VEGAN DINING OPTIONS

CATHOLIC RESTAURANTS

CASA DEL SOL
Refried beans, black beans, pinto beans, cilantro-lime rice, pico de gallo, guacamole, salsa rojo, salsa caliente, black bean salsa, corn salsa, medium picante sauce, tomato basil tortilla, flour tortilla, white corn tortilla, tostada shell, nacho chips.
The following contain sugar: whole wheat tortilla, garlic herb tortilla, fiesta rice.

DOT’S DELI
All vegetables, whole wheat wrap, GF bread, GF wrap, mustard, ketchup.
The following contain sugar: brown rice tortilla, garlic herb wrap, white bread, whole wheat bread, sourdough loaf, white hoagie, ciabatta bun, marble rye.

LA ROMA
All vegetables, pizza sauce, GF crust, brown rice penne, spaghetti.
Fettuccine and rotini are manufactured on equipment that processes products containing eggs.
The following contain sugar: VAP pizza crust and marinara sauce.

SALAD SENSATIONS
All vegetables, fruit, hummus, pickled okra, salad oil, vinegar, tofu, assorted beans & pulses.
The following contain sugar: Catalina dressing, raspberry vinaigrette, balsamic vinaigrette, golden Italian, mango in light syrup, orange segments, chow mein noodles.

SHANGHAI STIR FRY
All vegetables, canola oil, olive oil, sesame oil, soy sauce, cashews, plain rice, rice noodles, tofu.
The following contain sugar: peanut sauce, General Tso sauce, hoisin sauce, orange ginger sauce, brown sauce, sesame sauce, garlic sauce, sriracha sauce, sweet and sour sauce, sweet chili sauce, teriyaki sauce, chow mein noodles.
Angel hair pasta is manufactured on equipment that processes products containing egg.

SOONER SMOKEHOUSE
3-grain burger, mustard, A1 steak sauce ®, Heinz steak sauce ®, ketchup, dill pickle slices, sautéed mushrooms, flame-roasted corn on the cob.
The following contain sugar: ciabatta bun, hot dog bun, hamburger bun.

SWEET SHOPPE
Desserts are located on a cart next to the Sweet Shoppe.

VEGETATION STATION
The Vegetation Station offers a vegan entrée every day. Vegan desserts may also be found in the Vegetation Station.

CATE RESTAURANTS

O’HENRY’S
All vegetables, all fruit, white bread, wheat bread, ciabatta, tomato herb wrap, spinach wrap, wheat wrap, garlic & herb wrap, French’s mustard, spicy mustard, Italian dressing, oil & vinegar, hummus, avocado spread, balsamic vinaigrette, FF raspberry vinaigrette, side salad (no croutons), chips, sunflower seeds.

OLIVER’S
All vegetables, hash browns, Extreme Hash Browns

RUTHIE’S
Veggie burger, GF bun, avocado spread, fries

TACO MAYO
Guacamole, chips, pico de gallo.
The following contain sugar: Mexicali Rice, salsa.

RESIDENTIAL COLLEGES

BREAKFAST
Oatmeal, hash browns, assorted cut fruit, assorted whole fruit, assorted nuts.

LUNCH & DINNER
A rotating vegan entrée.

FROM THE GRILL
3-grain burger, hamburger bun, pickles.

PIZZA
All vegetables, vegan pizza crust, vegan mozzarella cheese, pizza sauce.
The following contain sugar: thin Italian pizza crust.

BAKED PASTA
All vegetables, noodles, zoodles, marinara.

TACO BAR
All vegetables, black beans, hard taco shells, salsa rojo, corn, black beans, flour tortillas, pico de gallo, guacamole, salsa verde.

SALAD BAR
All vegetables, tofu, edamame, mandarin oranges, canned sliced peaches, raspberry vinaigrette, Italian dressing, oil & vinegar, salsa rojo, salsa verde.

STIR FRY
All vegetables, rice, noodles, soy sauce.
OKLAHOMA MEMORIAL UNION

BAJA FRESH
All vegetables, flour tortilla, roasted veggies, pinto beans, black beans, lime rice, tortilla strips, tostada shell, pico de gallo, guacamole
The following contains sugar: salsa verde, Six Chilies
Salsa, salsa baja, avocado salsa.

CHICK-FIL-A®
Waffle fries, hash browns (breakfast only), fruit cup,
The following contain sugar: light balsamic vinaigrette, light Italian dressing, Polynesian sauce, barbecue sauce.

CROSSROADS
Beyond Meat burger patty, Veggie 'dilla (request no cheese), The Vegan Sandwich, Veggie Wrap (request no cheese), small side salad, apples, bananas
The following contain sugar: white bread, ciabatta, white hoagie, hamburger bun.

THE LAUGHING TOMATO
Made-to-order salad, fresh fruits, hummus flatbread, hummus wrap, Magic Bean Wrap (choose flour or brown rice wrap), Garden Pita (no cheese), apples or celery with peanut butter, baby carrots and hummus, side salad
The following contain sugar: bread bowl, pita pocket, Moroccan lentil soup, vegetarian chili.

QUIZNOS
All vegetables, red wine vinaigrette, mustard, pumpkin seeds, herb oil
The following contain sugar: guacamole, dried cranberries, barbecue sauce, four pepper chili sauce, apple cider vinaigrette, flat bread, wheat bread, white bread, zesty grille sauce.

UNION MARKET
Simply Vegan sandwich, hummus, all vegetables, build your own fries, (fries, all vegetables), salsa, Frank’s RedHot sauce®
The following contain sugar: white bread, sourdough bread, all spreads, corn and black bean mix, salsa.

WAGNER DINING

DELI
All vegetables, whole wheat wrap, GF white bread, whole wheat bread, mustard, ketchup, white hoagie
The following contain sugar: sourdough loaf, multi-grain bread, ciabatta bun.

PIZZA
All vegetables, pizza sauce
The GF pizza crust is manufactured on equipment that processes eggs and soy.

SALAD BAR
All vegetables, fruit, salad, oil, vinegar, tofu, assorted beans
The following contain sugar: raspberry dressing, balsamic dressing, mango.

STIR FRY & PASTA TOSS
All vegetables, canola oil, olive oil, sesame oil, soy sauce, cashews, plain rice, rice noodles, tofu, GF pasta
The following contain sugar: stir fry sauce, peanut sauce, hoisin sauce, sweet & sour sauce, sriracha sauce, teriyaki sauce, marinara sauce.
Bow tie pasta and penne is manufactured on equipment that processes products containing egg.

NUTRIENTS OF CONCERN
Calcium
Fortified foods soy/plant based beverages, Vitamin D fortified cereal and some meal/breakfast bars

Please note that foods are not necessarily found in Food Services’ Operations. Other vegan options may be available upon request.