



HEALTHIER FOR YOU AND THE PLANET

A GUIDE TO

.....

VEGETARIAN & VEGAN

.....

DINING OPTIONS

UNIVERSITY OF CALIFORNIA
UCRIVERSIDE

Dining, Hospitality &
Retail Services



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.



Karen K. Fiorenza, MPH, RDN, CHES
Nutrition Education Coordinator

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



LO

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.

V


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.





With sustainability at the forefront of Dining, Hospitality & Retail Services, my focus is on preparing locally sourced fares using current trends to deliver delicious, nutritious, and affordable options to the UCR community.

**-Executive Chef
Lanette Dickerson**

Retail Dining

Dining Services' vision is 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.



THE BARN

FOOD • MUSIC • DISTRACTIONS

est. 1917

Entrées & Sides

- ✓ Chipotle Soy Chicken Wrap
- Cilantro Lime Pasta
- ✓ Grilled Soy Chicken and Seasonal Vegetables
- ✓ Southwest Garden Burger
- Barn Fries
- ✓ Seasonal Vegetables
- Gourmet Grilled Cheese

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 Vinaigrette

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 

 = Vegan

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

bytes

Breakfast

Egg & Cheese Breakfast Sandwich



Entrées

Wild Mushroom Flatbread
Mac & Cheese

Soup


Three Bean*
Fire-Roasted Vegetable*

Snacks

- Cinnamon Sugar Pretzel*
- V King Pretzel
- V Salted Pretzel

Grab n' Go

- Peanut Butter with Grape Jelly on Whole Wheat
- Egg Salad on Whole Wheat
- V Red Grapes
- V Pineapple Chunks
- V Watermelon Chunks
- V Mango Slices w/ Tajin
- V 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

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

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

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

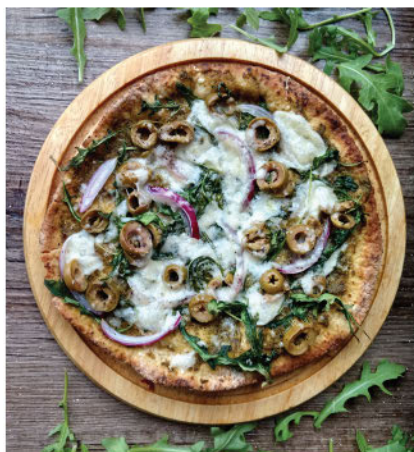
LA FIAMMA

Italian Cuisine



Entrées

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



Salads & Sides

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

Pasta Made to Order

- V** Whole Wheat or Regular

Add Protein:

- V** Tofu

Add Veggies:

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

Choose Your Sauce:

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

All Selections are Lacto Ovo Vegetarian **LO**

V = Vegan

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



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.



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.



Breakfast

Bistro Bagel Platter
Parfait Platter
Continental

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.

Sandwiches & Salads

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

Sides

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



MARKET *at* GLEN MOR

EST 2014

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

- V 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 Scallopini Parmesan
- Spaghetti Tomato Alfredo
- Vegetable Lasagna
- Stuffed Crimini Mushrooms
- Cheese and Fire Roasted Green Chili Tamale
- Gardein Chicken Picatta
- Teriyaki Tofu*

Cold Sides

Offered on a Rotating Basis

- V Fresh Cut Fruit Salad
- V 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
- V Shirazi Chick Pea Salad
- Danish Cheese, Tomato, Onion & Cucumber Salad
- Zucchini Ribbons w/ Cherry Tomatoes & Feta Vinaigrette
- Mediterranean Israeli Cous Cous

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



Hot Sides

Offered on a Rotating Basis

- V Baby Carrots
- V Broccoli, steamed
- V Brussels Sprout & Butternut Squash Hash
- V Brussels Sprouts
- Buttermilk Mashed Potatoes
- Caribbean Rice*
- V Carrots, steamed
- V Casamiento
- V Cauliflower, steamed
- Cauliflower Mashed Potatoes
- Celery Root Mashed Potato
- Cheddar Mashed Potatoes
- Cilantro & Lime Rice
- Confetti Pilaf Rice*
- Corn Casserole
- V Fried Plantains
- Four Cheese Macaroni & Cheese
- V Green Beans, steamed
- V 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
- V Oven Roasted Jersey Sweet Yams
- V Oven Roasted Root Vegetables
- V Oven Roasted Vegetables
- Peruvian Beans
- V Rainbow Chard, steamed
- V Red Beans & Rice
- V Roasted Corn
- Roasted Potatoes
- Sage Orzo w/Butternut Squash
- Seasoned Wedge Fries
- V Sugar Snap Peas, steamed
- V 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
- V Wild Rice Pilaf
- V Yellow Squash, steamed
- V Zucchini, steamed

