This guide was created by our Registered Dietitian and is meant to be a quick, easy way to find the vegan and vegetarian options at our dining locations. If you need additional assistance, please contact our Registered Dietitian at diningdietitian@lsv.uky.edu to schedule an appointment today.

Our campus Dietitian, Executive Chef, and the UK Dining team work hard to make sure there are healthy, nutrient-dense options available for every lifestyle. If you have questions or concerns, please reach out to us.

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### Champions Kitchen
- **Sidelines**
  - Vegetables Lo Mein
  - Vegetable Fried Rice, Zen Wok
  - Taste of India
  - Daily Vegetarian Entree
  - Pizza, Pesto Pizza, Margherita Pizza
  - Smashing Tomato Cheese Pizza, Veggie Build-Your-Own Salad
  - Salad Bar
- **Entrees**
  - Veggie Dumplings, Tofu Upon Zen Wok
  - Daily Entree
  - Daily Vegan Entree
  - Taste of India
  - True Balance
  - Pasta w/ Marinara
  - Grilled Portabella Burger, Spinach Dip Melt, French Onion Melt, Roasted Red Pepper Melt, Mushroom Melt, Kimchi Melt

### FRESHII
- **Sidelines**
  - Fruit Smoothies
  - Chips
- **Entrees**
  - Teriyaki Twist Bowl or Burrito
  - Buddha’s Satay Bowl or Burrito
  - Oaxaca Bowl or Burrito
  - Tex Mex Bowl or Burrito
  - Bamboo Bowl or Burrito
  - Smokehouse Bowl or Burrito
  - Pangola Bowl or Burrito
  - Fiesta Salad
  - Market Salad

### The 90
- **Sidelines**
  - Peanut Butter Energy Bites
  - Cocoa Energy Bites
  - Freshly-baked Smoothies
  - Miss Vickie’s Salt Kettle Chips
  - Coconut Chia Pudding
  - Mango Smoothie
  - Fruit Smoothies
  - Granola + Yogurt
  - Avocado Toast
  - Veggie Breakfast Burrito
  - Egg + Cheese Sandwich
  - Veggie Omelet
  - Cheese Omelet
  - Assorted Fruit Cups
  - Jalapeño Cheddar Chips
  - BBQ Chips
  - Bagel w/ Any Spread
  - Baked Potato w/ Cheddar Cheese
  - Crunchy Cheese Sticks

### Great Bagel
- **Sidelines**
  - Fresh Whole Fruit
  - Fruit Cup
  - Salt Chips
  - BBQ Chips
  - Jalapeño Cheddar Chips
  - Apple Cider
  - Banana Nut Oatmeal
  - Raisin + Brown Sugar Oatmeal
- **Entrees**
  - Bagel w/ Any Spread
  - Basic Breakfast Sandwich
  - Skinny Breakfast Sandwich
  - Omelet Breakfast Sandwich
  - Healthy Sprout Sandwich
  - Cheese Pizza Bagels
  - Spinach Salad
  - Pear & Walnut Salad
  - *Both salads can be made vegan with omission of cheese.

### Rising Roll
- **Sidelines**
  - Lay’s Classic
  - Baked Lay’s Original
  - Doritos
  - Harvest Cheddar SunChips
  - Miss Vickie’s Jalapeño Kettle Chips
- **Entrees**
  - Impossible Breakfast Sandwich
  - Spinach, Feta & Egg White Wrap
  - Kale & Mushroom Egg Bites
  - Egg White & Red Pepper Egg Bites
  - Crispy Grilled Cheese
  - Tomato & Mozzarella Panini
  - BBQ & Protein Box
  - Cheese & Protein Box

### Subway
- **Sidelines**
  - Veggie Delight Sandwich or Wrap
  - Lay’s Classic
  - Baked Lay’s Original
  - Doritos
  - Harvest Cheddar SunChips
  - Miss Vickie’s Jalapeño Kettle Chips
- **Entrees**
  - Veggie Delight Sandwich or Wrap
  - Two Eggs
  - Home Fries
  - Bagel Biscuits
  - English Muffin
  - Basic Breakfast Sandwich
  - Bagel w/ Any Spread
  - Bagel w/ Any Spread
  - Bagel w/ Any Spread
  - Baked Potato w/ Butter
  - Sour Cream or Cheese
  - Original Veggie Sandwich
  - Hummus Veggie Sandwich
  - Mac n Cheese Bowl
  - Fruit Smoothies
  - Banana Nut Oatmeal
  - Raisin + Brown Sugar Oatmeal

### Zen Sushi
- **Sidelines**
  - Seaweed Salad
  - Edamame
- **Entrees**
  - Vegetable Maki
  - Seaweed Salad
  - Edamame
  - Veggie Delight Sandwich or Wrap
  - Two Eggs
  - Home Fries
  - Bagel Biscuits
  - English Muffin
  - Basic Breakfast Sandwich
  - Bagel w/ Any Spread
  - Baked Potato w/ Butter
  - Sour Cream or Cheese
  - Original Veggie Sandwich
  - Hummus Veggie Sandwich
  - Mac n Cheese Bowl
  - Fruit Smoothies
  - Banana Nut Oatmeal
  - Raisin + Brown Sugar Oatmeal