Welcome to KU Dining Services

Vegetarian and Vegan Options
What are the vegetarian and vegan options at KU?

✓ Vegan & vegetarian options at every meal in our 3 residential dining centers.
   (Mrs. E’s, Oliver and North College Café)

✓ Vegan & vegetarian options at all retail dining venues & theme events

✓ You can flag vegan & vegetarian menu items in our Net Nutrition website
   (http://union.ku.edu/dining/net-nutrition/)
Additional Vegan items available in our 3 residential dining centers . . .

✓ Nutritional yeast
✓ Raw seeds and nuts
✓ Soy cheese
✓ Soy butter spread
✓ Rice &/or almond milk

Please let us know if there are additional vegan items you would like to have available.
Now Open...

Cafe Spice

✓ All natural ingredients, fresh produce and whole spices to create an authentic burst of Indian flavor in every bite.

✓ Located at the Underground in Wescoe Hall
Coming Soon... Panda Express

✓ Robust flavors of Mandarin and Szechuan cuisine
✓ Located on the 3rd floor of the Kansas Memorial Union
✓ Anticipated opening is Spring 2014
The following slides will give you a **sampling** of vegan and/or vegetarian offerings at our numerous dining venues for the upcoming academic year.

We are constantly surprising the KU community with our innovative vegan and vegetarian cuisine. Don’t worry, we keep the “favorites” but are always adding new menu items to the mix!

Be sure to check the daily menus on our website to see what plant based culinary surprises we have planned for you!
A Few of the Available Selections . . .

Impromptu Cafe

✓ Falafel Salad made with our own falafel quenelles
✓ Patty Melt made with a quinoa burger
✓ Greek Salad with grilled vegetables
✓ Quiche d’jour: our Chefs come up with a delicious daily special!
✓ Mediterranean Burger using our own quinoa burger
A Few of the Available Selections . . .

Mrs. E’s Residential Dining Center

**Kyou Zone**
This concept was designed specifically to cater to our students with special dietary requirements, yet it has an added feature—on most days of the week, offering a vegan entrée daily at lunch and dinner. Be sure to check out the numerous vegan and/or vegetarian menu offerings at the other stations within the food court.

**Daz-E Hill Grill**
- Black Bean Burger
- Bocca Burger

**Al Dente**
- Autumn Quinoa Casserole
- Italian Garden Sauce over Gemelli Pasta

**Copper Oven**
- Tomato Pepper Pizza
- Margherita Pizza
A Few More of the Available Selections . . .

Mrs. E’s Residential Dining Center

**Lenoir’s Classics**
- Sweet Potato Lentil Stew
- Vegetable Rice Pancakes

**The Cutting Board**
- Hummus with Pita Bread
- Vegetable Feta Panini

**Global Cuisine**
- Mongolian Tofu
- Mushroom Chipotle Quesadilla

**Greater Greens**
Our colossal salad and soup bar filled with fresh greens and a wide variety of vegetable and fruit toppings. We make an effort to have alternate protein sources, such as beans, available. Be sure to try our made-to-order Sizzlin’ Salads such as the St Louis Salad with grilled portabella mushrooms.
A few of the available selections . . .

**Mangia Italiana**

Our pizza crust and marinara sauce are vegan. Our vegetable pizza is a campus favorite. We can make it vegan by leaving off the cheese!

**Café Classics**

- Stuffed Portabella with Quinoa
- Seitan Taco

**Sizzlin’ Creations**

- Vegetable LoMein
- Vegan Fajitas

**11th Deli**

- Hummus and Pita Bread
- Create your own sandwich with our numerous vegetable selections

**Toss’d**

A mixture of crisp salad greens and garden fresh vegetable toppings and breads. We make an effort of have alternate protein sources, such as beans, available. Be sure to check the daily selection of soups.
A Few of the Available Selections . . .

**Salad Bar**

Enjoy one of the longest salad bars on campus. A rainbow of colors is featured daily! In addition to fruits and vegetables, we make an effort of have alternate protein sources, such as beans, available. Be sure to check the daily selection of soups.

**Buffet Line**

- Italian Garden Sauce with Pasta
- Spicy Black Bean Burgers
- Boca Burgers
- Hummus and Pita Bread
- Roasted Butternut Squash Lasagna
- Eggplant Moussaka
Try these vegan and/or vegetarian options.

**The Grill**
- Our Cheese Omelet and Cinnamon French Toast are a campus breakfast favorite!
- Organic Garden Vegan Burger
- Grilled Cheese

**Za Pizza**
KU Dining’s own pizza concept. Popular choices include cheese or Garden Za & Garden ZaZones.

**Daisy Hill Deli**
Italian Garden Wrap

**Tex Mex**
- Vegetarian Burrito
- Vegetarian Quesadilla

Also available...
- Hummus with Pita Bread
- Spinach Artichoke Dip with Pita Bread
A Few of the Available Selections . . .

**Brellas**
Mega Vega Delight

**World Kitchen**
Our Chefs come up with a delicious daily special!

**Serranos**
Latin cuisine with bean and rice based menu options

Be sure to check the daily selection of salads and soups at **Garden Gourmet**
A Few of the Available Selections . . .

**Café Spice**  
Spice up your culinary journey with authentic Indian cuisine!

**Pizza Hut**  
Veggie Lover’s Delight

**Chick-Fil-A**  
Egg biscuit Sandwich with Hash Browns

Be sure to check the daily selection of salads and soups at *Garden Gourmet*
A Few of the Available Selections . . .

**The Grill**
- Vegetable Lovers Pita

**The Carvery**
- German Bean Medley
- Eggplant Parmesan

Be sure to check the daily selection of salads and soups at *Garden Gourmet*
A Few of the Available Selections . . .

Fresh Fusions

✓ Pasta Primavera Aglio e olio
✓ Seared Polenta with Goat Cheese
✓ Daily vegetable

The Grill

✓ Black Bean Burger
✓ Local Burger

Be sure to check the daily selection of salads at Fresh Fare
Vegan and Vegetarian Options

Net Nutrition

Online nutrition analysis program available at http://union.ku.edu/dining/net-nutrition/

Entrees, Salads, Sides, Soups & Desserts are tagged with these icons for the ease of the KU community.
Where can I find menus and nutrition information for the KU Dining venues?

KU Dining Services website
http://union.ku.edu/dining/

Dining Services Menus
http://union.ku.edu/dining/menus/

Net Nutrition
http://union.ku.edu/dining/net-nutrition/
We look forward to serving you!

If you have any additional questions, please contact:

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