

## Residential Dining Tips

Hill House, 1920 Commons, King's Court English House, Falk K kosher Dining, Lauder College House (dinner only), Quaker Kitchen (dinner only).

Rotating vegan and/or vegetarian specials are available daily at all residential cafés. Common plant-based proteins include tofu, tempeh, seitan, and a variety of legumes. Vegan and vegetarian sides can be found throughout the café.

Hill House, Lauder College House, and 1920 Commons offer a dedicated vegan station serving a plant-based vegetable, starch, and protein daily.

A vegan feature entrée is served nightly at Lauder College House and Quaker Kitchen at Gutmann College House.

Mix and match items from different stations to customize your meal. The salad bar and mezze stations provide the perfect garnish for any dish!

Try our house-made vegan ranch, creamy Italian, and thousand island salad dressings from our salad bar.

Vegan breakfast entrees are available daily alongside breakfast potatoes and hot cereal at locations serving breakfast. Eggs and yogurt are available daily for a vegetarian protein option.

Vegan burgers and vegetarian pizza options are available daily at Hill House, 1920 Commons, and King's Court English House.

Find vegan and vegetarian protein options at the expo station as well as Global Fusion at Hill House.

Check out Kettles for the vegan and/or vegetarian soup of the day.

Vegan alternative milks are available at all residential dining locations.

# Vegan & Vegetarian Dining On Campus



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## Definitions

**VG** **Vegan:** Contains absolutely no animal or dairy products, including honey.

**V** **Vegetarian:** Contains no meat, fish, poultry, shellfish, or products derived from these sources but may contain dairy or eggs.

## Tips for Dining

Menus and ingredient information can be viewed online at [university-of-pennsylvania.cafebonappetit.com](https://university-of-pennsylvania.cafebonappetit.com). Save time by checking menus before arriving to the café.

Plant-based options can be identified by our vegan and vegetarian icons. Find these icons on our online menus and café signage. At least one vegan and/or vegetarian special is served in every café!

Non-dairy milks are available for coffee and tea at all cafes, including Joe's, Accenture, The Market Café, Starbucks, and Pret A Manger.

Concerned about cross-contact? Ask your server to change their gloves and use new utensils before serving your food. You can also ask for food to be served directly from the kitchen to avoid cross-contact at the serving line.

Have a question? Café managers are available to assist you during your visit. Photos of our managers are located at the front of every café, and Chef Managers wear dark gray chef coats. Ask a cashier for assistance locating one.

Looking to use your dining dollars? A variety of plant-based soups, snacks, and frozen meals are available for purchase at Gourmet Grocer. Vegan and vegetarian grab and go salads and sandwiches are also available for purchase under meal exchange.

Heading to Houston? Impossible burgers are available daily. You'll know it's Impossible by its grill marks.

If there's an item you want to see on our menus, let us know! Submit your feedback to <https://tinyurl.com/bp6c3rfe>.



# Houston Market

## ••• LA PLANCHA •••

### Vegan:

Chef's Thoughts: cauliflower al pastor bowl or burrito

Build your own burrito on a flour tortilla or rice bowl with cilantro brown rice or Mexican-style tomato rice.

Toppings and fillings: cumin black beans, Borracho-style beans, cauliflower al pastor, shredded lettuce, pickled jalapeño, fresh tomato, pico de gallo, salsa morita, avocado salsa verde, guacamole.

Side of house-fried corn tortilla chips with guacamole or any salsa.

### Vegetarian:

All vegan options plus: cheddar cheese, seasoned sour cream, Austin-style queso.

Side of house-fried corn tortilla chips with Austin-style queso.

## ••• HM GRILL •••

### Vegan:

Chef's Thoughts: Impossible burger on a sesame seeded bun with lettuce, tomato, pickles, and onion

Build your own Impossible burger on a sesame seeded bun with your choice of piquillo peppers, pickled jalapeño, pickled red onion, house-made pickles, lettuce, tomato, onion, barbecue sauce.

Side of French fries or tater tots with your choice of Old Bay seasoning, barbecue spice blend, and/or barbecue sauce.

### Vegetarian:

All vegan options plus: potato bun, Swiss cheese, cheddar cheese, American cheese, basil parmesan pesto, honey mustard sauce, HM burger sauce, buttermilk ranch, cheese "whiz".

## ••• BENTO •••

### Vegan:

Stuffed soy pockets, vegetable sushi roll, edamame, seaweed salad, bento box with teriyaki tofu, vegetable sushi roll, and teriyaki sauce; tofu bowl with teriyaki sauce.

### Vegetarian:

All vegan options plus: tofu bowl with spicy sauce, veggie ramen bowl, bento box with teriyaki tofu, vegetable sushi roll, and spicy sauce.

