

Vegan Menu Guide, Winter 2026

These meal options are not fully comprehensive of all foods for the dietary practices listed, and the menus are subject to change at any time without notice. All students with dietary restrictions among the FDA’s top identified allergens are strongly encouraged to utilize the posted menus and recipe tags that are present in each of the three dining centers and MU locations across campus. All published menus in these locations have been screened and labeled with icons for those ingredients. The menus and recipe tags will be the best source of information for dietary management and avoidance of the above listed allergens.

Of the menus included in this outline, most are “build-your-own” style, which enables customers to select what goes into their meals. Most others are customizable to be made without specific allergens.

Arnold Dining Hall

Southside Grill

Lunch and Dinner:

Build Your Own Burger:

Buns:

Wheat Hamburger Bun w/
Oat Topping
VGN, GF Hamburger Bun

Patties:

Falafel

Make Cents:

Vegan Chili Cheese Fries

Cheeses:

Vegan Cheddar Cheese

Toppings:

All Veggies
Pickled Jalapeno
Caramelized Onions
Sauteed Mushrooms

Other Offerings:

French Fries
Sweet Potato Fries
Guacamole
BBQ Jackfruit Stuffed Baked
Potatoes
Vegan Mushroom Gravy
Baked Potato
Glazed Baby Carrots
Grilled Asparagus
BBQ Jackfruit Sandwich
Cranberry BBQ Sauce

Southside Deli

Build Your Own Sandwich:

Bread:

Whole Wheat Hoagie

Toppings:

All Veggies

Spreads:

Vegan Mayo

Wheat Bread
Sourdough Hoagie
Hoagie Roll
Chipotle Chile Tortilla

Vegan American Cheese
Citrus Marinated Mushrooms

Vegan Chipotle Mayo
Mustard
Guacamole
Olive Tapenade
Pico de Gallo
Balsamic Glaze

Protein:

Eggless Tofu Salad
Hummus

Grab and Go:

Southwest Vegan Black Bean
Wrap
Fruit Cup

Southside Pizza and Pasta

Pizzas: No Vegan Options

Pasta:

GF Penne
Penne
Spaghetti

Toppings:

Vegan Mushroom White
Bean Meatball
Breadsticks
Roasted Broccoli, Carrot and
Red Pepper
Smoked Tempeh
Roasted Vegetable Medley

Sauce:

Pomodoro
Puttanesca

Global Fare

Lunch/ Dinner: Weeks 1, 7

Dishes rotate through the week

Main Dishes:

Summer Pesto Pasta
Italian Marinated Grilled Tofu
Vegan Bean and Corn
Quesadilla
Vegan Ceviche

Carb Sides:

White Rice
Plantains

Vegetable Sides:

Capri Blend Vegetables
Roasted Red Potatoes
w/Rosemary
Onion and Cilantro Mix
Pico de Gallo
All Veggies

Drinks:

Aqua de Jamaica
Pina Aqua Fresca

Other Sides:

Cuban Black Beans
Salsa Roja
Salsa Verde
Guacamole
Taco Meat, Soyrito
Pinto Beans
Tostilocos
Chimichurri Verde Sauce

Corn Tortillas
Flour Tortilla
Spanish Rice
Yucca Fries
Fried Corn Tortillas

Lunch/ Dinner: Weeks 2, 8, Dishes rotate through the week

Main Dishes:

Summer Pesto Pasta
Italian Marinated Grilled Tofu
Vegan Bean and Corn
Quesadilla

Carb Sides:

White Rice
Plantains
Corn Tortillas
Flour Tortillas
Spanish Rice

Vegetable Sides:

Capri Blend Vegetables
Roasted Red Potatoes
w/Rosemary
Onion and Cilantro Mix
Lime Wedge
Pico de Gallo

Other Sides:

Cuban Black Beans
Salsa Roja
Salsa Verde
Guacamole
Taco Meat, Soyrizo
Pinto Beans

Drinks:

