

VEGETARIAN FOOD @ ARNOLD

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Nori Grill – Asian Rice Bowls & BYO Ramen Bowls

Entrees

Fried Tofu Teriyaki Bowl

BYO Ramen

All Toppings are VEG

Noodles

- Ramen Noodles
- Rice Noodles

Broth

- Miso Broth

Protein

- Tofu

Sides

Togarashi Tots

The Grill – BYO Burgers & Fries

All Cheeses and Toppings are VEG

Bun

- Potato Hamburger Bun
- Whole Wheat Hamburger Bun
- GF Hamburger Bun

Protein Options

- Black Bean Burger Patty

Fries

The Deli & Salad Bar – BYO Sandwiches, Salads, and Acai Bowls

BYO Sandwiches

All Breads, Cheeses, Toppings, and Spreads are VEG

Protein

- Egg Salad

Pasta (variable availability)

- Baked Ziti
- Cheese Ravioli with Alfredo Sauce
- Cheese Manicotti with Pesto Cream

Pizza - *please be advised that pizzas are made in a shared oven*

- South Side Cheese Pizza
- South Side Garden Vegetable Pizza

Global Fare – Breakfast & Rotating Dinner Specials

Global Fare offers a wide variety of rotating food options that will be available throughout each term. The available options can be seen on our website or in-person.

Breakfast

Entrees

- Breakfast Sandwich with Veggie Sausage
- Tofu Scramble
- French Toast
- Buttermilk Pancakes

Sides

- Scrambled Eggs

Lunch & Dinner - *menu options will vary throughout each term*

Base/Starch

- Steamed Jasmine Rice (weeks 0, 1, 6, 7, 9)
- Quinoa Pilaf (week 0)
- Roasted Potatoes (week 0)
- Thai Fried Rice (weeks 1, 7)
- Chipotle Whipped Sweet Potatoes (week 2, 11)
- Plantains (weeks 2, 5, 8, 11)
- Corn Tortillas (weeks 2, 5, 8, 11)
- Red Beans and Rice (week 3)
- Vegetarian Baked Beans (week 3)
- Saffron Basmati Rice (week 4, 10)
- Cauliflower Dahl (week 4)
- Peruvian Quinoa (week 5)
- Garlic Mashed Potatoes (week 6)
- Cuban Black Beans (week 2, 8)
- Verde Rice (week 8)
- Scalloped Potatoes (week 9)
- Buttered Egg Noodles (week 9)
- Coconut Curried Garbanzo Beans (week 10)
- Spanish Rice (week 11)
- Refried Black Beans (week 11)

Sides

- Sesame Cucumber and Edamame Salad (week 1, 7)
- Cucumber and Mint Raita (week 4, 10)

- Mango Salsa (week 4, 10)
- Pickled Cucumber Salad (week 4, 10)
- Warmed Naan (week 4, 10)

Vegetables

- Steamed Buttered Corn (week 0)
- Roasted Zucchini (week 0)
- Roasted Red Potatoes (week 0)
- Szechuan Vegetables (week 1)
- Thai Curry Vegetable Stir Fry (week 1)
- Mexican Corn Salad (weeks 2, 5, 8, 11)
- Roasted Zucchini (week 2)
- Roasted Carrots (week 2)
- Roasted Yellow Squash (weeks 3, 8)
- Sautéed Swiss Chard (week 3)
- Gujarati Cabbage (week 4)
- Carrot Kari (week 4)
- Spiced Cauliflower (week 6)
- Poppyseed Cauliflower (week 7)
- Spinach and Garlic (week 8)
- Roasted Brussels Sprouts (week 9)
- Curried Corn (week 10)
- Roasted Carrots and Parsnips (week 10)
- Zucchini & Red Peppers (week 11)
- Poblano Kale (week 11)

Protein/Entree

- Cheese Ravioli w/Alfredo Sauce (week 0)
- Tofu Creole (week 0)
- Coconut Tofu w/Mango Salsa (week 2, 11)
- Poblano and Corn Casserole (week 2)
- Grilled Polenta and Mushroom Ragu (week 3)
- Potato and Pea Curry (week 4)
- Spiced Cauliflower Tacos (week 5, 8)
- Chile Rellenos (week 5)
- Tofu Jambalaya (week 6)
- Vegetable Lasagna (week 9)
- Vegan Tofu Stuffed Portabella Mushroom (week 9)
- Tofu Vindaloo (week 10)

