HEALTHIER FOR YOU AND THE PLANET

A GUIDE TO

VEGETARIAN & VEGAN DINING OPTIONS

Seeds of Change

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Seeds of Change
Welcome to the Intersection of Delicious, Nutritious, Sustainable, and Socially Responsible Dining

From the menus we plan to the ingredients we choose, UCR Dining is changing the way we serve you.

Bon Appetit.
Hello UCR! I'm so excited about my role as Nutrition Education Coordinator with Dining, Hospitality & Retail Services. I'm a Registered Dietitian Nutritionist (RDN), Certified Health Education Specialist (CHES), and hold a Master of Public Health degree, concentration in Integrative Health. I'm anxious to "Spread the Health" here at UCR and serve as a supportive resource for students, faculty, and staff in achieving optimal nutritional status and overall good health and well-being. Please feel free to reach out with any nutrition or wellness related concerns, comments, or questions.

email: nutritionist@ucr.edu

Karen K. Fiorenza, MPH, RDN, CHES
Nutrition Education Coordinator
How does UCR Dining, Hospitality & Retail Services define Lacto Ovo Vegetarian?

A food or food product that does not contain any animal products such as meat, poultry, game, fish, or shellfish. Products still may contain eggs and/or dairy.

How does UCR Dining, Hospitality & Retail Services define Vegan?

A food or food product that does not contain any animal products such as meat, poultry, game, fish, shellfish, eggs, dairy, or honey or is processed using animal products such as refined white sugar and some wines.

UCR Dining, Hospitality & Retail Services is committed to adhering to this definition in preparation of our vegan options including the use of unprocessed sugar whenever possible.

In the instance that use of processed sugar is unavoidable in an otherwise vegan product we have identified said items with an * to denote the use of processed sugar.

Disclaimer: The University of California Riverside, Dining, Hospitality & Retail Services Department makes every attempt to provide accurate nutrition and ingredient information.
Dining Services’ vision is to create a sense of community by offering social hubs focused around food in a comfortable environment. To enhance overall dining experience, we strive to offer our UCR community a variety of restaurants with high quality, authentic, and healthy cuisine.

We pride ourselves in providing a wide variety of food options in a cook-to-order and just-in-time format. The Dining staff are family-oriented and provide a friendly, interactive experience for our students, staff, faculty, and visitors.
### Salads & Dressings
- Berry Goat Cheese Salad
- Garden Salad
- Red Berry Quinoa Salad
- Red Berry Quinoa Salad Vegan w/ Soy Chicken
- Balsamic Vinegar & Olive Oil
- Lemon Ginger Vinaigrette
- Ranch Dressing
- Blue Cheese
- Raspberry Vinegar & Olive Oil
- Balsamic Vinagrette

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Menus subject to change. Please check website, dining.ucr.edu for current menu.
Soup

Offered on a rotating basis

- Carrot Ginger*
- Cream of Mushroom
- Tomato Bisque
- Vegetable Minestrone*

All Selections are Lacto Ovo Vegetarian

V = Vegan  * = The use of processed sugar in an otherwise vegan product
Breakfast

- Egg & Cheese Breakfast Sandwich

Soup

- Three Bean*
- Fire-Roasted Vegetable*

Snacks

- Cinnamon Sugar Pretzel*
- King Pretzel
- Salted Pretzel

Grab n' Go

- Peanut Butter with Grape Jelly on Whole Wheat
- Egg Salad on Whole Wheat
- Red Grapes
- Pineapple Chunks
- Watermelon Chunks
- Mango Slices w/ Tajin
- Cucumber Slices w/ Tajin
- Strawberry & Blueberry Yogurt Parfait
- Egg Cup w/ Cheese & Crackers
- Veg Snacker w/ celery, carrots, cheese & Ranch Dressing
- Fruit Snacker w/ Grapes, Apples, Cheese, & Caramel Dip

