

THE University of Southern Indiana

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 gluten sensitive enteropathy.



HOW TO IDENTIFY GLUTEN FREE DISHES

GF
Gluten free

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 food service 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 offers the option of making certain dishes vegetarian, vegan, and gluten free upon request.

Look for these labels next to customizable dishes.



THE HOT SPOT LOFT

The Loft features rotating menu options with customizable selections at every station.

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
SALAD BAR STATION**



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 from breakfast to sweet treats to sandwiches! They have Gluten-Free and Vegan options available. You may also place an order for a baked good to be picked up at a later date.



CHICK-FIL-A



- GF Bacon
- VG V GF Fruit Cup
- GF⁰ Grilled Chicken Club
- GF⁰ Grilled Chicken Sandwich
- V GF Lettuce
- VG⁰ V⁰ GF Market Salad
- GF Grilled Nuggets
- V Pickles
- VG⁰ V GF Side Salad
- V GF Tomatoes
- VG⁰ V Veggie Wrap
- VG V GF Waffle Potato Fries
- V GF BBQ Sauce
- V GF Buffalo Sauce
- V GF Honey Mustard Sauce
- V GF Honey Roasted BBQ Sauce
- V GF Polynesian Sauce

- 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



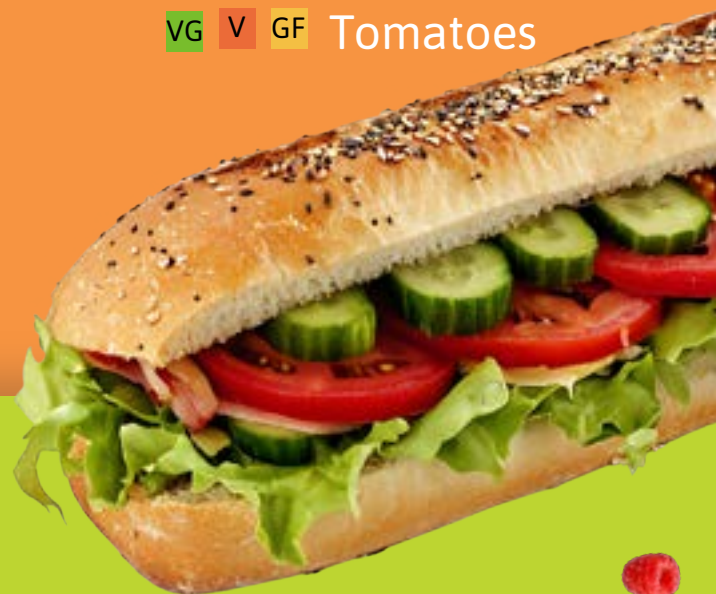
V Old Bay Cheddar Bread
V Flatbread
V Garlic Parm Bread
V Herb Bread
V Wheat Bread
V White Bread

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



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



SIMPLY TO GO
Healthy Options
Change Daily



EAGLE EATS

- V GF Plain Potato
- V GF Cheesy Potato
- GF Buffalo Chicken Potato
- GF BBQ Pork Potato
- GF Bacon and Cheese Potato
- GF Broccoli, Cheese And Bacon Potato
- VG V 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
- ✓ Cheese Pizza
- ✓ Veggies Pizza
- ✓ Cinna Stix

- ✓ Hash Brown Patty
- ✓ Curly Fries
- ✓ Breadsticks
- ✓ 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](https://www.starbucks.com) for ingredient and allergen information.



SWIRL

Swirl, inside Foodhive in the Nursing and Health Professions Building, offers fresh, delicious fruit and smoothie bowls with a wide variety of toppings.



- ✓ Chocolate PB Banana Smoothie Bowl
- ✓ Red, White & Blue Acai Bowl
- ✓ Red, White & Blue Dragon Fruit Bowl
- ✓ Coconut Mango Acai Bowl
- ✓ Coconut Mango Dragon Fruit Bowl

THANK YOU FOR CHECKING OUT OUR

HOT SPOT

Hand Crafted for your Dietary needs



For more dietary information visit
usi.sodexomyway.com

If you'd like to explore additional dining options, create a personalized meal plan, or discover new menu choices, schedule a meeting with our Executive Chef, Gregory Dillard. He is available to discuss dietary needs and help you find options that fit your preferences. He can be reached by email at Gregory.Dillard@sodexo.com or by phone at [812-465-1127](tel:812-465-1127).

