Vegan dining at Oklahoma Memorial Union

**THE LAUGHING TOMATO** - OKLAHOMA MEMORIAL UNION
- Fresh Fruits
- Hummus Supreme Flatbread
- Made-to-Order Salad
- Hummus Wrap
- Magic Bean Wrap
- Golden Ticket Potato Soup
- Apples or Celery with Peanut Butter
- Baby Carrots and Hummus

**CROSSROADS** - OKLAHOMA MEMORIAL UNION
- Garden Sandwich (not grilled)
- Veggie Panini (not grilled)
- Garden Panini (not grilled)
- Small Side Salad
- Apples and Bananas

**QUIZNO'S** - OKLAHOMA MEMORIAL UNION
- Fresh Garden Salad Bowl
- Sub Sandwiches using only Vegetables

**CHICK-FIL-A** - OKLAHOMA MEMORIAL UNION & COUCH RESTAURANTS
- Waffle Fries
- Polynesian Sauce
- BBQ Sauce
- Buffalo Sauce

**TACO MAYO** - CATE RESTAURANTS
- Cinnamon Crisp (contains sugar)
- Guac 'n' Chips
- Mexican Rice

**OLIVER’S** - CATE RESTAURANTS
- Whole Kernel Corn
- Green Beans
- Italian Blend Vegetables
- Corn on the Cob
- Black Eyed Peas
- Hash Browns
- Garden Breaded Chick n Strips on request (contains sugar)
- French's Mustard
- Golden Italian Dressing
- Any Fresh Fruit Salad with no Croutons

**O’HENRY’S** - CATE RESTAURANTS
- All Vegetables
- 12” Flour Tortilla
- Garlic Herb Wrap
- Golden Wheat Tortilla Wrap
- French’s Classic Mustard
- Tomato Soup without Milk Added
- Lay’s Classic Potato Chips
- Baked Lays

**ROSCOE’S** - CATE RESTAURANTS
- All bagels (wheat bagel contains sugar)
- Vegan Cookies
- Coffee is fair-trade and organic

**DOT’S DELI** - COUCH RESTAURANTS
- Rotella White Hoagie
- Whole Wheat Wrap
- Garlic Herb Wrap
- Rotella Cilantro Bun
- Rotella Marble Rye
- French’s Classic Mustard
- Hunt’s Ketchup
- All Veggies and Hummus

**SHANGHAI STIR FRY** - COUCH RESTAURANTS
- All Vegetables
- Carola, Olive and Sesame Oil
- Kikkoman Soy Sauce
- Rice Noodles
- Tofu

**THE FOLLOWING CONTAIN SUGAR:** Brown sauce, peanut sauce, General Tso sauce, Hoisin sauce, Hoisin BBQ sauce, Orange Ginger sauce, Sesame sauce, Garlic sauce, Sriracha sauce, Sweet and Sour sauce, Sweet Chili sauce, Teriyaki sauce and Chow Mein. Angel hair pasta MFG on equipment that processes products containing egg.

Questions or Concerns? Contact Dot Flowers, OU Ingredient Specialist, by calling (405) 325-1599 or email her at dflowers@ou.edu.

Food Allergic Individuals: Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, 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.

**THE FOLLOWING CONTAIN SUGAR:**
- Bread bowl, pita pocket, wheat wrap, white wrap, balsamic vinaigrette, homemaded pita chips
- Bagels and paninis
- Bread and salad dressings
- Light Italian salad dressing
- Brown sauce, peanut sauce, General Tso sauce, Hoisin sauce, Hoisin BBQ sauce, Orange Ginger sauce, Sesame sauce, Garlic sauce, Sriracha sauce, Sweet and Sour sauce, Sweet Chili sauce, Teriyaki sauce and Chow Mein. Angel hair pasta MFG on equipment that processes products containing egg.

Coffee is fair-trade and organic.

**VEGAN DINING AT OU**
VEGETATION STATION - COUCH RESTAURANTS
The Vegetation Station offers a vegan entrée everyday. Vegan desserts may also be found on the Vegetation Station.

LA ROMA - COUCH RESTAURANTS
Tinkadaya Brown Rice Fettuccine
Corn Elbow Pasta
Pizza and Marinara Sauce
All Vegetables
Venice Bakery GF Crust

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

THE FOLLOWING CONTAIN SUGAR: Pizza crust

SOONER SMOKEHOUSE - COUCH RESTAURANTS
Ciabatta Bun
Mustard
A1 and Heinz Steak Sauce
Ketchup
Dill Pickle Slices
Sautéed Mushrooms
Flame Roasted Corn on the Cob
Garden Burger
Black Bean Burger

CASA DEL SOL - COUCH RESTAURANTS
Refried, Black and Pinto Beans
Cilantro Lime Rice
Pico de Gallo
Corn Salsa
Garlic Herb Tortilla
White and Red Taco Shells
Vegan Taco Meat
Nacho Chips

SALAD SENSATIONS - COUCH RESTAURANTS
Avoid:
- Eggs, meat, cheese, fish, shrimp, croutons, potato salad, coleslaw, rotini pasta salad, Caesar pasta salad, California pasta salad, puddings, creamy dressings.

The following contain sugar:
- Chow mein noodles, Craisins, papaya, mango, peaches, fruit cocktail.

Enjoy:
- Fresh vegetables, fresh fruit, cucumber salad, meatless bacon bits, oil and vinegar dressing.

VEGANISM
Veganism is a type of vegetarian diet that excludes meat, eggs, dairy products and all other animal-derived ingredients. Many vegans also do not eat foods that are processed using animal products, such as refined white sugar and some wines. Most vegans also avoid the use of all products tested on animals, as well as animal-derived non-food products, such as leather, fur and wool. All items listed in this brochure appear vegan.

NUTRIENTS OF CONCERN FOR VEGANS
- Calcium
- Vitamin B-12
- Vitamin D

RECOMMENDED FOOD SOURCES OR SUPPLEMENTS
- Calcium: tofu, figs, soybeans, tempeh and vegetables such as broccoli, bok choy, collard greens, kale, okra and turnip greens.
- Vitamin B-12: fortified foods such as soy milk products, meat analogs, ready-to-eat cereals and nutritional yeast.
- Vitamin D: fortified foods such as soy or rice milk, ready-to-eat cereal, margarine or orange juice.