

Eating Vegan and Vegetarian IN RETAIL DINING

With over 20 locations across campus, you will have no issues eating vegan and vegetarian at the University of Miami. The below outline lists the majority of our locations with suggestions on what meatless items to try! Remember - we are happy to accommodate any adjustments or substitutions you would like to make in your orders at most locations - just ask our staff! Most important, be your own advocate. Do not be afraid to ask for additional nutritional information or speak to a manager if you have any additional questions regarding menu items and food preparation.



The first and only fully vegetarian concept on campus, this health food café in the Shalala Student Center offers a variety of grilled cheeses, naan salads, flatbreads, and bowls. The Chana Masala, Corn and Black Bean Compote, and Roasted Vegetables are all vegan! Fresh made soups are available daily, as well as rotating daily specials crafted by our head chef, Wilbur. Try building your own bowl with your favorite ingredients for the perfect, customizable meatless meal.



Our most popular menu item at Jamba Juice - the acai bowl - is a healthy vegetarian option! Some bowls are made with Greek yogurt, so be sure to look at the ingredients when ordering if you are vegan. Jamba Juice's All-Fruit Smoothie line is 100% vegan, and you can substitute soy milk in a number of other smoothies to make them dairy free. The Apple Cinnamon Pretzels are also vegan!



A campus favorite, almost anything on Lime's menu can be made vegetarian. When eliminating meat, add rice, black beans, or refried beans all FREE of charge. We recommend asking for your order fajita-style for an extra dose of veggies!



Our newest location, Fitberry is located in the Herbert Wellness Center. There are a variety of organic smoothies and acai bowls to choose from, as well as grab-and-go salads and paninis.



With two Starbucks on campus (in the Shalala Student Center and the Richter Library), you will always be in walking distance of at least one. And don't be afraid of straying from your vegan or vegetarian diet while visiting the coffee giant - they have a number of sandwiches, protein packs, salads, and pastries available that are meat and/or dairy free. We also have soy and almond milk available for you. Additionally, Peta has a great guide to ordering vegan at Starbucks.



Einstein Bros. Bagels, located in the Law School, does not only have great coffee (that you can order with soy milk) and fresh bagels - they also have a number of vegetarian food items that you can easily pick up for lunch. We recommend the Hummus Veg Out Signature Sandwich or the Spinach, Mushroom, and Swiss Egg Sandwich (for our vegetarian friends).



Our popular salad concept is great for vegans and vegetarians. Apart from the number of meatless menu items they offer (the Greek salad,, Farmhouse salad, and Roasted Veggie Melt, just to name a few), you can also Design Your Own salad or wrap. We recommend adding quinoa or almonds for an extra protein boost.



Grab a Veggie Delight or craft your own meatless sandwich at Subway. You can even go vegan! Pile your sandwich high with vegetables and add any of their vegan-friendly sauces - yellow or deli mustard, vinegar, sweet onion sauce, Italian dressing, or buffalo sauce.



Don't be fooled by the triple decker burger or buffalo chicken tenders - Burger 305 has a mouthwatering veggie burger that sure to satisfy your craving. You can also ask for a veggie patty on any of our LTOs so that you can enjoy them too! Pair your meatless burger with a side of sweet potato fries and you're good to go.



Located in the Newman Alumni Center, Sebastian's Café has plenty of vegetarian options to choose from! A Roasted Vegetable Quesadilla, Four Cheese Quesadilla, Garden Chop Chop, and Garden Ibis Panini are all great meatless options. Ask for any salad without chicken and pair it with our vegetarian soup of the day. There are also a variety of meatless breakfast options to choose from so you can start your day off right.



The Corner Deli, located in the Market, not only has some great vegan and vegetarian options but is also Kosher, supervised by Rabbi Felig. Try the Falafel sandwich or meal - sides include roasted potatoes, roasted vegetables, mashed potatoes, coleslaw, and basmati rice.



Sushi Maki is ideal for pescatarians, but don't be fooled - the native Miami sushi chain also has a number of vegan rolls: The Vegetable Summer Roll, Vegetable Dragon Roll, and Classic Vegetable are all vegan-friendly. Additionally, they offer a delicious Hiyaski Wakame (Seaweed Salad) and Edamame.



Despite having "Chicken" in its name, Pollo Tropical is surprisingly vegetarian friendly. Build your own TropiChop without meat and choose from a variety of vegetarian (mashed potatoes, mac and cheese) or vegan bases (all varieties of rice and lettuce). All veggies with the exception of kernal corn are also vegan! The French fries are vegan as well!



Panda Express's easily customizable bowls and plates make meatless eating easy. Eggplant tofu, steamed vegetables, and browned rice is our favorite combo! Add some veggie spring rolls if you're feeling really hungry.



The Market is your go-to for vegan and vegetarian snacking on campus! With hundreds of options, you are sure to find something you'll love. Be sure to check out our grab-and-go brand, Jack & Olive, for fresh vegan and vegetarian salads, sandwiches, snack packs, and more!



A popular local Miami concept, Vicky Café offers a variety of vegetarian pastries. Pair one with their famous Cuban coffee and you're guaranteed a tasty breakfast that won't let you down.