Aqua de Jamaica
Pina Aqua Fresca

Lunch/ Dinner: Weeks 3, 9 Dishes rotate through the week

Main Dishes:

Summer Pesto Pasta
Italian Marinated Grilled Tofu
Vegan Picadillo Stuffed Bell
Pepper
Chorizo Tempeh
Vegan Ceviche

Drinks:

Aqua de Jamaica
Pina Aqua Fresca

Vegetable Sides:

Corn and Peppers
Pico de Gallo
Capri Blend Vegetables
Roasted Red Potatoes
w/Rosemary
All Veggies

Carb Sides:

Chimichurri Rice
Corn Tortilla Chips
Cilantro Lime Rice
Yucca Fries
Fried Corn Tortillas

Other Sides:

Refried Black Beans
Guacamole
Vegan Cheddar Cheese
Sauce
Black Beans
Tostilocos
Chimichurri Verde Sauce
Vegan Chimichurri Mayo

Lunch/ Dinner: Weeks 4, 10 Dishes rotate through the week

Main Dishes:

Summer Pesto Pasta
 Italian Marinated Grilled Tofu
 Tofu Vindaloo (contains
 Coconut)
 Tofu Yellow Curry

Carb Sides:

Saffron Basmati Rice
 Steamed Basmati
 Basmati Masaledar

Vegetable Sides:

Capri Blend Vegetables
 Roasted Red Potatoes
 w/Rosemary
 Paprika Red Potatoes
 Gujarati Style Green Beans
 Veggie Mix for Curry
 Bowls
 Pickled Red Onion w/Jalapeno
 Spicy Tamarind Red Pepper
 Chutney
 All Veggies

Other Sides:

Roasted Vegetable
 Coconut Curry
 Crispy Garbanzo Beans
 Vindaloo Sauce
 Pakora
 Kathi Roll (contains
 Coconut)
 Green Masala
 Cauliflower (contains
 Coconut)

Lunch/ Dinner: Weeks 5, 11**Dishes rotate through the week****Main Dishes:**

Summer Pesto Pasta
 Italian Marinated Grilled Tofu
 Vegan Indian Dahl with Spinach
 Spiced Chickpea Stew with
 Coconut and Turmeric

Carb Sides:

Roasted Red Potatoes
 w/Rosemary
 Steamed Cumin Basmati
 Plain Paratha Bread
 Biryani Rice
 Basmati Masaledar

Vegetable Sides:

Gujarati Cabbage
 Biryani Vegetable Mix
 Marinated Red Onion
 Spicy Tamarind Red Pepper
 Chutney
 Capri Blend Veggies
 All Veggies

Other Sides:

Northern Indian Style
 Vegetarian Kabab
 Bhindi Masala
 Vindaloo Sauce
 Kathi Roll (contains
 Coconut)
 Green Masala
 Cauliflower (contains
 Coconut)
 Pakora

Lunch/ Dinner: Weeks 6, 12**Dishes rotate through the week****Main Dishes:**

Summer Pesto Pasta
 Italian Marinated Grilled Tofu
 Vegan Tempeh Chili Mac
 Cauliflower Wings

Other Sides:**Vegetable Sides:**

Capri Blend Vegetables
 Roasted Root Vegetables
 Vegan Coleslaw
 Carrot Sticks
 Celery Sticks
 Vegan Chipotle Coleslaw

Teriyaki Sauce
BBQ Sauce
Pomodoro Sauce

Drinks:
Strawberry Freckled Lemonade

Carb Sides:
Jojo Potatoes
Roasted Red Potatoes w/Rosemary

Lunch/ Dinner: Weeks 7

Dishes rotate through the week

Main Dishes:
Summer Pesto Pasta
Italian Marinated Grilled Tofu
BBQ Tofu
Vegan Chorizo Sauté
Three Bean Chili

Vegetable Sides:
Crispy Fried Brussels
Sprouts
Steamed Broccoli
Crispy French Fried Onion
Capri Blend Vegetables
All Veggies

