

# Ferris State University Dining Services

## Vegan Choices

### Breakfast

- ❖ Oatmeal
- ❖ Applesauce
- ❖ Fresh Fruit
- ❖ Canned Fruit
- ❖ Silk Soy Milk
- ❖ Jam and Jellies
- ❖ Some Cereals (ingredients posted)
- ❖ Toasted Granola Cereal\*
- ❖ Low-Fat Granola\*
- ❖ Bagels\*\*
- ❖ Tater Tots and Hash Browns
- ❖ Potatoes
- ❖ English Muffins
- ❖ French Toast Sticks\*\*\*
- ❖ Peanut Butter

### Lunch, Dinner, and Late Night

- ❖ Steamed Vegetables
- ❖ Baked Potatoes
- ❖ Guacamole
- ❖ Refried Beans
- ❖ Fire Roasted Salsa
- ❖ Seasoned Black and Pinto Beans
- ❖ Corn and Flour Tortillas
- ❖ Fries\*\*\*
- ❖ Soft Pretzel

See menus online for more vegan choices.

### Mongolian Grill:

- ❖ Penne Pasta
- ❖ Rice Noodles
- ❖ White Rice
- ❖ Brown Rice
- ❖ Vegetables
- ❖ Pineapple
- ❖ Tofu

### Sauces:

- ❖ Asian Ginger Sauce
- ❖ Buffalo Sauce
- ❖ Garlic Sesame Sauce
- ❖ General TSO Sauce
- ❖ Kentucky Bourbon Sauce
- ❖ Teriyaki Sauce
- ❖ Kung Pao Red Chili Sauce
- ❖ Salsa
- ❖ Sweet and Sour Sauce
- ❖ Sweet Baby Ray BBQ Sauce

### Pasta Bar:

- ❖ Cavatappi
- ❖ Gemelli
- ❖ Spaghetti Pasta
- ❖ Penne Pasta
- ❖ Fettuccine Noodles
- ❖ Rainbow Rotini
- ❖ Marinara Sauce
- ❖ Vegetarian Spaghetti Sauce
- ❖ Rice Noodles
- ❖ Fresh Broccoli Buds and Asparagus
- ❖ Sautéed Peppers & Onions
- ❖ Sicilian Blend and California Blend Vegetables

### Beverages:

- ❖ Silk Soy Milk
- ❖ Flavored Water
- ❖ Silk Almond Milk
- ❖ Tea and Coffee
- ❖ Fruit Juices

### Deli Bar:

- ❖ Ancient Grain Bun
- ❖ Fresh Sliced White Bread
- ❖ Deli Rye Bread
- ❖ Low Carb Wrap
- ❖ Tomato Wrap
- ❖ Spinach Wrap
- ❖ Wheat Wrap
- ❖ White Wrap

### Vegan Soups:

- ❖ Vegan 7-Bean Medley
- ❖ Black Bean Vegetarian
- ❖ Lite Vegetarian Soup
- ❖ Homemade Vegetable
- ❖ Minestrone

### Salad Bar:

- ❖ Fresh Vegetables
- ❖ All Hummus
- ❖ Colored Tortilla Ribbons
- ❖ Garbanzo Beans
- ❖ Banana Pepper
- ❖ Tofu
- ❖ Olives
- ❖ Sunflower Seeds
- ❖ Pecan or Walnut Pieces
- ❖ Fresh Fruit
- ❖ Raisins
- ❖ Pickle Relish
- ❖ Sweet and Spicy Pickles

\* Contains honey

\*\* Processed in a facility using milk and eggs.

\*\*\* May be fried in oil used for other purposes (battered foods, patties, etc.) Ask a cook or manager for more information.

Items served on the line or prepared on the grill may have cross contact with non-vegan items. Ask the cooks or manager-on-duty for more vegan food information.

Manufacturers may change their product formulation without our knowledge, and product availability may fluctuate. Customers on special diets or with specific food allergies should see the manager or contact the Registered Dietitian Brenda Walton at (231) 591-3747 for assistance.

**Updated January 2020**