Entrées

- Wild Mushroom Flatbread
- Mac & Cheese

All Selections are Lacto Ovo Vegetarian

- Vegan
- * = The use of processed sugar in an otherwise vegan product
Breakfast

- Whole Fruit
- Steel Cut Oatmeal*

Soup & Salad

Offered on a rotating basis

- Carrot Ginger*
- Cream of Mushroom
- Tomato Bisque
- Vegetable Minestrone*

Barn Express Salad

Grab n' Go

- Peanut Butter with Grape Jelly on Whole Wheat
- Egg Salad on Whole Wheat
- Red Grapes
- Pineapple Chunks
- Watermelon Chunks
- Mango Slices w/ Tajin
- Cucumber Slices w/Tajin
- Strawberry & Blueberry Yogurt Parfait
- Egg Cup w/Cheese & Crackers
- Veg Snacker w/Celery, Carrots, Cheese & Ranch Dressing
- Fruit Snacker w/Grapes, Apples, Cheese, & Caramel Dip
- Pita and Hummus Snack Pack
- Ants on a Log Snack Pack

Menus subject to change. Please check website, dining.ucr.edu for current menu.
**Entrées**

- Braised Vegetables*
- Cheese Pizza
- Tuscan Vegetable Saute*
- Vegetable Supreme Pizza

**Pasta Made to Order**

- Whole Wheat or Regular

**Add Protein:**

- Tofu

**Add Veggies:**

- Artichoke Hearts
- Asparagus
- Broccolini
- Button Mushrooms
- Chopped Tomatoes
- Kale
- Olives
- Peppers & Onions
- Portobella Mushrooms
- Roasted Peppers
- Spinach
- Spring Peas
- Sundried Tomatoes

**Choose Your Sauce:**

- Marinara*
- Alfredo
- Basil Pesto
- Sundried Tomato Pesto

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**Salads & Sides**

- Italian Vinaigrette*
- Ranch
- Balsamic Vinegar & Olive Oil
- Breadsticks
- Tossed Green Salad Shaker Cup
- Fresh Frruit Shaker Cup

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All Selections are Lacto Ovo Vegetarian

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Breakfast

- Bistro Bagel Platter
- Parfait Platter
- Continental

Grab n' Go

- Peanut Butter with Grape Jelly on Whole Wheat
- Egg Salad on Whole Wheat
- Caprese Ciabatta
- Egg White & Spinach Breakfast

“Kosher” items also available. Check location for current offerings.

Sandwiches & Salads

- Garden Salad
  - w/ Ranch Dressing
  - w/ Blue Cheese Dressing
  - w/ Balsamic Dressing
- Boxed Lunch
- Roasted Garlic Hummus Wrap

Entrées & Pizza

- Cheese Enchilada Platter
- Pasta Mia
  - w/ Alfredo Sauce
  - w/ Marinara Sauce*
  - w/ Spicy Arrabiata Sauce
- Cheese Pizza
- Veggie Pizza

Menus subject to change. Please check website, dining.ucr.edu for current menu.

Sides

- Mediterranean Platter
- Fresh Garden Vegetable Tray
- *Grilled Vegetable Platter
- *Tortilla Chips & Salsa
- *Fruit Bowl
- Potato Salad
- Greek Pasta Salad
- Cheese & Crackers

Subway offers a wide variety of build-your-own vegetarian and vegan options, using any and all of your favorite veggies.

For a vegan option on salads, ask for oil and vinegar.
We've taken the best features of campus dining and combined them under one roof at the Market at Glen Mor. Find home-style meals to-go at SAVOR, fresh grill items at SIZZLE, and your favorite coffee and Frappuccinos at Starbucks.
Plus select fresh fruits and vegetables from local farms off the Produce Cart at SHOP—along with a host of other vegan, vegetarian and health-conscious options, including dried fruits, ancient grains, gluten-free pasta and organic offerings.

Best of all, you can take your food to go or enjoy al fresco dining, available year round on our temperature-controlled patio.