Other Sides:
Baked Beans
Vegan Cheddar Cheese
Sauce
Pomodoro Sauce

Drinks:
Strawberry Freckled Lemonade

Carb Sides:
Garlic & Herb Roasted Red
Potatoes
Baked Potato
Cooked Cavatappi Pasta
Roasted Red Potatoes
w/Rosemary

Nori Grill

Grill:
Fried Tofu Teriyaki Bowl Brown Rice Japanese Vegetable Curry Bowl

Build Your Own Bowl:

Noodles: Udon Ramen Rice	Broth: Shoyu Spicy Shoyu Miso	Toppings: Fried Garlic All Fresh Veggies Nori Miso soup Soy Marinated Tofu
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Build Your Own Sushi:

Base:	Fillings:	Sauce:
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Seasoned Brown Sushi Rice	All Veggies	Unagi Sauce
Seasoned Sushi Rice	Soy Marinated Tofu	
	Edamame	
	Kimchi	
	Avocado	
	Mango	
	Wasabi	
	Sesame Seed	

Memorial Union

North Porch Cafe

Lunch:

Noodle Salad w/ Tofu

Sides:

Kimchi

Dressings:

Peanut Dressing

Build Your Own Bowl:

Base:

All Rices

Protein:

Marinated and Roasted Tofu

Sauces:

Yellow Coconut Curry Sauce

Toppings:

All Veggies

Kimchi

Peanuts

Wontons

Drinks:

Thai Iced Tea w/Oatmilk

Off The Quad

Breakfast:

Biscuit w/ Jam (Request no Butter)

Acai Bowls

Berry Chocolate Chip Overnight Oats

Avocado Toast W/Roasted Poblano Salsa

Lunch:

Main:

Tortilla Chips and Salsa

Falafel W/Pickled Veg Slaw

Tortilla Chips and Guacamole

Beverages:

All Kombuchas

Apple Juice

Orange Juice

Green Apple Juice

West Dining Hall

Serrano's Grill

Breakfast:

Tofu Scramble with Vegetables
O'Brien Potatoes
Hash Brown Triangles
Tater Tots

Impossible Sausage Patty
Vegan GF Pancakes
Hot Marionberry Compote
All Fruits

Brunch:

Tofu Scramble with Vegetables
O'Brien Potatoes
Hash Brown Triangles
Tater Tots

Impossible Sausage Patty
Vegan GF Pancakes
Hot Marionberry Compote
All Fruits

Lunch:

Fried Avocado Taco

BYO/MTO Bowl:

Main:

Tempeh Taco Meat

Toppings:

All Tortillas
Verde Rice
Spanish Rice
Brown Rice
Serrano Black Beans
Pinto Bean

All Veggies
Guacamole
Lime
Fajita Vegetable Mix
Vegan Cheddar
Cheese

Sliced Pickled
Jalapeno
Pico de Gallo
Avocado Salsa
Smoky Red Arbol
Salsa

Ring Of Fire

Lunch:

Ramen Noodles
Miso Broth
Shoyu Broth
Spicy Miso Broth

Sides:

All Veggies
Sesame Seeds

Build Your Own Bowl:

Base:

Protein:

Kung Pao Tempeh

Toppings:

Steamed Jasmine
Rice
Brown Rice

Sweet Thai Chili Tofu
Thai Curry Vegetable
Stir Fry
Indonesian Gudeg

Chili Garlic Roasted
Broccoli

Cooper's Creek

Dinner/Lunch:

Green Machine Salad

Mt. Hood Bowl

Build Your Own Bowl:

Base:

Quinoa Trio Blend
w/Turmeric
Brown Rice

Protein:

Hummus
Citrus Brined Smoked
Tofu
Roasted Chickpea
Shawarma
White Beans
Edamame

Dressing:

Vegan Caesar
Dressing
Lemon Curry
Dressing
Balsamic Dressing
Miso Ginger Dressing
Cilantro Lime
Vinaigrette
Garlic Tahini Dressing
Creamy Chipotle
Dressing

