A GUIDE TO

VEGETARIAN & VEGAN DINING OPTIONS AT

UNIVERSITY OF CALIFORNIA
UC RIVERSIDE
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 new 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
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.
Breakfast
- Biscuit
- Fresh Fruit Cup
- Harvest Vegetable Breakfast Bowl
- Huevos Rancheros
- Breakfast Bowl
- Steel Cut Oatmeal*

Entrées & Sides
- BBQ Soy Chicken Sandwich*
- Chipotle Soy Chicken Wrap
- Cilantro Lime Pasta
- Grilled Soy Chicken and Seasonal Vegetables
- Southwest Garden Burger
- Barn Fries
- Seasonal Vegetables

Salads & Dressings
- Garden Salad
- Red Berry Quinoa Salad
- Red Berry Quinoa Salad Vegan w/ Soy Chicken
- Balsamic Vinegar & Olive Oil
- Lemon Ginger Vinaigrette
- Ranch Dressing
- Raspberry Vinegar & Olive Oil

Soup
Offered on a rotating basis
- Black Bean*
- Coconut Lentil Soup*
- Minestrone*
- Roasted Red Pepper & Smoked Gouda Bisque

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
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

Flatbreads
- Wild Mushroom Flatbread

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DINING OPTIONS

Breakfast
- Fruit cups
- Steel Cut Oatmeal*

Soup & Salad
Offered on a rotating basis
- Black Bean*
- Coconut Lentil Soup*
- Minestrone*
- Roasted Red Pepper & Smoked Gouda Bisque
- Red Berry Quinoa 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

Entrees
- 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
- Portabella Mushrooms
- Roasted Peppers
- Spinach
- Spring Peas
- Sundried Tomatoes

Choose Your Sauce:
- Marinara*
- Alfredo
- Basil Pesto
- Sundried Tomato Pesto

Salads & Sides
- Balsamic Vinaigrette
- Quinoa Salad
- Breadsticks

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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.

Menu

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

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.

Platters

- Cheese & Cracker Picnic Tray
- Fresh Garden Veggie Tray
- Mediterranean Platter

Wraps & Snacks

- Box Lunch
- Roasted Garlic Hummus Wrap
- Cheese Pizza
- Fruit Bowl
- Garden Salad
- Pasta Mia
- Tortilla Chips & Salsa
- Veggie Pizza

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MARKET at GLLEN MOR

EST 2014

We've taken the best features of campus dining and put it together under one roof at the Market at Glen Mor.

Find grocery offerings at Shop, home-style meals to-go at Savor, fresh grill items at Sizzle, and your favorite coffee and Frappaccinos at Starbucks.

Take your food to go or enjoy outside dining that's available year round on our temperature-controlled patio.
**Entrées**

Offered on a Rotating Basis

- V Quinoa, Bulgur Wheat, & Black Lentil Pilaf
- 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 Scaloppini Parmesan
- Spaghetti Tomato Alfredo
- Vegetable Lasagna

**Cold Sides**

Offered on a Rotating Basis

- V Fresh Cut Fruit Salad
- V Shredded Kale, Quinoa, Pom & Toasted Pecans
- V Tossed Market Salad
  - Charred Vegetables*
  - Green Tomato, Pepita, Sweet Corn Salad*
  - Quinoa Fruit Salad Mix*
  - Spiced Melon*
  - Sweet and Sour Cabbage*
  - Apple Balsamic Marinated Farro Mix
  - Udon Salad

**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
- V Cauliflower Mashed Potatoes
- V Celery Root Mashed Potato
- V Cheddar Mashed Potatoes
- V Cilantro & Lime Rice
- V Confetti Pilaf Rice*
- V Corn Casserole
- V Fried Plantains
- V Four Cheese Macaroni & Cheese
- V Green Beans, steamed
- V Jasmine Rice
  - Kale & Roasted Sweet Potato Salad
  - Mashed Cauliflower w/Cheese

**Cold Sides**

- 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
- V 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

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DINING OPTIONS

**Entrees**
- Caprese Sandwich
- Cheese Quesadilla
- Ratatouille Stack
- Veggie Burger

**Salads & Dressings**
- Buttermilk Ranch Dressing
- Chipotle Ranch Dressing
- Farro, Roasted Apple, Smoked Mozzarella Salad
- Honey Mustard Dressing
- Mixed Fruit Salad
- Olive Oil and Balsamic Vinegar
- Passion Fruit Vinaigrette
- Pineapple Dressing
- Southwest Salad
- Tropical Luau Salad

