

Eating Vegan and Vegetarian IN RESIDENT DINING

Our Registered Dietitian, Alyson Marquez, is an expert on all of our vegan and vegetarian options in resident dining. She regularly works with our students to show them how to get the most out of their dining experience on an animal-product-free diet. We encourage all students who are anxious about maintaining their dietary lifestyle in college to contact Alyson and speak with her. We have a variety of options and while they can be discovered by you on your own, it may be easier to have someone show you the ropes initially.



umdiningrd@miami.edu



This vegan icon denotes foods that do not contain any animal-derived products at all including honey, dairy or eggs. A variety of vegan options are offered throughout the dining hall, and all are labeled with this icon.

Before you choose where to eat, check out what's available on the Dine On Campus App and look for these icons!

This vegetarian icon denotes food that do not contain animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a vegetarian diet by offering many options throughout the dining halls.



▶ BREAKFAST

We understand that the best start to the day includes a healthy breakfast. We have 8 varieties of cereal available daily in our Pantry area as well as whole milk, 2% milk, chocolate milk, vanilla or chocolate Silk Soy milk, and Ripple Pea Milk. You will also find a selection of breads for toast, muffins, bagels, and waffle flavors. A parfait bar is available with two varieties of yogurt and a full selection of toppings and fruits. Additionally, we serve tofu scramble (a recipe which was submitted by a student!) daily alongside home fries, tater tots, eggs - if you eat those - and much more!




▶ ROOTED

Rooted is our fully vegetarian station in the dining halls. Located next to the Grill in Hecht-Stanford Dining Hall and next to Pizza in Mahoney-Pearson Dining Hall, Rooted serves meatless dishes during lunch and dinner each day of the week. Full meals are offered at this station, so it is a one-stop-shop for your main entrée and side!





▶ THE GRILL


Our grill station offers a variety of vegan and vegetarian options that are made-to-order. Plus, most items only take about 6-9 minutes to prepare. *Pro-Tip: Most of our French fry varieties are vegan!*


 Vegan Burger

 Vegan Chickenless Nuggets

 Vegan Fishless Filets

 Vegan Hot Dogs

 Vegetarian Burger

 Vegetarian Black Bean Burger



▶ THE DELI

This station is open for lunch and dinner daily and offers a completely customizable way to build a sandwich or wrap - meaning it is 100% vegan and vegetarian friendly! We have the following vegan options available daily:

- | | | | |
|--------------------|---------|--------------|----------------------|
| Vegan Falafel | Lettuce | Black Olives | Pepperoncini Peppers |
| Roasted Vegetables | Onions | Bell Peppers | Jalapeños |
| Tomatoes | Pickles | | |

▶ THE PIZZA OVEN

🎵 *The dining hall pizza. Is the pizza. For you and me.*

At least one vegetarian pizza option is available daily so you are able to satisfy your pizza craving whenever you feel the need. We also have rotating options of calzones and pasta dishes available at this station as well, so make sure to stop by and check out what is available that day.



▶ THE SALAD BAR

Our salad bar is always fresh and always full with a variety of fruits, vegetables, meatless protein options, and cold salads. Offerings change daily based on seasonality and availability. We keep a rotating selection of hard boiled eggs, tofu, beans and legumes, and other plant-based protein options. Our dressing options are listed below:



- Olive Oil
- Canola Oil
- Balsamic Vinegar

- Red Wine Vinegar
- Shallot Mustard Vinaigrette



- Creamy Ranch
- Basil Pesto
- Creamy Chive
- Fat Free Italian
- Blue Cheese

▶ SOUP

We offer two varieties of soup daily, one of which is vegan. We also have two accompaniments (crackers, chips, etc.) available to enjoy with your soup!



VEGAN COOKIES

Our famous vegan cookies are available daily in the dining halls, typically either sugar or chocolate chip. Most people who try them cannot believe they are vegan, so don't sleep on these!



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