

Tips For Dining

Look for customizable options at each dining hall or location

Try adding different protein options like hummus, egg, salad, beans, meat substitutes and tofu to wraps and sandwiches to get a variety of vitamins and minerals

Check NetNutrition when ordering meals to easily see vegetarian/pescatarian/vegan options on campus and check to see that your nutrient needs are met

Enter your preferences on NetNutrition:

PREFERENCES

 Halal (U)

 Vegan (U)

 Vegetarian (U)

Vegan



Food options that do not contain animals including meat, fish eggs, and dairy

Vegetarian



Food options that do not contain animal products except for eggs and dairy.

Vegan & Vegetarian

Dining at University of Dayton



Additional Resources

Ligia Lopes - Administrative Dietitian

Contact her with any questions or concerns about your dining experience here at UD

Email: lopesl1@udayton.edu

Phone: 937-229-2489

NetNutrition:

netnutrition.udayton.edu

udayton.edu/diningservices



KU's Toss

Vegetarian



- Delicious salads that can be topped with tofu, edamame, beans, or quinoa for complete protein
- Build your own pizza with a variety of toppings
- Customize a BOP Bowl with a variety of toppings

Vegan



- Delicious salads that can be topped with tofu, edamame, beans, or quinoa for complete protein
- Build your own pizza with a vast array of toppings including dairy-free cheese and a vegan, gluten free, thin crust
- Customize a BOP Bowl with a variety of toppings

KU's Que

Vegetarian



- The veggie burger is always available, but entrees rotate each week to include things like the fish sandwich
- Sides rotate each week, and include lots of veggies!

Vegan



KU's Spice

Vegetarian



- Asian rice and pasta bowls can be customized to one's liking
- Asian rice bowls have various veggies and sauces, and can include tofu and shrimp as protein
- Pasta bowls offer meatless meatballs as well as a variety of vegetables and sauces
- Great breakfast options including burritos, egg and cheese biscuits, plant-based sausage is offered as a protein option

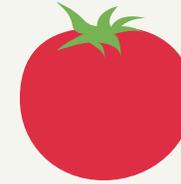
Vegan



- Asian rice and pasta bowls can be customized to one's liking
- Asian rice bowls have various veggies and sauces, and can include tofu as a protein
- Pasta bowls offer meatless meatballs as well as a variety of vegetables and sauces
- Breakfast burritos and sandwiches can be customized to exclude items and add items like plant-based sausage

Marycrest

Vegetarian



- Deli Sandwiches and wraps can be made to your liking and topped with protein options like tuna and egg salad as well as hummus
- Build your own brick oven pizza with veggie toppings
- **Sizzlin Sensations:** offers vegetarian options like veggie burgers, veggie Philly cheese steak, and grilled cheese
- **Near and Far:** daily specials each day of the week like Fiesta Friday, Asian Stir Fry, and Pasta Bowls where they offer customizable stir fry options, burrito bowls, and pasta
- Grain Bowls once a week including a base of whole grains, veggies of choice, a vegetarian protein option, and sauce
- Creating your own omelet is a customizable option for breakfast, toppings include a lot of veggies
- Egg and cheese sandwich and waffles are also available for breakfast
- Regular or loaded sweet potatoes or regular potatoes

Marycrest

Vegan



- Deli Sandwiches and wraps can be made to your liking and topped with protein options such as hummus
- Build your own brick oven pizza with veggie toppings
- **Near and Far:** daily specials each day of the week like Fiesta Friday, Asian Stir Fry, and Pasta Bowls where they offer customizable stir fry options, burrito bowls, and pasta
- Grain Bowls once a week including a base of whole grains, veggies of choice, a vegetarian protein option, and sauce
- Regular or loaded sweet potatoes or regular potatoes

The Chill

Vegetarian



Vegan



- Refreshing smoothies and acai bowls that can be customized to one's individual liking

The Emporium

Vegetarian



- Serves a variety of breakfast options like avocado toast and breakfast sandwiches and wraps
- Build your own sandwich or wrap with a variety of proteins like
- black bean burger, tuna salad, egg and egg salad, and hummus
- Create your own quesadilla or pita pizza with lots of veggies to add on to them

VWK

Vegetarian



- **Mongolian Grill:** has a variety of toppings and multiple protein options including tofu, egg, and shrimp
- **Green Life:** offers a completely vegan menu with a large assortment of options
- **Sushi:** vegetable roll and customizable options
- **The Grainary:** create your own salad at the grainary with tofu or hard-boiled egg
- **The Grainary:** build your own sandwich with a large selection of veggies and toppings
- **Compass Grill:** customizable Mexican bar including tacos, burritos, nachos and burrito bowls with lots of toppings including beans, salsa, veggies, and cheese

VWK

Vegan



- **Green Life:** offers a completely vegan menu with lots of options and variety
- **Mongolian Grill:** a stir fry option that provides choice of veggies and tofu to serve as a protein option
- **The Grainary:** create your own salad topped with lots of veggies and tofu
- When ordering from The Grainary, any wrap or sandwich can include vegan cheese, just ask for it in person!
- **Compass Grill:** customizable Mexican bar including tacos, burritos, nachos, and burrito bowls with lots of toppings including beans, salsa, and veggies
- Check out the refrigerated area for lots of grab and go vegan options