

DINING LOCATIONS



YEMILA LOWRY RDN, LDN



Our Registered Dietitian, Yemila Lowry, is an on-campus resource for you! Yemila is available to meet one-on-one with students about dietary restrictions, food preferences, food allergies and overall nutrition. Email or call to set up your appointment today!

 y.lowry@unf.edu

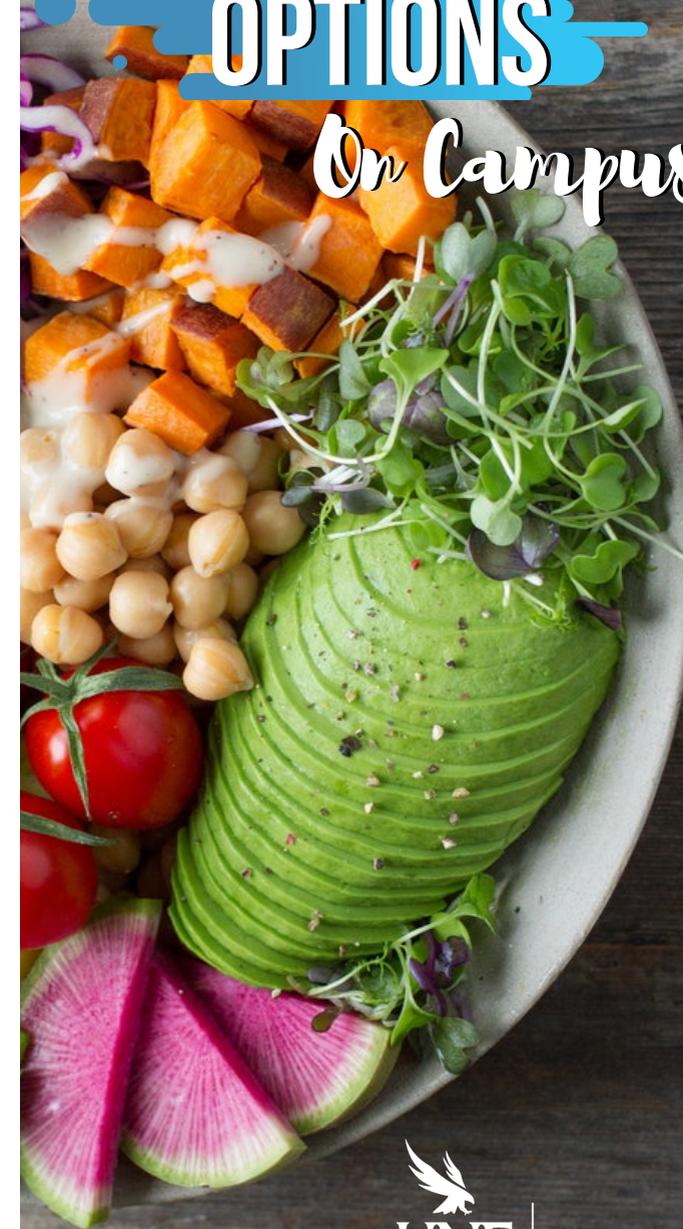
 904-620-2247

 @OspreyDietitian

 www.dineoncampus.com/unf

Your PLANT-BASED OPTIONS

On Campus



OSPREY CAFÉ

The Commons

Our dining hall provides an array of vegan and vegetarian options to satisfy your needs. Some of the rotating options include:

- Vegetable paella
- Vegetable lo mein
- Vegan meatloaf
- Vegan spaghetti and meatballs
- Vegan club sandwich
- Tofu marsala
- Eggplant pomodoro
- Sloppy Janes
- Artichoke and white bean hummus wrap
- Strawberry avocado spinach salad
- Jack fruit pulled pork sandwiches

Also choose from daily options such as: Vegan soups, Vegan and Vegetarian pizza, Vegan garden burger, black bean burger, delectable Vegan desserts, and a beautiful wide variety of fruits, vegetables, whole grains and plant-based proteins at the Fresh Market Salad Bar

At the Pantry: cereal, dairy-free milks, fruit bar daily

*Please refer to our online menu for an extensive list of our plant-based options at www.dineoncampus.com/unf

 **VEGAN** Foods labeled as vegan exclude all animal proteins and any product derived from an animal including eggs, dairy, and honey. **Please note all vegan foods are vegetarian.**

 **VEGETARIAN** Foods labeled as vegetarian as defined as lacto-ovo vegetarian, which excludes meat, poultry, and fish but includes eggs and dairy products.

UNF Dining Services



Alumni Square

This dining option offers made-to-order wraps & salads where you can conveniently choose plenty of plant-based ingredients.

Vegan:

Plant-Based proteins include:

Chickpeas, black beans, tofu, and peanuts

All wraps are Vegan friendly

In the mood for Sushi? Try our Vegan Sushi Roll!

