Vegan Options in the Marketplace

A significant (and growing) percentage of Oxy students are vegan diners. A wide selection of nutritionally complete vegan menu options is available at every Campus Dining facility, every time of the day.

Start Your Morning

Salad Bar
- Rotating selections of fresh & canned fruits
- House-made salsa
- Sunflower seeds

Bakery
- Fresh fruit cups
- Soy yogurt parfaits
- Bagels – Toast (vegan breads – see posted signs)
- House-made vegan muffins (occasionally)

Hot Cereal
- Oatmeal
- Cream of Wheat, grits, Malt-o-Meal (occasionally)
- Cereal toppings: golden raisins, cranberries, pecans, walnut/almonds, blueberries/diced green apples

Grill
- Vegan Pancakes (Sat/Sun brunch)
- Refried beans, tortillas, ranchero sauce
- Potatoes (rotated selections)

Other Offerings
- Soy yogurt
- Cereals (wide variety)
- Almond, rice and soy milk
- Non-dairy creamer, margarine

Lunch and Dinner (cont.):

Grill Station
- Brown and white rice
- Chili (Tu & Th)
- Grilled asparagus, grilled zucchini, steamed broccoli
- Vegan burger
- Organic French fries
- Soy taquitos
- Sweet potato fries (Fridays)
- Stir fry vegetables
- Evening menus sometimes change – w/vegan items incorporated into special menus

Deli Station Sandwiches
- Tofu, vegan deli meat, shiitake mushrooms
- Vegan cheese, hummus
- Mustard, balsamic glaze, ginger sesame soy vinaigrette
- Vegetables: pickles, peppers, lettuce, tomato, onion
- Breads/Rolls (vegan breads & rolls – see posted signs)
- Tortilla wraps: jalapeno & cilantro, spinach & vegetable

Did you know?
- You may take one small paper bowl of ingredients from the salad bar to the pasta station, to incorporate into your pasta or stir fry to-order

Homestyle Station
- Vegan entrée & sides always offered (see list on back)

Pasta/Stir-Fry Station
- Pasta is vegan - veggie crumbles option – marinara sauce
- Stir-fry noodles are vegan – tofu option – all sauces are vegan
- Organic potato bar with vegan chili (Wednesday dinner)

Pizza Station
- Daily vegetarian pizza – ask the cook to make yours vegan!
- Breadsticks with olive oil & garlic, marinara sauce (occasionally – request “no cheese”)
- Marinated mushrooms (occasionally)
- Meatless Mondays – authentic Indian cuisine at dinner
- When special non-pizza menus are at the station we offer rotating vegan alternatives
- Fresh house-made potato chips (side dish)

Soup Station
- House-made vegetarian soup daily (often vegan)

Deli Station Specialty Salads
- Prepared daily with the best local, seasonal produce!

Bakery
- Soy yogurt parfaits
- Fruit cups
- House-made vegan cookies, brownies (occasionally)

Vegan packaged goods – available all day
- Luna, Nugo, Think Thin, Cliff, That’s It, Chia bars
- Chips, trail mix, candy, fruit leather
- Soup, cereals, rice cakes, peanut butter
- Dried cranberries, applesauce
- Amy’s frozen entrees
- Sorbet cups, Coconut Bliss and frozen fruit bars

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Vegan Entrées at Homestyle (selection changes daily)

Adzuki Beans, Squash & Millet Stew
Apple Stuffed Acorn Squash
Baked Navy Beans
Baked Teriyaki Tempeh
Baked Tofu Birria
Baked Tofu Vindaloo
Baked Ziti with Soy Cheese
Balvir's Lentils
Barley & Cous Cous
Barley & Vegetables
BBQ Beans
BBQ Boca Patty
BBQ Boca Sandwich
BBQ Lentils
BBQ Tofu
Bean Chili over Brown Rice
Bean Creamed Spinach
Black Bean Chili Over Sweet Potato
Black Eyed Peas & Greens
Braised Tofu Mole
Buckwheat Noodles and Stir Fry Tofu
Button Mushroom Stroganoff
Caribbean Curry
Cinnamon Fried Plaintains
Coconut Tofu
Creole Eggplant
Curried Organic Tofu
Dominican Beans
Eggplant Casserole
Garbanzo & Lentil Casserole
Garden Taco
Ginger Glazed Baked Sweet Potatoes
Grilled Creole Tofu
Hawaiian Glazed Tofu
Israeli Couscous
Joe’s Stir Fried Tofu
Lentil & Five Vegetable Stew
Lentil & Rice (Mujadarra)
Lentil Casserole
Millet Chili over Rice
Moroccan Vegetables Stew With Couscous
Moroccan Spiced Sweet Potato Medley
Mushroom Fajitas
Navy Bean Stuffed Portabella Mushroom
Okra & Tomato Casserole

Parmesan Eggplant with Soy Cheese
Portabella Soy Cheese Quesadilla
Potato Gnocchi & Marinara Sauce
Potato Taquitos
Quinoa Casserole
Roasted Vegetable Tacos
Ratatouille Over Polenta
Refried Bean Sopes
Refried Bean Tostadas
Saffron & Spinach Polenta
Sauteed Okra & Roma Tomatoes
Shiitaki Mushroom Sandwich w/Vegan Chipotle
Soy Cheese Chile Relleno
Soy Cheese Enchiladas
Soy Cheese Stuffed Eggplant
Soy Cheese Stuffed Pepper
Soy Cheese, Potato & Anaheim Pepper Taquitos
Soy Chicken Birria
Soy Chicken Fajitas
Soy Chicken Stew
Soy Chicken Strip Paella
Soy Crumble Shepherd's Pie
Soy Crumble Sloppy Joe
Soy Crumble Tacos
Soy Quesadillas
Soy Taquitos
Soyrizo & Potato Taquitos
Soyrizo & Squash
Spicy Buffalo Tofu
Spicy Bulgar Wheat & Red Lentils
Spicy Soba Noodles & Shiitaki Mushrooms
Spicy Thai Baked Tofu
Stir Fry Yakisoba Noodles
Stuffed Italian Pepper
Stuffed Pepper w/Soy Cheese, Tofu & Herbs
Stuffed Portabella, Herbs & Tofu
Sweet & Sour Tempeh
Teriyaki Grilled Tofu
Teriyaki Stir Fry Organic Tempeh
Tikka Tofu
Vegetable Kugel
Veggie Chili In Sourdough Bowl
Veggie Jambalaya
Veggie Kabobs
Wild Mushroom Stuffed Tofu