SIMPLE SERVINGS:
Lunch & Dinner: Grains, beans, and vegetables.
Weekend Brunch: Create your own vegan hash bowl.
*All meals at this station are made without milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, and gluten.

B-CUISINE: STUDENT’S CHOICE:
Menu developed from student feedback and includes options like quesadillas, tofu philly, vegan meatball sub, and more. Menu rotates daily.

NOWL:
Vegan nuggets, Beyond Burger, tofu scramble, Vegan philly’s, and more. Menu rotates daily.

MELTS PANINS+ICE CREAM:
Vegan caprese panini, Vegan “Chicken” Parmigiana panini. Perry’s ice cream, and made-to-order ice-cream cookie sandwiches.

OTHER ITEMS AVAILABLE DAILY:
All Dining Halls offer a variety of breads, bagels, whole fresh fruit, yogurt, cereal, rice milk, almond milk, oat milk, and soy milk.

Dietitian’s Corner
A nutritious plant based diet includes a variety of fruits, veggies, whole grains, nuts, seeds, and legumes. It is important to include a variety of foods to meet nutritional needs.

TIPS FOR VEGANS AND VEGETARIANS
Some key nutrients to include:
Protein – eggs, beans, lentils, tofu, nuts, seeds, yogurt, cottage cheese, milk, soy milk
Vitamin D – fortified milk, milk alternatives
Calcium – fortified milk, milk alternatives, fortified cereal, tofu made with calcium sulfate, kale, broccoli, bok choy
Zinc – whole grains, beans, nuts, fortified cereals
Iron – legumes, fortified cereals, whole grain bread (combine with a vitamin C source for increased absorption—oranges, strawberries, tomatoes, broccoli, red peppers)
Omega 3 – walnuts, flaxseeds, chia seeds
Vitamin B-12 – fortified cereal, fortified milk alternatives, nutritional yeast

Looking for other vegan and vegetarian resources?
Vegetarian Resource Group: www.vrg.org
Vegetarian Nutrition: www.vegetariannutrition.net

Contact our dietitians to best determine how BUDS can meet your dietary needs.
Alexa Schmidt, RD, CDN
E-mail: alexa.schmidt@sodexo.com
Julie Lee, MS, RD, CDN
E-Mail: julie.lee@sodexo.com

Dining Hall Hack:
Get creative! Combining options from different stations can help add nutrients, flavor, and variety to your diet!

** Other vegan options are available, please ask station attendants about made-to-order options.**
*Menu items are subject to change*
Binghamton University Dining Services has many options available to satisfy a vegan or vegetarian diet. This guide will provide information on our vegan and vegetarian menu items available at our residential dining halls daily.

Vegetarian items are identified with the orange “V” icon and are lacto-ovo-vegetarian. These items may contain dairy and/or eggs. Meat, seafood, fish, and poultry are excluded from vegetarian dishes. Vegan items are identified with the green “Vg” icon and contain only plant-based ingredients. Meat, poultry, fish, seafood, dairy, eggs, and all honey are excluded from vegan dishes.

Gifts from the Garden and the Garden Grill are plant-based stations offering 100% vegan food.

**C4 DINING HALL**

**GRILL:**
*Breakfast:* Meatless egg sandwiches
* Lunch & Dinner:* Beyond Burger, French fries, garden burger, tofu scramble, grilled cheese, black bean burger. Available daily.

**HOT LINE:**
*Breakfast:* Oatmeal, scrambled eggs, and breakfast potatoes. Keep an eye out for daily rotating breakfast specials such as waffles, French toast, frittatas, and more!
* Lunch & Dinner:* Vegan & vegetarian options vary each meal period and include vegetable paella, lentil shepherd’s pie, tofu stir-fry, kale & quinoa stuffed sweet potato, and more!

**BOAR’S HEAD DELI:**
Build your own vegan and vegetarian sandwiches and wraps. Available daily.

**PIZZA:**
Vegetarian and Vegan pizza available daily.

**SOUP & SALAD BAR:**
*Breakfast:* Fruit and yogurt bar
* Lunch & Dinner:* Build your own vegan and vegetarian salads. Soup options vary daily

**GIFTS FROM THE GARDEN:**
Vegan pierogies, empanadas, tacos, salads, grain bowls, build-your-own hot pot, pasta, vegan nuggets & fries. Menu varies daily.

