



VEGAN + VEGETARIAN GUIDE



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| @uky dining



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.



VEGAN

Made without any animal products. All vegan options are also vegetarian.



VEGETARIAN

Made without meat or fish.

CHAMPIONS KITCHEN*

Gatton Student Center

ENTREES

- Toss Up** | Build-Your-Own Salad
- La Mesa** | Nachos or Rice Bowls w/ Black Beans, Corn, Fajita Veggies, Salsa, Lettuce or Tomato
- Vedge** | Daily Vegan Entree
- Simmer** | Vegetable Soup
- Homestyle Breakfast** | Oatmeal

- Toss Up** | Build-Your-Own Salad
- La Mesa** | Nachos or Rice Bowls w/ Queso, Black Beans, Corn, Fajita Veggies, Lettuce Tomato or Salsa
- Eiffel Pizza** | Cheese Pizza, Veggie Pizza
- All-Day Breakfast** | Cereal, Waffles
- Homestyle Breakfast** | Pancakes, Eggs
- Simmer** | Tomato Basil Soup, Broccoli Cheddar Soup
- True Balance** | Pasta w/ Marinara

SIDES + TOPPINGS

- True Balance** | Select Veggies & Starches
- Vedge** | Daily Side, Salad, Hummus & Veggies
- Homestyle** | Select Veggies & Starches
- Homestyle Breakfast** | Hashbrowns
- All-Day Breakfast** | Bread, Bagels, Fresh Fruit, Strawberry Topping, Syrup
- Sweet Dreams** | Acai Sorbet

- Eiffel Pizza** | Cheese Sticks
- True Balance** | Select Veggies & Starches
- Homestyle** | Select Veggies & Starches
- Homestyle Breakfast** | Biscuits, Pastries
- All-Day Breakfast** | Yogurt, Granola, Butter, Cream Cheese
- Sweet Dreams** | Baked Goods, Ice Cream

FRESH FOOD COMPANY*

The 90

ENTREES

- Toss Up** | Build-Your-Own Salad, Avocado Toast, Hummus & Veggies
- Woke Junk Food Vegan** | Daily Entree
- Zen Wok** | Tofu Upon Request
- Cozy Classics Breakfast** | Oatmeal
- Simmer** | Vegetable Soup

- Toss Up** | Build-Your-Own Salad
- The Local Slice** | Cheese Pizza, Veggie Pizza, Margherita Pizza
- Zen Wok** | Vegetable Fried Rice, Vegetable Lo Mein
- All-Day Breakfast** | Cereal, Waffles
- Cozy Classics Breakfast** | Pancakes, Eggs
- Simmer** | Tomato Basil Soup, Broccoli Cheddar Soup
- True Balance** | Pasta w/ Marinara

SIDES + TOPPINGS

- True Balance** | Select Veggies & Starches
- Woke Junk Food Vegan** | Daily Side
- Cozy Classics** | Select Veggies & Starches
- Zen Wok** | Hibachi Veggies, Veggie Spring Roll, Stir-Fry Veggies
- All-Day Breakfast** | Bread, Bagels, Fruit Topping, Whipped Topping, Syrup, Fresh Fruit
- Crumb + Cone** | Dairy-Free Strawberry Ice Cream

- True Balance** | Select Veggies & Starches
- Cozy Classics** | Select Veggies & Starches
- All-Day Breakfast** | Yogurt, Granola, Butter, Cream Cheese
- Cozy Classics Breakfast** | Biscuits, Pastries, Tater Tots/Hashbrowns
- Crumb + Cone** | Baked Goods, Ice Cream

*Local Restaurant Row at Champions Kitchen & Fresh Food Co. regularly features rotating vegan/vegetarian options.

CHICK-FIL-A

The 90
Gatton Student Center

ENTREES

 Cobb Salad w/o Chicken, Bacon, Egg, & Cheese
Market Salad w/o Chicken & Cheese

 Cobb Salad w/o Chicken & Bacon
Market Salad w/o Chicken

SIDES + SAUCES


 Fruit Cup
Waffle Fries
Hashbrowns
Polynesian Sauce, Light
Balsamic & Light Italian Dressing

 Side Salad
Yogurt Parfait
Mac n Cheese



HEALTH HUB

Johnson Center
Gatton Student Center

SMOOTHIES

 Plant-Based Protein Smoothies
 Whey-Based Protein Smoothies

SNACKS

 Lenny & Larry Protein Bars
 All Protein Bars

PJ'S COFFEE

Gatton College of Business
Rosenberg College of Law

ALL DAY BREAKFAST

 Bagels
Fruit Cup
 Assorted Breakfast Pastries
Yogurt Parfait
Oatmeal
Protein Velvet Ice
Beignets
Spinach Feta Croissant

WILDCAT PANTRY


The 90
Holmes Hall
AG Science North

A variety of vegan & vegetarian grab-n-go wraps, sandwiches, & snacks are available at Wildcat Pantry.

