

# Vegetarian Options on Campus

A vegetarian diet is more than just eliminating meat, fish, or poultry. In fact, it includes benefits such as being naturally low in cholesterol and fats while also being high in fiber content. These factors help lower the risk of developing many chronic diseases, including heart disease, high blood pressure, some cancers, Type 2 diabetes, and obesity.

We appreciate that our students are focused on staying healthy and being socially conscious of their carbon footprints. That's why at Liberty Dining Services, we are excited to give you access to a wide array of vegetarian options across our retail locations and dining center.

## On-Campus Restaurants

1. **Farmer's Field:** Build-Your-Own Salad with vegetable and dairy choices
2. **Shake Smart:** Smoothies made with fresh ingredients and plant-based milk choices
3. **Star Ginger:** Kung Pao Tofu or Stir Fry
4. **Hey Cow!:** Black Bean Burger with Vegan Ranch or Balsamic Marinated Portabella Mushroom Burger
5. **Montview Market:** Garden Salads
6. **Woodfire:** Veggie Pizza
7. **Garbanzo:** Falafel as a protein choice for pita
8. **Roadrunner:** Beans in bowls and burritos
9. **Nolaire:** Margherita Baguette Sandwich and Quiche Florentine
10. **MozzaMia:** Vegetable Pasta Bowl and Vegetable Flatbread Pizza

## The Reber-Thomas Dining Center

1. **Wellness:** This station offers vegan and vegetarian options. You'll always be able to find a hot entrée with sides and a variety of cold salads or roasted vegetables. Build your own spicy black bean burgers are available upon request.
2. **Soups, Salads, & Sides:** Our salad bar has traditional greens and toppings that are always available, such as lettuce, cucumbers, tomatoes, and carrots. In addition, Chopped offers a rotating selection of roasted cold fruits and vegetables, whole grains, and fresh fruit.
3. **360 Grill:** Vegetable stir fry is served on Saturday, Sunday, and Monday. Tofu is available daily. \*Please note that chicken is cooked on the same flat top. You may ask for tofu to be prepared in a separate pan to prevent cross contact.
4. **Omelette Bar:** Are you an octo-vegetarian? If so, enjoy our made-to-order veggie omelets which are available all day.
5. **Little Italy:** Enjoy made-to-order pasta with vegetable toppings and marinara sauce.
6. **Mexican Cantina:** Enjoy a black bean or vegetarian refried bean taco, nachos, or burrito.
7. **Chopsticks:** Tofu entrée throughout the week.
8. **Cookout Zone:** Made to order turkey burgers.