

BREAKFAST

- Fresh cut fruit
- Smoothie (made-to-order: ask for smoothie with just fruit and ice or add juice (contains sugar))
- Vegan tofu scramble (entrée line)
- Grits
- Oatmeal
- Canned fruit (pineapple, peaches, pears, mandarin oranges)
- Frozen fruit (peaches, strawberries, blueberries) IQF, no added sugar
- Almond Milk – Original Unsweetened (available upon request behind the entrée line)

MASADA BREAD

- Whole wheat club (High Fructose Corn Syrup)
- Marble Rye
- 4x4 Plain Ciabatta
- White club (HFCS)
- White Texas toast (HFCS)
- 4" light hamburger bun (HFCS)

IF SUGAR IS OK

- Soy Milk - vanilla and chocolate
- Almond Milk – Original (available upon request behind the entrée line)
- Cereals
- Gluten-free waffles
- Peanut Butter

MASADA BREADS (no bagels by Masada are vegan – contain honey):

- Sourdough
- 6" Hoagie Sliced

SODEXO'S CRITERIA FOR VEGAN:

Vegan offerings contain no meat, fish, egg, milk or other animal-derived products such as honey or refined white sugar. Look for the menu icon to find vegan items daily.

WANT TO SPEAK WITH OUR DIETITIAN?

Call or email Kara Miller, RDN, LDN at 615-460-6609 or kara.miller@sodexo.com

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OPTIONS



BELMONT
Dining Services

by *sodexo**

LUNCH & DINNER

SALAD BAR

- All Salad Bar vegetables and fruits (except croutons (milk) and Chow Mein noodles (sugar))

SALAD DRESSINGS

- Oil and vinegar are offered at the salad bar near the deli station and at Simple Servings. We also have infused oils offered daily – eg: thyme and garlic
- Reduced Calorie French (HFCS)

GRILL

- Black bean burger - tell the station worker that you are vegan and they can clean off a portion of the grill to prevent cross contact
- Toppings at grill: carrots, celery, lettuce, sliced tomato
- Sauces at grill: Gulden's spicy brown mustard, Dijon mustard, Tomato Ketchup (HFCS)

PIZZA STATION

- Gluten-free pizza crust
- Regular pasta and basil marinara sauce

MONGOLIAN GRILL

- Gluten-free pasta (ask at Mongolian grill)
- Separate woks are available to prepare your meal and avoid cross contact – just ask

Mongolian Grill continued

- Sauces: soy sauce (or gluten-free soy sauce), tabasco sauce, Franks Red Hot Original, Sesame Sauce, Sweet & Sour (HFCS + brown sugar)

VEGETARIAN LINE

- White and/or brown rice (also frequently served at Simple Servings)
- Sweet potatoes
- Sautéed or marinated/grilled tofu

ALSO OFFERED IN THE CAFETERIA (SOUP, ENTRÉE LINE, AND PREPARED SALAD STATIONS)

- Lunch: Vegan soup (six bean soup, split pea soup, lentil soup)
- Cooked vegetables: beans, carrots, broccoli, squash, sweet potatoes, herbed potatoes, zucchini/yellow squash, eggplant, peas with mushrooms
- House prepared salads and beans: white bean hummus, northern beans, refried beans, most quinoa salads, pinto beans

IF SUGAR IS OK

- Hummus
- Mongolian Sauces: Teriyaki sauce, Szechuan sauce, Bourbon Style Sauce, Sweet Chili Sauce, General Tso's Sauce
- Salad dressings: Italian salad dressing, Balsamic vinaigrette
- Some quinoa salads

SIMPLY-TO-GO:

- We have a new cooler space that has many healthy options including vegan sides and a hummus wrap
- Plans for fall semester: daily hummus wrap or sandwich + vegan or vegetarian soup options



ADDITIONAL RECOMMENDATIONS

- Check the iPads in the cafeteria for **VG** label
- **Download the Bite App** – choose Belmont University. Green **VG** will display next to all vegan options or there is an option to select “vegan” choices on the menu only.
- There are a few vegetable options that do not show up under vegan but are made as vegan in our cafeteria (ex: summer squash is listed as an individual ingredient and it is not listed as “vegan” – even though it is vegan. The recipe we follow is: summer squash + canola oil).
- You can use this app to open a recipe item and see a description of what is included in the recipe. Additionally, at the bottom, there is a list of any allergens (which would include dairy and milk products)
- Ask the server how it was prepared. The server will be able to tell you if it was cooked with canola oil or butter. If you are looking for additional information – please ask for a manager or a chef. It is not an inconvenience to help our students – we are here to serve you and answer your questions.