Kelsey's Vegan and Vegetarian Dining Guide

My name is Kelsey Rosenbaum, and I am the District Campus Dietitian. Being a vegan or vegetarian has never been easier! There are plenty of options on Tulane’s campus for your plant-based diet. See below for a guide of where to eat and what to eat at each location. When dining on campus look for the logos below that indicate vegan and vegetarian items. Locations that use a different logo are indicated below. If you have any questions about vegan or vegetarian options e-mail Kelsey.Rosenbaum@sodexo.com. Options at venues are subject to change daily.

Dining Room at the Commons
In the Dining Room at the Commons, there will be vegan or vegetarian options throughout the dining room. For a full list of stations in the Commons and to look at the daily menu go to: diningservices.tulane.edu/dining-near-me/The_Commons

The Currier TukTuk
Vegan: Top your bowl with tofu to make it vegan

Global Mobile Bistro food truck
Vegetarian: Choose tofu or no protein to make any option vegetarian
Vegan: Kimchi fried rice with tofu or no protein

Roulez food truck
Vegetarian: Grilled vegetable hummus wrap and Chef's Specialty Impossible Burger
Vegan: Chef’s Specialty Impossible Burger without garlic jam or balsamic vinegar

Viet-Nomie's food truck
Vegan: Tofu Banh Mi, tofu with jasmine rice, and tofu noodle boat

Le Gourmet
Vegetarian: The entire menu is vegetarian
Vegan: Smoothies: Super Monkey, How to Train Your Dragon, Coco Loco, Guac my World, Let that ManGo, Don’t Kale my Vibe, Money in the Banana Stand, Cold Brewski, and Lime Feelin’ Good. Bowls can be made vegan by replacing the granola with sliced almonds or walnuts for $0.75.

Provisions on the Thirtieth Parallel
Vegetarian & Vegan: There is always a vegetarian option for the meal swipes to go option. There are plenty of vegan and vegetarian snacks offered in Provisions, just read the labels!

PJ’s Coffee
Vegan: Use almond milk, soy milk, or coconut milk to make any coffee vegan!

The Drawing Board Cafe
Vegetarian: There is always a vegetarian entrée option
**LBC Food Court**
The LBC Food Court has nine different locations with various vegan and vegetarian options at each. See below for a breakdown of all the locations and if a specific location has a different logo to indicate a vegan option.

**AFC Sushi**
Make sure to read the label before purchasing an item to ensure that it fits your diet.
**Vegetarian:** Seaweed salad, vegetable combo roll, grilled vegetable dumplings
**Vegan:** Edamame and vegetable delight wrap

**Al Fuego**
**Vegetarian:** A rice bowl or salad with grilled veggies or tofu. Beans, grilled veggies, guacamole, queso, rice, salsa, tortillas, and chips are all vegetarian.

**Freshens:**
Look for the V in a green heart to indicate an item is vegan.
**Vegetarian:** Peach on the Beach, Orange Sunrise, Jamaican Jammer, Cookie Dough, Acai Energy, PB Protein, Strawberry Kale Salad, Acai Bowls
**Vegan:** Wild Strawberry, Maui Mango, Caribbean Craze, Mango Me Crazy, Tropical Therapy, Bangin Berry, Goin' Green, Apple Kiwi Kale, Vegan Power up

**Panera Bread:**
Panera’s seasonal menu has ever changing vegan and vegetarian items—https://content-service.sodexomyway.com/media/panera_tcm262-37782.pdf?url=https://diningservices.tulane.edu/

**Pickles:**
**Vegetarian:** Statue of Liberty, Green Central Station, Five Points, Wall Street Whatever, Egg Salad, Potato Salad, Coleslaw, Macaroni Salad, Zapp’s chips
**Vegan:** Quinoa Salad

**Star Ginger:**
**Vegan:** Vietnamese pho with tofu and veggies and lemongrass tofu

**Wall of Greens:**
**Vegetarian:** All toppings at Wall of Greens, aside from meat proteins, are vegetarian.
**Vegan:** Vegan protein options include tofu, hummus, and assorted legumes. Most toppings at Wall of Greens are vegan.

**WOW Café:**
**Vegetarian:** Mozzarella sticks, side salad, cheese quesadilla, veggie quesadilla, the Beyond Burger, French fries, sweet potato waffle fries, mac and cheese, & honey mustard slaw

**Zatarain’s:**
**Vegetarian:** Top your pasta with Italian tofu crumbles as your protein to make it vegetarian.

**Late Night at Zatarain’s:**
**Vegetarian:** Impossible Burger, Cajun fries, onion rings.

Report any food allergic reactions to Tulane Dining Services as soon as you can so we can address your concerns immediately.