



## Vegan & Vegetarian Guide



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 [hdelagrang@towson.edu](mailto:hdelagrang@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.

### RESIDENTIAL

#### FRESH FOOD COMPANY AT GLEN DINING HALL

**Vegan** - Daily vegan entrée

**Grill** - Black bean burgers & vegan chicken tenders available upon request

**Greens & Grains** - Build your own salad

**MTO** - Made to order pasta

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#### THE DISH AT NEWELL DINING HALL

**One World** - Daily vegan entrée

**Ignite** - Black bean burgers & vegan chicken tenders available upon request

**Trattoria** - Cheese pizza & vegetarian specialty pizza

**Greens & Grains** - Build your own salad

**MTO** - Made to order pasta

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#### THE DISH AT WEST VILLAGE DINING HALL

**Root** - Daily vegan entrée

**1866 Grill** - Black bean burgers & vegan chicken tenders available upon request

**Commons Cafe** - Made to order omelet

**Greens & Grains** - Build your own salad

**Twirl** - Made to order pasta



## RETAIL



- BYO breakfast
- French toast sticks
- Chipotle black bean + cheese sandwich or bowl
- Beyond + cheeseburger sandwich or bowl
- Fries
- Ranch fries
- Sweet tater fries
- Hash brown patty



- Build your own plate
- Veggie spring rolls
- Cream cheese rangoons



- Avocado toast
- Cheddar cheese egg sandwich
- Garden avocado egg sandwich
- Avocado veg out
- Cheesy veggie melt
- Cheese pizza bagel



- Margherita flatbread
- Vegan Flatbread
- Strawberry Banana smoothie
- Peanut Butter Power smoothie
- Blueberry banana smoothie
- Peaches & Green smoothie
- Tropical Green smoothie



- Simple Salad
- Burrata Salad
- Kennett Square Pizza
- Farmers Market Pizza
- Cheese Pizza
- Margherita Pizza
- Bianco Verde pizza
- Customizable pizzas & bowls



- BYO rice bowl
- BYO salad bowl
- BYO fries bowl
- BYO zoodles bowl
- Fries
- Pita & Hummus





## RETAIL



bento

- Donburi Bowl (tofu option)
- Yaki Udon (tofu option)
- Udon noodle bowl (tofu option)
- Veggie Gyoza Dumplings
- Vegetable California roll
- Ramen (tofu option)



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

## DUNKIN'

- Assorted donuts & other pastries
- Omelet bites
- Grilled cheese
- Hash browns
- Avocado Toast



- French Toast
- Pancakes
- Black Bean Quinoa Wrap
- Black Bean Quinoa Burger
- Mozzarella Cheese Sticks
- Onion Rings
- French Fries
- Sweet Potato Fries
- Potato Rounds
- Piece of Fruit
- Garden Salad

**au bon pain.**  
*café bakery*

- Mediterranean Wrap
- Caprese Sandwich
- Chipotle Black Bean & Avocado Sandwich
- All Day Breakfast Sandwiches
- Assorted Smoothies
- Vegetarian Soup Offerings

7720 Cafe

- BYO Salad Bar
- Plant Forward Burger
- Classic Flatbread

