



# PLANT-BASED DINING OPTIONS

## COUCH RESTAURANTS

Various options, including an entrée at each meal at Vegetation Station, assorted vegetables, grains, pasta, legumes, fruit, Silk Almond Milk, Pacific Foods Ultra Soy Milk, Rice Dream Rice Milk, Thirster Coconut Milk, cereal, salad bar, 3 grain burger

## RESIDENTIAL COLLEGES

Various options, including an entrée at each meal, assorted vegetables, assorted fruit, grains, pasta, legumes, soy milk, almond milk, salad bar, cereal, oatmeal, 3 grain burger

## WAGNER DINING

Various options, including an entrée at each meal, assorted vegetables, assorted fruit, grains, legumes, pasta, cereal, soy milk, almond milk, salad bar

## CATE RESTAURANTS

### OLIVER'S

All vegetables, hash browns, Extreme Hash Browns

### RUTHIE'S

Veggie burger, fries, gluten-free bun, avocado spread

### TACO MAYO

Guacamole, tortilla chips, pico de gallo, Mexicali Rice (contains cane sugar), salsa (contains cane sugar), flour tortilla, corn taco shell, bean burrito (no cheese), refried beans (no cheese), black beans, all vegetables, Potato Locos, Taco Sauce, Fire Sauce

## XCETERA

Carries various plant-based options for sale such as microwave meals, drinks, chips, and nutrition bars. Most operations have at least one vegan option. Please ask and they will be identified for you.

## OKLAHOMA MEMORIAL UNION

### CHICK-FIL-A

Waffle Fries, Fruit Cup, Side Salad, Market Salad\*, Cobb Salad\*, light balsamic vinaigrette dressing, light Italian dressing, Polynesian sauce, barbecue sauce

\*When ordered without meat or cheese

### CROSSROADS

Veggie Breakfast Burrito, Beyond Burger, Veggie Wrap, Avocado & Tomato Sandwich, Silk Very Vanilla Soy Milk, Silk Chocolate Soy Milk, Silk Vanilla Almond Milk

### THE LAUGHING TOMATO

Made-to-Order salad, fresh fruits, side salad, hummus flatbread, Magic Bean Wrap, Hummus Wrap, Best Date Ever, Garden Pita, Athena's Pasta Salad, Big Fat Greek Salad, Molly's Kitchen Moroccan Lentil Soup, House-Made Chili, apples with plain peanut butter, baby carrots and hummus, Juicy & Fruity, Pita Chips, Tulkoff Garlic in Oil

### QUIZNOS

Veggie Guacamole Sandwich, Veggie Guacamole Salad, all raw vegetables, guacamole, white bread, wheat bread, Kronos Foods LTD Grilled Flatbread, four pepper chili sauce, herb oil, red wine vinaigrette, zesty grill sauce, BBQ sauce

### UNION MARKET

All vegetables, Build Your Own Fries, Simply Vegan Sandwich, gravy, Frank's RedHot Sauce Original, Heinz Mustard, Head Country Mild Barbeque Sauce, Nutella Hazelnut Butter

### BAJA FRESH

All vegetables, flour tortilla, white corn tortilla, roasted vegetables, pinto beans, black beans, lime rice, tortilla strips, pico de gallo, guacamole, six chilies salsa, salsa baja



**HOUSING & FOOD SERVICES**  
The UNIVERSITY of OKLAHOMA