Week 0

Starch/Grains

- Steamed Jasmine Rice
- Roasted Red Potatoes
- Quinoa Pilaf

Vegetables

- Steamed Buttered Corn
- Roasted Zucchini

Protein/Entrees

- Cheese Ravioli w/ Alfredo Sauce
- Creole Tofu

Week 1

Starch/Grains

- Steamed Jasmine Rice

Sides

- Sesame Cucumber and Edamame Salad

Vegetables

- Szechuan Vegetables
- Thai Curry Vegetable Stir Fry

Protein/Entrees

- Vegan Thai Tofu and Veg Curry

Week 2

Starch/Grains

- Cuban Black Beans
- Chipotle Mashed Sweet Potatoes
- Plantains
- Corn Tortillas

Vegetables

- Mexican Corn Salad
- Roasted Zucchini
- Roasted Carrots

Protein/Entrees

- Coconut Tofu w/Mango Salsa
- Poblano and Corn Casserole

Week 3

Starch/Grains

- Mashed Sweet Potatoes
- Red Beans and Rice
- Vegetarian Baked Beans

Vegetables

- Roasted Yellow Squash
- Swiss Chard

Protein/Entrees

- Grilled Polenta and Mushroom Ragu

Week 4

Starch/Grains

- Saffron Basmati Rice
- Cauliflower Dahl

Sides

- Cucumber and Mint Raita
- Mango Salsa
- Pickled Cucumber Salad
- Warmed Naan

Vegetables

- Gujarati Cabbage
- Carrot Kari

Protein/Entrees

- Potato and Pea Curry

Week 5

Starch/Grains

- Plantains
- Corn Tortillas
- Peruvian Quinoa

Vegetables

- Mexican Corn Salad

- Peruvian Green Beans and Tomatoes

Protein/Entrees

- Spiced Cauliflower Tacos
- Chile Rellenos

Week 6

Starch/Grains

- Steamed Jasmine Rice
- Garlic Mashed Potatoes

Vegetables

- Spiced Cauliflower
- Roasted Root Vegetables

Protein/Entrees

- Tofu Jambalaya

Week 7

Starch/Grains

- Steamed Jasmine Rice

Sides

- Sesame Cucumber and Edamame Salad

Vegetables

- Poppyseed Cauliflower
- Zucchini and Basil

Protein/Entrees

- Asian Tofu Bahn Mi

Week 8

Starch/Grains

- Cuban Black Beans
- Verde Rice
- Plantains
- Corn Tortillas

Vegetables

- Spinach and Garlic
- Mexican Corn Salad

- Roasted Yellow Squash

Protein/Entrees

- Spiced Cauliflower Tacos

Week 9

Starch/Grains

- Steamed Jasmine Rice
- Scalloped Potatoes
- Buttered Egg Noodles

Vegetables

- Roasted Brussels Sprouts

Protein/Entrees

- Vegetable Lasagna
- Vegan Tofu Stuffed Portabella Mushroom

Week 10

Starch/Grains

- Saffron Basmati Rice
- Coconut Curried Garbanzo Beans

Sides

- Cucumber and Mint Raita
- Mango Salsa
- Pickled Cucumber Salad
- Warmed Naan

Vegetables

- Curried Corn
- Roasted Carrot and Parsnip

Protein/Entrees

- Tofu Vindaloo

Week 11

Starch/Grains

- Refried Black Beans
- Chipotle Whipped Sweet Potatoes
- Spanish Rice
- Plantains

- Corn Tortillas

Vegetables

- Mexican Corn Salad
- Zucchini & Red Peppers
- Poblano Kale

Protein/Entrees

- Coconut Tofu w/Mango Salsa

VEGETARIAN @ MCNARY DINING CENTER

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East Side Eats – Breakfast, Stir Fry Bar, Sandwich Melts

Breakfast

Entrees

- Buttermilk Biscuit
- Buttermilk Pancakes
- French Toast

Sides

- Vegetarian Breakfast Sausage Patty
- Jasmine Rice
- Roasted Root Vegetables
- Scrambled Eggs

