

Marketplace Vegan Options

Vegan diets are environmentally sustainable and have numerous health benefits, so it's no wonder a growing portion of Oxy's community eats vegan! This list includes most, but not all, of the nutritionally complete vegan menu options available on campus. Look for daily specials [labeled (V) without (L) or (O)]. Items listed with an asterisk* are available by request.

Salad Bar

Proteins: kidney, garbanzo, or black beans, tofu
Rotating selections of fresh & canned fruit
Jam
Vegan butter (Sat-Sun)
Sunflower seeds
What's NOT vegan: tuna, cheese, ranch dressing, bleu cheese dressing, honey mustard dressing

Hot Cereal

Oatmeal
Cereal toppings: golden raisins, cranberries, nuts, blueberries, green apples, coconut, pumpkin seeds
NEW Breakfast bowls (occasional)

Bakery

Fresh fruit cups
Soy or coconut yogurt parfaits
Some bagels & toast (see posted signs)
House-made vegan muffins
Occasionally vegan desserts

Chef's Corner

Vegan pizza*
Breadsticks with no cheese*
Meatless Mondays
Rotating vegan alternatives to every dish
House made potato chips

Grab and Go Items

Hope hummus
Bars: Cliff, Nugo, Luna, Think Thin, That's It, Chia, Nutrawbar, Naked Juice
Fruit leather
Some Lundeborg rice cakes
Coconut or soy yogurt
Some Chips
Some Trail mix
Oh Snap Pickles
Some Candy
Justin's nut butters
Justin's dark chocolate peanut butter cups
Blue diamond almonds
Raisins
Applesauce
Cascadian Fruit Spread
Fresh Earth Valley Salsa
Coconut Bliss bars
Dairy free Ben & Jerry's
Sorbets, Halo Top Ice Cream
Amy's & Evol frozen entrees
Stacy's Mom

Grill Station

Breakfast:
Vegan pancakes (Sat-Sun)
Refried beans, tortillas, ranchero sauce
Potatoes (rotated selection)
Vegan sausage patties*
Lunch/Dinner:
Brown or white rice
Grilled vegetables
Vegan burger
Organic French fries
Soy taquitos
Sweet potato fries
Samosas
Japanese Spring rolls
Veggie Pot stickers

Deli Station

Tofu
Avocado
Shiitake mushrooms
Vegan cheese
Hummus
Mustard
Balsamic glaze
Ginger sesame soy vinaigrette
Vegetables: pickles, cucumbers, onions, tomatoes, lettuce
Some breads and rolls (see posted signs)
Tortilla wraps: spinach or whole wheat
Specialty Salads: prepared with fresh, local ingredients!

Soup Station

House made vegetarian soup daily (often vegan)

Sauté Station

Pasta Station:
Pasta with veggie crumbles and marinara
Stir-fry station:
Noodles
Tofu, veggies
All stir fry sauces
Organic potato bar (Wed)
Vegetable toppings
Vegan chili

Other Offerings

Cereal (wide variety)
Almond, rice, soy, hemp milk
Non-dairy creamer

Vegan Entree's at Homestyle

Selections Change Daily

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| <ul style="list-style-type: none"> • Baby Spinach and Tomato, Tofu Scramble • Baked Navy Beans • Baked Stuffed Zucchini • Baked Teriyaki Tempeh • Baked Vegan Cheesy Pasta Shells • Balsamic Grilled Eggplant Steaks with Tomato Jam • BBQ Boca Patty • BBQ Soy Chicken Sliders • BBQ Spaghetti Squash • Beer Battered Sweet Potatoes and Chips • Black Bean Tostadas • Braised Butternut Squash Steak • Breaded Tofu Sticks • Cauliflower Casserole • Celery Root Au Poivre • Chili Lime Tofu Steak • Chile Verde with Tempeh and Sweet Potato • Coconut Braised Tofu • Coconut Curry Tofu and Vegetable Stew • Eggplant and Portabella Mushroom Provencal • Fried Tomatoes • Garnet Yams with Vegan Stuffing • Grilled Eggplant with Pomodoro Sauce • Homemade Potato Pancakes • Israeli Couscous • Lentil Casserole • Lentil Stew over Grilled Cauliflower Steaks • Mapo Tofu and Kabocha Squash • Matzo Spinach Lasagna • Mongolian Cauliflower Florets • Mushroom Fajitas • Navy Bean Stuffed Portabella Mushroom • Persian Soy Crumbles with Pita and Hummus • Refried Bean Tostadas | <ul style="list-style-type: none"> • Potato Gnocchi & Marinara Sauce • Potato Taquitos • Quinoa/ Lentil Loaf • Ratatouille over Polenta • Roasted Sesame Cauliflower • Salisbury Style Tempeh • Sautéed Artichokes • Shiitake Mushroom Sandwich • Squash, Tofu and Eggplant Adobo • Sopas with Onions, Peppers, Corn and Black Beans • Soy Chicken Fajitas • Soy Chicken Stew • Soy Chicken Tinga • Soy Crumble Shepherd's Pie • Soy Crumble Sloppy Joe • Soy Crumble Tacos • Soy Hamburger Salad • Soy Quesadillas • Soy Taquitos • Spaghetti Squash Birria • Squash Steaks • Stuffed Bean Portabella • Sweet Potato and Red Bean Chile Verde • Sweet & Sour Baked Tofu • Sweet & Sour Tempeh • Sweet and Sour Tofu Kaarage • Szechuan Soy Beef Strips • Szechuan Tempeh • Tofu Jap Chae • Vegan Crispy Chicken Sandwich • Vegetable Jambalaya • Vegetable Kabobs • Vegetable Ratatouille • Vegan Cheese and Roasted Vegetable Enchiladas • Vegan Cheese Nachos • Vegan Meatloaf • Vegan Sausage • Vegan Tamale • Vietnamese Marinated Yellow Squash • White Beans and Sundried Tomatoes |
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