Open bright and early and closing late at night, the Market at Glen Mor is a haven for health-conscious Highlanders.
**Entrées**

Offered on a Rotating Basis

- Whole Wheat Penne w/Soy Meat Sauce
- Barbeque Gardein Beef Tips w/ Peppers & Onions *
- Barbeque Soy Chicken *
- Gardein Fried Chicken w/Gravy *
- Gardein Teriyaki Beef Tips *
- Hawaiian BBQ Soy Chx *
- Indian Vegetable Vindaloo w/Basil Sauce *
- Cheese Tortellini w/Basil Pesto & Sundried Tomato
- Gardein Scallopiní Parmesan
- Spaghetti Tomato Alfredo
- Vegetable Lasagna
- Stuffed Crimini Mushrooms
- Cheese and Fire Roasted Green Chili Tamale
- Gardein Chicken Picatta
- Teriyaki Tofu *

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**Cold Sides**

Offered on a Rotating Basis

- Fresh Cut Fruit Salad
- Tossed Market Salad
  - Green Tomato, Pepita, Sweet Corn Salad *
  - Quinoa Fruit Salad Mix *
  - Apple Balsamic Marinated Farro Mix
- Udon Salad
- Soba Noodle w/Kimchee Marinated Vegetables *
- Red & White Greek Quinoa Salad
- Curry Cauliflower w/ Golden Raisins & Toasted Almonds
- Brussel Sprouts w/Dates & Shaved Parmesan
- Shirazi Chick Pea Salad
- Danish Cheese, Tomato, Onion & Cucumber Salad
- Zucchini Ribbons w/ Cherry Tomatoes & Feta Vinaigrette
- Mediterranean Israeli Cous Cous

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*Menus subject to change. Please check website, dining.ucr.edu for current menu.
Hot Sides

Offered on a Rotating Basis

- Baby Carrots
- Broccoli, steamed
- Brussels Sprout & Butternut Squash Hash
- Brussels Sprouts
- Buttermilk Mashed Potatoes
- Caribbean Rice*
- Carrots, steamed
- Casamiento
- Cauliflower, steamed
- Cauliflower Mashed Potatoes
- Celery Root Mashed Potato
- Cheddar Mashed Potatoes
- Cilantro & Lime Rice
- Confetti Pilaf Rice*
- Corn Casserole
- Fried Plantains
- Four Cheese Macaroni & Cheese
- Green Beans, steamed
- Jasmine Rice
- Kale & Roasted Sweet Potato Salad
- Mashed Cauliflower w/Cheese
- Mashed Potato Sour cream & Chives

- Mashed Potatoes
- Mashed Sweet Potatoes
- Mediterranean Rice w/ Feta, Mint, & Olives
- Organic BBQ Beans
- Oven Roasted Jersey Sweet Yams
- Oven Roasted Root Vegetables
- Oven Roasted Vegetables
- Peruvian Beans
- Rainbow Chard, steamed
- Red Beans & Rice
- Roasted Corn
- Roasted Potatoes
- Sage Orzo w/Butternut Squash
- Seasoned Wedge Fries
- Sugar Snap Peas, steamed
- Sunshine Mixed Green Beans
- Tangy Brazilian Black Beans*
- Thyme Roasted Butternut Squash
- Warm Yukon Gold Potato & Arugula Salad
- Whipped Yams
- White Cheddar Mac and Cheese
- Wild Rice Pilaf
- Yellow Squash, steamed
- Zucchini, steamed

All Selections are Lacto Ovo Vegetarian

= Vegan  * = The use of processed sugar in an otherwise vegan product
Entrees
- Lentil Tacos w/ Avocado Sauce*
- Vegan Burger

Salads & Dressings
- Southwest Salad
- Caramel Pear & Avocado Salad
- Buttermilk Ranch Dressing
- Chipotle Ranch Dressing
- Honey Mustard Dressing
- Passion Fruit Vinaigrette
- Olive Oil & Balsamic Vinaigrette

Sandwiches
- Cruz Sandwich
- Caprese
- Gourmet Grilled Cheese
- Chipotle Tortilla Soy Chicken Wrap
- Cheese Quesadilla

Sides
- Fries
- Onion Rings
- Mixed Fruit Salad
- Market Tossed Salad

Menu
- Roasted Tomato & Mozzarella Panini
- PB&J on Wheat Bistro Box
- Protein Bistro Box
- Cheese & Fruit Bistro Box
- Hearty Blueberry Oatmeal
- Sous Vide Egg Bites: Egg White & Red Pepper
- Hearty Veggie & Brown Rice Salad Bowl

Menus subject to change. Please check website, dining.ucr.edu for current menu.

