HALAL, VEGAN & VEGETARIAN CAMPUS DINING GUIDE
University of Houston
Dining Commitment

UH Dining is committed to providing the UH community with a variety of plant-forward and halal options throughout campus.

We believe it is our responsibility as your dining provider to reduce our carbon footprint, which we can do by bringing plants to the center of the plate and reducing our meat offerings.

We have looked towards the Menus of Change initiative and its plant-forward principles when structuring our menus in our residential spaces. These principles include emphasizing produce, choosing whole grains, increasing nuts and legumes, incorporating more seafood, and reducing red meat. Whether you follow a vegetarian or vegan lifestyle or are just looking to incorporate more plants into your diet, this guide is a great tool to provide you with these options across campus.

A plant-based lifestyle has numerous benefits for our health, as well as our environment. Plants can provide us with all the essential macro-nutrients that our bodies need to thrive. They also provide a great source of fiber, micro-nutrients, and antioxidants! Research has shown that vegetarian and vegan lifestyles are associated with a decreased risk of developing several diseases, including heart disease, diabetes, and certain cancers. Additionally, a plant-forward lifestyle assists with weight management and improving digestive health.
Residential Dining

Menu Icons
For labeling purposes, the vegetarian designation excludes meat, poultry, and fish but includes eggs, honey, and dairy products. Foods labeled as vegan exclude all animal products, including eggs, dairy, and honey. Please note that all vegan foods are also vegetarian. All vegetarian and vegan menu items served in our dining halls are designated with the appropriate icon. This can be viewed on our digital menu screens and Dine on Campus. Additionally, the halal logo can be found on sneeze guards at both dining halls. Halal icons seen in the dining halls mean that certain items at that station are halal, but not all items. For more information, you may contact our Registered Dietitian, Susan Griffin at susan.griffin@compass-usa.com.

Salad Bar
The salad bars at the Dining Commons always include a plant-based protein option. To add variety, different plant-based or vegetarian proteins are offered, including tofu, black beans, chickpeas, quinoa, falafel, and hard-boiled eggs.

Other Station
Each day, both Dining Commons have multiple vegan, vegetarian, and halal options available. Cougar Woods Dining Commons is also completely nut-friendly. Whether you are checking out our pizza line or heading to the grill, there is always something for you. All menu items are listed on the screens above each station. If a station does not have a screen, menu items are labeled with individual product identifier cards or displayed via tablets at the stations. All vegan and vegetarian options are designated with icons on the menu next to their name and called out on the product identifier cards. Halal icons will be on sneezeguards, if applicable. Online menus available on the UH Dine on Campus website also include recipe ingredients and nutritional information. Look for the icons on this page to find vegan, vegetarian, and halal items in both dining commons.

**VEGETARIAN**
Contains no meat, poultry, fish or seafood but may contain eggs, honey or dairy.

**VEGAN**
Contains no animal-based ingredients or by-products.

**HALAL**
Halal icons mean that certain items at that station are halal, but not all items.
## Vegetarian

**Drinks**
All beverages are Vegetarian

**Food**
- Spinach Feta Egg White Wrap
- Impossible Breakfast Sandwich
- Egg White and Roasted Red Pepper Egg Bites
- Grilled Cheese Sandwich
- Tomato Mozzarella Panini
- Everything Bagel
- Croissants (assorted)
- Cheese Danish
- Old-Fashioned Glazed Doughnut
- Blueberry Muffin
- Banana Nut Bread
- Pumpkin Bread
- Scones (assorted)
- Iced Lemon Loaf
- Classic Coffee Cake
- Assorted Cake Pops
- Chocolate Chip Cookie
- Double Chocolate Chunk Brownie
- Marshmallow Dream Bar

## Vegan

**Drinks**
- Hot Brewed Coffee
- Iced Coffee
- Cold Brew
- Americano
- Unflavored Latte (Substitute Vegan Milk)
- Cappuccino (Substitute Vegan Milk)
- Matcha Lemonade
- Herbal Teas
- Jade Citrus Mint Tea
- Pink Drink
- Earl Grey Tea
- Royal English Breakfast Tea
- Chai Tea
- Iced Teas

