

TIPS FOR DINING

You can always ask our team members serving your meal to change their gloves and to use new utensils, pots, and pans. If you have any questions or concerns, ask to see a chef or manager or visit dineoncampus.com/au.

PLANT-BASED DINING IN TDR

Symbols designate vegan and vegetarian options on item signage as well as on our Dine On Campus app. Use these symbols to identify plant-based rotating options and special event items.

Rooted serves an all-vegan menu. This hot food station is open daily for breakfast, lunch, and dinner.

Vegan and vegetarian pizzas are available daily. Vegetarian soups are also available daily.

Tofu, beans, and hummus are available on the salad bar for a vegan protein option. At breakfast, vegan hot cereals are offered.

Soy milk and sunflower seed butter are available all day.



Foods that do not contain any animal-derived products including honey, dairy, and eggs.



Foods that do not contain animal products except for dairy and eggs.

contact

Sarah Goff, RDN, LD
sgoff@american.edu

Want to learn more? Email to schedule a free appointment with Sarah, our registered dietitian, to learn more about plant-based options on campus!

disclaimer

Please be aware that many foods contain refined sugar which may not be suitable for strict vegans as it may be processed using bone char. The use of refined sugar is broad and so has not been accounted for in this assessment.

Vegan & Vegetarian

DINING AT AMERICAN UNIVERSITY

DINEONCAMPUS.COM/AU



AMERICAN
UNIVERSITY

DINING SERVICES

Revised July 2020

EINSTEIN'S BAGELS



VEGAN: Select bagels topped with hummus or avocado; avocado toast; soy milk available for coffee and tea



VEGETARIAN: Above options plus: cheddar cheese egg sandwich; spinach mushroom and swiss egg sandwich; hummus veg out bagel; roasted veggie on ciabatta; cheese pizza bagel; select bagels with cream cheese

POM AND HONEY



VEGAN: Grain bowl, salad, or lavosh with: brown rice; lentils; falafel; cauliflower and chickpeas; all vegetables; Lebanese tabbouleh; tomato cucumber salad; harissa hummus; lemon tahini; green harissa; mediterranean hot sauce; white balsamic vinaigrette; babaganoush



VEGETARIAN: Above options plus: feta cheese; sriracha tzatziki; spicy tzatziki; pomegranate honey vinaigrette; lemon aioli; pomegranate cauliflower chickpea salad

STARBUCKS



VEGAN: Juices, soy milk available for select coffees and teas, select iced coconut milk drinks and refreshers



VEGETARIAN: Above options plus: hot chocolate, blended coffee drinks

Visit starbucks.com/menu for additional information.

DISTRICT PICKLE



VEGAN: Select bagels with hummus or guacamole; falafel wrap; grilled vegetable salad; spicy pickles



VEGETARIAN: Above options plus: Mediterranean grilled vegetable wrap; cole slaw; broccoli slaw; mumbo sauce; tiger sauce; creole mustard glaze

WONK BURGER



VEGAN: Beyond burger on a lettuce wrap; caramelized onions; grilled mushrooms; lettuce; tomato; onion; cherry BBQ sauce



VEGETARIAN: Above options plus: honey mustard sauce; blue cheese sauce; dijonnaise sauce; WONK sauce; all milkshakes

HISSO SUSHI



VEGAN & VEGETARIAN: Seaweed salad; edamame; veggie roll



SUBWAY



VEGAN: Veggie Delight sub, salad, or wrap (on select breads) with Subway vinaigrette, sweet onion sauce, mustard, guacamole, oil and vinegar



VEGETARIAN: Above options plus: caprese sub on all breads.

Visit subway.com for additional information.

CREATE



VEGAN: Very green smoothie; Island tropics acai bowl; strawberry, banana, and granola acai bowl; cold brew coffee (soy and rice milk available)



VEGETARIAN: All shakes; all smoothies; all overnight oats; all acai bowls

BUILD PIZZA



VEGAN: Original pizza dough; vegan cheese; pizza sauce; BBQ sauce; all fresh and roasted vegetable mixes; all herbs and herb mixes; balsamic vinegar reduction



VEGETARIAN: Above options plus: cauliflower pizza crust; all cheeses; ranch

JACK AND OLIVE ENTREES

East Campus and Eagle's Nest Stores



VEGAN: Powerhouse sandwich; Eggless salad sandwich; Roasted veggie sandwich; Fiesta wrap; Peanut butter and jelly sandwich



VEGETARIAN: Above options plus: Egg salad sandwich; Spicy vegetarian quinoa wrap; Brussels sprouts and pear salad