

# VEGAN DINING RESOURCE GUIDE

## RESIDENTIAL & RETAIL DINING



Clemson Dining aims to appropriately support and provide for various dietary restrictions and lifestyles, including vegetarian and vegan diets. We hope this guide serves as a helpful resource for diners seeking vegan-friendly food and beverage offerings on Clemson's campus.



# Residential Dining: Vegan Options

## SCHILLETTER DINING HALL

*Look for the Vegan symbol identifying appropriate dishes on the menu signs at each station.*



### **SALAD BAR**

- All vegetables
- Black olives
- Beans & Quinoa
- Fruit
- Sunflower seeds
- Oil and Vinegar
- Balsamic Vinaigrette
- Lite Italian Dressing

### **DELI**

- Ciabatta
- Whole Wheat Bread
- Hummus
- All vegetables
- Oil and Vinegar
- Dijon mustard

### **PASTA (MONGOLIAN & OTHER STATIONS)**

Pasta dishes are served with noodles, sauces, and toppings separated when possible, allowing for customization.

### **VEGAN STATION**

- Fully vegan - mains and sides served separately for choice
- Daily vegan dessert (lunch)

### **GRILL**

- Beyond Burger® (Mondays)
- Rolls/buns
- French fries
- Sweet potato fries

### **TRUE BALANCE**

All vegetables, starches, and sides are made without milk, eggs, and fish; inquire about use of meat or honey as needed.

### **DESSERTS**

Vegan Enjoy Life® cookies and desserts are available at the True Balance station daily.

### **BEVERAGE**

- Soy and almond milk (dispensers)

# Residential Dining: Vegan Options

## MCALISTER DINING HALL

*Look for the Vegan symbol identifying appropriate dishes on the menu signs at each station.*



### **SALAD BAR**

- All vegetables
- Beans & Quinoa
- Lite Italian dressing
- Rotating mixed salads

### **DELI**

- Bread and tortillas
- All vegetables

### **MEZZE BAR**

- Hummus
- Vegetables
- Pretzels and Chips
- Salsa and Guacamole
- Fruit

### **SUSHI (WEEKDAYS)**

- All sides
- Avocado, cucumber, and pickled daikon roll (once weekly)

### **DESSERTS**

- Prepackaged rotating desserts are available daily at Gluten Solutions, including some vegan options. Inquire with server about the daily option.
- House-made vegan desserts are available at the dessert station during lunch and dinner.

### **VEGAN STATION**

- Fully vegan - mains and sides served separately for choice where possible

### **GRILL**

- Beyond Burger®
- Black Bean Gardenburger®
- Rolls/buns
- French fries
- Sweet potato fries
- Tater tots

### **PASTA (EVERY OTHER WEEK FOR M-F LUNCH)**

- All vegetables
- Lemon-garlic vegetable broth
- Pasta noodles
- Spaghetti sauce

### **STIR-FRY (EVERY OTHER WEEK FOR M-F LUNCH)**

- All vegetables
- Tofu
- White Rice

### **GLUTEN SOLUTIONS**

Some vegetables, grains and sides are made without milk or eggs; inquire about use of meat, fish, or honey as needed.

### **BEVERAGE**

- Soy and almond milk (dispensers)
- Almond milk available at Gluten Solutions

# Retail Dining: Vegan Options

## DOUTHIT HILLS COMMUNITY HUB

***Shared cooking equipment and/or frying oil at all stations means that allergens (including seafood and egg) and non-vegan ingredients could be present in any dish.***

### **SMOKEHOUSE**

- Beyond® Burger
- All vegetable toppings
- Brioche bun (*contains butter flavor only*)
- French fries

### **CHOPPED**

- All vegetables
- Beans
- Crispy onions
- Vegan chicken strips
- Spicy Asian vinaigrette
- Red wine vinaigrette
- Raspberry vinaigrette (when available)

### **PIES & WEDGIES**

- All vegetables
- Daiya® vegan cheese
- Pizza dough

### **FUSION** (4-WEEK ROTATION)

#### Asian

- General Tso's Cauliflower
- Sesame green beans
- Jasmine rice

#### Latin

- Vegan chicken strips
- Refried beans
- Flour tortillas
- Pico de gallo
- Chipotle black beans

#### Mediterranean

- Roasted zucchini
- Hummus
- Falafel
- Greek salad – *w/o cheese*

#### Italian

- Spaghetti
- Spaghetti sauce
- Roasted garlic broccoli
- Roasted eggplant
- Italian green beans

# Retail Dining: Vegan Options

## FRANCHISE RETAIL

*Italicized guidance indicates required customization. Shared cooking equipment and/or frying oil in all locations means that allergens and non-vegan ingredients could be present in any dish.*



(LOCATED IN THE DOUTHIT COMMUNITY HUB)

- Vegetable spring roll
- Vegetable green dragon crunch roll
- Mini vegetable roll
- Avocado roll
- Vegetable California roll
- Tofu Donburi
- Inari pack

### EINSTEIN BROS. BAGELS



- Hummus
- Avocado
- Peanut butter
- Bagels: blueberry, chocolate chip, cinnamon raisin, cranberry, everything, French toast, garlic, onion, plain, poppy seed, pretzel, pumpernickel, sesame
- Avocado toast bagel
- Apple cinnamon bagel
- Avocado Veg Out bagel – *w/o cream cheese & sub a vegan bagel*



- English muffin
- Hash browns
- Fruit cup
- Waffle potato fries
- Waffle potato chips
- Kale Crunch side



