



Your guide to  
***Vegetarian & Vegan***  
Options on Campus



*You've made  
a commitment to  
a Vegan/  
Vegetarian diet.*

*We've made a  
commitment to  
help you  
make healthy  
choices!*



## **"We are here to help you!**

Its simple. We believe that good food is essential to a healthy life. So our commitment is to help you power your life on campus and compliment your lifestyle with balanced, fresh and delicious, Vegan and Vegetarian options on campus. "

Contact our management at any dining hall or retail location for more information and learn more about how we are able to accommodate you.



## **MARSHALL STUDENT CENTER FOOD COURT**



### **MOE'S SOUTHWEST GRILL**

*Build your own burrito, taco, salad or nachos with any of our vegan and vegetarian items:*

Tofu, rice, black or pinto beans, green peppers, onions, grilled mushrooms, lettuce, pico de gallo, corn pico, tomatoes, olives, cilantro, cucumbers, jalapeño peppers, salsa, guacamole, sour cream, queso and/or southwest vinaigrette

The key to a healthy vegetarian diet – like any diet – is to enjoy a variety of foods. No single food can provide all the nutrients your body needs.

## PAPA JOHN'S PIZZA

- Bread Sticks (Ask for no garlic Parmesan spread)
- Cheese Pizza
- Fresh Garden Pizza
- Breadsticks

## PANDA EXPRESS

- Steamed rice
- Steamed Veggies (Not Vegan)
- Cream cheese Rangoons
- Veggie Spring Rolls

- \* Most of Panda's vegetable based dishes contain chicken base and are not vegan/vegetarian*
- \* All fried items are fried in same oil as meat & cheese products*
- \* Any items cooked with a basic sauce that contains chicken broth*

## CHICK-FIL-A

- Waffle fries
- Garden Salad



## MARSHALL STUDENT CENTER FOOD COURT-GRAB N' GO

Look for our snack cooler to find a variety of Vegan and Vegetarian sandwiches, pasta dishes, wraps and snacks

## VEGAN

- Luna & Cliff Bars
- Sabra Hummus & Pretzels
- Couscous, Tabbouli & Avocado Salads
- Assorted Macro Vegetarian meals

## VEGETARIAN

- Yoplait Yogurt
- Fresh whole fruit, dried fruit and fruit cups
- Veggies & dip
- Assorted Grab n' Go items & snacks



*"Did you know consuming a balanced vegan or vegetarian diet can meet all of your nutrient requirements"*



Because iron isn't as easily absorbed from plant sources, the recommended intake of iron for vegetarians is almost double that recommended for non-vegetarians. To help your body absorb iron, eat foods rich in vitamin C, such as strawberries, citrus fruits, tomatoes, cabbage and broccoli, at the same time as you're eating iron-containing foods.



"Plant based proteins are also an excellent source of vitamins, minerals and fiber"



## EINSTEIN BROS BAGELS

### VEGAN

- Vegout Sandwich (substitute hummus for schmear and signature sauce)
- Peanut butter
- Hummus
- Fruit Cup

### VEGETARIAN

- All Bagels with schmear, butter or honey
- Veg Out Bagel Sandwich
- Cheese Pizza Bagel
- Broccoli Cheddar Soup
- Yogurt Parfait
- Asparagus, Mushroom & Swiss Bagel
- Thin Egg White Sandwich
- Spinach, Mushroom & Swiss Egg Sandwich
- Cheese & Egg Only

*\* Some of these items contain dairy products but can be modified according to your preference to make items vegan/vegetarian-friendly.  
\* Many items can be made without meat upon request*



## SUBWAY

### VEGAN

- Italian White Bread & Hearty Italian
- All Vegetable Toppings
- Oil, Vinegar, Mustard, & Sweet Onion Sauce
- Apple Slices
- Veggie Delight (no sauce, no cheese)

### VEGETARIAN

- Honey Oat Bread, 9-Grain Wheat, Italian Herb & Cheese, Parmesan Oregano
- Veggie Delight & Veggie Patty Sandwich
- All condiments



## JAMBA JUICE



### VEGAN

- All Fruit & Veggie Smoothies
- Apple Cinnamon Pretzel
- Steel Cut Oatmeal with soy milk, Banana, Blueberry-blackberry topping, and/or pecans
- All boosts are Vegan except Weight Burner, Whey Protein, Calcium & Daily Vitamin

### VEGETARIAN

- All Fruit & Veggie Smoothies, Classic Smoothies, Fit 'N Fruitful Smoothies, Pre-Boosted Smoothies, & Creamy Treats
- All Steel Cut Oatmeal options with Brown Sugar Crumble
- Fruit & Yogurt Parfait
- Four Cheesy Flat bread
- MediteraneYUM Flat bread



## BEFF 'O' BRADYS

### VEGETARIAN

- Fried Mozzarella, Basket of French Fries, Beer-Battered Onion Rings, Chips and Queso
- Veggie Burger, Veggie Melt, Veggie Wrap, & Grilled Veggie Bowl
- Cheese Quesadillas
- Garden Salads
- Grilled Cheese
- Macaroni & Cheese

*\*All fried items are fried in the same oil as non-vegetarian products. Some items can be modified to make them vegetarian-friendly.*



Jamba Juice.

