

Marketplace Vegan Options

Vegan diets are environmentally sustainable and have numerous health benefits, so it's no wonder a growing portion of Oxy's community eats vegan! This list includes most, but not all, of the nutritionally complete vegan menu options available on campus. Look for daily specials [labeled (V) without (L) or (O)]. Items listed with an asterisk* are available by request.

<p>Salad Bar Proteins: kidney, garbanzo, or black beans, tofu Rotating selections of fresh & canned fruit Jam Vegan butter (Sat-Sun) Sunflower seeds What's <u>NOT</u> vegan: tuna, cheese, ranch dressing, bleu cheese dressing, honey mustard dressing</p>	<p>Grab and Go Items Hope hummus Bars: Cliff, Nugo, Luna, Think Thin, That's It, Chia, Nutrawbar Fruit leather Some Lundeborg rice cakes Coconut or soy yogurt Some Chips Some Trail mix Some Candy Justin's nut butters Justin's dark chocolate peanut butter cups Blue diamond almonds Raisins Applesauce Cascadian Fruit Spread Drew's Salsa Coconut Bliss bars Dairy free Ben & Jerry's Sorbets Amy's & Evol frozen entrees</p>	<p>Deli Station Tofu Vegan deli meat Shiitake mushrooms Vegan cheese Hummus Mustard Balsamic glaze Ginger sesame soy vinaigrette Vegetables: pickles, cucumbers, onions, tomatoes, lettuce Some breads and rolls (see posted signs) Tortilla wraps: spinach or whole wheat Specialty Salads: prepared with fresh, local ingredients!</p>
<p>Hot Cereal Oatmeal Cream of wheat, grits, malt-o-meal occasionally Cereal toppings: golden raisins, cranberries, nuts, blueberries, green apples, coconut, pumpkin seeds</p>	<p>Grill Station <u>Breakfast:</u> Vegan pancakes (Sat-Sun) Refried beans, tortillas, ranchero sauce Potatoes (rotated selection) Vegan sausage patties* <u>Lunch/Dinner:</u> Brown or white rice Chili Grilled vegetables Vegan burger Organic French fries Soy taquitos Sweet potato fries</p>	<p>Soup Station House made vegetarian soup daily (often vegan)</p> <p>Sauté Station <u>Pasta Station:</u> Pasta with veggie crumbles and marinara Stir-fry station: Noodles Tofu, veggies All stir fry sauces <u>Organic potato bar (Wed)</u> Vegetable toppings Vegan chili</p>
<p>Bakery Fresh fruit cups Soy or coconut yogurt parfaits Some bagels & toast (see posted signs) House-made vegan muffins Occasionally vegan desserts</p>	<p>Other Offerings Cereal (wide variety) Almond, rice, soy, hemp milk Non-dairy creamer</p>	
<p>Chef's Corner Vegan pizza* Breadsticks with no cheese* Marinated mushrooms Meatless Mondays Rotating vegan alternatives to every dish House made potato chips</p>		

Vegan Entrée's at Homestyle

Selections Change Daily

- Baby Spinach and Tomato, Tofu Scramble
- Baked Navy Beans
- Baked Stuffed Zucchini
- Baked Teriyaki Tempeh
- Baked Vegan Cheesy Pasta Shells
- Balsamic Grilled Eggplant Steaks with Tomato Jam
- BBQ Boca Patty
- BBQ Soy Chicken Sliders
- BBQ Spaghetti Squash
- Beer Battered Sweet Potatoes and Chips
- Black Bean Tostadas
- Braised Butternut Squash Steak
- Breaded Tofu Sticks
- Cauliflower Casserole
- Celery Root Au Poivre
- Chili Lime Tofu Steak
- Chile Verde with Tempeh and Sweet Potato
- Coconut Braised Tofu
- Coconut Curry Tofu and Vegetable Stew
- Eggplant and Portabella Mushroom Provencal
- Fried Tomatoes
- Garnet Yams with Vegan Stuffing
- Grilled Eggplant with Pomodoro Sauce
- Homemade Potato Pancakes
- Israeli Couscous
- Lentil Casserole
- Lentil Stew over Grilled Cauliflower Steaks
- Mapo Tofu and Kabocha Squash
- Matzo Spinach Lasagna
- Mongolian Cauliflower Florets
- Mushroom Fajitas
- Navy Bean Stuffed Portabella Mushroom
- Persian Soy Crumbles with Pita and Hummus
- Refried Bean Tostadas
- Potato Gnocchi & Marinara Sauce
- Potato Taquitos
- Quinoa/ Lentil Loaf
- Ratatouille over Polenta
- Roasted Sesame Cauliflower
- Salisbury Style Tempeh
- Sautéed Artichokes
- Shiitake Mushroom Sandwich
- Squash, Tofu and Eggplant Adobo
- Sopas with Onions, Peppers, Corn and Black Beans
- Soy Chicken Fajitas
- Soy Chicken Stew
- Soy Chicken Tinga
- Soy Crumble Shepherd's Pie
- Soy Crumble Sloppy Joe
- Soy Crumble Tacos
- Soy Hamburger Salad
- Soy Quesadillas
- Soy Taquitos
- Spaghetti Squash Birria
- Squash Steaks
- Stuffed Bean Portabella
- Sweet Potato and Red Bean Chile Verde
- Sweet & Sour Baked Tofu
- Sweet & Sour Tempeh
- Sweet and Sour Tofu Kaarage
- Szechuan Soy Beef Strips
- Szechuan Tempeh
- Tofu Jap Chae
- Vegan Crispy Chicken Sandwich
- Vegetable Jambalaya
- Vegetable Kabobs
- Vegetable Ratatouille
- Vegan Cheese and Roasted Vegetable Enchiladas
- Vegan Cheese Nachos
- Vegan Meatloaf
- Vegan Sausage
- Vegan Tamale
- Vietnamese Marinated Yellow Squash
- White Beans and Sundried Tomatoes