



Skip the Beef

A vegetarian diet is more than just eliminating meat, fish, or poultry. In fact, it includes benefits such as being naturally low in cholesterol and fats while also being high in fiber content. These factors help lower the risk of developing many chronic diseases, including heart disease, high blood pressure, some cancers, Type 2 diabetes, and obesity.

We know that as a student, you are always on the hunt for food alternatives to add to your healthy lifestyle. From more greens and vegetables to plant-based alternatives, you're focused on staying healthy and being socially conscious. That's why at Liberty Dining Services, we are excited to give you access to a wide array of vegetarian options across our retail locations and dining hall.

Vegetarian Options on Campus

On-Campus Restaurants

1. **Farmer's Field:** Build-Your-Own Salad with tons of topping choices
2. **Natural!:** Smoothies made with fresh ingredients
3. **Star Ginger:** Lemongrass Tofu Stir Fry or Lemongrass Tofu Pho Bowl
4. **Hey Cow!:** Black Bean Burger
5. **The Grid:** Garden Salads
6. **Argo Tea:** Bargo Vegan Protein Bar
7. **Woodfire:** Veggie Pizza or occasionally the limited time only pizzas
8. **Garbanzo:** Falafel as a protein choice

Food Court at Reber-Thomas

1. **My Kitchen:** Available each morning. Enjoy dishes like tofu scramble and orange-infused quinoa with toppings.
2. **Chopped:** Our salad bar has traditional greens and toppings that are always available, such as lettuce, cucumbers, tomatoes, and carrots. In addition, Chopped offers a rotating selection of roasted cold fruits and vegetables, whole grains, and fresh fruit.
3. **Mongolian Grill:** Vegetable stir fry is served on Monday, Wednesday, and Friday. **Please note that chicken is cooked on the same flat top.*
4. **Omelette Bar:** Are you an octo-vegetarian? If so, enjoy our made-to-order veggie omelets which are available all day.
5. **Flames Zone:** Made-to-order veggie or spicy black bean burgers are available upon request.
6. **Al Dente:** Enjoy made-to-order pasta with vegetable toppings and marinara sauce.
7. **Sparky's Cantina:** Enjoy a black bean or vegetarian refried bean taco, nachos, or burrito.
8. **Wellness Zone:** This station offers vegan and vegetarian options. You'll always find a hot entrée with sides, a variety of cold salads or roasted vegetables, and made-to-order vegan, grilled cheese sandwiches.