

# plant based

## DINING ON CAMPUS



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

# transfer special favorites

## **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

# most popular plant based options

## University Union

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

## Health & Learning Center

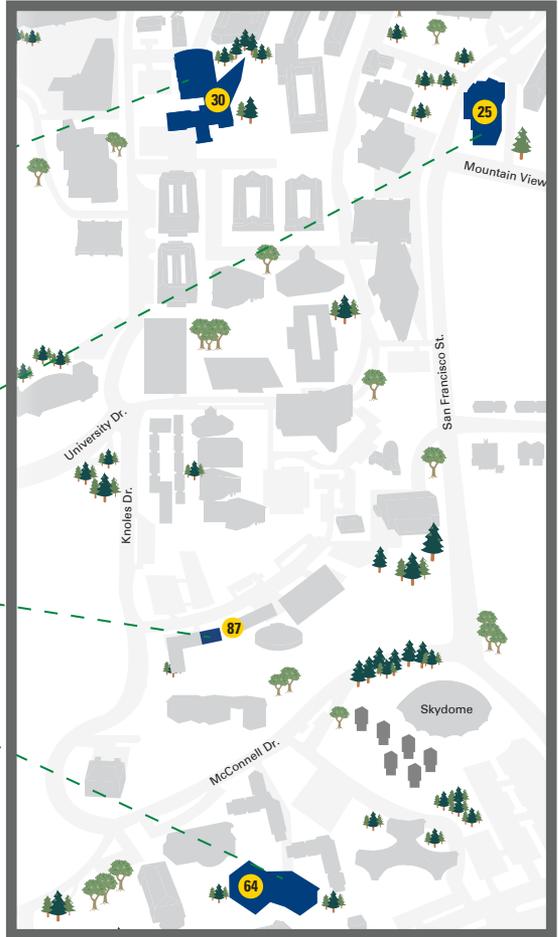
- Green Scene Cafe
- Essential Blends

## SkyView

- Eat Food Market

## du Bois South Union

- The DüB Dining District
- Subway



## resources

**Registered Dietitian:** [Megan.E.Anderson@nau.edu](mailto: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](mailto:NAUCampusDining@gmail.com) for meeting times

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