

UW VEG FOOD GUIDE

There are plenty of vegan and vegetarian food options on campus!

If in doubt, it is always helpful to politely ask about the ingredients of a food item.

If you're looking for vegan or vegetarian food on campus, HFS has some very helpful symbols on many of their menus. An orange carrot next to a menu item means that it's vegan and a green "v" means that it's vegetarian. However, an item may have a vegetarian symbol next to it, but also be vegan.

Dorms

Basic information about residential dining at UW can be found from Housing and Food Services. The two main restaurants are **Eleven 01** in Terry Hall and **The 8** in McMahan Hall. Weekly menus for both of these restaurants are posted online at <http://www.hfs.washington.edu/dining/> with accompanying symbols to make it easy to find vegan and vegetarian food.

There are also several **express markets** on campus where any one can buy fresh and packaged foods. There are many vegan and vegetarian foods sold in these markets, including ready to eat foods and fruit. There are express markets in McCarty Hall, Suzzallo Library, Terry Hall and McMahan Hall.

Street Food

Some of the menus at the street food trucks contain symbols indicating which items are vegan. Trucks are open from 10am-3pm and are located in Red Square and the More Hall lawn.

Hot Dawgs: One dawg option is a vegan Field Roast sausage, however, the buns are not vegan. All of the relishes and toppings are vegan with the exception of the cream cheese. (Red Square)

Red Square BBQ: Vegan Field Roast sausage is offered as a meatless option, however, the buns are not vegan. All sauces and the BBQ Beans are vegan. The BBQ Plate is vegan when ordered with Field Roast. (Red Square)

Siganos: Siganos offers two choices of vegan meats, Gardein Chick'n and Beef-less. The rice and beans plate, chips, salsas, cilantro-lime rice and charro beans are vegan. The tacos, taco plate, burritos, burrito bowls, nachos can be made vegan when ordered with Gardein vegan meat and without cheese. (More Lawn)

Motosurf: The Kalbi Marinated Tofu, Asian Slaw, Sticky rice and Haupia are vegan. (Red Square)

Other

Pagliacci's Pizza: The pizza dough and tomato sauce is vegan. Ordered without cheese, a veggie pizza would be vegan. (Terry Hall)

Freshëns: The smoothies bases are not vegan, as they contain vitamin D3. (By George and IMA)

Subway: The veggie patty contains eggs. The Veggie Delite sandwich s vegan. (By George)

Vista Cafe: Oodle's Salad is vegan when ordered with tofu and the ponzu or lime-ginger-cilantro dressing. (William H. Foege Building)

Coffee Carts: At many carts, bagels and Mighty-O donuts can be purchased. (Various locations)

Looking for vegan food off campus? Check out vegseattle.com, seattlevegan.com or get a Seattle restaurant guide from CARE!

www.students.washington.edu/careuw