Toppings:

All Veggies
Avocado
Pickled Red Onion
w/Jalapeno
Roasted Red Pepper
Mango Chunks
Grilled Pineapple &
Onion Salsa
Grilled Zucchini &
Squash
Butternut Squash
w/Sage
Roasted Yams
Steamed Kale
Greek Olive Mix
Roasted Pumpkin
Seeds
Sunflower Seed

Clubhouse Deli

Breakfast:

Cinnamon Raisin Bagel
Everything Bagel
Multi Grain Bagel
Plain Bagel
Blueberry Bagel
Cinnamon Granola

Cheerios
Raisin Bran
Coco Puffs
Cinnamon Toast Crunch

Brunch:

Soups:

Oatmeal
Seedless Raisin
Dried Cranberries
All Fruits
Pear Halves in Juice
Pineapple Tidbits In Juice

Salad:

All Veggies
Soy Marinated Tofu
Garbanzo Beans
Roasted Beets
Tri Color Bell Pepper Mix
Quartered Artichoke Hearts
Marinated Lentils
Black Olives
Roasted Corn

Build Your Own Sandwich:

Base:

Sliced Ciabatta
Sourdough Sandwich
Bread
Sandwich Bread

Protein:

Hummus

Dressing:

Vegan Mayonnaise
Vegan Chipotle Mayo
Dijon Mustard
Yellow Mustard

Add-ons:

Falafel
Peanut Butter Cups
Assorted Jelly Cups
Grilled Portabella
Caramelized Yellow
Onions
Golden Italian
Dressing
Roasted Vegetable
Medley
Pomodoro Sauce

Sourdough Round
House Potato Leek Soup
Three Bean Chili
Roasted Cauliflower Coconut Curry1
Vegan Tomato Basil Soup
House Country Harvest Tomato & Vegetable
Soup

Black Beans
Chow Mein Noodle
Tortilla Strips1
Dried Cranberries
Sunflower Seed
Balsamic Dressing
Pineapple Tidbits In Juice
Seedless Raisins

Toppings:

Sliced Red Onion
Sliced Black Olives
Dill Pickle Chip
Avocado
Pepperoncini
Bell Pepper Tri Color
Spinach
Cucumber
Sliced Tomato
Lettuce
Kosher Dill Pickle
Spear
Vegan Cheddar
Cheese

Bay Leaf

Lunch:

Main:

Lentil and Spinach Vadai
Tofu Vindaloo
Chana Masala

BYO/MTO Pasta:

Cavatappi Pasta
GF Penne
Pomodoro Sauce
Vegan Meatballs
Sundried Tomato
Roasted Mushrooms
Pepperoncini
Black Olives
Fresh Basil & Parsley Herb Blend

Sides:

Steamed Basmati
Dried Italian Seasoning
Bombay Potatoes
Nutritional Yeast
Roasted Broccoli
Cumin Spiced Cauliflower
Cinnamon Roasted Sweet Potatoes
Spicy Tamarind Red Pepper Chutney
Paprika Red Potatoes
Phaal Curry Sauce
Cilantro Chutney
All Veggies
Lemon Wedge
Chopped Cilantro
Mango
Carrot Kari
Mango Chutney
Pickled Red Onion w/Jalapeno
Bombay Potatoes
Cumin Spiced Cauliflower

Dinner:

All Veggies
Dried Italian Seasoning
Roasted Broccoli
Nutritional Yeast

Late Nite:

Stone Ground
Mustard
Soft Baked Pretzel
Pizza Sauce

McNary Dining Hall

East Side Eats

Breakfast

Carbs:

Jasmine Rice
O'Brien Potatoes

Protein:

Tofu Scramble
Latin Smoked Soystrips

Toppings:

Apple

Stir Fry

Build Your Own Bowl:

Protein:

Soy Marinated Love Strips

Sauces:

