

**VEGAN OPTIONS in Campus Eateries**  
**HOSPITALITY SERVICES**  
**(As of November 2018)**



<b>Building</b>	<b>Eatery</b>	<b>Franchise</b>	<b>Available Vegan Options</b>
<b>UCC</b>	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, Caramelized Onion, Ketchup, Yellow Mustard, Relish, Sriracha, Toppings ( Pico De Gallo, Pickles, Lettuce, Tomato, Relish, Red Onion, Spinach, Arugula, Roasted Red Pepper, Jalapeno Rings, Hot Pepper Rings)
	Centre Spot	Paramount	Falafel, Pita, Humus, Baba Ganoush , Tabbouleh, Pickles, Turnip, Lettuce, Tomato, Garlic Sauce, Parsley, Mixed Vegetables
	Centre Spot	Pita Pit	All pitas, Falafel, Black Bean Patty, All Veggies, Hummus, Balsamic Vinaigrette, BBQ Sauce, Hot Sauce, Special Sauce, Teriyaki Sauce, Fatoush Dressing,
	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
	Centre Spot	Noodles	Pasta Noodles, Rice Noodles, Tofu, Garlic, Vegetables (Broccoli, Mushrooms, Red Onion, Green Pepper, Carrots, Cucumber), Marinara Sauce
	Centre Spot	Soup Bar	Please ask Supervisor
	Centre Spot	Grab & Go	Vegan Banana Bread, Copa Di Gelato (check flavors)
		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 (Italian and Wraps), Falafel, Yellow Mustard, Sweet Onion Sauce, Subway Sauce, Vinaigrette, Buffalo Sauce
		Bento Sushi	Vegetarian California Roll, Veggie Spring Roll, Inari Roll, Seaweed Salad, Edamame
<b>Talbot College</b>	Talbot Eatery	Noodles	Pasta Noodles, Rice Noodles, Tofu, Garlic, Vegetables (Broccoli, Mushrooms, Red Onion, Green Pepper, Carrots, Cucumber), Marinara Sauce
<b>Somerville House</b>	Lucy's	Teriyaki Experience	Spring Roll, Miso Soup, Spicy Udon Noodle Soup Bowl, Yakisoba Noodle Soup Bowl, Supergrain Veggie Bowl, Pan-Asian Udon Noodles, Yakisoba Noodles, Famous Teriyaki
	Lucy's	Quesada	Black Beans, Pinto Beans, Soft Taco, Brown Rice, Nacho Chips
<b>Natural Sciences Building</b>	Nucleus	Teriyaki Experience	Spring Roll, Miso Soup, Spicy Udon Noodle Soup Bowl, Yakisoba Noodle Soup Bowl, Supergrain Veggie Bowl, Pan-Asian Udon Noodles, Yakisoba Noodles, Famous Teriyaki
	Nucleus	Mucho Burrito	Tortilla, Taco, Chips, Sautéed Veggies, Rice (Cilantro Lime and Mexican Brown Rice), Black Beans, Pinto Beans, Taco
	Einsteins	Doi Chaang	Soy Milk
<b>North Campus Building</b>	Riverside Café	Doi Chaang Coffee Co.	Vegan Protein Platter, Kosuma Bars, Falafel with Roasted Vegetables (occasional), soy milk, almond milk
<b>Ivey School of Business</b>		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
		Made to order Deli	Roasted Portobello & red pepper wrap
		Salad Bar	90% of items are vegan (e.g., Leafy greens, mixed beans, tofu, pickled beets, tofu, tomato, cucumber)

		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
<b>Weldon Library</b>	Argo's Tea	Argo's Tea	Soy and Almond Individual Milk, Chia Pudding, Cookies (Chocolate Chips and Oatmeal Raisin), Muffins (Green Tea and Lemon Poppy seed), Raw Bars (Flax Seed, Chia Blueberry, Pomegranate), Salads (Chickpea, Garden Lentil, Kale) Almond, Soy and Coconut Milk available as an alternative milk, Grab and Go (Tera Chips, Boom Chickapop, Better Chips)
<b>Western Student Recreational Centre (WSRC)</b>		Booster Juice	Any smoothie can be made with almond or soy milk, plus a soy booster
<b>Tim Horton's - UCC (Centre Spot, Tim's Express, Tims Lower Level), SEB (By Design), Social Sciences (Encounters) Natural Sciences (Nucleus), South Valley</b>		Tim Horton's	Frozen Lemonade - Original and Raspberry, Potato Wedges, Oatmeal, Harvest Vegetable Soup, Garden Vegetable Sandwich (no cheese/cream cheese), Garden Salad, 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)
<b>FRESH to go Fridges</b>			Fresh Fruit, Fruit Cup
(examples of items which may be available)			Veggie Cup, Veggie Bowl and Hummus, Garden Salad
			Hummus Wrap, Peanut butter and Jam Sandwich, Peanut butter and Banana Sandwich, Seven Grain Wrap, Spring Roll
			Soy Milk
			Almond Milk
			Summerfresh Snack and Go's
			Sabra Guacamole and Tostito Rolls

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