

Dietitian's Corner

A nutritious plant-based diet includes a variety of fruits, veggies, whole grains, nuts, seeds and legumes. It is important to include a variety of foods to meet nutritional needs.

TIPS FOR VEGANS AND VEGETARIANS

Some key nutrients to include:

Protein – eggs, beans, lentils, tofu, nuts, seeds, yogurt, cottage cheese, milk, soy milk

Vitamin D – fortified milk, milk alternatives

Calcium – fortified milk, milk alternatives, fortified cereal, tofu made with calcium sulfate, kale, broccoli, bok choy

Zinc – whole grains, beans, nuts, fortified cereals

Iron – legumes, fortified cereals, whole grain bread (combine with a vitamin C source for increased absorption—oranges, strawberries, tomatoes, broccoli, red peppers)

Omega 3 – walnuts, flaxseeds, chia seeds

Vitamin B-12 – fortified cereal, fortified milk alternatives, nutritional yeast

** Other plant-based options are available, please ask station attendants about made-to-order options.**

*Menu items are subject to change

Looking for other plant-forward resources?

Vegetarian Resource Group: www.vrg.org
Vegetarian Nutrition: www.vegetariannutrition.net

Contact our dietitians to best determine how BUDS can meet your dietary needs.

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Dining Hall Hack:

Get creative! Combining options from different stations can help add nutrients, flavor and variety to your diet!



www.binghamton.sodexomyway.com

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BUDS

Residential Guide to Plant-Forward Dining



BUS HEALTH & WELLNESS

Binghamton University Dining Services has many options available to satisfy a range of plant-forward diets. This guide will provide information on our vegetarian, vegan and plant-based options available at our resident dining halls each day.



VEGETARIAN

Dishes that do not contain meat or fish but may or may not contain dairy, eggs and/or honey.



VEGAN

Dishes that do not contain any ingredients that come from animals.



PLANT-BASED

Dishes that only use ingredients from plants such as: fruits, veggies, whole grains, legumes and nuts. They may also include honey and sugar.

C4 DINING HALL

SIZZLE: GRILL & GRIDDLE:

Breakfast: Egg sandwiches

Lunch & Dinner: Beyond Burger, French fries, garden burger, tofu scramble, grilled cheese and black bean burgers. Available daily.

SAVORY:

Breakfast: Oatmeal, scrambled eggs, scrambled tofu and breakfast potatoes. Keep an eye out for daily rotating breakfast specials such as waffles, French toast, frittatas and more!

Lunch & Dinner: Options vary each meal period and include items like stuffed acorn squash, jackfruit tacos, blackened tofu, and more!

BOAR'S HEAD DELI:

Build your own sandwiches and wraps. Available daily.

SLICES:

Vegetarian and plant-based pizza. Available daily.

TWISTS:

Create your own pasta dish at lunch and/or dinner.

MIX & SPOONFUL:

Breakfast: Fruit and yogurt bar

Lunch & Dinner: Build your own salads. Soup options vary daily.

SHOWCASE FEATURING SERRANO:

Lunch & Dinner: Create your own bowls, burritos and salads.

Weekend Brunch: Pancakes & French Toast bar

SIMPLE SERVINGS:

Lunch & Dinner: Grains, beans and vegetables.

Weekend Brunch: Create your own vegetable and potato hash bowl.

*All meals at this station are made without milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, sesame and gluten.

KOSHER KORNER:

Grains, vegetables and meat alternative options available daily for lunch and dinner.

NOWL:

Beyond Burger, vegan pizza, milkshakes, brown rice, steamed vegetables, Perry's scooped ice cream and more! Available daily.

CIW DINING HALL

SIZZLE: GRILL & GRIDDLE

Beyond Burger, French fries, sweet potato fries, cheese quesadillas and grilled cheese. Available Daily.

SAVORY:

Breakfast: Oatmeal, scrambled eggs, scrambled tofu and breakfast potatoes. Keep an eye out for daily rotating breakfast specials such as waffles, French toast, frittatas and more!

Lunch & Dinner: Options vary each meal period and include items like stuffed acorn squash, jackfruit tacos, blackened tofu and more!

BOAR'S HEAD DELI:

Build your own sandwiches and wraps.

SLICES:

Vegetarian and plant-based pizza available daily.

MIX AND SPOONFUL:

Breakfast: Fruit and yogurt bar

Lunch & Dinner: Build your own salads. Soup options vary daily

HINMAN DINING HALL

SIZZLE: GRILL & GRIDDLE:

Breakfast: Egg sandwiches

Lunch & Dinner: Beyond Burger, French fries, garden burger, tofu scramble, grilled cheese and black bean burgers. Available daily.

SAVORY:

Breakfast: Oatmeal, scrambled eggs, and breakfast potatoes. Keep an eye out for daily rotating breakfast specials such as waffles, French toast, frittatas and more!

Lunch & Dinner: Options vary each meal period and include items like stuffed acorn squash, jackfruit tacos, blackened tofu and more!

GRAINS GONE GREAT:

Lunch & Dinner: Create your own grain bowl with plant proteins, grains and vegetables. Toppings and sauces available, too!

BOAR'S HEAD DELI:

Build your own sandwiches and wraps. Available daily.

SLICES:

Vegetarian and plant-based pizza. Available daily.

MIX & SPOONFUL:

Breakfast: Fruit and yogurt bar

Lunch & Dinner: Build your own salads. Soup options vary daily.

NOODLE HOUSE:

Lunch & Dinner: Create your own tofu and/or vegetable noodle bowls. Available daily.

GARBANZO:

Located within Hinman Collegiate Center, Garbanzo offers authentic plant-based Mediterranean options daily.

APPALACHIAN DINING HALL

SIZZLE: GRILL & GRIDDLE:

Breakfast: Egg sandwiches

Lunch and Dinner: Beyond Burger, French fries, garden burger, tofu scramble, grilled cheese and black bean burgers. Available daily.

SAVORY:

Breakfast: Oatmeal, scrambled eggs, scrambled tofu, and breakfast potatoes. Keep an eye out for daily rotating breakfast specials such as waffles, French toast, frittatas and more!

Lunch and Dinner: Options vary each meal period and include items like stuffed acorn squash, jackfruit tacos, blackened tofu and more!

TWISTS:

Daily specials featuring favorites like penne a la vodka and tortellini.

MIX AND SPOONFUL:

Lunch and Dinner: Build your own salads. Soup options vary daily

BOAR'S HEAD DELI:

Build your own sandwiches and wraps. Available daily.

SIMPLE SERVINGS

Dinner: Grains, beans and vegetables.

Weekend Brunch: Create your own potato and veggie hash bowl.

* All meals at this station are made without milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, sesame and gluten.

OTHER ITEMS AVAILABLE DAILY:

All dining halls offer a variety of breads, bagels, fresh fruit, yogurt, cereals, milk, chocolate milk, Lactaid, rice milk, almond milk, soy milk and oat milk.