AUNTIE ANNE'S

Gatton Student Center

PRETZELS & BITES

 Original Pretzel*
Cinnamon Sugar Pretzel*
Sweet Almond Pretzel*

*w/o Butter

 Vegan Entrees w/ Butter
Roasted Garlic & Parmesan Pretzel
Sour Cream & Onion Pretzel

DIPS


 Marinara, Sweet Glaze


 Cream Cheese, Cheese Dip,
Caramel, Honey Mustard,
Hot Salsa Cheese Dip

FRESHII

Jacobs Science Building

ENTREES

 All Salads & Wraps w/o Crispy Wontons,
Cheese, Eggs, & Meat*
All Burritos & Bowls w/o Crispy Wontons,
Beet Slaw, Cheese, & Meat*
Lemongrass Soup
Cali Smoothie Bowl (Breakfast only)

 All Salads & Wraps w/o Meat*
All Burritos & Bowls w/o Meat*
Ranchero Burrito (Breakfast only)
Kale, Mushroom, & Cheese Pocket
(Breakfast only)
Green Eggs & Kale Bowl (Breakfast only)
Huevos (Breakfast only)
Yogurt Parfait

*Tofu & Falafel are both vegan protein options.

SIDES + DRESSINGS

 Peanut Butter Energii Bites
Cocoa Energii Bites
Freshii Green Smoothie
Miss Vickie's Salt Kettle Chips
Dressings (Balsamic Vinegar, Cilantro Lime
Vinaigrette, Fiery BBQ, Spicy Lemongrass, Spicy
Peanut, Sriracha, Teriyaki)


 Coconut Chia Pudding
Tropical Mango Smoothie
Strawberry Banana Smoothie
Chocolate Peanut Butter Smoothie
Miss Vickie's Salt + Vinegar
Kettle Chips
Dressings (Balsamic Vinaigrette, Greek Yogurt
Caesar, Greek Yogurt Ranch, Green Curry, Spicy
Yogurt)

STARBUCKS

William T. Young Library
Kentucky Clinic
Healthy Kentucky Research Building

ENTREES

 Chickpea Bites & Avocado Protein Box
Rolled & Steel Cut Oatmeal

 Impossible Breakfast Sandwich
Spinach, Feta & Egg White Wrap
Kale & Mushroom Egg Bites
Egg White & Red Pepper Egg Bites
Crispy Grilled Cheese
Tomato & Mozzarella Panini
PB&J Protein Box
Cheese & Fruit Protein Box
Egg & Cheese Protein Box

SNACKS + PASTRIES


 Bagels
Avocado Spread
 All Pastries

EINSTEIN BROS. BAGELS


Chem-Phys Building

ENTREES

 Avocado Toast Bagel

 Cheddar Cheese Bagel
Garden Avocado Sandwich
Avocado Veg Out Sandwich
Cheesy Veggie Melt Sandwich
Cheese Pizza Bagel

BAGELS & SHMEAR

 Plain, Onion, Blueberry, Sesame
Seed, Cinnamon Raisin, Everything,
French Toast Bagels
Avocado, Butter, Strawberry Jelly

 All Bagels & Shmear

ZEN SUSHI

The 90

ENTREES

 Build-Your-Own Poke Bowl
Sriracha Tofu Poke Bowl
w/o Eel Sauce

 Build-Your-Own Poke Bowl
Vegetable Maki

SIDES

 Seaweed Salad
Edamame

SUBWAY

Gatton Student Center
M.I. King Library

ENTREES

 Veggie Delite Salad/Wrap/Sandwich*

SIDES

 Lay's Classic
Baked Lay's Original


 Doritos
Harvest Cheddar SunChips
Miss Vickie's Jalapeño Kettle Chips

*Remove cheese & order on Italian White Bread to be Vegan

PANDA EXPRESS

Gatton Student Center

SIDES


 Chow Mein*
Steamed Rice
Super Greens*
Cream Cheese Rangoon*
Vegetable Spring Roll*

*All items are cooked/fried in the same oil/equipment as meat & cheese products.

HAN WOO RI

Holmes Hall

ENTREES

 Vegetable Bibimbap
Tofu Bibimbap
Japchae Bibimbap
Tteokbokki w/o Fishcake

 Mozzarella Korean Hot Dog
Mozzarella & Potato Korean
Hot Dog

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