QUESTIONS OR CONCERNS? Contact Dot Flowers, OU Ingredient Specialist, at (405) 325-1599 or email at dflowers@ou.edu.

FOOD ALLERGIC INDIVIDUALS: Be aware that we handle and prepare egg, milk, wheat, soy, peanut, tree nut products, and other potential allergens in our cafes and kitchens. Before placing your order, please inform your server if you or a person in your party has a food allergy. Direct questions to the manager.

SOME ITEMS AVAILABLE ONLY UPON REQUEST

THE LAUGHING TOMATO - OKLAHOMA MEMORIAL UNION

Fresh Fruits
Hummus Supreme Flat bread
Made-to-Order Salad
Moroccan Lentil Soup
Vegetarian Chili

Hummus Wrap
Magic Bean Wrap (choose white flour or brown rice wrap)
Garden Pita (no cheese)
My Big Fat Greek Salad (No Cheese)

THE FOLLOWING CONTAIN SUGAR: Bread Bowl, Pita Pocket, Moroccan Lentil Soup and Vegetarian Chili.

CROSSROADS - OKLAHOMA MEMORIAL UNION

GF Bread
White Bread
White Hoagie
Small Side Salad
Apples and Bananas

Veggie Deli Sandwich (choose another bread)


QUIZNOS - OKLAHOMA MEMORIAL UNION

White Bread
Whole Grain Baguette
Grilled Flat bread
Calabatta

Guacamole
Barbecue Sauce
Four Pepper Chili Sauce
Herb Oil

Yellow Mustard
Zesty Grille Sauce
Apple Harvest Salad (no chicken)

THE FOLLOWING CONTAIN SUGAR: Veggie Sandwich, Guacamole, Zesty Grille Sauce, Four Pepper Chili Sauce, Barbecue Sauce, Grilled Flat bread, Whole Grain Baguette and White bread.

UNION MARKET - OKLAHOMA MEMORIAL UNION

Simply Vegan Sandwich
White Bread
Sourdough Bread

Side Salad (no cheese)
All Vegetables
Build Your Own Fries (fries, all vegetables)

Salsa
Frank’s Hot Sauce
All Spreads

THE FOLLOWING CONTAIN SUGAR: White Bread, Sourdough Bread, All Spreads, Corn and Black Bean Mix, Salsa.

CHICK-FIL-A - OKLAHOMA MEMORIAL UNION & COUCH RESTAURANTS

Waffle Fries
Hash Browns (breakfast only)
Fruit Cup

Szechuan Sauce
All Vegetables
Soy Sauce

Barbecue Sauce
All Spreads

THE FOLLOWING CONTAIN SUGAR: Side Salad (no cheese), Market Salad (no chicken or cheese), Cobb Salad (no chicken, bacon, eggs, cheese or avocado lime ranch dressing).

SHANGHAI STIR FRY - COUCH RESTAURANTS

All Vegetables
Canola, Olive and Sesame Oil
Soy Sauce

Cashews
Plain Rice
Szechuan Sauce

All Noodles
Tofu
Sesame Oil

THE FOLLOWING CONTAIN SUGAR: Orange Ginger sauce, Sesame sauce, Garlic sauce, Sriracha sauce, Sweet and Sour sauce, Sweet Chili sauce, Teriyaki sauce and Chow Mein. Angel hair pasta is manufactured on equipment that processes products containing egg.

VEGETATION STATION - COUCH RESTAURANTS

The Vegetation Station offers a vegan entree every day. Vegan desserts may also be found on the Vegetation Station.

LA ROMA - COUCH RESTAURANTS

Brown Rice Penne
Venice Bakery GF Crust

Pizza Sauce
All Vegetables
Marinara

Spaghetti, Fettuccine and Rotini are manufactured on equipment that processes products containing eggs.

THE FOLLOWING CONTAIN SUGAR: VAP Pizza Crust and Marinara Sauce.
SOONER SMOKEHOUSE - COUCH RESTAURANTS
Calabatta Bun
Mustard
A1 and Heinz Steak Sauce
Ketchup
Dill Pickle Slices
Sautéed Mushrooms
Flame Roasted Corn on the Cob
3 Grain Burger

CASA DEL SOL - COUCH RESTAURANTS
Refried, Black and Pinto Beans
Cilantro Lime Rice
Uncle Ben’s Fiesta Rice
Pico de Gallo
Casa Del Sol Guacamole
Seasoned Vegetable Taco Filling
White and Red Taco Shells
THE FOLLOWING CONTAIN SUGAR: Seasoned Vegetarian Taco Filling and Uncle Ben’s Fiesta Rice.

SALAD SENSATIONS - COUCH RESTAURANTS
The following contain sugar:
Kraft Catalina Dressing YES Pack,
Kraft Fat Free Raspberry Vinaigrette,
Kraft Balsamic Vinaigrette,
Kraft Golden Italian YES Pack,
Mango in Light Syrup,
La Choy Chow Mein Noodle and
Pacific Jade Mandarin Oranges.

Enjoy:
Fresh Vegetables, Fresh
Fruit, Bay Valley Foods Pickled
Okra, Salad Oil, Vinegar, Tofu and
assorted Beans/Pulses.

DOT’S DELI - COUCH RESTAURANTS
Mission Whole Wheat Wrap
Food for Life Brown Rice Tortilla
Hilltop Hearth Garlic Herb Wrap
HiTop Hearth Gluten Free
White Bread
Rotella Sourdough Loaf
Rotella 6 in. White Hoagie
Rotella Calabatta Bun
Rotella Marble Rye
Hummus
Sara Lee 100% Whole Wheat
French’s Classic Mustard
Heinz Ketchup
All Vegetables
Rainbo Thin White (This product
is manufactured on shared
equipment used to manufacture
products containing Milk.)

THE FOLLOWING CONTAIN SUGAR:
Rotella Sourdough Loaf and
Hilltop Hearth Garlic Herb Wrap.

NUTRIENTS OF CONCERN FOR VEGETARIANS
• Calcium
• Vitamin B-12
• Vitamin D

GOOD FOOD SOURCES (please note foods are not necessarily found in Food Services’ Operations)
• Calcium: calcium fortified tofu, dried figs, soybeans, tempeh and vegetables such as okra, cooked (turnip greens, collard greens and spinach), many different beans/pulses and calcium enriched or fortified RTE cereals.
• Vitamin B-12: Tempeh, B12 fortified foods/beverages, meat analogs, RTE cereals and nutritional yeast.
• Vitamin D: fortified foods soy/plant based beverages, Vitamin D fortified cereal and some meal/breakfast bars.