



VEGAN + VEGETARIAN GUIDE



CONNECT WITH US!



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.

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
- Cozy Classics** | 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

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
- The Local Slice** | 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

- The Local Slice** | 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

*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

BLUE AGAVE GRILL

The 90

ENTREES

- Veggie Burrito w/ Cilantro Lime Rice
- Veggie Bowl w/ Cilantro Lime Rice
- Veggie Tacos
- Vegan Entrees w/ Sour Cream, Queso or Shredded Cheese
- Loaded Nachos or Fries w/ Veggies
- Cheese Quesadilla
- Veggie Torta

SIDES

- Chips & Guac
- Chips & Salsa
- Chips & Queso
- Housemade Agua Frescas