian Menu Items**
- Fruit and Yogurt Smoothies
- Any coffee drink

**Moe’s South West Grill**

**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.
- **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.
- **Super Kingpin** - rice, beans, any of our fresh vegetables.
- **Julia Gulia** - rice, beans, guac, queso, any of our fresh vegetables.
- **Band Camp** - rice, beans, grilled vegetables (mushroom, onion, pepper), any of our fresh vegetables.
- Chipotle ranch
- Southwest vinaigrette
- Hot sauce

**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.

**Panda Express**

**Reitz Union 1st Floor**

**Health Science Center**

**Suggested Vegan Menu Items**
- Steamed white rice
- Steamed brown rice

**Suggested Vegetarian Menu Items**
- Cream Cheese Rangoon
- Veggie spring rolls
- Fortune cookies
- Mixed vegetables

*All items except steamed rice, fried rice, and chow mein are cooked in the same oil/equipment as meat products.*

**Pollo Tropical**

**Reitz Union 1st Floor**

**Suggested Vegan Menu Items**
- Vegetarian Tropichop - Yellow Corn, black beans and lettuce/tomato blend over white rice.
- Balsamic Tomatoes
- Yuca Fries
- Waffle 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

**Rising Roll**

**Heavener Hall**

**Suggested Vegan Menu Items**
- Asparagus & Basil Wrap
- Pecan & Fruit Salad
- Original Veggie Wrap
- Harvest Salad

**Papa John’s Pizza**

**Reitz Union 1st Floor**

**Suggested Vegan Menu Items**
- Bread Sticks (ask for no garlic Parmesan spread)
- Side Salad

**Suggested Vegetarian Menu Items**
- Breadsticks
- Cheese sticks
- Cheese pizza
- Garden Fresh pizza

**Salad Creations**

**Health Science Center**

**Suggested Vegan Menu Items**
- Any custom salad without cheese
- Oil and vinegar
- Balsamic Vinaigrette
- Asian Sesame Ginger
- Raspberry Vinaigrette

**Suggested Vegetarian Menu Items**
- Balsamic Orange and Bleu
- Greekalicious
- Spicy Veggie
- Apple and Pecan
**STARBUCKS**
Reitz Union Ground Floor, Rawlings

**SUGGESTED VEGAN MENU ITEMS**
• Plain bagels
• Whole Wheat bagels
• Deluxe fruit blend
• Perfect Oatmeal with Fruit, Brown Sugar, and Nuts
• Any tea
• Any coffee with soymilk except for:
  • Pumpkin spice
  • White mocha
  • Caramel brulee
*The syrups in these drinks contain milk
*Ask for no whipped cream and no toppings such as caramel drizzle, hazelnut drizzle and cinnamon dulce powder (they contain eggs)
• Avoid the Double Chocolate Chip Frappuccino and Java Chip Frappuccino - the java chips contain milk

**SUGGESTED VEGETARIAN MENU ITEMS**
• Kind Bars
• Yogurt parfaits
• Fruit, nut and cheese artisan snack plate
• Vegetarian protein artisan snack plate
• Greek yogurt and honey parfait
• Vegetable frittata on artisan roll
• Hot roasted veggie Panini
• Spinach, feta roasted tomato on wheat wrap
• Garden pesto pasta salad

*At the Reitz- Vegetarian Breakfast Sandwich

**SUBWAY**
Reitz Union Ground Floor, Rawlings & Turlington Plaza

**SUGGESTED VEGAN MENU ITEMS**
• Veggie Delight, no sauce, no cheese
• Hash browns
• Apple Slices
• Italian Bread
• Wheat Bread
• Classic Lays Potato Chips

**SUGGESTED VEGETARIAN MENU ITEMS**
• Egg and Cheese Sandwich
• Veggie Max Sub
• Veggie Delight
• Chips
• Cookies
• Muffins
• Yogurt Cup
• Apple Slices

**WENDY’S**
Reitz Union Ground Floor, Rawlings

**SUGGESTED VEGAN MENU ITEMS**
• Garden side salad
• Plain baked potato

**DRESSINGS**
• Fat free French
• Italian Vinaigrette
• Pomegranate Vinaigrette