



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.





VEGAN + VEGETARIAN GUIDE UK DINING LOCATIONS

FRESH FOOD COMPANY*

The 90

ENTREES



Toss Up | Build-Your-Own Salad, Avocado Toast, Hummus & Veggies

Vegan | Daily Entree

Zen Wok | Tofu Upon Request

Cozy Classics Breakfast | Oatmeal

Cozy Classics | Build-Your-Own Pasta

Simmer | Vegetable Soup, Minestrone



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

Cozy Classics | Build-Your-Own Pasta

Simmer | Tomato Basil Soup, Broccoli Cheddar Soup

SIDES + TOPPINGS



True Balance | Select Veggies & Starches

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, Minestrone
Homestyle Breakfast | Oatmeal
Homestyle Back Dining Room | Build Your Own Pasta, Build Your Own Baked Potato

 **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, Build Your Own Parfait, Yogurt
Simmer | Tomato Basil Soup, Broccoli Cheddar Soup
Homestyle Breakfast | Pancakes, Eggs
Homestyle Back Dining Room | Build Your Own Pasta, Build Your Own Baked Potato

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 | Granola, Butter, Cream Cheese
Sweet Dreams | Baked Goods, Ice Cream
Deli Back Dining Room | Build Your Own Sandwich

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

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.

STARBUCKS

William T. Young Library
Kentucky Clinic
Healthy Kentucky Research Building

ENTREES



Spicy Falafel Pocket
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
Egg, Pesto & Mozzarella Sandwich
Potato, Cheddar & Chive Bakes
Cheese & Fruit Protein Box
Eggs & Gouda Protein Box
Cheese Trio Protein Box
Eggs & Cheddar Protein Box
Berry Trio Parfait

SNACKS + PASTRIES



Bagels
Avocado Spread



All Pastries



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

BLUE AGAVE GRILL

The 90

ENTREES

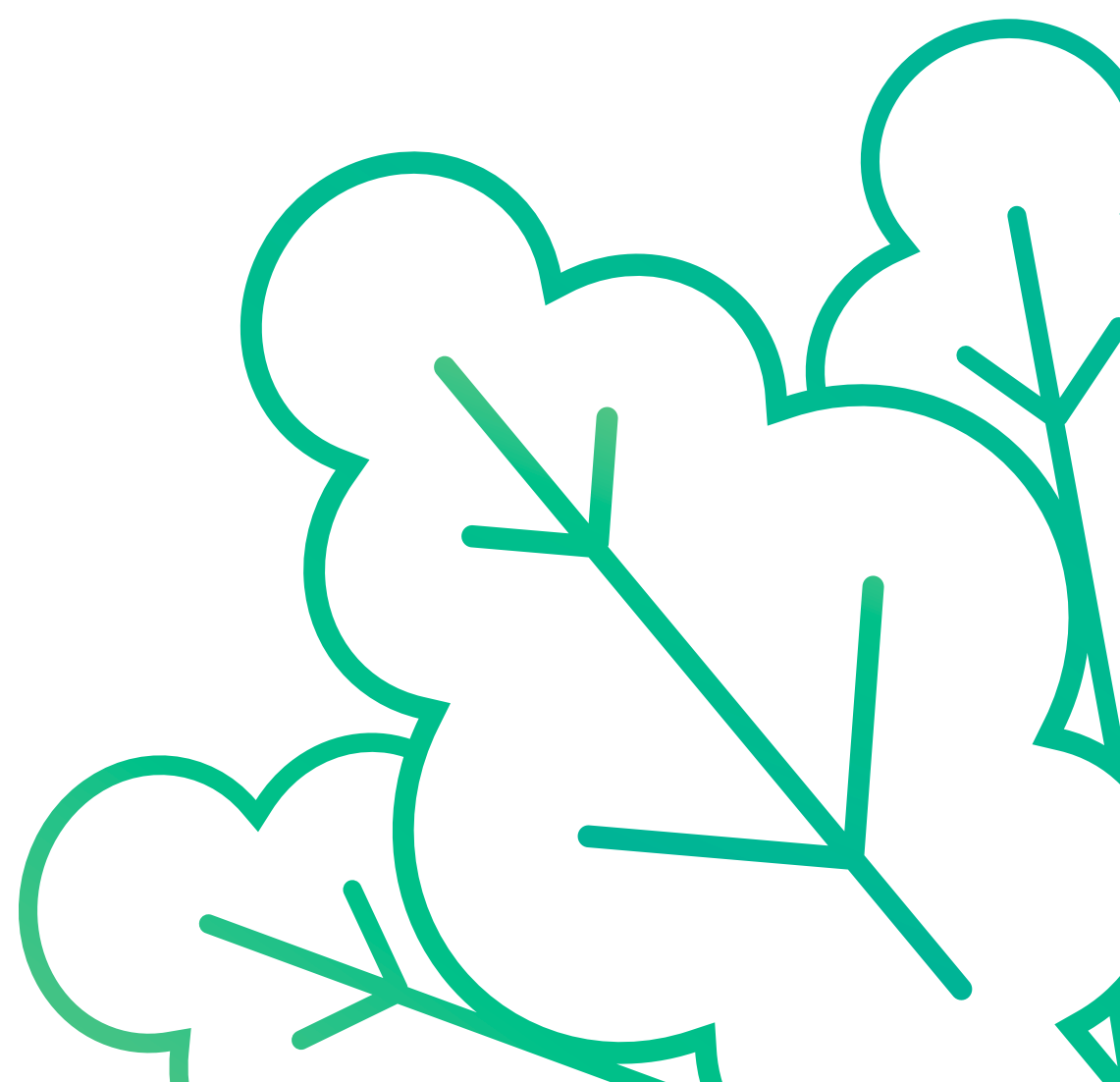
 Veggie Burrito w/ Cilantro Lime Rice
Veggie Bowl w/ Cilantro Lime Rice
Veggie Tacos