Grab & Go Options

Stir Fry

Base

- Jasmine Rice
- Brown Rice

Proteins

- Marinated Tofu

Sauce

- Sweet Teriyaki Sauce
- Korean BBQ Sauce
- Korean Koji Hot Sauce

Veggies

Sides

- Vegetable Spring Roll

Melts

Bread

- Sourdough
- Honey Wheat

Protein

- Fried Egg
- Black Bean Burger Patty

All cheese & veggie options are VEG

Soups

Vegetarian Chili

Five-Four-One – Organic Grain Bowls, Pasta, Pizza, Soups & Salads

Grain Bowls & Salads

Signature Bowls

- Mary's Peak (quinoa, chickpeas, roasted beets, grilled kale, green onion, pumpkin seeds, cilantro, cranberries)
- Fitton Green (jasmine rice, tomato & corn salsa, black beans, avocado)
- Bellfountain (quinoa, daikon radish, carrots, green onion, cucumber, edamame, nori)
- Northwest (quinoa, chickpeas, roasted red pepper hummus, avocado, cherry tomatoes, red onion, cucumber, fresh mint)

Salads

- House Salad
- Caesar Salad

Add-On Proteins

- Baked Tofu

Dressings

- Miso
- Vegan Caesar
- Lemon Curry
- Green Goddess
- Oregano Vinaigrette
- Balsamic Vinaigrette
- Buttermilk Ranch
- Creamy Verde

Rotating Sauces

- Pineapple Habanero Curry
- Pumpkin Seed Korma Curry
- Spicy Peanut Sauce

Rotating Soups

Vegan Tomato & Cashew Soup

Vegan White Bean & Basil Soup

Minestrone

Pasta

Pasta Options

- House Made Pasta
- Whole Wheat Penne

Roasted Vegetables

Sauce Options

- Pomodoro Sauce
- Garlic Cream Sauce
- Hazelnut Pesto
- Olive Oil Blend

Proteins

- Seitan
- Baked Tofu

Pizza

Signature Pizzas

- Cheese Pizza
- Margherita Pizza
- Oregon Potato Pizza
- Tropical BBQ Tempeh Pizza

BYO - Regular or GFF Pizza Crust

BYO - Sauce Options

- Pizza Sauce
- Garlic Cream Sauce

BYO - Proteins

- Seitan
- Vegan Pepperoni

BYO - Veggies

- Diced Onion
- Bell Pepper
- Kale
- Tomato
- Sliced Mushrooms

Calabaloo's – BYO Burger Grill

GFF or Potato Hamburger Bun

Protein Options

- Black Bean Burger Patty
- Beyond Burger

All Cheeses, Veggies, and Sauce Options are VEG

French Fries

La Calle – Tacos, Burritos, Bowls, and Salads

La Calle is closed at the start of Fall 2022 due to staffing shortages. It will be open again as soon as staffing allows. We thank our students for their patience as we navigate this challenging time.

VEGETARIAN FOOD @ MPW DINING CENTER

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Ring of Fire – Asian Noodle Bowls

Noodles

- Ramen Noodles
- Rice Noodles
- Udon Noodles

Broth

- Shoyu Broth
- Vegetable Pho Broth

Protein

- Marinated & Roasted Tofu

Toppings

- Soy Sauce Eggs

- Edamame
- Corn
- Bamboo Shoots
- Green Onions

- Mung Beans
- Dried Nori
- Chili Oil
- Hoisin Sauce

- Lime

Sides

- Vegetable Spring Roll

Beverages

- Thai Iced Tea

Cooper's Creek – BYO Grain Bowls

Base

- Turmeric Quinoa
- Brown Rice
- Lentils
- Romaine Lettuce

Proteins

- Smoked Tofu

Toppings

- Hummus
- Black Beans
- Roasted Corn
- Mango
- Roasted Red Pepper
- Cilantro
- Goat Cheese Crumbles
- Avocado
- Naan Bread
- Jicama
- Lime
- Grape Tomatoes
- Kalamata Olives
- Cucumber
- Hardboiled Eggs
- Pumpkin Seeds

Sauces

- Creamy Cilantro Lime Dressing
- Creamy Chipotle Dressing
- Lemon Curry Dressing