All Selections are Lacto Ovo Vegetarian

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<th><strong>Grab n’ Go</strong></th>
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<td>Veg. Snacker w/Celery, Carrots, Cheese, &amp; Ranch dressing</td>
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SCOTTY'S DINING OPTIONS

Sambazon Acai Bowls @ Glen Mor

Coconut Mango Bowl
Build Your Own Bowl

Toppings:
- Mango
- Sliced Mango
- Sliced Banana
- Blueberries
- Strawberries
- Granola
- Coconut
- Peanut Butter
- Sliced Almonds

"Kosher" Grab n' Go Items @ the HUB

V Mango Chunks w/Tajin Seasoning
V Tofu Bombay Salad
Couscous Marinara Salad*
Peanut Butter & Jam, Wheat & Bran*
Wild Rice Salad*
Falafel Wrap
Marinara Pasta Salad
Santa Fe Salad w/Cilantro Dressing
Southwest Veggie Wrap
Thai Tofu Combo w/Peanut Dressing
Veggie Bowtie Pasta

Hot Items @ Glen Mor

Veggie Burger
Monkey's Uncle
Fluff N' Nutter
Create your own
Old Fashioned PB&J
Grilled Cheese
French Fries

Hot Items @ the HUB

Cheesy Pepperjack Tomados

Menus subject to change. Please check website, dining.ucr.edu for current menu.

All Selections are Lacto Ovo Vegetarian (L)

V = Vegan  * = The use of processed sugar in an otherwise vegan product
FOOD TRUCKS

**Menu**

- Chips & Salsa
- Churro
- Fries
- Refried Beans
- Veggie Burrito
- Veggie Taco
- Grilled Veggies
- Salad Bowl

**Menu**

- Black Bean Burger
- Pretzels
- Nachos

**Menu**

- Peanut Butter with Grape Jelly on Whole Wheat
- Egg Salad on Whole Wheat

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Citrus Grove Catering

PLEASE CHECK OUT OUR WEBSITE

FOR A VAST VARIETY OF VEGETARIAN AND VEGAN OPTIONS

FOR YOUR NEXT EVENT!

http://dining.ucr.edu/catering/citrusgrovecatering.html
To bring you a taste of home, we serve healthy, high-quality cuisines with food that is cooked fresh in small batches in our restaurants. Find multiple food stations serving a wide variety of menu options that include international and vegetarian cuisine. Meals are served in an "all-you-care-to-eat" format.

Students living in the Residence Halls or Glen Mor have a dining plan included in their housing package, allowing them to regularly dine. Residential Restaurants also open to the campus community.

My goal is to provide our guests with delicious, remarkable, and eclectic food options that combine modern creativity, art, and passion. Our delectable plant based vegetable dishes are nutritious, delicious, and craveable.

- Executive Chef Burke Reeves

OPEN TO THE PUBLIC!
**Breakfast**

A variety of hot cereals, fresh fruit, eggs dishes, pancakes, french toast, and potatoes offered daily

**Soup**

Available on a rotating basis
- Organic Tomato Basil Bisque
- Fire-Roasted Vegetable Soup*
- Hearty Country Vegetable Soup*
- Minestrone*
- Three Bean Chili*

**Entrées**

Offerings vary by location/day
- Barbeque Soy Chicken w/Creamy Polenta
- Barley & Lentil Stew*
- Black Bean Tostadas
- Blackened Soy Chicken w/Creole Sauce
- Brown Rice Risotto w/Mushrooms
- Buffalo Veggie Chicken Wings
- California Soy Chicken Wrap*
- Caprese Wraps w/Soy Chicken
- Catalan Quinoa w/Grilled Soy Chicken
- Curried 5 Grain & Black Lentils
- Gardein Buffalo Chicken
- Gardein Buffalo Chicken Salad
- Gardein Chick’n Katsu Sandwich
- Gardein Chicken Banh Mi Sandwich

