Northern Arizona University made the Dean’s List for PETA2’s Vegan Report card with an A+ rating.
NAU Campus Dining is proud to offer both vegan and vegetarian options at a majority of our dining locations. From breakfast to late-night, we aim to provide delicious options for everyone.

- All dining locations on campus offer vegetarian options
- 23 of 25 dining locations offer vegan menu options

Continue reading for tips and tools to help you get the most from your dining experience.

**dining hall hacks**

Look for these icons to help you identify menu items that meet your needs.

- Magellan's (on the left side of the platform) in the Hot Spot and Plant Forward in the DüB; the plated dish varies between vegan and vegetarian items
- Simple Servings always features a protein, cooked vegetables, and a starch; many times these options are vegan
- Ask for tofu at 360 Grill with your stir fry or at the sandwich station
- Choose pasta with marinara and vegetables at Al Dente in the DüB or Bella Trattoria in the Hot Spot
- Order a veggie burger or a grilled cheese sandwich at the grill
- Load up at the superfoods bar; these salads offer a variety of fresh vegetables, vegetarian proteins and whole grains that can help meet your nutritional needs
- Have a question? Not sure about a menu item? Ask a manager to double check an ingredient list or recipe for you
**Cobrizo Mexican Grill:**
Vegetarian: bean and veggie burrito, tacos, salad, naked burrito, or nachos and beverage
Vegan: order without cheese and sour cream

**Einstein Bros. Bagels and Coffee & Bagels:**
Vegetarian: bagel with schmear, fruit and beverage, or hummus veg out sandwich with fruit and beverage
Vegan: sun-dried tomato bagel or hummus veg out sandwich with no schmear

**Eat Food Market:**
Vegetarian/Vegan: tofu noodle bowl, create-your-own salad, or a smoothie

**Essential Blends:**
Vegetarian: any 24 oz Original Blend
Vegan: swap frozen yogurt for fruit

**Green Scene Cafe:**
Vegetarian: 4-cheese melt, or mozzarella basil sandwich with fruit and beverage
Vegan: hummus wrap with fruit and beverage OR Greek Salad (no cheese), Garden Medley Salad, or create-your-own salad and beverage

**Jamba Juice:**
Vegetarian: any medium classic smoothie
Vegan: substitute frozen yogurt for fruit and ask for soy milk

**Pizza Hut Express:**
Vegetarian: cheese pizza with fruit and beverage

**Qdoba:**
Vegetarian: burrito or bowl with veggies, or Loaded Tortilla Soup with beverage
Vegan: order without cheese and sour cream

**Star Ginger:**
Vegetarian/Vegan: curry bowl, tofu banh mi, or vegetarian pho with beverage

**Subway:**
Vegetarian: 6 inch veggie delight or veggie sandwich with fruit and beverage
Vegan: order without cheese and sour cream

**The Coupe:**
Vegetarian: Flagstaff melt with beverage
Vegan: veggie burger with fries and beverage

**The Wedge Pizza & Market:**
Vegetarian: cheese or veggie deluxe 7” pizza, or Flagstaff Melt with fruit and beverage

**Turnip the Greens:**
Vegetarian: Romaine Calm Caesar On, Strawberry Dandelion, Sesame Mandarin, or Eat Olive It salads with beverage
Vegan: no cheese and substitute cream based dressing for vinaigrette
Registered Dietitian: Megan.E.Anderson@nau.edu

**Food for Thought Meetings:** these meetings are open to all students, faculty, and staff who want to provide insight to help us shape the future of Campus Dining at NAU. Email NAUCampusDining@gmail.com for meeting times

**NAUgo App:** download the NAUgo app for nutrition information, hours, and more.

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**most popular plant based options**

- University Union
  - Hot Spot
  - Turnip the Greens
  - Jamba Juice
  - Star Ginger

- **Health & Learning Center**
  - Green Scene Cafe
  - Essential Blends

- **SkyView**
  - Eat Food Market

- **du Bois South Union**
  - The DüB Dining District
  - Subway

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**University Union**
- Hot Spot
- Turnip the Greens
- Jamba Juice
- Star Ginger

**Health & Learning Center**
- Green Scene Cafe
- Essential Blends

**SkyView**
- Eat Food Market

**du Bois South Union**
- The DüB Dining District
- Subway