

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 late night favorites available!

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

** Other vegan options are available, please ask station attendants about made-to-order options.**

*Menu items are subject to change

Contact our dietitians to best determine how BUDS can meet your dietary needs.

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BUDS

Residential Guide to Vegan / Vegetarian Dining

Dining Hall Hack:

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



BINGCAMPUSFOOD

www.BinghamtonUdining.com



BINGHAMTON
UNIVERSITY
DINING SERVICES

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.

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.

EXPEDITIONS:

Lunch & Dinner: Halal vegan or vegetarian options available and made-to-order upon request.
Weekend Brunch: Pancake & French Toast Bar



SIMPLE SERVINGS:

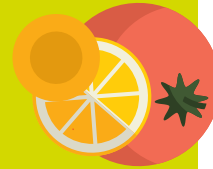
Lunch & Dinner: Grains, beans, and vegetables.
Weekend Brunch: Create your own vegan or vegetarian hash bowl.
 *All meals at this station are made without milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, and gluten.

KOSHER:

Grains, vegetables and meat alternative options available daily for lunch and dinner.

NOWL:

Beyond Burger, vegan pizza, milkshakes, brown rice, steamed vegetables, Perry's scooped ice cream, and more! Available daily.



CIW 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.

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!

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!

PASTA:

Vegetarian pasta special available daily

GARDEN GRILL:

Chick'n Tenders, Tofu Spiedies, Buffalo Cauliflower Wings, vegan quesadillas, and more! Menu varies daily.

WRAP-N-ROLL DELI:

Build your own vegan and vegetarian subs and wraps. Available daily.

NEAPOLITAN:

Vegan & Vegetarian personal-sized pizzetas available daily.

SOUP & SALAD BAR:

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

NOODLE HOUSE:

Lunch & Dinner: Create your own tofu noodle bowls available daily.
Weekend Brunch: Omelet Bar

GARBANZO:

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. Mediterranean salad bar available. Soup options vary daily.

BOAR'S HEAD DELI:

Build your own vegan and vegetarian sandwich and wraps. Available daily.

