

Vegan and Halal Options - Campus Eateries

As of March 2020



HOSPITALITY SERVICES
AT WESTERN

Disclaimer: Menu options may change without notice. Please ask to speak with the Supervisor if you have special dietary requirements

Building	Eatery	Franchise	Vegan Options	Halal Meat Options *
UCC	Centre Spot	The Fixx	Veggie Burger, Southwest Black Bean Burger (excluding the Chipotle Mayo), Whole Wheat Bun, English Muffin, Gluten Free Bun, Guacamole, Sautéed Mushrooms, Carmelized Onion, Ketchup, Yellow Mustard, Relish, Sriracha, Toppings (Pico De Gallo, Pickles, Lettuce, Tomato, Relish, Red Onion, Spinach, Arugular, Roasted Red Pepper, Jalapeno Rings, Hot Pepper Rings)	
	Centre Spot	Paramount	Falafel, Pita, Humus, Baba Ganoush , Tabouli, Pickles, Turnip, Lettuce, Tomato, Garlic Sauce, Parsley, Mixed Vegetables	Entirely Halal + some options (Salads, dips) in a grab and go fridge
	Centre Spot	Pita Pit	All pitas, Falafel, Black Bean Patty, All Veggies, Hummus, Balsamic Vinaigrette, BBQ Sauce, Hot Sauce, Specail Sauce, Teriyaki Sauce, Fatoush Dressing,	Halal Chicken (can be cooked at "Noodles"
	Centre Spot	Manchu Wok	Vegetable Spring Roll, Mixed Vegetables, Garlic Green Beans, Rice	
	Centre Spot	Salad Bar	Spinach, Mixed Green, Iceberg Lettuce, Chickpeas, Tofu, Mixed Beans Salad, Edamame Salad, Sunflower Seeds, Quinoa, Beets, Craisins, Black and Green Olives, Broccoli, Pickles, Carrots, Green Pepper, Red Onion, Mushrooms, Tomato, Cucumber, Asian Sesame Dressing, Balsamic Dressing, Raspberry Vinaigrette, Nutritional Yeast	
	Centre Spot	Noodles	Pasta Noodles, Rice Noodles, Tofu, Garlic, Vegetables (Brocoli, Mushrooms, Red Onion, Green Pepper, Carrots, Cucumer), Marinara Sauce	
	Centre Spot	Soup Bar	Please ask Supervisor	

	Centre Spot	Grab & Go	Vegan Banana Bread, Copa Di Gelato (check flavors). For more options, please speak with the Unit Supervisor.	
		Booster Juice	Any smoothie can be made with almond or soy milk, plus a soy booster	
		Starbucks	Soy milk, Almond Milk, Coconut Milk	
		Subway	Bread (White Italian, 9-Grain Wheat, and Wraps), Vegan Meatballs, Yellow Mustard, Sweet Onion Sauce, Subway Sauce, Vinegrette, Buffalo Sauce, Jalepenos, Olives, veggies.	
		Bento Sushi	Vegetarian California Roll, Veggie Spring Roll, Inari Roll, Seaweed Salad, Edamame	Halal Chicken
Talbot College	Talbot Eatery	Noodles	Pasta Noodles, Rice Noodles, Tofu, Garlic, Vegetables (Broccoli, Mushrooms, Red Onion, Green Pepper, Carrots, Cucumber), Marinara Sauce, Cookies/Squares (Sweets from the Earth)	
Spencer Engineering Building	Davinci's	Davinci's	Black Bean Burger, Curry Lentils (Thursday), Wraps (e.g., Mango Curry Chickpea, Falafel Roasted Veg, Meatless Meatball, Hickory Smoked Tofu Breakfast Wrap), Yoso Yogurt, Muffins, Loaf Slices. (Occasional items: Summer Oatmeal, Protein Platter, Tuscan Bean Salad, Personal Pizzas), Cookies/Squares (Sweets from the Earth), Oat Milk, Soy Milk	Halal Wraps, Butter Chicken (Thursday)
Somerville House	Lucy's	Noodle Box	Pasta, Rice Noodles, Tofu, Garlic, Vegetables (Broccoli, Mushrooms, Red Onion, Green Pepper, Carrots, Cucumber) Marinara Sauce.	Chicken
	Lucy's	Quesada	Black Beans, Pinto Beans, Soft Taco, Brown Rice, Nacho Chips	Chicken

