VEGAN AND VEGETARIAN OPTIONS ON CAMPUS

Gator Dining has many options available to satisfy a vegan or vegetarian diet. From our daily vegan stations in our dining halls to the vegetarian grab and go items in our convenience stores, Gator Dining strives to accommodate a wide range of diets and lifestyles.

WEB RESOURCES
Looking for other vegan and vegetarian resources? Here are some helpful links around the internet.

Vegetarian Resource Group
www.vrg.org

Vegetarian Times
www.vegetariantimes.com

Veggie Times
www.veggietimes.com

ARREDONDO CAFE
Reitz Union 4th Floor
There is a rotating menu that features a salad bar and vegetarian entree every week day.

CAMELLA COURT CAFE
Harn Museum of Art
SUGGESTED VEGAN MENU ITEMS
• Greek Salad with no feta cheese
• Vegetable Wrap
• Loaf of Ciabatta Bread
SUGGESTED VEGETARIAN MENU ITEMS
• Pear Walnut Salad
• Caesar Salad
• Florida Sunshine Cake

CHICK-FIL-A
The Hub, Broward & Sun Terrace Cafe
SUGGESTED VEGAN MENU ITEMS
• Waffle potato fries
• Fruit cup
• Side salad
• Reduced fat raspberry vinaigrette dressing
• Light Italian dressing

CHOMPIT
Racquet Club & Graham Area
SUGGESTED VEGAN MENU ITEMS
• Any custom salad without cheese or meat

SUGGESTED VEGETARIAN MENU ITEMS
• Black Bean Burger
• Mandarin Orange Salad
• Buffalo Chicken Salad: ask for no chicken
• 3 Cheese Grilled Cheese

CONVENIENCE STORES
P.O.D. Markets at the Reitz Union, Beaty Towers, Hub, Rawlings, Graham Area, Little Hall Express, and Chomp & Go at Pugh and Hough Halls
Look for the natural and organic snack cooler to find a variety of vegetarian and vegan sandwiches, pasta dishes, wraps and snacks.

SUGGESTED VEGAN MENU ITEMS
• Fresh fruit
• Probiotic Soy Yogurt
• Silk Soy Milk
• Sabra Hummus Cups

SUGGESTED VEGETARIAN MENU ITEMS
• SW Veggie Wrap
• Yogurt Parfaits
• Fresh fruit

*Waffle fries are fried in peanut oil and are fried in a different oil than meat products.

All Natural and Organic Products: Stacy’s Pita Chips, Clif Bars, Luna Bars, Fruit Strips, Food Should Taste Good Brand, Amy’s Soups, Dr. Oetker Organics Pudding Mixes, Simply Asia, Soy Crisps.
COFFEE CARTS  
Law School, Harrell Medical Education Building, Engineering

SUGGESTED VEGAN MENU ITEMS
- Any coffee drink with soy milk

SUGGESTED VEGETARIAN MENU ITEMS
- Any coffee drink
- Bagels and muffins
- Fruit cups
- Parfaits
- Hummus Cups

CROUTONS HAND-CRAFTED SALADS  
Reitz Union 1st Floor

SUGGESTED VEGAN MENU ITEMS
- Make your own salad with Artie’s Tempeh (locally made product) and a variety of toppings
- Any custom salad with no meat or cheese
- Orange Balsamic Vinaigrette
- Fat-Free Italian
- Spicy Sesame Dressing
- Raspberry Vinaigrette

SUGGESTED VEGETARIAN MENU ITEMS
- All salads, substitute any meat for tofu, tempeh, or nuts!
- Asiago roll and foccacia bread

EINSTEIN BROS. BAGELS  
The Hub, Sun Terrace Cafe & Veterinary Medicine

SUGGESTED VEGAN MENU ITEMS
- Veg out Sandwich - sub hummus for cream cheese and signature sauce

SUGGESTED VEGETARIAN MENU ITEMS
- Hearty vegetable soup
- Egg and cheese sandwich
- We often recommend the Santa Fe Wrap with no meat (we add extra cheese to replace the meat and it’s spicy)
- Bagel with butter or honey butter
- Cheese pizza

FRESHENS  
Reitz Union, Little Hall Express & SW Recreation Center

SUGGESTED VEGAN MENU ITEMS
- Any non-yogurt and non-orange based smoothie

SUGGESTED VEGETARIAN MENU ITEMS
- Frozen Yogurt with fresh fruit and toppings
- Any smoothie
- Any Froyo-blast
- Any milkshake (with whipped cream)
- Any ice cream
- Any granola parfait with your choice of toppings

**All of the smoothies, except for the Brazilian Energy, are gluten-free.

GATOR CORNER DINING CENTER & THE FRESH FOOD COMPANY

SUGGESTED MENU ITEMS
- Check out the Vegan Station for daily Vegan/Vegetarian entrees. Many of our dishes can be made meatless, Just Ask! UF was voted #1 in the country for Most-Vegan Friendly College by Peta2.com in 2014

JAMBA JUICE  
Turlington Plaza

SUGGESTED VEGAN MENU ITEMS
- All Fruit Smoothies are Vegan
- Protein Berry Workout (made with Soy Protein)
- Berry Cherry Pecan Steel-Cut Oatmeal without Brown Sugar Crumble
- Blueberry and Blackberry Steel-Cut Oatmeal without Brown Sugar Crumble
- Apple Chips