**Sides**
- Fries
- Onion Rings

**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

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<th>Grab n' Go</th>
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<td>Egg Salad on Whole Wheat</td>
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<td>Caprese Ciabatta</td>
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<td>Kale Salad</td>
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<td>Egg White &amp; Spinach Breakfast</td>
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<td>Red Grapes</td>
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<td>Pineapple Chunks</td>
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<td>Mango Slices w/Tajin</td>
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<td>Cucumber Slices w/Tajin</td>
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<td>Strawberry &amp; Blueberry Yogurt Parfait</td>
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<td>Egg Cup w/cheese &amp; crackers</td>
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<td>Veg. Snacker w/celery, carrots, cheese, &amp; Ranch dressing</td>
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<td>Fruit Snacker w/grapes, apples, cheese, &amp; caramel dip</td>
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<td>Ants on a Log Snack Pack</td>
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**SCOTTY’S**

**SIZZLE fresh grill**

**SHOP mercantile**
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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
Gardein Five Spice Chicken
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
Housemade Vegetarian Chili*
Jerk Soy Chicken w/Plantains*
Jerk Soy Chicken Wrap*
Kung Pao Peanut Soybeef*
Lentil Ragout
Pad Thai w/Fried Tempeh*
Pepper Thai Tofu Wrap*
Penne Pomodoro w/Whole Wheat Pasta
Polenta Triangles w/Soy Bolognese*
Polynesian Soy Chicken
Porcini Mushroom Risotto
Portabella Stew over Whole 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
Soy Beef and Broccoli*
Soy Chicken Breast w/Mashed Potatoes
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
Soy Teriyaki Chicken Bowl
Tempeh Tacos
Teriyaki Tofu Bowl
Thai Soy Chicken Curry*
Vegetable Chili w/Green Rice
Vegetable Lasagna
Vegetarian Greek Wrap
Vegetarian Gumbo*
Vegetarian Kung Pao
Peanut Chicken*
Wasabi Crusted Tofu
Yellow Curry Vegan Burrito*

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

Veggies
Chayote Squash*
Baby Bok Choy w/Mushrooms
Baby Carrots
Baby Carrots w/Top*
Brazilian Sautéed Kale
Brussels Sprouts and Butternut Squash Hash
Brussels Sprouts
Charley’s Fresh Roasted Corn Salad
Citrus Brussels Sprouts w/Cranberries & Toasted Walnuts
Corn Casserole
Curried Cauliflower
Curtido w/Red Onions
Cut Corn
Eggplant Parmesan
Fresh Vegetable Crudite
Fresh Vegetable Platter
Green Beans
Grilled Fresh Corn on the Cob
Italian Green Beans
Korean Braised Spinach
Korean Style Kimchi
Mexican Street Vendor Corn
Oven Roasted Asparagus
Patty Pan Squash
Roasted Acorn Squash
Steamed Broccoli
Steamed Broccoli & Carrots
Steamed Butternut Squash
Steamed Carrots
Steamed Cauliflower
Steamed Green Beans
Steamed Rapini
Steamed Sugar Snap Peas

Fruits
Fresh Fruit Salad
Fried Plantains
Vine Ripe Tomato Bruschetta

The Grill
Vary by location/day

Garden Burger
Soy Chicken Nuggets w/BBQ Sauce*
Organic Spinach & Mushroom Quesadilla
Soy Chicken Caprese
Soyrizo Potato Tacos
Vegetarian Fish Fillet*
Vegetarian Hot Dogs

Sides
Vary by Station/Rotation

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Menus subject to change. Please check website, dining.ucr.edu for current menu.
V Steamed Yellow Squash
V Steamed Zucchini
V Stir Fry Vegetables*
V Vegetable Stirfry
V Yellow Summer Squash
V Zucchini & Yellow Squash

**DINING OPTIONS**

**VEGETARIAN VEGAN**

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

**Eating Options**

**VEGETARIAN VEGAN**

- Vegetable Stirfry
- Yellow Summer Squash
- Zucchini & Yellow Squash
- Baked Green Chickpea Falafel Patty*
- Cajun Three Bean Salad
- Cuban Style Black Beans
- Ensenada Beans
- Makhni Dal
- Peruvian Beans
- Roasted Red Pepper Hummus*
- Tangy Brazilian Black Beans*
- Vegetarian Refried Beans

**Grains**

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

**Beans**

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

**Fries**

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

**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

**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](http://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!
4 p.m - 8 p.m. every Thursday (excluding holidays)
UCR Parking Lot 14 • 400 W. Big Springs Rd.

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