Vegetarian and Vegan Options on Campus

Look for these symbols

**IGGY’S MARKET**

*Salad Bar* – add black beans, kidney beans, edamame or tofu to your salad for added protein
*Bravo Station* – most the time the entrée can be made vegetarian
*1852 Pizza* – request a vegetable calzone, we make calzones upon request
*Fresh Stock Soup* – one soup is always vegetarian

**Allergy Friendly Zone** – There are always two sides that are usually vegan, look for the symbol

*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.

**BOULDER CAFE**

*Boulder Deli* – ask for avocado spread, seitan, vegan meat, vegan cheese or “just mayo”.
*Bravo Station* – most the time the entrée can be made vegetarian, just ask.
*1852 Pizza* – request a vegetable calzone. Also, there is always rice available.

*Loyola Diner* – there is always a vegetarian entrée for lunch and dinner. There are three sides (starch and vegetables) that are mostly vegan.

*Allergy Friendly Zone* – there are always two sides that are usually vegan.

*Greyhound Grille* – the Black Bean Burger is vegan, and grilled cheese is vegetarian.

*Fresh Stock Soup* – one soup is always vegetarian.

**OTHER LOCATIONS ON CAMPUS**

*Sellinger* - sells a Vegan Roasted Vegetable Wrap and side salads.

*FitWell Café* - in the FAC sells smoothies that can be made vegan with almond or soy milk. They also have vegetarian sandwiches like Caprese or Spinach Artichoke Paninis.

*Taqueria* - has tofu you can have in a burrito or on your nachos. Ask for a burrito without cheese for a vegan option.

*Green Peel* - has smoothies that can be made vegan with almond or soy milk. Add nuts, flaxseed or protein powder to your smoothie for added protein.

*Refectory Dinner* - always has a vegetarian entrée and two sides.

*Coldspring Sushi* - has sweet potato rolls and vegetable rolls as well as seaweed salad and edamame.