*"Try our Meatless Mondays and choose from our delicious vegan and vegetarian options."*

*"You can get sufficient protein from plant-based foods if you eat a variety of them throughout the day. Plant sources include soy products and meat substitutes, legumes, lentils, nuts, seeds and whole grains."*

**BEEF 'O' BRADYS**

★ GOOD FOOD. GOOD SPORTS ★

*Water helps your body to stay hydrated so it can perform at its optimum. Feeling tired? Drink some water -- you just might be dehydrated. How much water do you need? 6-12 (8 oz.) glasses a day. If you're eating lots of water-rich fruit, then you can drink less water. If you're fruit deficient, drink more water. Visit any of our dining halls to try our fruit defused water!*



Nuts make great snacks! Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.



"Make 1/2 your plate fruits and veggies to meet your daily goals"



## COBA CAFE & JAVA CITY

### VEGETARIAN

- Smoothies & coffees can be made with soy milk
- Large coffee & Tea Selection
- Veggie sandwiches
- Assorted pastries
- Assorted soups

*\* Ask what vegan/vegetarian options are available daily*



## POLLO TROPICAL

### VEGAN

- Vegetarian TropiChop: Kernel corn, black beans, Lettuce, Tomato blend over white rice

### VEGETARIAN

- Flan
- Tres Leches
- Caesar Salad
- Mac & Cheese
- Mashed Potatoes and Gravy

*\* All fried items are fried in same oil as cheese products*



## STARBUCKS

### VEGETARIAN

- All Beverages
- Assorted pastries
- Cheese & Fruit Bistro Box
- Spinach & Feta Breakfast Wrap
- Plain & Whole Wheat Bagels
- Old Fashioned Oatmeal
- Protein Bistro Box

*\* All beverages are vegetarian, some can be made vegan with soy milk without whipped cream, caramel, or certain drizzles.*

 Vegan Friendly



## CAMILLE'S SIDEWALK CAFE

### VEGETARIAN

- Vegetarian Zenergy Natu-Wrap, Ranchero Natu-Wrap
- The Veganini Panini
- Rustic Italian Pizza & Just a Cheese Pizza
- House Salad
- All smoothies

\* Most items can be made without cheese or a meat product  
 \* All smoothies can be made without honey

## SMOKEHOUSE BBQ TO-GO

- Coleslaw
- Macaroni & cheese
- Roasted potatoes
- Smokey potato wedges
- Potato salad
- Pasta salad
- Hummus and Veggie Wrap

## C-STORE/ POD MARKETS

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

## RESIDENTIAL DINING HALLS

All residential dining locations offer hot and cold vegan/vegetarian-friendly items every day. An extensive salad bar, fresh fruit, yogurt, hot & cold cereals, soy milk, a waffle bar, assorted beverages & at least one vegetarian soup are offered daily. (Vegetarian and vegan chicken patties and burgers are available upon request.)


Check out our allergen-friendly Peace of Mind station! Create your own healthy bowl with the freshest, seasonal Florida produce, made without gluten grains, and your favorite vegan protein. This station is for anyone who likes to customize their own meal, guests who like healthy options and allergy-sensitive customers.

\* Most items can be modified to meet your dietary needs.  
 Ask a manager for help.



Great sources of calcium include calcium-fortified soymilk (soy beverage), tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).





The American Cancer Society and the American Heart Association recommend eating plant-based foods to reduce the risk of chronic disease. Vegetarians are at lower risk for obesity, hypertension, heart disease, high cholesterol, diabetes, and some types of cancers. Vegetarian choices are rich in nutrients such as fiber, magnesium, potassium, folate, and antioxidants, making them a healthy addition to your diet.

American Heart  
Association



## Vegetarian MyPlate:

Recommended Servings Per Day

Protein Foods: 5-6 Servings/ Day

Whole Grains: 6-8 Servings/ Day

Vegetables: 2-3 Servings/Day

Fruits: 2-6 Servings/ Day

Fats: 0-4 Servings/Day

Find out more about vegan and vegetarian options and other important health information at [www.usfdining.com](http://www.usfdining.com)

## Click on Healthy for Life

Everyone's health history & nutritional needs are different, please make sure to talk with your doctor & a registered dietitian to get advice about the diet & exercise plan that is right for you.

For any questions or nutritional concerns please contact our dietitian at:

**Cicalese-jessica@aramark.com** or call **813.468.9368** to schedule a free appointment.



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*"Meat Free meals can be lower in calories, better for our health and improve the environment."*