The items listed in the Vegan Friendly Guide do not contain animal products, and it is the intent of Dining Services to assure all preparation steps prevent cross contact with animal containing products. However, as Dining Services prepares and serves many products with animal based ingredients, it is recommended that any concerns or questions about vegan items be addressed with the dining unit manager.

Please visit our website to view a copy of this guide: wmich.edu/dining/nutrition
# Vegan Foods

## Menu Items

### Breakfast
- Cereal, Kellogg’s Apple Jacks®
- Cereal, General Mills Chocolate Chex®
- Cereal, General Mills Cinnamon Toast Crunch®
- Cereal, General Mills Lucky Charms®
- Cereal, General Mills Corn Chex®
- Cereal, General Mills Reese’s Puffs®
- Cereal, Kellogg’s Froot Loops®
- Cereal, Kellogg’s Frosted Flakes®
- Cereal, Kellogg’s Rice Krispies®
- Cereal, Quaker Cap’N Crunch®
- Fries, American
- Hash Brown
- Oatmeal, Maple Apple
- Oatmeal, Quaker®
- Potato Triangle
- Potato, Breakfast Red Skin

### Lunch/Dinner Entrees

#### Lunch/Dinner Entrees, continued
- Soup, Homemade Black Bean Chili
- Soup, Homemade Chunky Vegetable (Bistro3)
- Soup, Homemade Lentil
- Soup, Homemade Spicy Vegetable
- Soup, Homemade Vegetable Barley
- Soup, Homemade Vegetarian Tortilla
- Soup, Minestrone
- Stir-Fry, General Tso Vegetable
- Stir-Fry, Vegetable w/Tofu
- Taco, Black Bean
- Thai Curry w/Tofu
- Tuscan Rice and Beans
- Vegan Burrito
- Vegan Pico Wrap
- Vegetable Fajita
- Vegetable Hummus Wrap
- Vegetable Lo Mein
- Vegetable Plate w/Baby Carrots (no Hollandaise Sauce)
- Vegetable Plate w/Baked Potato (no Hollandaise Sauce)
- Vegetable Plate w/Broccoli (no Hollandaise Sauce)
- Vegetable Plate w/Cauliflower (no Hollandaise Sauce)
- Bean and Rice Enchilada
- Black Beans and Rice
- Burger, Black Bean Veggie Ope’s®
- Burger, Veggie Ope’s®
- Chickpea Ratatouille
- Spicy Rice Bowl
- Moroccan Style Vegetables w/Couscous
- Salad, Fatoush
- Salad, Walnut Pear
- Applesauce, Chunky
- Beans, Baked
- Chips, Pita
- Fries, Black Pepper
- Fries, Crinkle
- Fries, Crisscut
- Fries, Curly
- Fries, French
- Fries, House (Bistro3)
- Fries, Natural Cut
- Pasta (except Egg Noodles)
- Potato, Baked
- Potato, Roasted Red Skin
- Rice, Basmati
- Rice, Brown
- Rice, Cilantro Basmati
- Rice, Hawaiian
- Rice, Pilaf
- Rice, White
- Rice, Wild
- Sauerkraut
- Vegetable Blends (all)

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Reviewed and Approved by **Kelsey Patterson, R.D. Nutrition Services Specialist - WMU Dining Services, August 2016**
Breads
Bread, Loco
Bread, White
Bun, Hamburger
Bun, Hoagie
Bun, Hot Dog
English Muffin
Tortilla Shell 8”
Tortilla Wrap, Plain

Salad Bar/Dressings
Balsamic Vinegar
Dressing, Asian Sesame*
Dressing, Balsamic Vinaigrette
Dressing, Fat-Free Italian
Dressing, Fat-Free
  Pomegranate/Blueberry*
Dressing, Fattoush
Dressing, Fuji-Apple Vinaigrette*
Dressing, Red Wine Vinaigrette*
Olive Oil
Tofu
Vegetables, fresh (all)

*Available at Extreme Greens located in Burnham Dining Center

Condiments
Grape Jelly
Guacamole
Hummus, Traditional
Hummus, Roasted Red Pepper
Ketchup
Mustard
Pancake Syrup
Peanut Butter, JIF Creamy®
Salsa
Sauce, Sweet and Sour
Sauce, A1®
Sauce, Barbeque
Sauce, Buffalo Wing