Vegetarian:

Unlimited options with an array of veggies, greens, cheeses and hard boiled eggs



Alumni Square & Student Union

Vegan:

Snacks: Bear Naked bites, Clif bars, Planters nuts, KIND bars, True North nut snacks, Nugo vegan bar, Sahale assorted nuts, Lara bars, sunflower seeds

Cold Items: Sabra hummus snacks, Macro vegetarian dishes, Sunneen sandwiches, Albert's Organics grab-and-go items

Jack and Olive "J&O": Fruit cups, Mediterranean dipper, quinoa & veggie wrap, 'let's taco bout veggie salad'

Vegetarian:

J&O the Greek salad, J&O strawberry & granola parfait, cheese sticks, egg & cheese breakfast sandwich & more!



Student Wellness Complex

The options are endless, and make sure to try our new Juices & Shots!

Vegan:

Plant-Based ingredients include:

Peanut butter, almond butter, soy protein powder, soymilk, coconut milk, almond milk, pumpkin seeds, chia seeds, kale, ginger, matcha powder, blue spirulina, goji berries, coconut chips

Bites: Oatmeal-cooked with soy milk, apple cinnamon pretzel

Vegetarian:

Breakfast, flatbreads, baked goods, smoothie bowls, Greek Yogurt, and more!



Clubhouse

Vegan:

Falafel Pita (order without the feta cheese and tzatziki sauce), Boom Boom Black Bean Pita (order without boom boom sauce and cheddar cheese), Hummus Pita
Sauces: Secret sauce, Thai satay, teriyaki, buffalo, BBQ

Vegetarian:

Morning Glory - most items can be made vegetarian!
DYK? All pastry items and most convenience snacks are plant-based including our Jack & Olive and Albert's Organics grab-and-go items



Alumni Square

Vegan:

Grilled Market Salad- Order without cheese or chicken; side salad, fruit cup, waffle fries, hash browns

Vegetarian:

Greek yogurt parfait, any salad without chicken, milkshakes, buttered biscuits



Student Union

Vegan:

Dairy-free bagels: Plain, sesame seed, everything, chocolate chip, cinnamon raisin

Other items: Avocado spread, fruit cups, peanut butter spread

Sandwiches: Hummus Veg Out (ask for no cream cheese - just hummus)

Vegetarian:

Options are endless, just order without turkey, bacon or sausage. Enjoy the pastries, cookies, and yogurt parfaits



Student Union

Vegan:

Look for occasional limited time offers throughout the semester

Vegetarian:

Cheese, veggie, cheese breads, garlic knots

All menu items are cooked within the same kitchen area



The Fountains

Vegan:

Convenience: Sunkist trail mix, instant oatmeal, peanut butter, whole fruit, Clif bars, Planters nuts, KIND bars, Sahale assorted nuts, Albert's Organics grab-and-go items
Grill: French fries, hash browns and tater tots

Vegetarian:

Grilled cheese, quesadilla, onion rings, mozzarella sticks, J&O salads, J&O yogurt parfait, cheese sticks and more!



Library Atrium

Vegan:

All bagels, fruit bars, dried fruit, coconut clusters, all nuts, oatmeal, Hippeas, potato chips, Justin's peanut butter cups, avocado spread

Plant-based dairy alternatives:

Coconut, almond, and soy milk

Vegetarian:

Yogurt parfait, Perfect bars, roasted tomato mozzarella panini, baja veggie wrap, PBJ box, fruit & cheese box, protein box, spinach feta wrap, egg white bites, all pastries and syrups



Student Union

Vegan:

Fried pickles, chips & salsa, basket of fries, Beyond burger, Any salad without cheese - ASK to sub with tempeh or black beans!

Build your own burrito bowl: Ask for grilled tempeh with yellow rice, black beans, pico, lettuce, jalapenos (add guacamole)

Vegetarian:

Caprese ciabatta, any salad without meat, mozzarella sticks, cheese quesadilla, herbed fries, fried egg (on a sandwich), alfredo pasta, and all desserts

**All menu items are cooked within the same kitchen area*



Student Union

Vegan:

Chow mein, brown steamed rice, white steamed rice, vegetable medley, veggie spring rolls

Vegetarian:

Fried rice

Disclaimer: Panda Express uses ingredients that contain all the FDA top 8 allergens. Panda prepares its entrées with shared cooking equipment therefore allergens could be present in ANY entrée. Panda Express does not offer any vegetarian, vegan or gluten-free dishes.

**All menu items are cooked within the same kitchen area*

Additional Information

Chartwells Higher Education, which operates on campus as UNF Dining Services, is the food service provider for the University of North Florida (UNF). We are committed to providing students, faculty and staff members with a variety of vegan and vegetarian choices for anyone who enjoys plant-based foods. **While we've listed many food options, seasonal items are not included on this list and menu changes are subject to occur.** For more information, you may contact our on-campus Registered Dietitian.