All Selections are Lacto Ovo Vegetarian **LO**

V = Vegan

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



SIZZLE
fresh grill

Entrées

Lentil Tacos w/ Avocado Sauce*

V Vegan Burger

Salads & Dressings

Southwest Salad

Caramel Pear & Avocado Salad

Buttermilk Ranch Dressing

Chipotle Ranch Dressing

Honey Mustard Dressing

V Passion Fruit Vinaigrette

V Olive Oil & Balsamic Vinaigrette

Sandwiches

Cruz Sandwich

Caprese

Gourmet Grilled Cheese

V Chipotle Tortilla Soy Chicken Wrap

Cheese Quesadilla

Sides

Fries

Onion Rings

V Mixed Fruit Salad

V Market Tossed Salad

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



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




All Selections are Lacto Ovo Vegetarian

V = Vegan

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

SCOTTY'S

SHOP
mercantile

<i>Grab n' Go</i>	HUB	GM	SOM	A-I	LOTHIAN	MARKET AT GLEN MOR
Peanut Butter w/Grape Jelly on Whole Wheat	X	X	X	X		X
Side Salad w/Ranch Dressing	X					
Egg Salad on Whole Wheat	X	X	X	X		X
Caprese Ciabatta	X	X	X			
Kale Salad	X					
Egg White & Spinach Breakfast	X		X			
 Red Grapes	X	X	X	X	X	X
 Pineapple Chunks	X	X	X	X		X
 Watermelon Chunks	X	X	X	X	X	X
 Mango Slices w/Tajin	X	X	X	X	X	X
 Cucumber Slices w/Tajin	X	X	X	X		X
Strawberry & Blueberry Yogurt Parfait	X	X	X	X		X
Egg Cup w/Cheese & Crackers	X	X	X	X		X
Veg. Snacker w/Celery, Carrots, Cheese, & Ranch dressing	X	X	X	X		X
Fruit Snacker w/Grapes, Apples, Cheese, & Caramel dip	X	X	X	X		X
Ants on a Log Snack Pack	X		X			
Pita & Hummus Snack Pack	X		X			

more items →

SCOTTY'S

Sambazon Acai Bowls @ Glen Mor

Coconut Mango Bowl
Build Your Own Bowl

Toppings:

- V Diced Mango
- V Sliced Banana
- V Blueberries
- V Strawberries
- Granola
- Coconut*
- Peanut Butter*
- V Sliced Almonds

Hot Items @ Glen Mor

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

"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 @ the HUB

Cheesy Pepperjack Tornados

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

All Selections are Lacto Ovo Vegetarian **LO**

V = Vegan

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



FOOD TRUCKS



Menu

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



Menu

- Black Bean Burger
- Pretzels
- Nachos



Menu

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



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>



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!

Residential Dining

**ABERDEEN-INVERNESS
LOTHIAN**

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.



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*
- V Black Bean Tostadas
- Blackened Soy Chicken w/Creole Sauce
- Brown Rice Risotto w/Mushrooms
- V Buffalo Veggie Chicken Wings
- California Soy Chicken Wrap*
- Caprese Wraps w/Soy Chicken
- Catalan Quinoa w/Grilled Soy Chicken
- V 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 

 = Vegan

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

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*
 V Penne Pomodoro w/Whole
 Wheat Pasta
 Polenta Triangles w/Soy
 Bolognese*
 V Polynesian Soy Chicken
 Porcini Mushroom Risotto
 Portabella Stew
 Grain Pilaf
 V Quinoa Pilaf w/Baby Spinach
 V Quinoa w/Arugula, Lemon and
 Olive Oil
 V Quinoa, Bulgar 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*
 V Soyrito Potato Tacos
 Soy Teriyaki Chicken Bowl
 V 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 Burriti

Sides

Vary by Station/Rotation

All Selections are Lacto Ovo Vegetarian 

V = Vegan

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

Salads

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

Fruits

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

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
- 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
- Mexican Street Vendor Corn
- V Oven Roasted Asparagus
- 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

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

- V Steamed Yellow Squash
- V Steamed Zucchini
- Stir Fry Vegetables*
- V Vegetable Stirfry
- V Yellow Summer Squash
- V Zucchini & Yellow Squash

Beans

- Mixed Legume Pilaf
- Baked Green Chickpea Falafel Patty*
- V Cajun Three Bean Salad
- V Cuban Style Black Beans
- V Ensenada Beans
- V Makhni Dal
- V Peruvian Beans
- Roasted Red Pepper Hummus*
- Tangy Brazilian Black Beans*
- V Vegetarian Refried Beans

Grains

- Baby Spinach & Feta Orzo
- V Basmati Rice
- V Brown Rice
- Casamiento (Salvadorian Black Beans & White Rice)
- Cilantro & Lime Rice*
- V Coconut Ginger Sticky Rice
- Couscous*
- Couscous w/Raisin & Almonds
- Fried Rice
- V Ginger Coconut Jasmin Rice
- Green Poblano Rice*
- V Jasmine Rice


- V Kimchi Fried Rice
- Lemon Orzo Primavera
- Mediterranean Rice w/Feta, Mint & Olives
- Oven Dried Tomato Risotto
- Potato Gnocchi w/Portabella & Parmesan
- Saffron Basmati Rice w/Almonds & Raisins
- Southwest Chipotle Orzo Pasta
- Spanish Rice*
- V Steamed Rice
- Vegetable Lo Mein


Potatoes

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

Fries

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

All Selections are Lacto Ovo Vegetarian 

 = Vegan

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

Village Garden @ Lothian



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.



NEW

Farmer's Market Salad Bar

•• AT A-I ••

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

UNIVERSITY OF CALIFORNIA
UCRIVERSIDE
Dining, Hospitality &
Retail Services