- Smoothies: Bangin' Berry, Caribbean Craze, Mango Me Crazy, Maui Mango, Oh Kale, Tropical Therapy, Vegan Power Up, Wild Strawberry
- BYO Rice Bowl: white rice, quinoa blend, all vegetables, black beans, salsa
- BYO Salad: lettuce, kale, greens, black beans, all vegetables, salsa, strawberries, apples, cranberries, crispy crepe bowl
- Dressings: basil balsamic, strawberry vinaigrette

*Options are subject to change. Clemson Dining staff will aim to update this list accordingly.*

# Retail Dining: Vegan Options

## FRANCHISE RETAIL

*Italicized guidance indicates required customization. Shared cooking equipment and/or frying oil in all locations means that allergens and non-vegan ingredients could be present in any dish.*



*Fueled Food Truck  
menu to be determined.*

**la Madeleine**<sup>®</sup>  
FRENCH BAKERY & CAFÉ

- Seasonal Fresh Fruit

**PANDA**  
EXPRESS



- Chow mein
- White rice
- Super greens
- Vegetable spring roll
- Fortune cookie
- Teriyaki, sweet & sour, chili, soy, potsticker, hot mustard, and plum sauces

**STARBUCKS**<sup>®</sup>



- Bagels: cinnamon raisin, everything, plain, sprouted grain
- Squirrel<sup>®</sup> Classic Almonds
- Squirrel<sup>®</sup> Fruit + Nut Blend
- Peter Rabbit<sup>®</sup> Fruit Purees
- Hippeas<sup>®</sup> Chickpea Puffs
- Salt & Vinegar Potato Chips
- Simply Salted Potato Chips
- Sweet Potato Chips
- Rhythm<sup>®</sup> Kale Chips
- Blueberry & Oatmeal Jammy Sammy<sup>®</sup>
- That's It<sup>®</sup> Fruit bars

**SUBWAY**

- Bread: 9-grain wheat, hearty Italian, white Italian, roasted garlic, sourdough, spinach wrap, tomato basil wrap
- All vegetables
- Avocado
- Condiments: barbeque sauce, deli mustard, guacamole, herb garlic oil, oil, red wine vinegar, Subway vinaigrette, sweet onion sauce, yellow mustard
- Black bean soup
- Lays<sup>®</sup> Classic and Baked Chips

*Options are subject to change. Clemson Dining staff will aim to update this list accordingly.*

# Retail Dining: Vegan Options

## FRANCHISE RETAIL

*Italicized guidance indicates required customization. Shared cooking equipment and/or frying oil in all locations means that allergens and non-vegan ingredients could be present in any dish.*

### **TWISTED TACO**®

*Skip the cheese, queso, mayo, & sour cream*

- Falafel Taco – *w/o tzatziki sauce*
- Veggie or tofu burrito/bowl, fajita salad, or taco salad
- Seasoned tofu
- Balsamic vinaigrette
- Black beans
- Rice
- Plantains
- Fries
- Fresh Guacamole
- Chips & Salsa

### **WHICH WICH?**® SUPERIOR SANDWICHES

- All vegetables
- Hot pepper mix
- Caramelized onions
- Crispy onion strings
- Avocado
- White bread
- Black bean patty
- Dijon mustard
- Oil and vinegar
- Chips

# Residential Dining: Vegan Options

## TIPS & TRICKS

Conduct a walk-through of the dining hall to check out the day's offerings; you can often piece together a unique and delicious meal from dishes at various stations. Salads created from the salad bar can easily be bulked up with sides from other stations, such as grains, beans, steamed vegetables, potatoes, hummus, pretzels, or even some cereal for crunch.

Many stations regularly offer vegan sides and even entrees – these just may not be specifically marketed as such. Look for the vegan symbol identifying appropriate dishes at all stations. If you have questions, ask the station server for more ingredient information.



Some main dishes can easily be made vegan upon request. For example, you can ask for some featured pasta dishes without cheese, which may be sprinkled on top and easily avoided.

*Questions, concerns, or comments?*

*Please contact Clemson Dining Dietitian Shannon Greene at [nutrition@clemson.edu](mailto:nutrition@clemson.edu).*



# PLANT BASED PROTEINS

<i>Item</i>	<i>Key Ingredients</i>	<i>Allergens</i>
Beyond Burger®	Pea protein, rice protein	*
Daiya® Cheddar Cheese	Tapioca flour, pea protein	*
Daiya® Mozzarella Cheese	Tapioca flour, pea protein	*
Gardein® Chik'n	Soy protein, wheat gluten	Soy, wheat
Gardein® Ground Beef	Soy protein	Soy
Gardein® Meatless Meatballs	Soy protein, wheat gluten	Soy, wheat
Gardenburger® Black Bean Burger	Black bean, brown rice, soy protein	Soy, wheat
Morningstar Farms® Sausage	Wheat gluten, soy protein	Soy, wheat
Sweet Earth® Awesome Burger	Pea protein, wheat	Wheat *
Sweet Earth® Beef Crumbles	Pea protein, wheat	Wheat *
Sweet Earth® Chicken	Soy protein	Soy
Sysco Simply Pulled Oats™	Oats, pea protein, fava bean protein	*
Which Wich® Black Bean Patty	Black bean, brown rice, soy protein	Soy, wheat

\*Peas are legumes. People with severe allergies to legumes like peanuts should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy.

*Brands and specific items served are subject to variation. If you have questions, please inquire with the manager about the specific ingredients of your meal.*