

VEGAN FOOD @ ARNOLD

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Nori Grill – Asian Rice Bowls & BYO Ramen Bowls

Entrees

Fried Tofu Teriyaki Bowl

BYO Ramen

Noodles

- Rice Noodles

Broth

- Miso Broth

Protein

- Tofu

Toppings

- Mung Bean Sprout
- Bamboo Shoot Strips
- Corn
- Nori Strips
- Dried Shitake Mushroom
- Sliced Green Onion
- Fried Garlic
- Chili Oil

Sides

Togarashi Tots

The Grill – BYO Burgers & Fries

Bun

- Whole Wheat Hamburger Bun
- GF Hamburger Bun

Protein Options

- Black Bean Burger Patty

Cheese Options

- Vegan American Cheese
- Vegan Provolone Cheese

Toppings

- Lettuce
- Sliced Pickled Jalapeno
- Sautéed Mushrooms
- Caramelized Red Onion

- Tomato
- Red Onion
- Dill Pickle Chip
- Guacamole

Fries

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

BYO Sandwiches

Bread

- White Hoagie Roll
- Whole Wheat Hoagie Roll

Cheese

- Vegan American Cheese
- Vegan Provolone Cheese

Veggies

- Lettuce
- Tomato
- Red Onion
- Green Bell Peppers
- Red Bell Pepper
- Cucumber
- Spinach
- Dill Pickle Spear
- Sliced Pepperoncini
- Dill Pickle Chip

Spreads

- Roasted Red Pepper Hummus
- Guacamole
- Yellow Mustard

Global Fare – Breakfast & Rotating Dinner Specials

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

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)
- 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)
- Cuban Black Beans (week 2, 8)
- Verde Rice (week 8)
- Coconut Curried Garbanzo Beans (week 10)
- Spanish Rice (week 11)
- Refried Black Beans (week 11)

Sides

- Sesame Cucumber and Edamame Salad (week 1, 7)
- Mango Salsa (week 4, 10)
- Pickled Cucumber Salad (week 4, 10)

Vegetables

- Roasted Zucchini (week 0)
- Roasted Red Potatoes (week 0)
- Szechuan Vegetables (week 1)
- Thai Curry Vegetable Stir Fry (week 1)
- 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)
- Roasted Carrots and Parsnips (week 10)
- Zucchini & Red Peppers (week 11)
- Poblano Kale (week 11)

Protein/Entree

- Tofu Creole (week 0)
- Coconut Tofu w/Mango Salsa (week 2, 11)
- Grilled Polenta and Mushroom Ragu (week 3)
- Potato and Pea Curry (week 4)
- Spiced Cauliflower Tacos (week 5, 8)
- Tofu Jambalaya (week 6)
- Vegan Tofu Stuffed Portabella Mushroom (week 9)
- Tofu Vindaloo (week 10)

Week 0

Starch/Grains

- Steamed Jasmine Rice
- Roasted Red Potatoes
- Quinoa Pilaf

Vegetables

- Roasted Zucchini

Protein/Entrees

- 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
- Plantains
- Corn Tortillas

Vegetables

- Roasted Zucchini
- Roasted Carrots

Protein/Entrees

- Coconut Tofu w/Mango Salsa

Week 3

Starch/Grains

- 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

- Mango Salsa
- Pickled Cucumber Salad

Vegetables

- Gujarati Cabbage
- Carrot Kari

Protein/Entrees

- Potato and Pea Curry

Week 5

Starch/Grains

- Plantains
- Corn Tortillas
- Peruvian Quinoa

Vegetables

- Peruvian Green Beans and Tomatoes

Protein/Entrees

- Spiced Cauliflower Tacos

Week 6

Starch/Grains

- Steamed Jasmine Rice

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

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

Vegetables

- Roasted Brussels Sprouts

Protein/Entrees

- Vegan Tofu Stuffed Portabella Mushroom

Week 10

Starch/Grains

- Saffron Basmati Rice
- Coconut Curried Garbanzo Beans

Sides

- Mango Salsa
- Pickled Cucumber Salad

Vegetables

- Roasted Carrot and Parsnip

Protein/Entrees

- Tofu Vindaloo

Week 11

Starch/Grains

- Refried Black Beans
- Spanish Rice
- Plantains
- Corn Tortillas

Vegetables

- Zucchini & Red Peppers
- Poblano Kale

Protein/Entrees

- Coconut Tofu w/Mango Salsa

VEGAN @ MCNARY DINING CENTER

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

Breakfast

Entrees

- GF Waffle

Sides

- Jasmine Rice
- O'Brien Potatoes
- Roasted Root Vegetables

Grab & Go Options

Stir Fry

Base

- Jasmine Rice
- Brown Rice
- Yakisoba Noodles with Veggies

Proteins

- Marinated Tofu

Sauce

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

Veggies

Sides

- Vegetable Spring Roll

Sandwich Melts

Bread

- Sourdough Bread

Protein

- Black Bean Burger Patty

Cheese

- Vegan American Cheese

Veggies

- Tomato
- Avocado
- Caramelized Onions
- Sauteed Mushrooms
- Jalapeno Pepper

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 (order w/o cheese)

- House Salad
- Caesar Salad

Add-On Proteins

- Baked Tofu

Dressings

- Miso
- Vegan Caesar
- Goddess
- Oregano Vinaigrette
- Balsamic Vinaigrette

Pasta

Pasta

- House-Made Pasta
- Whole Wheat Penne

Roasted Vegetables

Sauce Options

- Pomodoro Sauce
- Hazelnut Pesto
- Olive Oil Blend

Proteins

- Baked Tofu
- Seitan

Soups (one rotating option each week)

