

## Eating a Vegan Diet at UCSD Dining Services Restaurants

Here is just a sample of the vegan dining options available in the Dining Services restaurants and market cafés:

Full service restaurants:

- Bean and rice burritos
- Grilled vegetable burritos
- Portobello mushroom “burgers”
- Gardenburgers from the grill
- Oatmeal with fruit
- Pasta with marinara sauce
- Anything from the “Produce Patch”
- Soy milk
- Baked potatoes
- Sliced veggies (in the refrigerated cases)
- Fresh fruits
- Hummus with vegetables or pita
- Peanut butter sandwiches
- Kidney beans, black beans, peas, lentils from the salad bar
- Vegan soups
- Vegetable and rice stir-fry
- Fresh greens, vegetables, 3-bean salads from salad bars and sandwich stations
- Vegan sandwiches – just leave off the meat and cheese
- Tofu at the salad bar or from daily specials
- Check the daily vegetarian specials at each dining facility– some are vegan [menus are available online]

Market Cafés (Earl’s Place, Plaza On the Side, Foodworx):

- Raw vegan ice cream
- Morningstar® frozen meals
- Organic soy delicious meals
- Kashi® and other cereals
- Soy milk
- Rice milk
- Tofurkey
- Vegan cheese alternatives
- Rice-based “cheese”
- Assorted breads
- Soyrizo
- Organic tofu

- Popcorn and assorted snacks
- Newman's Own® products
- Amy's® meals
- Canned beans
- Nature's Path products
- Dry pastas
- Tomato and marinara sauces
- Hummus
- Assorted energy and granola bars

#### Tips for how to “Order Vegan”

1. Identify yourself as vegan to the foodservice worker who will make your meal and/or ask to speak with the manager on duty to find out vegan choices for the day.
2. Get your meal from a few different stations – you might get greens from the salad bar, a Gardenburger patty from the grill and soymilk from the refrigerated cases.
3. If you don't see something you're looking for or you have suggestions for making eating vegan more enjoyable at the dining restaurants or market cafés, please tell us! Ask to speak with the manager on duty or email the dietitian at [rmcdivitt@ucsd.edu](mailto:rmcdivitt@ucsd.edu).