Sambal Oelek Chili Paste
Serrano Chile Stir Fry Sauce
Orange Sauce
Sweet Teriyaki Sauce
Miso Stir-Fry Sauce
Gochujang Stir-Fry Sauce
Soy Sauce

Toppings:

All Vegetables
Water Chestnut
Pineapple Tidbits In Juice
Miso Glazed Yams
Ginger Puree

Build Your Own Salad:

Roasted Corn	All Veggies	Steamed Broccoli	Roasted Sweet Potatoes
Shoestring Pickled Beets	All Fruits	Dried Cranberries	Sunflower Seeds
Roasted Pumpkin Seeds	Sliced Black Olives	Fruit Salad	
	Kachumber Salad	Apple Kale Salad	

Protein:

Chicken Flavored Soy Strips

Dressing:

Balsamic Vinaigrette
Golden Italian

Build Your Own Yogurt/Acai Bowl:

Base:

Oatmeal
GF Old Fashioned Oats
Cinnamon Granola

Toppings:

All Fruits
Fruit Salad
Sliced Pears in Juice
Chia Seeds
Dried Cherry

Soups:

Three Bean Chili

Make Cents Meals:

Stir Fry w/Soy Strips

Protein Options:

Soy Marinated Love Strips

Sides:

Yakisoba Noodles w/Veggies
Jasmine Rice

Build Your Own Baked Potato:

Base:

Baked Potato

Toppings:

Roma Tomato
Sliced Pickled Jalapeno
Green Onions

Grab & Go

Peanut Butter & Jelly Sandwich
Hummus & Roasted Vegetable Wrap
Fruit Salad

All Fruits

Calabaloo's

Lunch:

Build Your Own Burger:

Bun:

Wheat Hamburger Bun
w/Oat Topping
Hamburger Bun, VGN, GF

Toppings:

All Vegetables
Vegan Cheddar Cheese
Caramelized Yellow Onions
Cal's Sautéed Mushrooms
Guacamole

Sides:

Cal's French Fries
Cal's Sumac Fries
Cal's House Fries
Vegan Coleslaw

Protein:

Black Bean Burger Patty

Make Cents:

Chili Cheese Fries

Five Four One

Lunch:

Dressing:

Pomegranate
Vinaigrette
Maple Vinaigrette
Vegan Caesar
Dressing

Pasta:

House Made Pasta
Pomodoro Sauce
Super Green Pesto
Roasted Vegetables
GF Penne

Make Cents:

Pasta and Legumes
Calzone

Build Your Own Bowl:

Base:

Smoked Tri Color
Quinoa
Steamed Jasmine Rice

Toppings:

All Beans
All Vegetables
All Dried Fruits
Tomato & Corn Salsa
Herb Medley
Roasted Organic Root
Vegetables
Roasted Pumpkin Seeds

Dressing:

Vegan Caesar Dressing
Maple Vinaigrette

Add-Ons:

Baked Tofu
Avocado

Build Your Own Pizza:**Base:**

Pizza Dough

Toppings:

All Vegetables
Smoked Tomato
Vegan Mozzarella
Greek Olive Mix
Grilled Kale
Vegan Italian Crumble Sausage
Fresh Basil
Crushed Red Pepper

Sauces:

Pomodoro Sauce
Pizza Sauce

Sandwiches:

Hummus & Roasted
Vegetable Sandwich

BYO Salad:

Pomegranate Vinaigrette
Maple Vinaigrette
Avocado
Baked Tofu

La Calle

Dinner/Late Night:**Tortilla:**

White Corn
Wheat
Flour
Yellow Corn
Gluten-Free

Protein:

Latin Smoked Soy Strips

Toppings:

All Vegetables
Roasted Corn & Peppers
Pickled Red Onion
w/Jalapeno
Sliced Pickled Jalapeno
Lime Juice

Add-Ons:

Guacamole
Avocado Salsa
Salsa Criolla
Salsa Brava
Mango Morita Salsa

Sides:

Cilantro Lime Rice
Pinto Beans
Cilantro Lime Brown
Rice
Black Beans
Red Beans