

# DIETARY INFORMATION

Every Campus Dining Location Offers Special Dietary Options  
Look for Dietary Designations on Menu Boards

## TAPENADE LUNCH

- **VEGETARIAN**  
Lavash Bread  
Tzatziki
- **VEGAN**  
Falafel  
Mahamarra Sauce  
Roasted Vegetables  
Pita Chips  
Salad Greens  
Shepherd's Salad  
Schug Coriander Hot Sauce  
Sumac Onion  
Tabbouleh  
Turmeric Rice
- **GLUTEN-FREE**  
Beef  
Chicken  
Lamb  
Mahamarra Sauce  
Rice  
Salad Greens  
Salmon  
Schug Coriander Hot Sauce  
Shepherd's Salad  
Tzatziki  
Tortilla (Gluten-Free)\*

## DINNER

- **VEGETARIAN**  
Alfredo Sauce  
Pasta (Fresh)
- **VEGAN**  
'Cheese' (Vegan)  
Farfalle Pasta  
Penne Pasta  
Marinara Sauce  
Pasta (Gluten-Free)\*  
Vegetables
- **GLUTEN-FREE**  
Alfredo Sauce  
Chicken  
Marinara Sauce  
Pasta (Gluten-Free)\*  
Sausage  
Vegetables

## SEA SALT BREAKFAST

- **VEGETARIAN**  
Buttermilk Pancakes  
Veggie Breakfast Sandwich  
Veggie Omelet  
Veggie Scramble
- **VEGAN**  
Avocado Toast  
'Cheese' (Vegan)\*  
Multigrain Bread  
Plant-Based 'Egg'\*  
Sourdough Bread  
Vegan Breakfast Sandwich  
Vegan Scramble
- **GLUTEN-FREE**  
Breakfast Sandwich (Gluten-Free)\*  
Pancake Batter\*  
Toast (Gluten-Free)\*

## LUNCH AND DINNER

- **VEGETARIAN**  
Bun (Gluten-Free)\*  
French Fries  
Grilled 3-Cheese
- **VEGAN**  
Beyond Patty  
'Cheese' (Vegan)\*  
Mean Bean Patty  
Wheat Bun
- **GLUTEN-FREE**  
'Beyond' Burger  
Bun or Tortilla (Gluten-Free)\*  
'Cheese' (Vegan)\*  
The Mean Bean



\*Upon Request

## MAIZ BREAKFAST

- **VEGETARIAN**  
Egg  
Cheese Blend  
French Toast  
Sour Cream  
Tater Tots
- **VEGAN**  
Black Beans  
'Cheese' (Vegan)\*  
Cilantro  
Plant-Based 'Egg'\*  
Salsa Molcajete  
Onion  
Peppers  
Spinach
- **GLUTEN-FREE**  
Bacon  
Tortilla (Gluten-Free)\*  
Turkey Sausage

## LUNCH AND DINNER

- **VEGETARIAN**  
Cheese Quesadilla  
Chips & Guacamole  
Cilantro Crema  
Mexican Rice  
Refried Beans  
Southwest Salad
- **VEGAN**  
Black Beans  
Chipotle Sauce  
Chips  
Corn Tortillas  
Flour Tortillas  
Guacamole  
Salsas: Molcajete Roja,  
Molcajete Verde, Pico de Gallo  
Vegan Burrito  
Vegan Hash  
Veggie Toppings
- **GLUTEN-FREE**  
Black Beans  
Chipotle Sauce  
Corn Tortillas  
Guacamole  
Refried Beans  
Salsas: Cilantro Crema,  
Molcajete Roja, Molcajete Verde,  
Pico de Gallo  
Veggie Toppings

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## MU SHU

### ● VEGETARIAN

Fried Rice  
Pot Stickers  
Spring Rolls  
Yakisoba Noodles

### ● VEGAN

Chow Mein  
Miso Tofu  
Rice: Brown and White  
Rice Noodles  
Tofu  
Vegetables

### ● GLUTEN-FREE

Rice: Brown and White  
Rice Noodles  
Soy Sauce\*\*

## NORI NOW

### ● VEGAN

Edamame  
Vegan Roll  
Wakame

### ● GLUTEN-FREE

Edamame  
Vegan Roll

## HEIRLOOM CUCINA

### ● VEGETARIAN

Cauliflower Crust  
Dairy Toppings:  
Five Cheese Blend, Mozzarella  
Mac & Cheese  
Sauce: Pesto  
Vegetable Lasagna

### ● VEGAN

Build Your Own Pizza  
Pizza Dough  
Vegetable Topping  
'Cheese' (Vegan)\*

### ● GLUTEN-FREE

Cauliflower Crust  
(All Pizza Available Gluten Free)

## BEVERAGES

Non-Dairy and Vegan Milks:  
Soy and Chocolate Soy  
(in Bulk Dispensers),  
Almond and Oat

## DESSERTS

Vegan and Gluten-Free  
Desserts Available at Each Meal

## SALAD BAR

Available at Every Meal:  
Salads and Fresh Fruits  
Specialty Dressings and Condiments\*

## BRUNCH

### ● VEGETARIAN

Panini Sandwiches

### ● VEGAN

Breakfast Potatoes  
Cereal  
'Cheese' (Vegan)\*  
Just' Egg\*  
Oatmeal  
Vegan Breakfast Sandwich  
Vegan Hash (Sweet Potatoes  
and Black Beans)  
Vegan Scrambles  
Vegetables  
Waffle Batter  
Whole Fruit

### ● GLUTEN-FREE

Bacon  
Bagels  
Bread  
Cereal  
Eggs  
Gluten-Free Breakfast Sandwich  
Ham  
Muffins  
Pancake Batter\*  
Sausage  
Tortillas (Gluten-Free)\*  
Vegetables  
Waffle Batter  
Whole Fruit

\*Upon Request.

\*\*Specialty Condiments are available in the far right section of the refrigerator next to Tapenade.

Let your server know of any allergies you may have.  
You may ask for your food to be cooked in a separate pan.

