



***IT'S MORE
THAN JUST
EATING
VEGGIES...***

FOLLOW US!



@LOYOLA DINING



Download our
FoodU app to view
location menus,
nutritional
information, and
hours of operation

QUESTIONS OR CONCERNS?
Email: Dining@loyola.edu
www.loyola.edu/dining

Vegetarian & Vegan

DINING GUIDE

Dining
LOYOLA



Look for these symbols on campus!



Our Selection

IGGY'S MARKET

Iggy's Dish - there is always a vegetarian entrée for lunch & dinner. Sides are often vegan.

Salad Bar - add black beans, kidney beans, edamame or tofu to your salad for more protein.

Bravo Station - most of the time the entrée can be made vegetarian or vegan. Just ask!

Newman Deli - there is Vegan Chick'n (seitan) upon request. There are also Meatless Monday specials!

1852 Pizza - request a vegetable calzone.

Fresh Stock Soup - one soup is always vegetarian (sometimes vegan) each day.

Allergy Friendly Zone - Dairy Free station. There are usually two sides that are vegan.

On The Go - Yogurt Parfait, Hummus and Pita Chips (Vegan), Cottage Cheese, Hard Boiled Eggs.

Wheatcrofts Dessert - Try the Lemon Sorbet.

Get Creative - Make a peanut butter and banana bagel or waffle.

BOULDER CAFE

Breakfast - ask for a tofu scramble from the omelet station.

Boulder Deli - vegan chick'n, vegan deli slices, vegan cheese and "just mayo" is offered upon request.

Bravo Station - most the time the entrée can be made vegetarian. Just ask!

1852 Pizza - request a vegetable calzone.

Loyola Diner - there is always a vegetarian entrée for lunch & dinner. Sides are often vegan.

Allergy Friendly Zone - Dairy Free station. There are usually two sides that are vegan.

Greyhound Grille - the Black Bean Burger is vegan and available upon request daily, and grilled cheese is vegetarian.

Fresh Stock Soup - one soup is always vegetarian (sometimes vegan) each day.

Great Grains - offers a variety of grains, greens & vegetables.

OTHER LOCATIONS ON CAMPUS

Boulder 2.0 - always has a vegetarian (sometimes vegan) option on Hot Deli, Mediterranean salad bar & Sunny Side. Almond Milk is available as a dairy alternative. Also, try the Chobani Greek yogurt bar!

Sellinger - sells a Vegan Roasted Vegetable Wrap and vegetarian/vegan side salads.

FitWell Café - sells fresh smoothies that can be made vegan with almond or soy milk. They also have vegetarian sandwiches like the Spinach Artichoke Panini.

Taqueria - has a Bulgur Vegetable Medley. Ask for a burrito without cheese for a vegan option.

Fresh West & Green Peel - have smoothies that can be made vegan with almond milk, soy milk or coconut water. Try adding almonds, soy butter, peanut butter, chia seeds, flax seeds or protein powder to your smoothie for more protein.

Coldspring Sushi - offers sweet potato rolls and vegetable rolls, as well as seaweed salad and edamame.