All Selections are Lacto Ovo Vegetarian

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Gardein Chicken Bruschetta
Gardein Chicken Picatta w/Orzo Pasta
Gardein Five Spice Chicken*
Gardein Fried Chicken w/Gravy
Gardein Lettuce Wraps
Gardein Orange Peel Chicken*
Gardein Picatta w/Orzo Pasta
Gardein Scallopini Parmigiana
Gardein Thai Chicken Satay*
Gardein Teriyaki Beef Tips
Garden Burger
Housemade Vegetarian Chili*
Jerk Soy Chicken w/Plantains*
Jerk Soy Chicken Wrap*
Kung Pao Peanut Soybeef*
Lentil Ragout
Organic Spinach & Mushroom Quesadilla
Pad Thai w/Fried Tempeh*
Peanut Thai Tofu Wrap*
Penne Pomodoro w/Whole Wheat Pasta
Polenta Triangles w/Soy Bolognese*
Polynesian Soy Chicken
Porcini Mushroom Risotto
Portabella Stew
Grain Pilaf
Quinoa Pilaf w/Baby Spinach
Quinoa w/Arugula, Lemon and Olive Oil
Quinoa, Bulgur Wheat & Black Lentil Pilaf
Quinoa w/Soy, Chicken, Artichokes, and Peppers
Ratatouille Stack
Red Quinoa Pilaf w/Soy Chicken
Szechuan Tofu & Vegetables

Soy Beef and Broccoli*
Soy Chicken Breast w/Mashed Potatoes
Soy Chicken Caprese
Soy Chicken Fajita*
Soy Chicken Nuggets w/BBQ Sauce*
Soy Chicken Vindaloo*
Soy Chicken w/Mashed Potatoes
Soy Chicken w/Polenta & Chipotle Sauce*
Soy Chicken Sweet & Sour
Soybean Hummus Wrap*
Soybean Hummus Wrap*
Soyrizo Potato Tacos
Soy Teriyaki Tofu Bowl
Tempeh Tacos
Teriyaki Tofu Bowl
Thai Soy Chicken Curry*
Vegetable Chili w/Green Rice
Vegetarian Fish Fillet*
Vegetarian Hot Dogs
Vegetable Lasagna
Vegetarian Greek Wrap
Vegetarian Gumbo*
Vegetarian Kung Pao
Peanut Chicken*
Wasabi Crusted Tofu
Yellow Curry Vegan Burrito

**Sides**

Vary by Station/Rotation

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<th>All Selections are Lacto Ovo Vegetarian</th>
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</table>
**Salads**

- Ancient Grain, Sweet Potato & Avocado Salad
- Asian Noodle Salad
- Asian Table Salad
- Bleu Cheese, Strawberry & Walnut Salad
- V Cauliflower Three Bean Salad
- V Dilled Cucumber Salad
- V Drunken Noodle Salad
- V Fig, Walnut, and Pear Salad w/Cranberry Vinaigrette
- V Fuji Apple Salad w/Toasted Walnuts
- V Greek Cucumber Salad
- V Greek Salad
- V Italian Chopped Salad
- Kale & Sweet Potato Salad
- V Macaroni Salad
- V Maui Vegetable Salad
- V Mexican Caesar Salad
- V Pasta Salad Primavera
- V Pineapple Coleslaw
- V Quinoa, Apple, Cranberry, and Pecan Salad
- V Quinoa, Bulgar Wheat & Lentil Salad
- V Southwest Corn Salad
- V Southwest Quinoa Salad
- V Tomato & Red Onion Salad*
- V Warm Yukon Gold Potato & Arugula Salad
- V Wedge Salad

**Veggies**

- Chayote Squash*
- V Baby Bok Choy w/Mushrooms
- V Baby Carrots
- V Baby Carrots w/Tops
- V Brazilian Sautéed Kale
- V Brussels Sprout and Butternut Squash Hash
- V Brussels Sprouts
- V Charley's Fresh Roasted Corn Salad
- V Charred Broccolini
- V Citrus Brussels Sprouts w/Cranberries & Toasted Walnuts
- V Corn Casserole
- V Curried Cauliflower
- V Curtido w/Red Onions
- V Cut Corn
- V Green Beans
- Grilled Fresh Corn on the Cob
- V Italian Green Beans
- V Korean Braised Spinach
- V Korean Style Kimchi
- V Mexican Street Vendor Corn
- V Oven Roasted Asparagus
- V Patty Pan Squash
- Roasted Acorn Squash
- V Roasted Tye Dye Cauliflower
- Spicy Sambol Cauliflower
- V Steamed Broccoli
- V Steamed Broccoli & Carrots
- V Steamed Butternut Squash
- V Steamed Carrots
- V Steamed Cauliflower
- V Steamed Green Beans
- V Steamed Rapini
- V Steamed Sugar Snap Peas

