### Vegan Dining at OU

**Questions or Concerns?** Contact Dot Flowers, OU Ingredient Specialist, at (405) 325-1599 or email at dflowers@ou.edu.

**Food Allergic Individuals:** Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut, tree nut products, and other potential allergens in our cafes and kitchens. Before placing your order, please inform your server if you or a person in your party has a food allergy. Direct questions to the manager.

### Some Items Available Only Upon Request

#### The Laughing Tomato - Oklahoma Memorial Union

- **Fresh Fruits**
- **Hummus Supreme Flatbread**
- **Moroccan Lentil Soup**
- **Vegetarian Chili**

#### The Following Contain Sugar: **Bread Bowl, Pita Pocket, Moroccan Lentil Soup and Vegetarian Chili.**

#### Crossroads - Oklahoma Memorial Union

- **Veggie Deli Sandwich (choose another bread)**
- **Hot Veggie Deluxe (choose bread, not grilled)**
- **Veggie Panini (no cheese or mayo, choose another bread)**

#### The Following Contain Sugar: **GF Bread, White Bread, Ciabatta, Small Side Salad, Apples and Bananas.**

#### Quiznos - Oklahoma Memorial Union

- **White Bread**
- **Whole Grain Baguette**
- **Grilled Flatbread**

#### The Following Contain Sugar: **Veggie Sandwich, Guacamole, Zesty Grilled Cheese, Four Pepper Chili Sauce, Barbecue Sauce, Grilled Flatbread, Whole Grain Baguette and White bread.**

#### Union Market - Oklahoma Memorial Union

- **White Bread**
- **Sourdough Bread**
- **All Spreads**

#### The Following Contain Sugar: **White Bread, Sourdough Bread, All Spreads, Corn and Black Bean Mix, Salsa.**

#### Chick-Fil-A - Oklahoma Memorial Union & Couch Restaurants

- **Waffle Fries**
- **Hash Browns (breakfast only)**
- **Fruit Cup**

#### The Following Contain Sugar: **Light Balsamic Vinaigrette, Light Italian Dressing, Polynesian Sauce and Barbecue Sauce.**

#### Taco Mayo - Cate Restaurants

- **Guac 'n' Chips**
- **Mexical Rice (contains sugar)**

#### Oliver's - Cate Restaurants

- **Whole Kernel Corn**
- **Green Beans**

#### O'Henry's - Cate Restaurants

- **White Sandwich Bread**
- **Wheat Sandwich Bread**
- **White Ciabatta**

#### The Following Contain Sugar: **White Sandwich Bread, White Ciabatta, Tomato Herb Wrap, Garlic & Herb Wrap, Italian Dressing, Avocado Spread, Balsamic Vinaigrette and FF Raspberry Vinaigrette.**

#### Roscoe's - Cate Restaurants

- **All Bagels**

#### Coffee is fair-trade and organic
**VEGETATION STATION - COUCH RESTAURANTS**

The Vegetation Station offers a vegan entree every day. Vegan desserts may also be found on the Vegetation Station.

**LA ROMA - COUCH RESTAURANTS**

Brown Rice Penne
Venice Bakery GF Crust

**SOONER SMOKEHOUSE - COUCH RESTAURANTS**

Criabatta Bun
Mustard
A1 and Heinz Steak Sauce

**CASA DEL SOL - COUCH RESTAURANTS**

Refried, Black and Pinto Beans
Cilantro Lime Rice
Uncle Ben’s Fiesta Rice
Pico de Gallo
Casa Del Sol Guacamole
Seasoned Vegetable Taco Filling
White and Red Taco Shells

**SALAD SENSATIONS - COUCH RESTAURANTS**

The following contain sugar:
- Kraft Catalina Dressing YES Pack,
- Kraft Fat Free Raspberry Vinaigrette,
- Kraft Balsamic Vinaigrette,
- Kraft Golden Italian YES Pack,
- Mango in Light Syrup,
- La Choy Chow Mein Noodles and
- Pacific Jade Mandarin Oranges.

Enjoy:
- Fresh Vegetables, Fresh
- Fruit, Bay Valley Foods Pickled
- Okra, Tofu and
- assorted Beans/Pulses.

**DOT’S DELI - COUCH RESTAURANTS**

Mission Whole Wheat Wrap
Food for Life Brown Rice Tortilla
Hilltop Hearth Garlic Herb Wrap
HitTop Hearth Gluten Free
White Bread

**NUTRIENTS OF CONCERN FOR VEGANS**

- Calcium
- Vitamin B-12
- Vitamin D

**GOOD FOOD SOURCES**

- Calcium: calcium fortified tofu, dried figs, soybeans, tempeh and vegetables such as okra, cooked (tunp greens, collard greens and spinach), many different beans/pulses and calcium enriched or fortified RTE cereals.
- Vitamin B-12: Tempeh, B12 fortified foods/beverages, meat analogs, RTE cereals and nutritional yeast.
- Vitamin D: fortified foods soy/plant based beverages, Vitamin D fortified cereal and some meal/breakfast bars.