

HOT SPOT for all of your dietary needs

**WE'VE
GOT THE
OPTIONS
YOU CRAVE**

The University of Southern Indiana Dining Services offers an extensive number of vegan and vegetarian dining options. Our culinary staff uses innovative ingredients, spices, and flavors to create a robust and flavorful vegan and vegetarian friendly menu.

Vegetarian diets are growing more and more common. If you are or are considering becoming a vegetarian, there are several things to keep in mind to maintain a healthful diet.

HOW TO IDENTIFY VEGAN & VEGETARIAN DISHES

VG
Vegan

All items that exclude meat, eggs, dairy products, and all other animal derived ingredients.



V
Vegetarian

All items that do not include meat, and consist primarily of plant and soy based foods. Many vegetarian items do contain dairy products such as cheese and milk.



**VEGAN & VEGETARIAN
DINING OPTIONS**



HOW TO SPOT GLUTEN FREE OPTIONS

Gluten-free diets are necessary for individuals who are unable to digest a protein called gluten found in wheat, rye, barley, and possibly oats. Gluten intolerance or inability to digest gluten is commonly referred to as celiac disease, or glutensensitive enteropathy.



HOW TO IDENTIFY GLUTEN FREE DISHES



Specialty made gluten free items that do not contain gluten which is found in wheat, rye, barley, and possibly oats.

- Read product identification labels carefully.
- Gluten-free meals are prepared with clean pans and utensils, and in areas that are separate from major food production.
- Gluten-free modified meals are made to order to avoid the possibility of cross-contamination.
- Notify foodservice team members at our dining locations with questions you may have in regards to gluten-free items.
- Never assume that a product is gluten-free. When in doubt, avoid using it.



V

Vegetarian

VG

Vegan

GF

Gluten Free

The University of Southern Indiana dining services offering the option of making certain dishes vegetarian, vegan, and gluten free upon request. Look for these labels next to customizable dishes.

THE LOFT

HOT SPOT

Our Hometown station also features options that are very daily

V Breakfast Burrito

V Omelet

V Chocolate Chip Pancakes

V Blueberry Pancakes

V Banana Pancakes

V French Toast

VG **V** **GF** Hashbrown Patty

VG **V** Impossible Smash Burger

VG **V** Crispy Chick'n Tenders

V BYO Grilled Cheese

V Cheese Quesadilla

VG **V** French Fries

V Onion Rings

V Cheese Pizza by The Slice

V Pasta Salad

VG **V** Orecchiette Puttanesca

V Cheesy Breakfast Skillet

V 2 Buttermilk Pancakes

V 2 Biscuits & Gravy

VG **V** Tater Tots

V Scrambled Eggs

CHECK OUT OUR **HUGE**
S A L A D B A R



EAGLE BISTRO

- V Ricotta & Sweet Fig Toast
- VG Avocado Chimichurri Toast
- V Egg & Cheese Sandwich
- V Bagels
- V Crunchy Falafel Pita
- V Green Goddess Sandwich



The Eagle Bistro has many options when it comes to sweet treats! With just three days' notice, they make many gluten-free and Vegan desserts. They also keep a few Gluten-free and Vegan snacks and Desserts on hand.

CHICK-FIL-A

- GF Bacon
- VG V GF Fruit Cup
- GF^o Grilled Chicken Club
- GF^o Grilled Chicken Sandwich
- V GF Lettuce
- VG^o V^o GF Market Salad
- GF Nuggets Grilled
- V Pickles
- VG^o V GF Side Salad
- V GF Tomatoes
- VG^o V Veggie Wrap
- VG V GF Waffle Potato Fries



- V GF Avocado Lime Dressing
- V GF Fat Free Honey Mustard Dressing
- V GF Garlic & Herb Ranch Dressing
- V GF Light Balsamic Dressing
- VG V GF Light Italian Dressing
- V GF Zesty Apple Dressing

- VG V GF Diet Lemonade
- VG V GF Lemonade
- VG V GF Sweet Tea
- VG V GF Unsweetened Tea