**Fruits**

- V Fresh Fruit Salad
- V Fried Plantains
- V Vine Ripe Tomato Bruschetta

*Menus subject to change. Please check website, dining.ucr.edu for current menu.*
Dining Options

Vegetarian Vegan

* = The use of processed sugar in an otherwise vegan product

Beans

- Mixed Legume Pilaf
- Baked Green Chickpea
- Ensenada Beans
- Makhni Dal
- Peruvian Beans
- Roasted Red Pepper Hummus*
- Tangy Brazilian Black Beans*
- Vegetable Stirfry

Grains

- Baby Spinach & Feta Orzo
- Basmati Rice
- Brown Rice
- Cilantro & Lime Rice*
- Coconut Ginger Sticky Rice
- Couscous*
- Couscous w/Raisin & Almonds
- Fried Rice
- Ginger Coconut Jasmin Rice
- Green Poblano Rice*
- Jasmine Rice
- Vegetable Lo Mein

Potatoes

- Buttermilk Mashed Potatoes
- Cauliflower Mash
- Celery Root Mashed Potato
- Cheddar Mashed Potatoes
- Mashed Potatoes
- Mashed Sweet Potatoes
- Parsleyed Red Potatoes
- Potatoes au Gratin
- Roasted Garlic Mashed Potatoes
- Roasted Potatoes
- Whipped Yams
- Yucca & Potato Mash
- Yukon Gold Creamer Potatoes

Fries

- Barn House Steak Fries
- Criss Cut Fries
- Curly Fries
- Fresh Yukon Gold Potato Chip
- Yucca Fries

All Selections are Lacto Ovo Vegetarian
The Village Garden at Lothian offers a variety of vegetarian options with an Asian flair such as: Thai Noodle Tofu Salad with Spicy Coconut Peanut Dressing, Grilled Miso Glazed Japanese Eggplant, Kombu Seaweed, Edamame Shisho Salad with Passion Fruit Vinaigrette, and Vegetable Pho Chay Bar.

Offerings vary by day. Please check our website, dining.ucr.edu for current day menu.
The **UCR Farmers Market** was created in response to our sustainability initiatives on campus. It features local farmer produce and vendor products such as natural soaps, and oils, baked goods, artisanal foods and much more! The goal is for our UCR campus and surrounding residential communities to create a strong supportive relationship with local farmers and vendors.

### Join the Fun! Family Friendly!

3 p.m - 7 p.m. every Thursday (excluding holidays)
Flagpole Lawn by Hinderaker (Free Parking Available in Lot 1)

### R'Garden

The **R'Garden** consists of a 60 to 70-tree Valencia Orange grove that occupies just under an acre. Crops are dedicated for distribution to the R'Pantry and unclaimed produce is purchased by dining services to keep the effort afloat. There are also private plots for students and faculty to cultivate their own crops. The goal is to alleviate the burden of food insecurity by donating fresh produce to the R'Pantry, allowing student volunteers to harvest produce to keep at the end of the day and sectioning off community garden plots for individuals to grow their own produce.
As part of UCR’s Dining Services commitment to dining excellence, our salad bar offers a wide variety of fresh and locally grown fruits and vegetables. Executive Chef Burke Reeves’ vision is to cultivate a taste for these healthful fruits and vegetables by providing them with a unique and craveable taste.
Did you know?

The Academy of Nutrition and Dietetics (AND)—The largest organization of healthcare professionals in the country officially deemed the planned vegetarian, including vegan, diets best for health and the environment and safe for people in all stages of life—including pregnancy, lactation, infancy, childhood, older adulthood, and for athletes.

People who follow plant-based diets:
- Weigh less
- Have lower cholesterol and blood pressure levels
- Reduce their risk for heart disease, type 2 diabetes, and some types of cancer
- Can cut their carbon footprint in half

Want to know more? Check out our website/facebook page, or email nutritionist@ucr.edu