



Vegan & Vegetarian Guide



TUTORHOSPITALITY

This guide was created by our Registered Dietitian and is meant to be a quick, easy way to find the vegan and vegetarian options at our dining locations. If you need additional assistance, please contact our Registered Dietitian at hdelagrange@towson.edu to schedule an appointment today. Our campus Dietitian, Executive Chef, and the Tiger Hospitality team work hard to make sure there are healthy, nutrient-dense options available for every lifestyle.



VEGAN
Made without any animal products. All vegan options are also vegetarian.



VEGETARIAN
Made without meat or fish.

THE DISH AT WEST VILLAGE

Entrees:



Root Station - Daily Entrée

1866 Grill - Black Bean Burgers available upon request

Greens & Grains - Build Your Own Salad

Main Ingredient - Build Your Own Baked Potato or Taco Bar



Simmer & Thyme - Soup Offering

Twirl - Made to Order Pasta

Commons Cafe - Made to Order Omelet



Sides & Toppings:

Main Ingredient - Select Starches & Veggies

Naked Foods - Select Starches & Veggies

FRESH FOOD COMPANY AT GLEN DINING

Entrees:



Vegan Station - Daily Entrée & Sides

Grill - Black Bean Burgers Available Upon Request

Produce Market - Build Your Own Salad



Soup - Vegetarian Soup Offering

Oven - Cheese & Vegetarian Specialty Pizza

Tandoor Oven - Made to Order Pita

Sides & Toppings:



Entree - Select Starches & Veggies

True Balance - Select Starches & Veggies

Smokehouse - Select Starches & Veggies

NEWELL DINING HALL

Entrees:



One World - Vegan Entrée

Ignite - Black Bean Burgers Available Upon Request

Greens & Grains - Build Your Own Salad

Sweet Pickles - Smoothies & Made to Deli Sandwiches



Trattoria - Cheese & Vegetarian Specialty Pizza

Global Kitchen - Made to Order Pasta, Grilled Cheese, Stir Fry, or Quesadilla

Sides & Toppings:



One World - Select Starches & Veggies

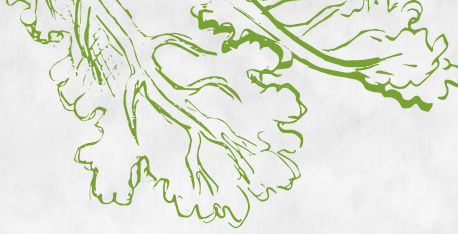
One World - Select Starches & Veggies





Vegan & Vegetarian

Guide



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au bon pain. *café bakery*

Entrees:

-  Mediterranean Wrap
-  Caprese Sandwich
-  Chipotle Black Bean & Avocado Sandwich
-  All Day Breakfast Sandwiches

Sides & Snacks:

-  Assorted Smoothies
-  Vegetarian Soup Offerings

7720 Cafe

Entrees:

-  Mediterranean Wrap
-  Caprese Sandwich
-  Chipotle Black Bean & Avocado Sandwich
-  All Day Breakfast Sandwiches

Sides & Snacks:

-  Assorted Smoothies
-  Vegetarian Soup Offerings

ARTisan CAFÉ

Entrees:

-  Egg & Cheese Croissant
-  A Friendly Bread Grilled Cheese

Sides & Snacks:



-  Yogurt Parfait
-  Assorted Pastries
-  Fruit Cup
-  Hummus
-  Assorted Chips

LA Café

Entrees:


-  Egg & Cheese Croissant
-  A Friendly Bread Grilled Cheese
-  PB&J

Sides & Snacks:

-  Yogurt Parfait
-  Assorted Pastries
-  Dirt Pudding
-  True Pop
-  Assorted Chips
-  Assorted Candies
-  Assorted Nutrition Bars

Science Café

Entrees:

-  Campbell's Creamy Tomato Soup
-  A Friendly Bread Grilled Cheese
-  Vegan Couscous Salad
-  Grilled Veggie Hummus Wrap
-  Vegan Buffalo Cauliflower Wrap

Sides & Snacks:

-  Yogurt Parfait
-  Assorted Pastries
-  Hummus
-  Assorted Candies
-  Assorted Nutrition Bars
-  Assorted Chips

GREEN HOUSE

— juice cafe —

EAT • DRINK • GROW

Entrees:

-  Assorted Acai Bowls
-  Assorted Overnight Oats
-  Assorted Yogurt Bowls
-  Grilled Cheese
-  Assorted Smoothies
-  Assorted Chick'n Bowls
-  Vegan BBQ Ribs
-  Assorted Toastie Sandwiches
-  Black Bean Burger
-  Good Burger
-  Assorted Wraps
-  Assorted Salads



Entrees:

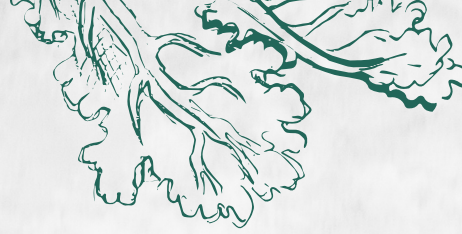
-  Build Your Own Plate
-  Veggie Spring Rolls
-  Cream Cheese Rangoons





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TU Tiger Hospitality





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



Entrees:



-  Avocado Toast
-  Cheddar Cheese Egg Sandwich
-  Garden Avocado Egg Sandwich
-  Avocado Veg Out
-  Cheesy Veggie Melt
-  Cheese Pizza Bagel



Entrees:

-  BYO breakfast
-  French toast sticks
-  Chipotle black bean + cheese sandwich or bowl
-  Beyond + cheese burger sandwich or bowl

Sides:

-  Fries
-  Ranch fries
-  Sweet tater fries
-  Hash brown patty

Zaydee's

Delicatessen

Entrees:

-  Egg Salad

Sides:

-  Mushroom Soup

DUNKIN'



Assorted donuts and other pastries

Omelet bites

Grilled cheese



Hash browns

Avocado Toast



Entrees:





-  The Neapolitan
-  The Margherita
-  The classic white
-  The Mediterranean
-  Serengeti style (BYO) pizza
-  Mushroom spinach stromboli

Sides:


-  Tiger Stripe Breadsticks
-  Green & Leafy Side Salad



Entrees:



-  BYO rice bowl
-  BYO salad bowl
-  BYO fries bowl
-  BYO zoodles bowl

Sides:

-  Side of fries
-  Pita & hummus



Entrees:

-  BYO Burrito
-  BYO Bowl
-  The Vegan Burrito/Bowl

Sides & Snacks:


-  House Made Chips
-  Jack's Guac
-  Salsa Verde
-  Pico De Gallo
-  Jalapeno Queso
-  Corn & Poblano Salsa



Entrees:

-  Mediterranean Wrap
-  Caprese Sandwich
-  Chipotle Black Bean & Avocado Sandwich
-  All Day Breakfast Sandwiches

Sides & Snacks:

-  Assorted Smoothies
-  Vegetarian Soup Offerings







Sides:



-  Waffle Potato Fries
-  Waffle Potato Chips
-  Fruit Cup
-  Kale Crunch
-  Mac & Cheese



Entrees:

-  French Toast
-  Pancakes
-  Black Bean Quinoa Wrap
-  Black Bean Quinoa Burger

Sides:

-  Mozzarella Cheese Sticks
-  Onion Rings
-  French Fries
-  Sweet Potato Fries
-  Potato Rounds
-  Piece of Fruit
-  Garden Salad