SUB CONNECTION



- V Old Bay Cheddar Bread
- V Flatbread
- V Garlic Parm Bread
- V Herb Bread
- V Wheat Bread
- V White Bread

- GF Capicola
- GF Grilled Chicken
- GF Ham
- GF Roast Beef
- GF Salami
- GF Turkey

- V GF American Cheese
- V GF Parmesans Cheese
- V GF Pepper Jack Cheese
- V GF Swiss Cheese
- V GF Provolone Cheese

- VG V GF Banana Peppers
- VG V GF Black Olives
- VG V GF Carrots
- VG V GF Cucumbers
- VG V GF Green Peppers
- VG V GF Iceberg Lettuce
- VG V GF Jalapeño
- VG V GF Onions
- VG V GF Pickles
- VG V GF Spinach
- VG V GF Tomatoes

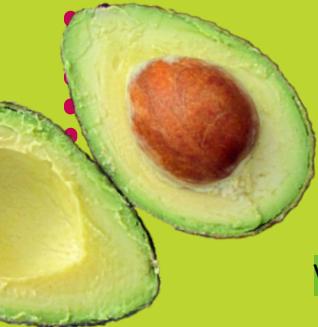
- V GF Baja Dressing
- VG GF BBQ
- V GF Honey Mustard Dressing
- V GF Light Mayo
- V GF Mayo
- VG V GF Mustard
- VG V GF Oil & Vinegar
- V GF Ranch Dressing
- VG V GF Spicy Mustard



WE' VE GOT EVEN MORE **Healthy Options**



SIMPLY TO GO



- ✓ Strawberry Yogurt Parfait
- ✓ Blueberry Yogurt Parfait
- ✓ GF Hard Boiled Egg Cup
- VG ✓ GF Veggie & Peanut Butter
- ✓ GF Cheese & Grapes
- ✓ Hummus With Naan Dippers
- VG ✓ GF Mixed Fruit Snack Cup
- VG ✓ GF Red & Green Grapes
- GF Classic Chef Salad
- ✓ Classic Greek Salad
- ✓ Egg Salad on Wheat



SIMPLY TO GO
Healthy Options
Change Daily

— EAGLE EATS —



- ✓ GF Plain Potato
- ✓ GF Cheesy Potato
- GF Buffalo Chicken Potato
- GF BBQ Pork Potato
- GF Bacon and Cheese Potato
- GF Broccoli, Cheese And Bacon Potato
- VG ✓ GF Side Salad
- GF Chili
- GF Chili Baked Potato





FLAVOUR FUSION



Flavour Fusion's menu is ever changing to provide you with a diverse culinary experience focused on variety and cultural dishes. Check back at the beginning and midway through each semester to see what we have to offer. Please speak with one of our Flavour Fusion employees for ingredient and allergen information.

EAGLE EXPRESS

& ARCHIE'S PIZZERIA

✓ Grilled Cheese	✓ Hash Brown Patty
✓ Cheese Pizza	✓ Curly Fries
✓ Veggies Pizza	✓ Breadsticks
✓ Cinna Stix	✓ French Toast Sticks
	✓ Cheesy Flatbread

AND MORE!



STARBUCKS



We believe that small changes add up to a big impact and Starbucks is committed to helping our customers make nutritional choices that are right for them. We aim to provide transparency to ingredients, calories and other nutritional information along with a diverse menu of high-quality products to meet breakfast, lunch and snacking needs.



We're constantly evolving our products to offer a broad and ever-expanding menu-including 'light' beverages, quality ingredients, moderate portion sizes and sensible calorie amounts. Please speak with one of our Starbucks employees or hop on over to Starbucks.com for ingredient and allergen information.

THANK YOU

FOR CHECKING OUT OUR HOTSPOT

Hand Crafted for your

Dietary needs

V

Vegetarian

VG

Vegan

GF

Gluten Free

For more dietary information visit
usi.sodexomyway.com

