Vegan and 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 a vegetarian diet, like any healthy diet, must be well planned in order to help prevent and treat certain diseases.

This guide was created by our Registered Dietitian Nutritionist and is meant to be 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 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. If you need additional assistance, please contact our Registered Dietitian to make an appointment by phone at 270-745-6531.
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Campus Location</th>
<th>Suggested Menu Items</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bene Pasta</strong></td>
<td>Garrett Conference Center</td>
<td>Whole grain pasta and veggies, Pasta with marinara, veggies</td>
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<tr>
<td><strong>Burger Studio</strong></td>
<td>Tower Food Court</td>
<td>Veggie Burger (no cheese or bun), Side salad</td>
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<tr>
<td><strong>Burrito Bowl</strong></td>
<td>DSU</td>
<td>Choose Veggie Burrito, Veggie Rice Bowl or Veggie Salad, KC BBQ, Cajun (no Provolone, no ranch dressing), Mexican (no cheese, no ranch dressing), Florence (no cheese), Power Protein (no cheese, eggs, meat or dressing), Greek (no Feta)</td>
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<tr>
<td><strong>DaVinci’s</strong></td>
<td>Snell Hall</td>
<td>Hummus and Veggie Box, Garden Salad with an Apple</td>
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<tr>
<td><strong>Einstein Bros. Bagels</strong></td>
<td>MMTH</td>
<td>Vegout (sub hummus for cream cheese and signature sauce), Power Bagel with Peanut Butter, Bagel with Hummus, Bagel with PB&amp;J, Garden Salad, Fruit Cup</td>
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<tr>
<td><strong>Fresh Food Company</strong></td>
<td>DSU</td>
<td>Check out the Vegan and Vegetarian Station for daily Vegan/Vegetarian entrées. Many of our dishes can be made meatless, just ask!</td>
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<tr>
<td><strong>Grab and Go</strong></td>
<td>GCC, Java City, Pit Stop and P.O.D.</td>
<td>Carrot and Celery Cup, Garden Salad, Southwest Vegan Salad, Hummus &amp; Veggie Box, Trail Mix</td>
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<tr>
<td><strong>Grille Works</strong></td>
<td>Garrett Conference Center</td>
<td>*Veggie Burger with no Bun, *French Toast Sticks, *Classic/Everyday Grilled Cheese, *Four Cheese Grilled Cheese, *Cooked on the same grill as beef and chicken</td>
</tr>
<tr>
<td><strong>Home</strong></td>
<td>Garrett Conference Center</td>
<td>Vegetable Plate (three veggies)</td>
</tr>
<tr>
<td><strong>Izzi’s Southwest</strong></td>
<td>Garrett Conference Center</td>
<td>Veghead Mucho Burrito, Veghead Chico Burrito, Veghead Tacos, Veghead Taco Salad, Veghead Nachos, Veghead Naked Burrito Chico</td>
</tr>
</tbody>
</table>

*All Vegan options are also Vegetarian*
Java City
Library
Suggested Vegan Menu Items
• Anything made with Soy Milk
• Hummus and Veggie Box
• Garden Salad with an Apple
Suggested Vegetarian Menu Items
• Fruit and Yogurt Smoothies
• Any Coffee Drink
• PB&J with an Apple

Juice Blendz
Tower Food Court
Suggested Vegan Menu Items
• All Fruit Smoothies
• JB Veggie Blendz without Provolone or Garlic Spread
Suggested Vegetarian Menu Items
• JB Veggie Blendz
• JB Plain Bagel
• JB Garden Bagel

Panda Express
Garrett Conference 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.
**Vegetables are not vegan; they are seasoned with a powder that contains soy, dairy, and wheat.
**All fried items are fried in the same oil as meat and cheese products.
**Any items cooked with the basic sauce contain chicken fat and chicken broth.

Papa John’s Pizza
DSU and Garrett Conference Center
Suggested Vegan Menu Items
• Breadsticks (ask for no special garlic sauce or parmesan Italian seasoning)

Suggested Vegetarian Menu Items
• Cheese Pizza
• Garden Pizza

Popeyes
Tower Food Court
Suggested Vegetarian Menu Items
• Corn on the Cob
• Onion Rings
• Cole Slaw
• Apple Pie

RedZone
Downing Student Union
Suggested Vegetarian Menu Items
• Black Bean Burger
• Vegetable Wrap
• All-American Grilled Cheese
• Grilled Vegetable & Cheese Quesadilla
• Pancake Stack
• Big Red Veggie Omelet
• Double Play Omelet
• Hummus & Veggies
• Halftime Queso Dip
• Stadium House Salad
• Hail Mary Caesar Salad
• Chips & Salsa
• Cheese Sticks

Starbucks
DSU
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 Soy Milk except for: Pumpkin Spice, White Mocha & Caramel Brûlée
• Avoid the Double Chocolate Chip Frappuccino and Java Chip Frappuccino; the Java Chips contain milk
*Ask for no whipped cream and no toppings such as caramel drizzle, hazelnut drizzle and cinnamon dulce powder
Suggested Vegetarian Menu Items
• Yogurt parfaits
• Egg Salad Sandwich
• 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

Subway
Garrett Conference Center and Bates Runner Hall
Suggested Vegan Menu Items
• Veggie Delight (no sauce, no cheese)
• Apple Slices
• Italian Bread
• Wheat Bread
• Classic Lays
Suggested Vegetarian Menu Items
• Cheese and Veggie Flatizza
• Egg and Cheese Sandwich
• Veggie Delight Sub and Salad
• Chips
• Cookies

*All Vegan options are also Vegetarian