Serrano Grill – Breakfast & BYO Burritos/Bowls

Breakfast

Entree

- Tofu Scramble
- Veggie Breakfast Burrito
- Buttermilk Biscuit

Sides

- Scrambled Eggs
- O'Brien Potatoes

Rotations

- French Toast
- Pancakes

Lunch/Dinner

Base

- Flour Tortilla
- Wheat Tortilla
- GF Tortilla
- Cilantro Lime Rice
- Spanish Rice

Proteins

- Vegan Chorizo Crumbles

All Burrito/Bowl Toppings are VEG

Clubhouse Deli – Breakfast, Weekend Brunch, BYO Sandwich Bar, & Salad Bar

Breakfast

BYO Oatmeal featuring GFF oats and your choice of toppings

Cereal

- GFF Cinnamon Granola
- Honey Nut Cheerios
- Raisin Bran

Sides

- Butter Croissant
- English Muffin

Variety of Fruit and Grab & Go options

Weekend Brunch

Waffle Bar

- Multigrain Waffles
- Toppings: Maple Syrup, Strawberries, Chocolate Syrup, Whipped Topping

Bagel Bar

- Bagel Options
 - Blueberry
 - Everything
 - Plain
 - Raisin
- Variety of house-made cream cheese

Yogurt Parfaits

BYO Sandwich Bar

Protein

- Egg Salad

All bread, spread, cheese, & veggie options are VEG

Salad Bar - All items are VEG except:

- Diced Ham
- Bacon
- Creamy Cesar Dressing

All other salad bases, veggies, proteins, toppings, and dressings are VEG

Made in House: Grab & Go

- Three Cheese Panino

- Capri Panino
- Vegetarian Chili
- Marionberry Yogurt Parfait

Tomassito's Italian Café

Rigatoni Pasta

Sauce

- Pomodoro Sauce
- Garlic Cream Sauce

Rotating Roasted Veggies

- Broccoli, Butternut Squash, Zucchini & Yellow Squash, Brussels Sprouts, Onions

Toppings

- Sliced Black Olives
- Pepperoncini
- Shaved Parmesan
- Fresh Basil & Parsley Herb Blend
- Crushed Red Pepper

Sides

- Breadstick

VEGETARIAN FOOD @ MEMORIAL UNION

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Off the Quad – Breakfast & Lunch

Breakfast

Acai Bowl (acai sorbet topped with GFF granola, banana, blackberries, pineapple, coconut flakes)
Beyond Breakfast Burrito
Avocado Toast with Pico & Egg
Biscuit w/Jam and Butter
Chocolate Chip Berry Jam Overnight Oats
Peanut Butter Jelly Overnight Oats

Lunch

House-Made Tomato Soup
Cheese Panini
Rajas Veggie Burrito
Beyond Burger Torta
BYO Bowl (*all bases & toppings are VEG*)

- Veg Proteins: Tofu
- Veg Dressings: Spicy Miso Aioli or Sweet Mango Sauce

BYO Wrap – Regular or GFF Tortilla (*all toppings & cheeses are VEG*)

- Veg Proteins: Tofu
- Veg Sauces: Sesame Hummus, Parmesan Aioli, or Chimichurri Verde Sauce

Sides

Tortilla Chips & Choice of Salsa
Cranberry Pecan Spinach Side Salad
Hazelnut Romesco Side Salad
Sesame Hummus Plate
Oven Roasted Potato Wedges w/ Ranch

North Porch – Asian Rice Bowls & Banh Mi Sandwiches

BYO Rice Bowl

Base

- Jasmine Rice
- Brown Rice

Sauce

- Yellow Curry Sauce
- Korean Barbecue Sauce

Protein

- Marinated & Roasted Tofu

All rice bowl/banh mi veggies & toppings are VEG

Bahn Mi

Asian Tofu Bahn Mi

Beverages

Thai Iced Tea

Rocket Burger – Burgers & Fries

Signature Burgers

All Systems Go Veggie Burger

Fries

Buzz Fries

Apollo Fries (Classic Fries w/ Cheese Sauce)

- Add optional sriracha

Salads

Ground Control Cobb Salad (*Veg: order without bacon*)

Ground Control Santa Fe Salad

Dressings

- Creamy Italian Dressing
- Chili Lime Dressing
- Buttermilk Ranch Dressing