- Vegan Tomato Cashew Soup
- Vegan White Bean & Basil Soup
- Minestrone

Curries (rotating/variable)

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

Pizza

Signature Pizzas (order with vegan cheese)

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

BYO - Regular or GFF Pizza Crust

BYO - Sauce Options

- Pizza Sauce

BYO - Proteins

- Seitan
- Vegan Pepperoni

BYO - Veggies

- Diced Onion
- Bell Pepper
- Kale
- Tomato

- Sliced Mushrooms

Calabaloo's – BYO Burger Grill

GFF/VGN Hamburger Bun

Protein Options

- Beyond Burger
- Black Bean Burger

Toppings

- Tomatoes
- Onions (fresh or caramelized)
- Pickles
- Jalapenos
- Lettuce
- Mushrooms
- Guacamole
- BBQ sauce
- Vegan Fry Sauce (will be on the menu by October)

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.

VEGAN FOOD @ MPW DINING CENTER

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Ring of Fire – Asian Noodle Bowls

Noodles

- o Rice Noodles
- o Udon Noodles

Broth

- o Shoyu Broth
- o Vegetable Pho Broth

Protein

- o Marinated & Roasted Tofu

Toppings

- o Edamame
- o Corn
- o Bamboo Shoots
- o Green Onions
- o Mung Beans
- o Dried Nori
- o Chili Oil
- o Hoisin Sauce
- o Lime

Cooper's Creek – BYO Grain Bowls

Base

- o Turmeric Quinoa
- o Brown Rice
- o Lentils
- o Romaine Lettuce

Proteins

- o Smoked Tofu

Toppings

- o Hummus
- o Black Beans
- o Roasted Corn
- o Mango
- o Roasted Red Pepper
- o Cilantro
- o Jicama
- o Lime
- o Grape Tomatoes
- o Kalamata Olives
- o Cucumber
- o Avocado
- o Pumpkin Seeds

Sauces

- o Creamy Cilantro Lime Dressing

Serrano Grill – Breakfast & BYO Burritos/Bowls

Breakfast

Entree

- o Tofu Scramble

Lunch/Dinner

Base

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

Proteins

- o Vegan Chorizo Crumbles

Toppings

- o Pinto Beans
- o Black Beans

- o Pico de Gallo
- o Sliced Pickled Jalapeno
- o Green Cabbage
- o Guacamole
- o Salsa Verde
- o Lime

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

Breakfast

BYO Oatmeal featuring GFF oats and your choice of toppings

Cereal

- o GFF Cinnamon Granola
- o Cinnamon Toast Crunch

Variety of Fruit and Grab & Go options

Weekend Brunch

Waffle Bar

- o GF Waffles
- o Toppings: Maple Syrup, Strawberries, Chocolate Syrup

Bagel Bar

- o Bagel Options
 - Blueberry
 - Everything
 - Plain
 - Raisin

BYO Sandwich Bar

Bread

- o Whole Wheat
- o White
- o Sourdough
- o Organic Great Seed
- o Flour Tortilla
- o Ciabatta Roll
- o Rye
- o Flatbread

Spread

- o Vegan Mayonnaise
- o Vegan Chipotle Mayo

- o Dijon Mustard
- o Yellow Mustard
- o Hummus

Cheese

- o Vegan American Cheese

All veggie options are VGN

Salad Bar

All base/veggie options are VGN

Protein

- o Tofu
- o Sunflower Seeds

Misc Toppings

- o Chow Mien Noodles

Dressings

- o Italian Dressing
- o Balsamic Vinaigrette Dressing

Tomassito's Italian Café

Rigatoni Pasta

Sauce

- o Pomodoro Sauce

Rotating Roasted Veggies

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

Toppings

- o Sliced Black Olives
- o Pepperoncini

Sides

- o Breadstick

VEGAN 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)

Avocado Toast with Pico & Egg (*Vegan: order without egg*)

Chocolate Chip Berry Jam Overnight Oats

Peanut Butter Jelly Overnight Oats

Lunch

Rajas Veggie Burrito (*Vegan: order without sour cream and cheese*)

Beyond Burger Torta

BYO Bowl (*all bases & toppings are VGN*)

- Vegan Protein: Tofu
- Vegan Sauce: Sweet Mango Sauce

BYO Wrap – Regular or GFF Tortilla (*all toppings are VGN*)

- Vegan Proteins: Tofu
- Vegan Sauces: Sesame Hummus, Chimichurri Verde Sauce
- Vegan Cheese: Vegan Provolone Cheese

Sides

Tortilla Chips & Choice of Salsa

Hazelnut Romesco Side Salad

Oven Roasted Potato Wedges (*Vegan: order without ranch*)

North Porch – Asian Rice Bowls & Banh Mi Sandwiches

BYO Rice Bowl

Base

- o Jasmine Rice
- o Brown Rice

Protein

- o Marinated & Roasted Tofu

Sauce

- o Yellow Curry Sauce
- o Korean Barbecue Sauce

All rice bowl veggies & toppings are VGN

Bahn Mi

Bread

- o Hoagie Roll

Protein

- o Marinated & Roasted Tofu

Sauce

- o Yellow Curry Paste

Toppings

- o Jalapeno Pepper
- o Pickled Carrots
- o Pickled Daikon
- o Pickled Cucumber Salad
- o Cilantro

Rocket Burger – Burgers & Fries

Signature Burgers

All Systems Go Veggie Burger

Fries

Buzz Fries

Salads

Ground Control Santa Fe Salad

Dressings

Chili Lime Dressing