Vegetarian Dining Guide

For assistance in locating vegetarian and vegan food items, please look for our food identification icons on the UHD online menu, via nutrition information stations, and on grab and go prepackaged food items. Students can also contact our Registered Dietitian at 512.232.5636 and lgaydos@austin.utexas.edu or ask the manager at your favorite UHD location for assistance.

Lacto-Ovo Vegetarian: Restricts animal products, but allows eggs and dairy products; diet typically provides enough protein and 80% of needs for zinc, but may be low in iron.

Vegan: Restricts all animal products; diet may be lacking in zinc, iron, calcium, riboflavin, vitamin B12, and vitamin D. Vegans may also need to consume complimentary proteins in order to ensure that they are getting complete proteins.

IMPORTANT NUTRIENTS

Protein
Most college students need about 5 ½ - 6 ½ ounces of protein foods daily, and this recommendation is easy to meet with a varied diet. One ounce of protein foods is equivalent to one egg, ¼ cup cooked beans, peas, or tofu, or one ounce of tempeh. One ounce of protein foods is also equivalent to one tablespoon of nut butter, two tablespoons of hummus, or ½ ounce of nuts or seeds.

Protein Combining
Tofu, tempeh, quinoa, milk and soy milk are all sources of complete proteins. Protein combining is one way to ensure that vegans are getting enough protein. Legumes should be paired with grains (cornbread and chili) or seeds (tofu and sesame seeds). Grains can also be paired with beans (rice and beans).

Iron
Dried fruits, dark leafy greens, baked potatoes, mushrooms, cashews, dried beans, spinach, chard, quinoa, tofu, tempeh, bulgur, and iron-fortified foods (such as cereals, oatmeal, and veggie "meats") are all good sources of iron. To increase the amount of iron absorbed at a meal, eat a food containing vitamin C, such as citrus fruit or juices, tomatoes, or broccoli. Using iron cookware also adds to iron intake.

Vitamin B12
No plant foods naturally contain vitamin B12, so vegetarians and vegans that do not consume eggs or dairy products may be at risk of a deficiency. Vitamin B12 fortified foods include certain brands of cereals, soy products, and nutritional yeast. Non-animal derived supplements are also an option for vegans that do not consume many fortified foods.

Calcium
Dark green vegetables such as broccoli, collard greens, kale, and mustard greens are great sources of calcium. Tofu prepared with calcium, low-fat dairy products, fortified soymilk, and fortified orange juice are also good sources of calcium.

Omega-3
To maximize production of DHA and EPA (omega-3 fatty acids found in fish and made by our bodies), include good sources of alpha-linolenic acid in your diet. Alpha-linolenic acid is found in flaxseed, flaxseed oil, canola oil, tofu, soybeans, and walnuts.

For more information, join UHD for the Vegetarian Focus Group the first Wednesday of each month!

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JESTER 2nd FLOOR

• ASSEMBLY LINE:
  Vegetable Reuben, Grilled Cheese, Bahn mi w/Tofu, Torta w/Refried Beans, Eggplant Creole, Grilled Mega Veggie Sandwich, Roasted Veggie Philly, Green Chili Cheese Quesadillas, Black Bean Wrap, Hummus & Vegetable Pita, Vegan Chili Frito Pie, Cabbage & Carrot Thai Wrap.

• MY MAC & CHEESE:
  Pastas: Elbow Macaroni, Shells, Rotini, Bowtie, Penne, Ziti
  Sauces: Cheese, Marinara, Alfredo, Three Cheese, Spicy Queso, Basil Pesto Cream.

• RISE 7 DINE:
  Oatmeal, Refried Beans, Broccoli Quiche, Spinach Quiche, French Toast Sticks, eggs to order.

• SPECIALTY 4 YOU:
  A vegetarian entrée is offered every Wednesday night.

• WORLD’S FARE:
  Stir Fry Bar, Italian Pasta Bar, Sesame Crusted Tofu, Tofu Tikka Masala, Tandoori Tofu, Pho Noodle Soup w/Tofu.

KINSOLVING

• DISPLAY LINE:
  Tofu Pancit, Tofu Udon Noodle Bowl, Macaroni & Cheese Bar, Tofu Stir Fry, Vegetarian Pasta Saute, Bahn Mi Sandwich w/Tofu, Apple Walnut & Strawberry Cream Cheese Crepes.

• MAIN LINE:
  A vegetarian entrée is offered at both lunch and dinner daily. Selections include: Baked Ziti, Vegetarian Eggrolls, Chili Cheese Quesadillas, Tofu, Vegetable Quesadillas, Broccoli Quiche, Fideo Noodles, Spinach Quiche, Vegetable Paella, Vegan Jambalaya, Tofu & Vegetable Stir Fry, Jamaican Jerk Tofu, Pasta Vegetable Medley, Vegetarian Egg Rolls, Quinoa Pilaf w/Mushrooms, Red Chili Cheese Enchilada Pie, Spinach Lasagna, Black Bean Mexican Wrap, Tuna Noodle Casserole, Fettuccini w/Marinara, Cheese Ravioli, Vegetarian Shepard’s Pie, Spicy Tofu w/Mushroom Sauce, Spaghetti Casserole, Quinoa w/Black Beans, Vegan Quinoa w/Chickpeas, Vegetarian Pot Pie, Chilaquiles, Cheese Stuffed Shells, Southwestern Grilled Tofu w/Lime Sauce, Vegan Jambalaya, Multigrain Spaghetti, Mexican Lasagna, Black Bean Pasta Bake, Southern Beans & Rice.

• PASTA LINE:
  Pastas: Elbow Macaroni, Shells, Rotini, Bowtie, Penne, Ziti, Linguini, Tri Colored Rotini, Fettuccini, Rigatoni, Spaghetti, Ziti, Multigrain Penne, Multigrain Spaghetti
  Sauces: Cheese, Marinara, Alfredo, Tomato Pesto, Basil Pesto, Sun Dried Tomato & Pepper, Primavera Red.

• WRAP LINE:
  Wraps include: Caesar, Fajita, Sesame Tofu, Thai Vegetarian, Spicy Vegetarian.

BOTH LOCATIONS

• BAKED POTATO BAR: Baked & Sweet Potatoes, Cheese & Broccoli Sauce, Grated Cheese, Bacon Bits (imitation), Sour Cream, Refried Beans, Vegetables.

• BEVERAGES: Soy milk is available at all of our dining locations.

• DESSERTS: Most desserts are lacto-ovo vegetarian. Reference our food icons for specifics.

• FRESH FRUIT: Available at every meal behind the salad bar.

• GRILL LINE: Vegetarian Burgers are available daily.

• PIZZA LINE: Cheese and vegetable pizzas available daily. Specialty pizzas on rotation.

• SALAD BAR: Daily: Tofu, beans, raisins, fresh vegetables, peanut butter, sunflower seeds. Speciality Salads: On rotation and include many vegetarian and vegan options.

• SOUPS: A vegetarian or vegan soup is offered daily at both lunch and dinner.

Daily menus can be accessed at: http://hf-food.austin.utexas.edu/foodpro/location2.asp