**Vegan Milk Options**
- Almond Milk
- Coconut Milk
- Soy Milk

**Food**
- Classic Oatmeal
- Plain Bagel
- Hearty Blueberry Oatmeal
- Avocado Spread

*Menus are subject to change.*
### Chick-fil-A

**Vegetarian**
- Breakfast
  - Buttered Biscuit
  - Egg & Cheese Biscuit
  - Greek Yogurt Parfait

**Vegan**
- Breakfast
  - Hashbrowns

**Salads**
(All salads must not include meat)
- Cobb Salad
- Market Salad
- Side Salad

**Dessert**
- Chocolate Chip Cookie
- Brownie
- Milkshakes (All Varieties)

**Sides**
- Waffles Fries
- Fruit Cups

### Panda Express

**Vegetarian**
- Entrée
  - Eggplant Tofu

**Vegan**
- Entrée
  - Eggplant Tofu

**Sides**
- Fried Rice
- Cream Cheese Rangoon
- Chow Mein
- White Rice
- Super Greens
- Eggroll

- Sides
  - Chow Mein
  - White Rice
  - Brown Rice
  - Super Greens

*Menus are subject to change.*
Mondo Subs
(Located in Student Center)

**Vegetarian**

All breads and tortillas are vegetarian

**Subs**
- Very Veggie Sub

**Toppings**
- Avocado Spread
- Lettuce
- Black Olives
- Banana Peppers
- Spinach
- Cucumbers
- Olive Oil & Vinaigrette

**Sides**
- Potato Chips

**Vegan**

**Breads & Tortilla**
- Signature Sub Wheat
- Signature Sub White
- White Signature Bread
- Spinach Herb Tortilla
- Tomato Basil

**Subs**
- Very Veggie Sub

**Toppings**
- Avocado Spread
- Lettuce
- Black Olives
- Banana Peppers
- Spinach
- Cucumbers
- Olive Oil & Vinaigrette

**Sides**
- Potato Chips

**Halal**

**Subs**
- Buffalo Chicken Sub
- Cajun Chicken Sub

**Wraps**
- Chicken Caesar Wrap

**Toppings**
- Avocado Spread
- Lettuce
- Black Olives
- Banana Peppers
- Spinach
- Cucumbers

*Menus are subject to change.*
# Asado Tacos & Bowls

*(Located in Student Center)*

## Vegetarian

<table>
<thead>
<tr>
<th>Proteins</th>
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<tbody>
<tr>
<td>• Chipotle Jackfruit</td>
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<table>
<thead>
<tr>
<th>Base</th>
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</thead>
<tbody>
<tr>
<td>• Black Beans</td>
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<tr>
<td>• Chimichurri Rice</td>
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<tr>
<td>• Super Greens</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Toppings</th>
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<tbody>
<tr>
<td>• Lettuce</td>
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<tr>
<td>• Pickled Onions</td>
</tr>
<tr>
<td>• Pickled Jalapenos</td>
</tr>
<tr>
<td>• Cotija Cheese</td>
</tr>
<tr>
<td>• Cilantro Lime Shredded Cabbage</td>
</tr>
<tr>
<td>• Plantains</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Sauce</th>
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<tbody>
<tr>
<td>• Aji Verde Sauce</td>
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<tr>
<td>• Criolla</td>
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<table>
<thead>
<tr>
<th>Juice</th>
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<tbody>
<tr>
<td>• Just Made Juices</td>
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## Halal

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<tbody>
<tr>
<td>• Pecho Asado</td>
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<tr>
<td>• Grilled Chicken</td>
</tr>
<tr>
<td>• Carne Asada</td>
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</tbody>
</table>

Asado is proud to offer all halal proteins.

