

hello!

Vegetarian foods are a major source of nutrition for most people in the world. Some people like to limit their diet to only foods that are considered vegetarian. A healthy vegetarian diet is typically low in fat and high in fiber. However, even a vegetarian diet can be high in fat if it includes excessive amounts of fatty snack foods, fried foods and whole milk dairy products. Therefore a vegetarian diet, like any healthy diet, must be well planned in order to help prevent and treat certain diseases.

This guide was created by our Mānoa Dining Services team and is meant to be a quick, easy way to find the vegetarian and vegan options at the Mānoa Dining Services locations on the University of Hawai'i at Mānoa campus. Food options at our locations change each meal, every day. For this reason, we recommend talking with one of our chefs or managers should you need help in determining if a menu item is vegan or vegetarian. If you need additional assistance, please contact our General Manager, Donna Ojiri, RD to make an appointment by phone at 808-956-9777.



Keep an eye out for
vegan and vegetarian
logos at our resident and
retail dining locations!

DAILY MENU ITEMS VARY THROUGHOUT SEMESTER



stay connected

 Sodexo UH Manoa

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Roadmap
TO
VEGETARIAN
AND VEGAN
EATING


MĀNOA
DINING SERVICES
A PARTNERSHIP BETWEEN STUDENT AFFAIRS AND sodexo



What and where are
vegan and vegetarian
options here on campus?

DAILY MENU ITEMS VARY THROUGHOUT THE SEMESTER

Hale Aloha Cafe

SUGGESTED VEGAN ITEMS

- Madras Vegetable Curry, Basmati Rice
- Mexican Vegetable Quesadilla
- Whole Wheat Penne With Fra Diavolo Sauce
- Mexican Pasole
- Sauteed Spinach w/ Beans & Pasta
- Vegan Vegetable Paella
- Whole Wheat Rotini
- Curried Rice and Lentils
- Lemon Scented Sticky Rice
- Muhammara Wrap
- Hummus & Tabbouleh Wrap
- Turkish Bulgur Pilaf w/ Garbanzo Beans
- Roasted Chinese Tofu
- Charred Corn w/ Chili & Garlic
- Scrambled Tofu

SUGGESTED VEGETARIAN ITEMS

- Bean and Cheese Nachos
- Moroccan Spiced Roasted Vegetables
- Honey Glazed Tofu
- Curry Roasted Vegetables
- Udon Noodle Salad
- Curried Chickpea
- Eggplant Pastitsio w/ Yogurt Bechamel
- Cucumber Tomato Salad
- Ginger Tofu and Vegetable Stir Fry
- Spinach, Red Pepper & Feta Quiche
- Turkish Pickles (Tursu)
- Cauliflower Tofu Curry
- Garden Vegetable Quiche
- Green Papaya Salad
- Fajita Vegetable Blend

Campus Center Food Court

SUGGESTED VEGAN ITEMS

- Kale & Quinoa Salad (without chicken) at Salad Station
- Spring Mix Salad (w/o chicken) at Salad Station
- Build Your Own Salad with numerous vegan toppings, including hummus at Salad Station
- Vegan Burger at Da Grill (no cheese)
- Hummus & Pretzels at Grab N Go station
- Fruit Cup at Grab N Go station
- Fresh Fruit at Grab N Go station
- Takuan Sushi Roll at Aja
- Ume Sushi Roll at Aja
- Cucumber Sushi Roll at Aja

- Natto Sushi Roll at Aja
- Avocado Sushi Roll at Aja
- Inari Sushi at Aja
- Ume Onigiri at Aja
- Takana Onigiri at Aja
- Konbu Onigiri at Aja

SUGGESTED VEGETARIAN ITEMS:

- Grilled Cheese at Da Grill
- Veggie Burger at Da Grill
- Build Your Own Salad with numerous vegetarian toppings at Salad Station

Gateway Cafe

SUGGESTED VEGAN ITEMS

- Korean Stir-fried Vegetable w/ Tofu
- Roasted Butternut Squash
- Roasted Curry Tofu
- Cold Vegan Spring Roll
- Sicilian Eggplant Caponata
- Vegan Macaroni Dinner
- Tofu Fried Rice
- Roasted Eggplant
- Vegan Vegetable Paella
- Moroccan Berber Stew
- Mexican Posole
- Moroccan Couscous
- Roasted Butternut Squash w/ Thyme
- Portobello Focaccia Sandwich
- Curried Rice & Lentil
- Singapore Rice Noodles
- Roasted Chinese Tofu
- Spicy Eggplant w/ Garbanzo Beans
- Sundried Basil Focaccia
- Sesame Coated Tofu
- Butternut Squash & Lentils
- Cauliflower Tofu Curry
- Marinated Portobello w/ Quinoa Pilaf
- Lentil Stew
- Mushroom Chili
- Cold Vegan Spring Roll
- Roasted Broccoli, Eggplant & Mushroom
- Chickpea Couscous Patty
- Ginger Tofu & Vegetable Stir Fry
- Vegan Chow Mein w/ Cashews
- Curried Sesame Tofu w/ Rice & Veggies

SUGGESTED VEGETARIAN ITEMS

- Pesto Tortellini Pasta Bowl
- Crispy Vegetarian Roll w/ Dipping Sauce
- Cheese Ravioli Bowl
- Mexican Bean Stew w/ Cornbread Topping
- Greek Spinach Strudel
- Teriyaki Tofu, Quinoa & Pineapple
- Spinach Ricotta Quiche
- Vegetarian Sushi Roll
- Primavera Pasta Bowl
- Mochiko Tofu w/ Korean Dipping Sauce
- Broccoli Cheese Pasta Casserette
- Bean & Cheese Burrito
- Vegetarian Korean Rice Bowl
- Spinach, Red Pepper & Feta Quiche
- Baked Macaroni & Cheese
- Lablabi (Tunisian Chick Pea Stew)
- Penne w/ Pesto Vegetable
- Spinach Crepes
- Filipino Vegetable Stew
- Garden Vegetable Quiche
- Asian Noodle Stir Fry
- Vegetarian Stuffed Green Peppers
- Pepper & Spinach Calzone
- Vegetable Egg Roll
- Muhammara Wrap
- Pesto Spinach Tomato Casserette
- Vegetarian Chow Mein
- Red Onion Focaccia
- Tofu & Vegetable Fajita
- Garden Vegetable Chili
- Mediterranean Spinach Wrap
- Broccoli Herb Penne Pesto

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SUGGESTED VEGAN ITEMS

- Summer Roll with Tofu
- Vegetable Curry
- Vegetable & Tofu Pho
- Tofu Eggplant Curry

SUGGESTED VEGETARIAN ITEMS

- Tofu Banh Mi Sandwich
- Vegetable Panini
- Tofu Noodle Salad
- Tapioca (Papaya, Sweet Potato, Chocolate)

Simply To Go

SUGGESTED VEGAN ITEMS

- Hummus and Carrot snack pack
- Fruit Cup
- Dole Whip

SUGGESTED VEGETARIAN ITEMS

- Spinach & Feta Pretzel Bake
- Andagi
- Yogurt
- Various Snack bars

Stir Fresh

SUGGESTED VEGAN ITEMS

- Tofu Poke
- Tofu Vegetable Stirfry