



Vegan/Vegetarian

TCNJ Dining Services recognizes the significance of **vegan and vegetarian** cuisine in today's mindful eating habits and diverse cultural preferences. To support your dietary choices, we offer daily vegetarian and vegan options across our dining venues. We're also committed to keeping you informed about the ingredients in the foods we serve, ensuring you can make choices that align with your lifestyle. To help you navigate your dining options safely, Dining Services is dedicated to keeping you informed about what's in your food.

You can find detailed nutritional and ingredient info for everything served in The Atrium at Eickhoff and 1855 using the **Everyday App**. This app allows you to see menu offerings at each station, the full ingredient list, identify the eight most common allergies, along with nutritional details like calorie and fiber content. You are able to filter items by your preference, such as meat, milk, eggs, soy, dairy, shellfish, and fish, since many of these can be hidden in meals.

At The Atrium at Eickhoff, we offer a wide range of vegetarian and vegan entrees, including vegan chili, vegetarian soups, hot and cold sandwiches, and pizzas. Our extensive salad bar features 16 vegetarian toppings, and we provide soy milk along with fresh fruit options. Most stations in the Atrium give the student the ability to create a custom meal. Also built into the program in The Atrium at Eickhoff, **Vegan Loop** is a completely vegan zone, that offers lunch and dinner, smoothies, and made to order pasta. **Simple Zone** is an area dedicated to serving foods that are gluten-free, peanut free, and tree-nut free. Many of these offerings are vegan or vegetarian, as well. At the Lion's Den in the Brower Student Center, Pizza & Pasta Co., SubConnection, Teri Yaki, and OBC grill offer vegetarian and/or vegan options.

Also available daily at our retail locations are vegetarian soups, pizza, hot and cold sandwiches, wraps and paninis.

Students, faculty, and staff are welcome to join our monthly Dining Services Committee meetings. You can find the schedule for dates, times, and locations [here](#).

Any student having questions about the foods served should contact : Ava Gamba, Registered Dietitian, at sdhrd@tcnj.edu, Vincent Papp, General Manager, at vincent.papp@sodexo.com.

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