**ULTIMATE:**
*Breakfast & Lunch:* Pancake & Omelet Bar
* Dinner:* Vegetarian Pasta

**HINMAN DINING HALL**

**GRILL:**
*Breakfast:* Meatless egg sandwiches
* Lunch & Dinner:* Beyond Burger, French fries, garden burger, tofu scramble, grilled cheese, black bean burger. Available daily.

**HOT LINE:**
*Breakfast:* Oatmeal, scrambled eggs, and breakfast potatoes. Keep an eye out for daily rotating breakfast specials such as waffles, French toast, frittatas, and more!

**SOUP & SALAD BAR:**
*Breakfast:* Fruit and yogurt bar
* Lunch & Dinner:* Build your own vegan and vegetarian salads. Soup options vary daily.

**GARANZO:**
located within Hinman Collegiate Center, Garbanzo offers authentic plant-based Mediterranean options daily.

**APPALACHIAN DINING HALL**

**GRILL:**
*Breakfast:* Meatless egg sandwiches
* Lunch & Dinner:* Beyond Burger, French fries, garden burger, tofu scramble, grilled cheese, black bean burger. Available daily.

**HOT LINE:**
*Breakfast:* Oatmeal, scrambled eggs, and breakfast potatoes. Keep an eye out for daily rotating breakfast specials such as waffles, French toast, frittatas, and more!
* Lunch & Dinner:* Vegan & vegetarian options vary each meal period and include vegetable paella, lentil shepherd’s pie, tofu stir-fry, kale & quinoa stuffed sweet potato, and more!

**PIZZA:**
Vegetarian and Vegan pizza available daily.

**PASTA:**
Vegetarian pasta special available daily.

**SOUP & SALAD BAR:**
*Breakfast:* Fruit and yogurt bar
* Lunch & Dinner:* Build your own vegan and vegetarian salads. Soup options vary daily.

**GARDEN GRILL:**
*Breakfast:* Chick’n Tenders, Tofu Spiedies, Buffalo Cauliflower Wings, vegan quesadillas, and more! Menu varies daily.

**GARDEN:**
Vegan & Vegetarian personal-sized pizzetas available daily.

**WRAP-N-ROLL DELI:**
Build your own vegan and vegetarian subs and wraps. Available daily.

**WRAP-N-Roll:**
Located in the garden, wrap-n-roll offers an array of fresh ingredients and authentic plant-based meals.

**NEAPOLITAN:**
Vegan & Vegetarian personal-sized pizzetas available daily.

**KOSHER:**
Grains, beans, and vegetables. Available daily.

**PASTA:**
Vegetarian pasta special available daily.

**SOUP & SALAD BAR:**
*Breakfast:* Fruit and yogurt bar
* Lunch & Dinner:* Build your own vegan and vegetarian salads. Soup options vary daily

**GARANZO:**
located within Hinman Collegiate Center, Garbanzo offers authentic plant-based Mediterranean options daily.

**ULTIMATE:**
*Breakfast & Lunch:* Pancake & Omelet Bar
* Dinner:* Vegetarian Pasta

**HOT LINE:**
*Breakfast:* Oatmeal, scrambled eggs, and breakfast potatoes. Keep an eye out for daily rotating breakfast specials such as waffles, French toast, frittatas, and more!

**SOUP & SALAD BAR:**
*Breakfast:* Fruit and yogurt bar
* Lunch & Dinner:* Build your own vegan and vegetarian salads. Soup options vary daily.

**BOAR’S HEAD DELI:**
Build your own vegan and vegetarian subs and wraps. Available daily.

**PIZZA:**
Vegetarian and Vegan pizza available daily.

**PASTA:**
Vegetarian pasta special available daily.

**SOUP & SALAD BAR:**
*Breakfast:* Fruit and yogurt bar
* Lunch & Dinner:* Build your own vegan and vegetarian salads. Soup options vary daily.

**GRILL:**
*Breakfast:* Meatless egg sandwiches
* Lunch & Dinner:* Beyond Burger, French fries, garden burger, tofu scramble, grilled cheese, black bean burger. Available daily.

**HOT LINE:**
*Breakfast:* Oatmeal, scrambled eggs, and breakfast potatoes. Keep an eye out for daily rotating breakfast specials such as waffles, French toast, frittatas, and more!

**SOUP & SALAD BAR:**
*Breakfast:* Fruit and yogurt bar
* Lunch & Dinner:* Build your own vegan and vegetarian salads. Soup options vary daily.

**GARANZO:**
Located within Hinman Collegiate Center, Garbanzo offers authentic plant-based Mediterranean options daily.