



# VEGAN AND VEGETARIAN GUIDE

HILLTOPPER  

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NUTRITION



# OUR PHILOSOPHY

Transitioning from life at home to college can be a big change, especially for students with food allergies and intolerances. Western Kentucky University Restaurant Group is committed to supporting students with food allergies and intolerances by providing the necessary knowledge and tools for them to make informed choices in our dining locations. We work together to provide arrangements so these students may participate in the college dining experience as much as possible and have control over their dietary needs.

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## WHO WE ARE

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# VEGAN/VEGETARIAN GUIDE

Vegetarian foods are a major source of nutrition for most people in the world. Some people like to limit their diet to only foods that are considered vegetarian. A healthy vegetarian diet is typically low in fat and high in fiber. However, even a vegetarian diet can be high in fat if it includes excessive amounts of fatty snack foods, fried foods and whole milk dairy products. Therefore vegetarian diets, as any healthy diet, must be well planned to help prevent and treat certain diseases.

This guide was created by our Registered Dietitian Nutritionists and is a quick, easy way to find the vegetarian and vegan options at the dining locations of the WKU Restaurant Group. Food options in the Fresh Food Company and in Hilltopper Hub change each meal, every day. For this reason, we recommend talking with one of our chefs or managers should you need help in determining if a menu item is vegan or vegetarian.



# IN GENERAL:

Remember: all vegan items are vegetarian, but not all vegetarian items are vegan.

All items cooked in grease or oil may have risk of cross contamination with meat or dairy containing products.

Please be observant of the vegan or vegetarian options that are noted on the various restaurant menus.

If you would like to know the nutritional information of the restaurants on campus please visit <https://www.wku.edu/wkurg/>

# GRAB&GO/ CONVENIENCE STORES P.O.D & PIT STOP

## *Suggested Vegan Menu Items:*

Vegetable Wrap  
Red Grapes  
Pineapple  
Apples and Sunbutter Snack Box  
Hummus and Veggies

## *Suggested Vegetarian Menu Items:*

Vegetable Wrap  
Macaroni & Cheese  
Red Grapes  
Cheese & Grapes  
Trail Mix Snack  
Apples and Sunbutter Snack Box  
Pineapple  
Rice Pudding  
Strawberry Yogurt with Granola  
Vanilla Bean Yogurt with Granola  
Hard Boiled Eggs  
PB&J on White

\*items are subject to seasonal change and may not be offered year-round



# HILLTOPPER HALL

## Hilltopper Hub

The Salad Bar is always available, and a Chipotle Black Bean Burger can be prepared upon request. Power Bowls on Tue/Thu are customizable to vegan/vegetarian. Pizza is available Mon/Wed/Fri for vegetarian. Check with Chef or a manager for other daily offerings.

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# BATES RUNNER HALL

## Subway

### *Suggested Vegan Menu Items*

Veggie Delight Sub & Salad (no cheese)

Applesauce

Italian/Wheat Bread

Classic Lays

### *Suggested Vegetarian Menu Items*

Egg and Cheese Sandwich

Sides: Chips and Cookies

# JODY RICHARDS HALL

## Einstein Bros Bagels

### *Suggested Vegan Menu Items*

Veg Out

Bagel with Peanut Butter

Bagel with Hummus

Bagel with PB&J

Market Salad

Fruit Cup

Coffee: cold press, espresso,

Americano, black coffee (may add

soy milk and/or flavor shots)

### *Suggested Vegetarian Menu Items*

Egg and Cheese Sandwich

Yogurt Parfait

Santa Fe Wrap with No Meat and

Bagel with Butter or Honey Butter

Cheese Pizza Bagel



# DSU

## Chick-Fil-A

### *Suggested Vegan/Vegetarian Menu Items*

Waffle Fries\*

Fruit Cup

\*Waffle fries are fried in peanut oil and are fried in different oil than meat

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## Fresh Food Company

Check out the Vegan and Vegetarian Station for Vegan/Vegetarian entrées. The Salad Bar is always available, and the Home Station serves a Black Bean Burger upon request. Power Bowls are customizable to vegan/vegetarian. Check out Fresh's menu on Meatless Mondays.

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## RedZone

### *Suggested Vegan Menu Items*

Hummus and veggies

Vegetable Wrap

### *Suggested Vegetarian Menu Items*

Black Bean Burger

Caprese Grilled Cheese

Cheese Quesadilla

Pancake Stack

Halftime Queso Dip

Stadium House Salad

Chips & Salsa

All sides

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## Papa John's Pizza

### *Suggested Vegan menu Items*

Breadsticks (no special garlic sauce or parmesan Italian seasoning)

### *Suggested Vegetarian Menu Items*

Cheese Pizza



# DSU CONTINUED

## Burrito Bowl

### *Suggested Vegan Menu Items*

Choose Veggie Burrito, Veggie Rice Bowl or  
Veggie Salad  
KC BBQ (no bacon or cheese)  
Cajun (no Provolone, no Ranch)  
Mexican (no cheese, no Ranch)  
Power Protein (no cheese, eggs, meat or dressing)

### *Suggested Vegetarian Menu Items*

Choose Veggie Burrito, Veggie  
Rice Bowl or Veggie Salad  
KC BBQ  
Cajun  
Mexican  
Power Protein (no meat)

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## Starbucks

### *Suggested Vegan Menu Items*

Plain/Wheat/Cinnamon Raisin Bagels  
Perfect Oatmeal with Fruit,  
Brown Sugar and Nuts  
Blueberry Oatmeal  
Any Tea  
Any Coffee with Soy, Almond, or Coconut Milk  
except for: Pumpkin Spice, White Mocha & Caramel  
Brûlée  
Horchata Almond Milk Frappuccino  
Avoid the Double Chocolate Chip Frapp. and Java  
Chip Frapp. \*No whipped cream or toppings\*

