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.

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

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

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!
### EINSTEIN'S BAGELS
- **Vegan** Select bagels topped with hummus or avocado, Avocado toast, and soy milk for coffee or tea
- **Vegetarian** 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

### THE DISTRICT PICKLE
- **Vegan** Select bagels with hummus or guacamole; Falafel wrap; Grilled Vegetable salad; spicy pickles
- **Vegetarian** Mediterranean Grilled Vegetable wrap; coleslaw; broccoli slaw; Mumbo and Tiger sauces; Creole Mustard glaze

### POM + HONEY
- **Vegan** 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
- **Vegetarian** Feta, Sriracha Tzatziki, Spicy Tzatziki, Pomegranate Honey vinaigrette, Lemon aioli, and Pomegranate Cauliflower Chickpea salad

### WONK BURGER
- **Vegan** Beyond Burger on a lettuce wrap; caramelized onions; grilled mushrooms; lettuce; tomato; onion; Cherry BBQ sauce
- **Vegetarian** Honey Mustard, Bleu Cheese, Dijonnaise, and WONK sauces; all milkshakes

### BUILD PIZZA
- **Vegan** Original pizza dough, vegan cheese, pizza and BBQ sauces, all fresh/roasted vegetable mixes, all herbs/herb mixes, and balsamic vinegar reduction
- **Vegetarian** Cauliflower pizza crust, all cheeses, and ranch

### JACK + OLIVE
- **Vegan** Powerhouse, Eggless Salad, Spicy Vegetarian Quinoa wrap, and Brussel Sprouts and Pear salad
- **Vegetarian** Egg salad sandwich, Spicy Vegetarian Quinoa wrap, and Brussel Sprouts and Pear salad

### SUBWAY
- **Vegan** Veggie Delight sub, salad, or wrap (on select breads) with Subway vinaigrette, Sweet Onion sauce, mustard, guacamole, oil, or vinegar
- **Vegetarian** Caprese sub on all breads

### STARBUCKS
- **Vegan** Juices, soy milk, and select coconut milk drinks and refreshers
- **Vegetarian** Hot chocolate and blended coffee drinks

### CREATE
- **Vegan** Very Green smoothie; Island Tropics Acai, Strawberry Banana, and Granola Acai bowls; cold brew coffee with soy or rice milk
- **Vegetarian** All shakes, smoothies, overnight oats, and acai bowls

### JACK + OLIVE
- **Vegan** Seaweed salad, Edamame, and Tofutacular and Veggie rolls

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