



# FARM HOUSE

## EAT THIS!

- Organic Oatmeal
- Tofu Scramble Burrito with Avocado
- Vegan Black Bean Burger served on a Wheat Bun
- Roasted Asparagus
- Seasonal Vegetables
- Baked Beans
- Fresh Fruit Cup or Whole Fruit

## HEALTHY TIPS

Don't let the name fool you- Farm House has some tasty vegan options. Start your day with Organic Oatmeal or the delicious Tofu Scramble Burrito with Avocado to stay full and keep up your energy. For lunch and dinner, the house-made Black Bean Burger is a great source of both protein and fiber to keep you at your best. Be sure to include a helping of vegetables to round out your meal.



Simple Servings offers a delicious and nutritious solution to allergen-safe dining. Most items are vegan and vegetarian friendly, and menus rotate on a daily basis. Menu items are also free of the allium family. Check out our new offerings every day!

# Olive

## EAT THIS!

- Olive Salad
- Tabbouleh
- Roasted Portobello
- Philly Grilled Vegetable Gyro
- Roasted Vegetable Sandwich on Ciabatta

## HEALTHY TIPS

When you're looking for delicious flavors and craving Italian food, be sure to choose Olive. The Roasted Vegetable Sandwich on Ciabatta provides a fantastic combination of flavors that will hit the spot. The marinated vegetables make an excellent, flavor-packed side item. Ask about our vegan pizzas made with vegan cheese!



# Spice Trail

## EAT THIS!

- Tofu & Vegetable Stir Fry
- Jasmine Rice
- Curried Cauliflower
- Chana Masala
- Seasonal Vegetables
- Vegetable Fried Rice
- Whole Seasonal Fruit

## HEALTHY TIPS

Spice Trail is a great one-stop shop for all of your nutritional needs. You can enjoy the Tofu and Vegetable Stir Fry, or mix it up a little with the sides. Try the Jasmine Rice with the Green Beans with Pineapples, Peppers & Onions and Seasonal Vegetables on it. The savory flavors will satisfy every taste bud.



**STARBUCKS®**

## EAT THIS!

- Try any drink with Almond, Coconut, or Soy milk
- Classic Oatmeal
- Hearty Blueberry Oatmeal
- 8-Grain Roll
- Cinnamon Raisin Bagel
- Sprouted Grain Vegan Bagel
- Cauliflower Tabbouleh Side Salad
- Lentils & Vegetable Protein Bowl with Brown Rice
- Justin's Classic Almond Butter
- Seasonal Fruit Blend

## HEALTHY TIPS

Starbucks offers a variety of plant-based milk alternatives so that those following a vegan diet can still get their caffeine fix (although we do still prefer that you get adequate sleep). Customers can try almond, coconut or soy milks as a substitute in any drink. For a more substantial choice, the bagels and oatmeal can be a part of a great breakfast, especially with nut butters and fruit. The salads and protein bowls also provide a convenient and balanced meal on-the-go.





## EAT THIS!

### BAKERY

- Plain, Blueberry, Everything and Sesame Bagels
- Black Pepper Focaccia, Sea Salt Focaccia, Country, Rye, Sesame Semolina, Ciabatta and Sourdough Breads
- French Baguette
- Hoagie Roll

### BREAKFAST

- Steel Cut Oatmeal with Strawberries, Pecans and Cinnamon Crunch Topping
- Seasonal Fruit Cup
- Peach & Blueberry Smoothie with Almond Milk
- Green Passion Smoothie

### SALADS

- Seasonal Greens: Try it with Avocado and Quinoa!
- Broth Bowls without Chicken or Egg
- Vegan Lentil Quinoa Bowl
- Soba Noodle Broth Bowl with Edamame Blend

### SIDES

- Apple
- Banana
- French Baguette
- Kettle Chips
- Pickle Spear
- Black Bean Soup

### SALADS – ORDER WITHOUT CHICKEN AND CHEESE. TRY WITH QUINOA!

- Fuji Apple with Chicken:  
Order without Chicken and Gorgonzola.
- Greek: Order without Feta.
- Modern Greek: Order without Feta.
- Asian Sesame with Chicken:  
Order without Chicken and Wontons.
- Spicy Thai with Chicken:  
Order without Chicken and Wontons.

### SANDWICHES

- Mediterranean Veggie:  
Order without Feta and switch to one of the bread choices listed above.

## HEALTHYTIPS

Panera Bread has several options and modifications available to those following a vegan diet. Several whole grain breakfast options and a variety of salads and soups cater to every vegan taste. Here, plenty of choices exist that help support variety and balance.

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## NUTRITION QUESTIONS OR CONCERNS?

Contact our Dietitians at [nutrition@gatech.edu](mailto:nutrition@gatech.edu).

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