*Menus are subject to change.*
Bagels
• Six Cheese
• Cheesy Hash Brown
• Asiago
• Honey Whole Wheat
• Spinach Florentine
• Green Chili
• Plain
• Sesame Seed
• Cinnamon Raisin
• Everything
• Blueberry
• Chocolate Chip

Smears
• All Smears

Sandwich
• Egg and Cheddar Cheese Sandwich
• Garden Avocado Egg Sandwich
• Avocado Veg Out
• Cheese Pizza Bagel Sandwich

Sides
• Twice Baked Hash Brown
• Fruit Cup

Sweets
• Blueberry Muffin
• Chocolate Chip Coffee Cake
• Chocolate Chip Cookie

Bagels
• Plain
• Sesame Seed
• Cinnamon Raisin
• Everything
• Blueberry
• Chocolate Chip
• French Toast

Sandwich
• Avocado Smear on Vegan Bagel

Sides
• Fruit Cup
<table>
<thead>
<tr>
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<th>Vegan</th>
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</thead>
<tbody>
<tr>
<td><strong>Blended Bowls</strong></td>
<td><strong>Blended Bowls</strong></td>
</tr>
<tr>
<td>• Original Acai Bowl (with plant-based protein)</td>
<td>• Original Acai Bowl (with plant-based protein)</td>
</tr>
<tr>
<td>• Dragon Bowl (with plant-based protein)</td>
<td>• Dragon Bowl (with plant-based protein)</td>
</tr>
<tr>
<td>• PB &amp; A Bowl</td>
<td>• PB &amp; A Bowl</td>
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<tr>
<td><strong>Scooped Bowls</strong></td>
<td><strong>Scooped Bowls</strong></td>
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<tr>
<td>• Raw Acai Bowl</td>
<td>• Raw Acai Bowl</td>
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<tr>
<td><strong>Drinks</strong></td>
<td><strong>Drinks</strong></td>
</tr>
<tr>
<td>• Cold Brew</td>
<td>• Cold Brew with Vegan Milk</td>
</tr>
<tr>
<td>• Matcha</td>
<td>• Matcha with Vegan Milk</td>
</tr>
<tr>
<td><strong>Food</strong></td>
<td><strong>Food</strong></td>
</tr>
<tr>
<td>• Overnight Smart Oats (with select toppings)</td>
<td>• Overnight Smart Oats (with select toppings)</td>
</tr>
<tr>
<td>• Peanut Butter Sandwich</td>
<td>• Peanut Butter Sandwich</td>
</tr>
<tr>
<td>• Almond Butter Sandwich</td>
<td>• Almond Butter Sandwich</td>
</tr>
<tr>
<td>• Greek Yogurt</td>
<td>• Wholly Oatmeal</td>
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<tr>
<td>• Wholly Oatmeal</td>
<td>• PB &amp; B</td>
</tr>
<tr>
<td>• Berries &amp; Cream</td>
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McAlister’s Deli
(Located in the Welcome Center)

Vegetarian

Salads
• Garden Salad
• Tomato and Cucumber Salad

Sandwiches
• The Veggie
• Four Cheese Melt

Shareables
• Nacho Basket

Spud
• Just a Spud

Sides
• Steamed Broccoli
• Potato Salad
• Mac and Cheese

Vegan

Salads
• Tomato and Cucumber Salad
Markets

New Items
Our team is constantly bringing in new products that suit different dietary restrictions, including plant-forward, vegan, allergen friendly, and halal options. Some examples include Lenny and Larry’s vegan cookies, vegan protein bars, Hippeas chickpea puffs, plant-based milks, vegan frozen items, halal frozen meals and much more. Stop by to see what’s new!

Disclaimers
* Menus and products are subject to change.
* Certain items in retail locations that are vegan, or vegetarian may be made on shared equipment with animal products.
* If something is vegan or vegetarian, do not assume it is free of that allergen.
Contact Us

Charles Pereira, Vice President of Operations
charles.pereira@compass-usa.com

Chad McDonald, Senior Executive Chef
chad.mcdonald@compass-usa.com

Susan Griffin, Wellness & Sustainability Director
susan.griffin@compass-usa.com

Alexcis Mendoza, District Marketing Manager
alexcis.mendoza@compass-usa.com

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