Condiments, continued
Sauce, Cocktail
Sauce, General Tso
Sauce, Marinara
Sauce, Soy
Sauce, Sweet and Spicy Plum
Sauce, Sweet Chili
Sauce, Tabasco
Sauce, Teriyaki
Strawberry Preserves

Beverages
Coffee
Juice, Apple
Juice, Cranberry
Juice, Orange
Juice, Orange Strawberry Banana
Pepsi Beverages
Soy Milk, Chocolate Silk
Soy Milk, Original
Soy Milk, Very Vanilla Silk
Tea

Snacks/Desserts
Chips, Potato
Chips, Tortilla
Cookie, Ope’s Vegan
Pretzels

Stir-fry Station
(Hoekje/Bigelow)
Rice, White
Sauce, Soy
Sauce, General Tso
Sauce, Zesty Orange
Tofu
Vegetables, all

*See Condiment list for additional vegan sauces

Bistro3 World Flavors
Stir Fry
Vegetables, Asian Cut Stir Fried
Rice, White
Noodle, Rice
Sauce, Sweet & Sour

Deli Bar
Hummus
Sauce, Sub
Vegetables (all)

*See Breads list for vegan bread

Extreme Greens (Burnham)
Fruit (all)
Tofu, Plain
Vegetables, fresh (all)

*See Salad Bar/Dressings list for vegan dressings

Marketplace Grill
(Hoekje/Bigelow)
Burger, Veggie Ope’s®
Burger, Black Bean Veggie Ope’s®

*See Sides/Starch list for vegan
French fries

This list may be incomplete as menu items may change periodically. To be absolutely sure, always ask a Dining Services manager or employee to see ingredient labels.
VALLEY DINING CENTER VEGAN GUIDE

Pacific Plate: Stir Fry
- Noodles, Rice
- Rice, White
- Sauce, Soy
- Sauce, General Tso
- Sauce, Sweet Chili
- Sauce, Teriyaki
- Tofu

Pacific Plate: Appetizers/Sushi
- Sushi Roll, Vegetarian
- Thai Spring Roll

Cilantros
- Bean, Pinto
- Bean, Black
- Guacamole
- Pico De Gallo
- Rice, Cilantro Lime
- Rice, Spanish
- Roast Peppers & Onions
- Roasted Zucchini & Yellow Squash
- Salsa, Black Bean & Corn
- Salsa, Mild
- Salsa Verde
- Sauce, Red Hot
- Tofu, Sauteed

Fresh Creations: Deli
- Bread, Pita
- Bread, White Roll, Hoagie
- Dijon Mustard
- Italian Dressing
- Mustard
- Olive Oil
- Red Wine Vinegar
- Tortilla, White
- Sub, Wheat Fresh Baked
- Sub, White Fresh Baked

Fresh Creations: Hummus Bar
- Chips, Pita
- Hummus, Roasted Red Pepper
- Hummus, Traditional

Fresh Creations: Soup
- Minestrone
- Mushroom Barley
- Vegetable Barley
- Vegetable Tortellini
- Vegetarian Chili

Pastaria: Pasta Bowl
- Pasta, Linguine
- Pasta, Penne
- Pastas, Rotini
- Sauce, Marinara

Sweet Sensations
- Cookie, Ope’s Vegan

Traditions: Breakfast
- Apples, Fried
- Fries, American
- Grits
- Hashbrown
- Sweet Potatoes, Fried
- Oatmeal
- Oatmeal, Maple Apple
- Potato, Breakfast Red Skin
- Potato Triangle

Traditions: Lunch & Dinner, continued
- Acorn Squash
- Asparagus
- Beans, Baked
- Black Beans & Rice
- Broccoli Florets
- Corn
- Corn O’Brien
- Cumin Roasted Cauliflower & Carrots
- Curried Rice w/Tofu
- Fries, Black Pepper
- Fries, Sweet Potato
- Green Bean Almedine
- Peas
- Pilaf, Almond Rice
- Polenta, grilled w/black bean salsa
- Potato, Roasted Redskin
- Potato, Roasted Rosemary
- Rice, White
- Rice, Hawaiian
- Rice, Brown Pilaf
- Succotash, Corn
- Vegetable blends, all

Blazin’ Bronco Grill
- Bun, Hamburger
- Fries, House
- Guacamole
- Mushrooms, Sauteed
- Ope’s Vegan Burger

Fresh Creations: Salad
- Dressing, Fat-Free Italian
- Dressing, Balsamic Vinaigrette
- Vegetables, All

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