

TIPS FOR DINING

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

PLANT-BASED DINING IN TDR

Symbols designate vegan and vegetarian options on item signage and our Dine On Campus app and website. Use these symbols to identify plant-based items throughout TDR.

Rooted serves an all-vegan menu, which is open daily at **all meal times**.

Vegan and vegetarian pizzas are available daily, as well as vegetarian soups.

Tofu, beans, and hummus are available on the salad and halal bars as vegan protein options. At breakfast, vegan hot cereals are offered.

Soy milk and sunbutter are available daily at all meals.

DISCLAIMER

Please be aware that many foods contain refined sugar, which may not be suitable for strict vegans. The use of refined sugar has not be accounted for in this assessment.



KELLY COMBS, RD, LDN

Want to learn more? Email Kelly at kcombs@american.edu to schedule a free appointment and learn more about plant-based dining on campus!

VEGAN + Vegetarian

DINING AT AU



DINEONCAMPUS.COM/AU



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

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



EINSTEIN'S BAGELS



Select bagels topped with hummus or avocado, Avocado toast, and soy milk for coffee or tea



Cheddar Cheese Egg, Spinach Mushroom, and Swiss Egg sandwiches; Hummus Veg-Out, Cheese Pizza, or other select bagels with cream cheese; Roasted Veggie on ciabatta

POM + HONEY



Grain bowl, salad, or lavosh with: brown rice, lentils, and/or falafel; cauliflower and chickpeas; all vegetables; Lebanese Tabbouleh; Tomato Cucumber salad; Harissa Hummus; Lemon Tahini; Green Harissa; Mediterranean hot sauce; White Balsamic vinaigrette; and Babaganoush



Feta, Sriracha Tzatziki, Spicy Tzatziki, Pomegranate Honey vinaigrette, Lemon aioli, and Pomegranate Cauliflower Chickpea salad

STARBUCKS



Juices, soy milk, and select coconut milk drinks and refreshers



Hot chocolate and blended coffee drinks

THE DISTRICT PICKLE



Select bagels with hummus or guacamole; Falafel wrap; Grilled Vegetable salad; spicy pickles



Mediterranean Grilled Vegetable wrap; coleslaw; broccoli slaw; Mumbo and Tiger sauces; Creole Mustard glaze

WONK BURGER



Beyond Burger on a lettuce wrap; caramelized onions; grilled mushrooms; lettuce; tomato; onion; Cherry BBQ sauce



Honey Mustard, Bleu Cheese, Dijonnaise, and WONK sauces; all milkshakes

SUBWAY



Veggie Delight sub, salad, or wrap (on select breads) with Subway vinaigrette, Sweet Onion sauce, mustard, guacamole, oil, or vinegar



Caprese sub on all breads

CREATE



Very Green smoothie; Island Tropics Acai, Strawberry Banana, and Granola Acai bowls; cold brew coffee with soy or rice milk



All shakes, smoothies, overnight oats, and acai bowls

BUILD PIZZA



Original pizza dough, vegan cheese, pizza and BBQ sauces, all fresh/roasted vegetable mixes, all herbs/herb mixes, and balsamic vinegar reduction



Cauliflower pizza crust, all cheeses, and ranch

JACK + OLIVE



Powerhouse, Eggless Salad, Roasted Veggie, and PB+J sandwiches; Fiesta wrap



Egg salad sandwich, Spicy Vegetarian Quinoa wrap, and Brussel Sprouts and Pear salad

HISSHO SUSHI



Seaweed salad, Edamame, and Tofutacular and Veggie rolls

Please visit subway.com and starbucks.com for additional nutrition information.