### *Suggested Vegetarian Menu Items*

Spinach, Feta Roasted Tomato  
on Wheat Wrap  
Egg White Bites

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## SNELL HALL

### Davinci's

### *Suggested Vegetarian Menu Items*

Mona Cheese- A Sandwich	Oatmeal
Egg & Cheese Bagel	Java City Beverages
Egg & Cheese Wrap	Florence Veggie Pizza



# TOWER FOOD COURT

## The Den

### *Suggested Vegan Menu Items*

Fruit Salad

Piece of Fruit Side

\*ask to prepare meals 'dry' (no margarine)

### *Suggested Vegetarian Menu Items*

Stack of Pancakes

Beyond Burger

Mozzarella Sticks

Potato Rounds

French/Sweet Potato Fries

Yogurt Parfait

\*Risk of cross contamination in fryers

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# WKU COMMONS AT HELM LIBRARY

## Rising Roll Gourmet Cafe

### *Suggested Vegan Menu Items*

Side Garden Salad Without Cheddar

### *Suggested Vegetarian Menu Items*

Original Veggie on French Boule

Side Garden Salad

Smoothie's & Coffee's

Hummus and Veggie Sandwich

### *Suggested Vegetarian Menu Items Cont.*

Egg & Cheese Croissant

Cinnamon Roll

Grilled Cheese

Any Muffin



# WKU COMMONS AT HELM LIBRARY

## Spencer's Coffee

### *Suggested Vegan Menu Items*

Any Coffee, Frappe, or Latte with Oat,  
Almond, or Coconut Milk. No Drinks with  
Mocha, White Mocha Syrup, or Chocolate.  
Any Tea

### *Suggested Vegetarian Menu Items*

All Drinks

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## Moe's Southwest Grill

### *Suggested Vegan Menu Items*

Whole Grain Tortilla  
Tofu  
Black & Pinto Beans  
All Vegetables, Rice,  
Quinoa, & Pico  
Southwest Vinaigrette  
Guacamole

### *Suggested Vegetarian Menu Items*

Flour Tortilla  
Sour Cream  
Chipotle Ranch  
Queso  
All Vegetables, Rice, Quinoa, &  
Pico

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## Panda Express

### *Suggested Vegan Menu Items*

Steamed White/Brown Rice

### *Suggested Vegetarian Menu Items*

Cream Cheese Rangoon  
Veggie Spring Rolls  
Fortune Cookies  
Mixed Vegetables

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

\*\*Vegetables are not vegan; they are seasoned  
with a powder that contains soy, dairy, and wheat.

\*\*Any items cooked with the basic  
sauce contain chicken fat broth.



# FIRST YEAR VILLAGE

## Java City Coffee

### *Suggested Vegan Menu Items*

Any Coffee, Frappe, or Latte with Oat,  
Almond, or Coconut Milk. No Drinks with  
Mocha, White Mocha Syrup, or Chocolate.  
Any Tea

### *Suggested Vegetarian Menu Items*

All Drinks

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## The Spread

### *Suggested Vegan Menu Items*

- 7" Vedge- no spread

### *Suggested Vegetarian Menu Items*

- 7" Vedge



# VALUE MEAL OPTIONS

## VEGETARIAN

- Steak & Shake: Grilled Cheese +Fries
- Papa John's: Cheese Pizza + 1 Breadstick
- Burrito Bowl: Baja Queso Bowl, Buffalo Bowl (without chicken), KC BBQ (no bacon)
- RedZone: Pancake Stack
- Red Zone: Hilltopper Omelette (excluding meat)
- Red Zone: Caprese Grilled Cheese
- Red Zone Sides: Topper fries, sweet potato fries, tater tots, fresh seasonal fruit, sauteed broccoli
- Panda Express: Chef's Creation Tofu + Steamed White Rice
- Subway: 6" Egg and Cheese Sub
- Subway: Veggie Delight Salad and Sub
- The Den by Denny's: French Toast
- The Den by Denny's: Original Grand Slam (no meat)
- The Den by Denny's: Garden Salad
- Davinci's: Classic Cheese Pizza or Florence Veggie Pizza
- Davinci's: Oatmeal
- Chick-fil-a: Fruit Cup
- The Spread: 7" Veggie
- POD/PIT Stop: Vegetable Wrap
- POD/PIT Stop: Apples and Sunbutter Snackbox
- POD/PIT Stop: Trail Mix Snackbox



# VALUE MEAL OPTIONS

## VEGAN

- Red Zone: Hummus & Veggies
- Red Zone: Regular Stadium House Salad (excluding chicken or cheese) \*choose non-dairy dressing
- Chick-fil-a: Fruit Cup
- Burrito Bowl: Buffalo Bowl/Wrap (no bacon or cheese), KC BBQ Bowl/Wrap (no bacon or cheese), Baja Queso Bowl/Warp (no queso blanco or chipotle ranch dressing)
- Subway: Veggie Delight Salad and Sub (no cheese)
- Davinci's: Oatmeal
- Davinci's: Florence Veggie Pizza (excluding cheese)
- POD, Pit Stop: Apples & Sunbutter Snack Box
- POD, Pit Stop: Vegetable Wrap
- The Spread: 7" Veggie- no spread



# MORE RESOURCES

## 2022-23 Campus Restaurant Map



Our goal is to make every effort to ensure safe dining at campus restaurants. Please note that we prepare our foods in commercial kitchens that are susceptible to cross-contact and ingredients may vary due to ingredient substitutions; therefore, check recipe cards at food stations. Visit these sites for more information:

[www.wku.edu/hilltoppernutrition](http://www.wku.edu/hilltoppernutrition)

<https://www.wku.edu/wkurg/campusmap.php>