Vegan Dining Guide

We understand the importance of providing balanced and nutritious choices. That is why we provide a daily mix of vegetarian and vegan option in all locations across campus. Use the Vegan Menu Icon to help guide you to vegan options on campus.

Many dishes can easily be modified to make them vegan...just ask!

UNLIMITED LOCATIONS

The following options are standard in all of the unlimited dining locations.

- Alternative milk products (soy/almond milk, margarine, & vegan cream cheese)
- Black bean burgers available at the grill daily
- Hummus available at deli or salad bar daily
- Vegan proteins available on the salad bar (i.e. tofu, beans, grains, seeds)
- Variety of whole and cut fruits available
- Variety of breads, hot & cold cereals
- Peanut butter

All of our dining locations have their own unique stations. See options below for location-specific options:

Central Campus Unlimited Dining

- Vegan smoothie or fresh juice daily
- House-made veggie burger at the grill
- Vegan soup daily
- Vegan deli special
- Plant proteins at the international station

Harris Millis Unlimited

- Vegan option available at Simple Servings daily
- Tofu available in all stir-fries
- Make your own creation at Mykitchen

Northside Unlimited

- Vegan protein (tofu, tempeh, or beans) on the line. Quinoa daily on the salad bar.

Redstone Unlimited:

- Tofu & Seitan on salad bar daily
- Vegan proteins and variety of cooked vegetables on the vegetarian station
RETAIL LOCATIONS

Brennan’s:
- House Salad is vegan; add a quinoa patty for extra protein. The following dishes can be adjusted to make them vegan:
  - Pear and Arugula Salad without mozzarella
  - Brennan’s Veggie Hash without eggs & hollandaise
  - Quinoa Burger on Red Hen Bread or Greens
  - Mediterranean Wrap without feta

Given Atrium:
- Made-to-order smoothies with soy milk or almond milk

Green Roof Deli:
- Hummus & roasted vegetables available daily. Tofu available as a special

Marche:
Home to our exclusively vegan station on campus... check it out!
- Vegetable Bowl or Vegetable Potstickers from Wow Bao
- Bagel with peanut butter or vegan cream cheese
- Vegan option from SoYo
- Convenience items: Simply to-Go wraps, salads & snacks, vegan Vermont Kosher entreés, variety of vegan frozen meals

Marketplace:
- Made-to-order organic salad-wrap station with tofu or beans
- Vegan soup daily
- Vegan smoothies at the Dairy Barn
- Convenience items: Simply to-Go wraps, salads & snacks, vegan Vermont Kosher entreés

New World Tortilla:
- Vegan Beans and Rice Burrito and Roasted Veggie Rice Plate are vegan

Skinny Pancake:
- BTVegan, fries & chips/salsa are vegan. The following dishes can be adjusted to make them vegan:
  - The Intervale without mozzarella
  - Skinny Salad without chevre
  - Chop Salad without egg or cheese
  - Veggie Monster without cheddar

Waterman Café and Manor:
- Waterman Manor features vegan options on their menu and a salad bar with vegan proteins
- Waterman Café has Simply-to-Go wraps, salads, & snacks, vegan soup daily, and vegan Vermont Kosher entreés