 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



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

BLENZ BOWLS

Gatton Student Center

SMOOTHIES & BOWLS



Acai Bowl
Pitaya Bowl
Ocean Bowl
Big Blue Bowl
Beach Bum Bowl or Smoothie
Happy Hippie Bowl or Smoothie
Zen Zone Bowl or Smoothie
Oasis Bowl or Smoothie
Chocolate Almond Super Smoothie
Ginger Tumeric Super Smoothie
Greenie Super Smoothie
Ocean Super Smoothie



Super Green Smoothie
Magic Berry Smoothie
Blueberry PB&J Smoothie
Strawberry PB&J Smoothie
Cinnamon Coffee Smoothie

TOPPINGS & ADD-INS



Chia Seeds, Coconut Flakes, Almond Flakes, Strawberry, Raspberry, Banana, Blueberry, Kiwi, Pineapple, Cacao Nibs, Peanut Butter, Almond Milk, Coconut Water



Granola, Nutella, Honey, Vanilla Whey Protein, PB Chocolate Whey Protein



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

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

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

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



FRESHII

Jacobs Science Building

ENTREES

 All Salads & Wraps w/o Crispy Wontons, Cheese, Eggs, & Meat. Sub for Vegan Dressing*
All Bowls & Handhelds w/o Crispy Wontons, Beet Slaw, Cheese, & Meat. Sub for Vegan Dressing*
Lemongrass Soup
Cali Smoothie Bowl (Breakfast only)
Mixed Berrii Smoothie

 All Salads & Wraps w/o Meat*
All Bowls & Handhelds w/o Meat*
Green Eggs & Kale Bowl (Breakfast only)
Huevos Bowl (Breakfast only)
Veggii & Egg Pocket
Creamy Roasted Tomato Soup
Chocolate PB Smoothie
Strawberrii Banana Smoothie
Tropical Mango Smoothie

*Tofu & Falafel are both vegan protein options.

SIDES + DRESSINGS



 Peanut Butter Energii Bites
Freshii Green Smoothie
Dressings (Cilantro Lime Vinaigrette, Fiery BBQ, Spicy Lemongrass, Peanut Sauce, Teriyaki, Sweet Sesame Soy)

 Coconut Chia Pudding
Tropical Mango Smoothie
Strawberry Banana Smoothie
Chocolate Peanut Butter Smoothie
Greek Yogurt Parfait
Miss Vickie's Chips
Hard Boiled Eggs
Dressings (Balsamic Vinaigrette, Creamy Chipotle, Greek Vinaigrette, Greek Yogurt Caesar, Greek Yogurt Ranch, Spicy Yogurt Sauce, Tikka Sauce, Tahini, Za'atar Garlic Sauce)



EINSTEIN BROS. BAGELS

Chem-Phys Building


ENTREES

-  Avocado Toast Bagel
-  Cheddar Cheese Bagel
Garden Avocado Sandwich
Avocado Veg Out Sandwich
Cheesy Veggie Melt Sandwich
Egg & Cheddar Sandwich
Cheese Pizza Bagel

BAGELS & SHMEAR

-  Plain, Onion, Blueberry, Sesame
Seed, Cinnamon Raisin, Everything,
French Toast Bagels
Avocado, Butter, Stawberry Jelly
-  All Bagels & Shmear

GRAB N GO + SWEETS

-  Fruit Cup
-  Yogurt Parfait
Strawberry Salad
Caesar Salad (w/o Dressing)
Greek Salad
Fairlife Milks
Overnight Oats
Muffins
Cookies
Cinnamon Rolls