## ••• IVY LEAF •••

### Vegan:

Build your own wrap on a spinach tortilla or salad bowl with your choice of greens and farro and quinoa pilaf, house-fried falafel, matchstick carrots, red onion, cremini mushrooms, cucumbers, roasted broccoli, edamame, cherry tomato, mandarin orange, sweet corn, sunflower seeds, hummus, pickled cherry peppers, roasted cauliflower, house-fried crispy chickpeas, rice noodles.

Dressings: strawberry vinaigrette

### Vegetarian:

All vegan options plus: feta cheese, cheddar cheese, parmesan cheese, black bean and corn salad, chopped egg.

Additional dressing options: tzatziki sauce, cilantro ginger vinaigrette, buttermilk-herb ranch dressing.

Chef's Thoughts: Quaker bowl, falafel wrap with hummus tzatziki and vegetables.

## ••• PENN PI PIZZERIA •••

### Vegan:

Chef's Thoughts: Impossible ragu over cavatappi pasta.

Build your own pasta bowl with whole wheat penne, cavatappi, or linguine pastas.

Toppings and sauces: baby spinach, pickled jalapeño, onion, bell pepper, roasted broccoli, sautéed onions and peppers, sautéed mushrooms, Impossible ragu sauce, marinara sauce, crushed red pepper, garlic breadcrumbs.

### Vegetarian:

All vegan options plus: alfredo sauce, blush sauce, parmesan cheese.

Pizza choices of roasted garlic and broccoli white pie, rosemary 4-cheese pizza.

## ••• 34TH ST. CARVERY •••

### Vegan:

Build your own Franklin Bowl with a farro-quinoa pilaf base, sweet and sour collard greens, sweet and spicy drizzle, and scallion.

Homestyle sides of farro and quinoa pilaf, sweet and sour collard greens.

Select rotating soups.

## 34th Street Carvery (cont.)

### Vegetarian:

All vegan options plus: Franklin Bowl with a creamy garlic mashed potato base.

Chef's Thoughts: caprese panini with pesto aioli.

Build-your-own panini on 8-grain bread, sesame seeded hoagie roll, or Texas toast with your choice of provolone cheese, fresh mozzarella, cheddar cheese, tomato, caramelized onions, pickled jalapeño, piquillo peppers, spinach, arugula, whole grain mustard, mayonnaise, parmesan pesto aioli, barbecue sauce, roasted garlic mayonnaise, sweet and spicy drizzle, side of house-made potato chips.

Three (3) or four (4) sides plate of farro and quinoa pilaf, sweet and sour collard greens, creamy garlic mashed potatoes, baked macaroni and cheese.

## ••• THE MARKET CAFÉ •••

### Vegan:

Fresh fruit cups, bagel with jam.

Oat, soy, and almond milks are available for coffee and tea beverages.

### Vegetarian:

All vegan options plus: egg and cheese with peppers, onions, and sriracha aioli on a multi-grain roll, egg white, spinach, mushroom, and cheese on a whole grain wrap, bagel with cream cheese or butter, yogurt parfaits, gelato.

Select rotating grab and go salads, sandwiches and pastries.

## ••• HM STREET CART •••

### Vegan:

Fresh fruit cups, select rotating grab and go salads, soups, and hot entrées.

### Vegetarian:

All vegan options plus: yogurt parfaits, select rotating grab and go sandwiches.

# Joe's Café

### Vegan:

Fresh fruit cups, bagel with jam, vegetable sushi roll.

Oat, soy, and almond milks are available for coffee and tea beverages.

Select rotating grab and go salads, soups, and hot entrées.

## Joe's Café (cont.)

### Vegetarian:

All vegan options plus: bagel with cream cheese or butter

Egg and cheese with peppers, onions, and sriracha aioli on a multi-grain roll; egg white, spinach, mushroom, and cheese on a whole grain wrap.

Select rotating grab and go sandwiches, and pastries.

# Accenture Café

### Vegan:

Fresh fruit cups, bagel with jam, vegetable sushi roll.

Oat, soy, and almond milks are available for coffee and tea beverages.

Select rotating grab and go salads, soups, and hot entrées.

### Vegetarian:

All vegan options plus: bagel with cream cheese or butter, yogurt parfaits.

Egg and cheese with peppers, onions, and sriracha aioli on a multi-grain roll; egg white, spinach, mushroom, and cheese on a whole grain wrap.

Select rotating grab and go sandwiches, and pastries.

# Penn Dining Sushi Spot

### Vegan:

Vegetable sushi roll, tofu bowl with teriyaki sauce

### Vegetarian:

All vegan options plus: tofu bowl with spicy or mixed sauce

# Café West at Gutmann College House

### Vegan:

Fresh fruit cups, bagel with jam.

Oat, soy, and almond milk are available for coffee beverages.

### Vegetarian:

All vegan options plus: bagel with cream cheese or butter, yogurt, and select pastries.