Natural Sciences Building	Nucleus	Teriyaki Experience	Miso Ramen Noddle Soup, Yakisoba Noodle Soup Bowl, Supergrain Veggie Bowl, Pan-Asian Noodles, Yakisoba Noodles, Favous Teriyaki	
	Nucleus	Casa Burrito	Tortilla, Rice, Quinoa, Black Beans, Pinto Beans, "Beyond Meat Sausage", Vegan Cheese, Assorted Vegetables	
	Einsteins	Doi Chaang	Veggie Wraps, Sabra Hummus and Pretzels, 7-Grain Salad, Fruit Cup, Veggie Cup, Edamame, Soy Milk, Almond Milk (For more options, please speak to the Supervisor)	
North Campus Building	Riverside Café	Doi Chaang Coffee Co.	Vegan Protein Platter, Kosuma Bars, Falafel with Roasted Vegetables (occasional), soy milk, almond milk, Yoso Yogurt, Muffins, Cookies/Bars (Sweets from the Earth)	Chicken wraps
Ivey School of Business		Interactive Station	Monday - Interactive curry bowl w/ roasted sweet potato & cauliflower, Tuesday - black Bean and Quinoa Taco, Thursday - Pad Thai with Tofu & Vegetables	
		Ivey Grill	Vegan burger on a Vegan Bun, French Fries (Vegan Cheese available upon request)	
		Made to order Deli	Roasted portabello & red papper wrap, Vegan Quesadilla, Vegan Falafel Sandwich (Vegan Cheese available upon request)	Chicken Shawarma (Mondays)
		Salad Bar	90% of items are vegan (e.g., Leafy greens, mixed beans, tofu, pickled beets, tofu, tomato, carrots, cucumber), Dried Fruit, Seeds, Vegan Dressing	
		Soups	Soups are made daily. Vegan options are labeled accordingly	
		Other Grab and Go	Snack'n Go - 3 flavors, Sabra Hummus with Pretzels, Fresh Fruit, SunRipe Fruit Source Bars, Emmy's coconut Dark Cocoa Cookies, Fruit Cups, Veggie Cups, Apple Chips	

Weldon Library	Argo's Tea	Argo's Tea	Soy, Oat, and Almond Individual Milk, Cookies (Chocolate Chip, Ginger Molasses and Oatmeal Raisin), Muffins, Salads (Chickpea, 7-Grain, Tuscany Bean, Spinach Walnut and Roasted Red Pepper) Almond, Soy, Oat and Coconut Milk available as an alternative milk, Grab and Go (Tera Chips, Boom Chickapop, Better Chips), Vegan Brownies, Cookies/Squares (Sweets from the Earth)	
Western Student Recreational Centre (WSRC)		Booster Juice	Any smoothie can be made with almond or soy milk, plus a soy booster	

Tim Horton's - UCC (Centre Spot, Tim's Express, Tims Lower Level), Social Sciences (Encounters) Natural Sciences (Nucleus), South Valley		<p>Tim Horton's</p>	<p>Frozen Lemonade - Original and Raspberry, Potato Wedges, Oatmeal, Harvest Vegetable Soup, Garden Vegetable Sandwich (no cheese/cream cheese), Hash Browns, Bread (White, Whole Wheat, English Muffins), Home-Style Biscuit, Bagels (Cinnamon Raisin, Plain, Everything, Pretzel, Sesame Seed, Poppy Seed) Spread (Peanut Butter, Jam)</p>	
FRESH to go Fridges			<p>Fresh Fruit, Fruit Cup, Veggie Cup, Veggie Bowl, Hummus, Garden Salad (For more options, please speak with the Unit Supervisor)</p>	
			<p>Hummus Wrap, Peanutbutter and Jam Sandwich, Peanutbutter and Banana Sandwich, Seven Grain Wrap, Spring Roll</p>	
			<p>Soy Milk</p>	
			<p>Almond Milk</p>	
			<p>Summerfresh Snack and Go's</p>	
			<p>Sabra Guacamole and Tostito Rolls</p>	
<p>* Barakats (off-campus partner) has a complete Halal Menu</p>				