SUGGESTED VEGETARIAN MENU ITEMS
- All Jamba smoothies are vegetarian!
- Protein Berry Workout (made with Soy or Whey Protein)
- Apple Cinnamon Steel-Cut Oatmeal
- Just Brown Sugar Crumble Steel-Cut Oatmeal
- USDA Organic Hot Blends (tea, lattes, hot chocolate)
- Clif Bars
- Kind Fruit and Nut Bars
- Luna Bars
- Pop Chips

- Riceworks Gourmet Brown Rice Chips
- Pistachios
- Jamba Trail Mix
- Pirates Booty
- Spinach and Cheese Wrap
**MOE’S SOUTH WEST GRILL**

**SUGGESTED VEGETARIAN MENU ITEMS**

- **Art Vandalay (Burrito)** - Beans, Rice, Shredded Cheese, Pico de Gallo, Sour Cream and Guacamole in Original or Junior Size.
- **Unanimous Decision (Taco)** - Beans, Shredded Cheese, Pico de Gallo, Lettuce, Sour Cream and Guacamole.
- **Rupricht (Nachos)** - Beans, Queso, Pico de Gallo, Jalapeños and Black Olives.
- **Personal Trainer (Salad)** - Lettuce, Beans, Shredded Cheese, Pico de Gallo, Cucumbers, Black Olives and your choice of dressings.
- **Super Kingpin** - rice, beans, any of our fresh vegetables.
- **Julia Gulia** - rice, beans, guac, queso, any of our fresh vegetables.
- **Band Camp** - rice, beans, grilled vegetables (mushroom, onion, pepper), any of our fresh vegetables.
- **Chipotle ranch**
- **Southwest vinaigrette**

**SUGGESTED VEGAN MENU ITEMS**

Any of the above menu items can be made vegan; just ask for no shredded cheese, no sour cream, and no queso.

---

**PAPA JOHN’S PIZZA**

**Reitz Union 1st Floor**

**SUGGESTED VEGAN MENU ITEMS**

- Bread Sticks (ask for no garlic Parmesan spread)

**SUGGESTED VEGETARIAN MENU ITEMS**

- Breadsticks
- Cheese sticks
- Cheese pizza
- Garden Fresh pizza

---

**POLLO TROPICAL**

**Reitz Union 1st Floor**

**SUGGESTED VEGAN MENU ITEMS**

- Vegetarian Tropichop - Yellow Corn, black beans and lettuce/tomato blend over white rice.
- Balsamic Tomatoes
- Yuca Fries
- Waffle Fries

---

**PANDA EXPRESS**

**Reitz Union 1st Floor**

**SUGGESTED VEGAN MENU ITEMS**

- Steamed white rice
- Steamed brown rice

---

**STARBUCKS**

**Reitz Union Ground Floor, Rawlings**

**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 soymilk except for:
  - Pumpkin spice
  - White mocha
  - Caramel brulee
- *The syrups in these drinks contain milk

---

**RISING ROLL**

**Heavener Hall**

**SUGGESTED VEGAN MENU ITEMS**

- Pecan & Fruit Salad
- Original Veggie Wrap
- Harvest Salad

---

**SALAD CREATIONS**

**Health Science Center**

**SUGGESTED VEGAN MENU ITEMS**

- Any custom salad without cheese
- Oil and vinegar
- Balsamic Vinaigrette
- Asian Sesame Ginger
- Raspberry Vinaigrette

---

**POLLO TROPICAL**

**SUGGESTED VEGETARIAN MENU ITEMS**

- Balsamic Orange and Bleu
- Greekalicious
- Spicy Veggie
- Apple and Pecan

---

**SUGGESTED VEGETARIAN MENU ITEMS**

- Sweet Plantains
  *All fried items are fried in the same oil as cheese products.*

**SUGGESTED VEGETARIAN MENU ITEMS**

- Flan
- Tres Leches
- Caesar Salad
- Mac and Cheese
- Mashed Potatoes with no gravy

---

**SUGGESTED VEGETARIAN MENU ITEMS**

- Kind Bars
- Yogurt parfaits
- Fruit, nut and cheese artisan snack plate
- Vegetarian protein artisan snack plate
- Greek yogurt and honey parfait
- Vegetable frittata on artisan roll
- Hot roasted veggie panini
- Spinach, feta roasted tomato on wheat wrap
**SUBWAY**
Reitz Union Ground Floor, Rawlings
& Turlington Plaza

**SUGGESTED VEGAN MENU ITEMS**
- Veggie Delight, no sauce, no cheese
- Hash browns
- Apple Slices
- Italian Bread
- Wheat Bread
- Classic Lays Potato Chips

**SUGGESTED VEGETARIAN MENU ITEMS**
- Egg and Cheese Sandwich
- Veggie Max Sub
- Veggie Delight
- Chips
- Cookies
- Muffins
- Yogurt Cup
- Apple Slices

**WENDY'S**
Reitz Union Ground Floor, Rawlings

**SUGGESTED VEGAN MENU ITEMS**
- Garden side salad
- Plain baked potato

**DRESSINGS**
- Fat free French
- Italian Vinaigrette
- Pomegranate Vinaigrette