

# UMBC Dining Services

supports *vegan & vegetarian* diets across campus

*Vegan and vegetarian options can be prepared separately on separate grill tops or in separate pans.*

*A variety of beans and soy products, such as tofu, are available daily on the menu cycle.*

*Peanut butter is available at every meal.*

*The salad bars at True Grit's and the Commons feature a variety of legumes, including various beans, peas, and edamame.*

*Olive oil and vinegar are always available.*

*Some options are labeled as vegan, and more vegan products are beginning to be identified at UMBC.*

*Specialty vegan foods, soy milk, and protein options are available at True Grit's.*

*For more information on vegetarian and vegan lifestyle, visit:*

*-The Vegan Society: [www.vegan.com](http://www.vegan.com)*

*-The Vegetarian Resource Group: [www.wrg.com](http://www.wrg.com)*



## Tips for dining

*You can always ask the preparer to change their gloves. The same goes for utensils, pots, pans, and grills. If you have questions, comments, or concerns, ask to see a manager or visit: [www.dineoncampus.com/umbc](http://www.dineoncampus.com/umbc)*

*If you want more information, please contact [umbcvegetarians@lists.umbc.edu](mailto:umbcvegetarians@lists.umbc.edu)*

**DISCLAIMER:** *Please be aware that many foods contain refined sugar, which may not be suitable for strict vegans as it may be processed using bone char. The use of refined sugar is broad and so has not been accounted for in this assessment.*

**UMBC DINING**  
[dineoncampus.com/umbc](http://dineoncampus.com/umbc)

# Vegetarian *and* Vegan

*options around campus*



*Sponsored by UMBC Vegetarians  
in partnership with UMBC Dining Services*



# For starters

If you're a vegan, vegetarian, someone with alternative dietary preferences, or are interested in changing your lifestyle, there are options available around campus.

This guide will help you make eating decisions that will not only suit your diet, but your tastebuds as well.

## Some definitions



A vegan does not eat or use any animal products, or products that have been tested on animals. This includes dairy and honey, and perhaps even refined sugar which is filtered using bone char.



A vegetarian does not eat or use animal products, with the exception of dairy products.

## Options on campus

### MONDO SUBS



Vegetable Wrap with Hummus

The breads all contain mono- & diglycerides that may be of animal origin. Therefore, they may not be suitable for a vegan or vegetarian diet.

### FAMOUS FAMIGLIA PIZZERIA



Pasta and Marinara Sauce  
Garlic Knots



Fresca Pizza & Pizza Bianca  
Romano cheese contains animal-derived enzymes.  
Mozzarella cheese does not contain animal-derived enzymes.

### OUTTAKES



Edamame Guacamole w/ Pita Triangles  
Pita and Hummus Platter  
Edamame

### STARBUCKS



Juices  
Coffee without flavoring syrup (e.g. hazelnut, etc.)

### SALSARITA'S FRESH CANTINA



Veggie Taco Salad without tortilla & beans  
Tortilla Chips  
Guacamole and Salsa  
Salsarita's rice is vegetarian-made with tomato broth. The beans are also vegetarian, but the seasoning contains animal-derived preservatives. Tortillas do not contain lard, but do contain casein (milk product) & animal-derived enzymes.

### MESQUITE RANCH BBQ & GRILL



Black Bean Gardenburger, without roll  
Fries  
Whole fruit side option, tofu salad  
The breads are not vegan or vegetarian, as they contain animal preservatives. Order it heated in the Turbo chef. Fries are vegan if fried in separate oil from meat products.

### JOW JING



Lo-Mein  
Tofu

Ask server for vegan sushi options.



### FRESH FUSIONS

(Options vary daily)



Tofu dishes, Grains, Beans and Rice  
Vegan items are identified on the menu.



All foods served at Fresh Fusions are vegan, and are served on a 7 day rotating menu that changes each semester.

### CHICK-FIL-A



Garden salad, without dressing  
Fruit Cup  
Waffle Fries

The various dressings contain eggs and mono- & diglycerides.

### AU BON PAIN



Oatmeal  
Fruit cups  
Black Bean soup  
Chick Peas and Tomato salad  
Asparagus/Almond portion  
Cucumber salad



Vegetarian chili  
Lentil soup

### WILD GREENS



Salad made-to-order with two featured salads daily.



## Common myths

"People who don't eat meat don't get enough protein."

There are plenty of high-quality protein options other than meat. Nuts, seeds, legumes, whole grains, and soy all contain sufficient plain protein, provided that the individual eats these foods on a regular basis.

"Vegan diets are low-fat or low calorie."

This is true for some vegan and vegetarian foods, but not all. Oils are plant based fats and many manufactured products available today are high in fat and sugars due to the oil content. Careful planning is suggested to ensure a gratifying, healthy vegan or vegetarian diet.

"As long as you can't see meat, it's vegetarian."

Many foods appear to be vegan or vegetarian, but they contain discrete ingredients that deem them unfit for such a diet. For example, many cheeses contain rennet, a churning agent derived from cows. Commercially available bread, desserts, candy soups, and chips and dips often contain preservatives or enzymes that are derived from animal products. Therefore, some brands of these foods are neither vegan nor vegetarian.