

plant based

DINING ON CAMPUS



Northern Arizona University made the Dean's List for PETA2's Vegan Report card with an A+ rating.



NAU Campus Dining is proud to offer both vegan and vegetarian options at a majority of our dining locations. From breakfast to late-night, we aim to provide delicious options for everyone.

- All dining locations on campus offer vegetarian options
- 23 of 27 dining locations offer vegan menu options

Continue reading for tips and tools to help you get the most from your dining experience.

dining hall hacks



Look for these icons to help you identify menu items that meet your needs.

- Wild Mushroom in the Hot Spot and Plant Forward in the DüB; the plated dish varies between vegan and vegetarian items
- Simple Servings always features a protein, cooked vegetables, and a starch; many times these options are vegan
- Ask for tofu at 360 Grill with your stir fry or at the sandwich station
- Choose pasta with marinara and vegetables at Al Dente in the DüB or Bella Trattoria in the Hot Spot
- Order a veggie burger or a grilled cheese sandwich at the grill
- Load up at the superfoods bar; these salads offer a variety of fresh vegetables, vegetarian proteins and whole grains that can help meet your nutritional needs
- Have a question? Not sure about a menu item? Ask a manager to double check an ingredient list or recipe for you

transfer special favorites

Cobrizo Mexican Grill: _____

Vegetarian: bean and veggie burrito, tacos, salad, naked burrito, or nachos and beverage

Vegan: order without cheese and sour cream

Einstein Bros. Bagels and Coffee & Bagels: _____

Vegetarian: bagel with schmear, fruit and beverage, or hummus veg out sandwich with fruit and beverage

Vegan: sun-dried tomato bagel or hummus veg out sandwich with no schmear

The Den by Denny's: _____

Vegetarian: Grand Slam, Grand Slamwich, veggie fajita burrito, or veggie burger with fruit and beverage

Eat Food Market: _____

Vegetarian/Vegan: tofu noodle bowl, create-your-own salad, or a smoothie

Essential Blends: _____

Vegetarian: any 24 oz Original Blend

Vegan: swap frozen yogurt for fruit

G's New York Style Deli: _____

Vegetarian: egg salad sandwich with fruit and beverage

Green Scene Cafe: _____

Vegetarian: 4-cheese melt, or mozzarella basil sandwich with fruit and beverage

Vegan: hummus wrap with fruit and beverage OR Greek Salad (no cheese), Garden

Medley Salad, or create-your-own salad and beverage

Jamba Juice: _____

Vegetarian: any medium classic smoothie

Vegan: substitute frozen yogurt for fruit and ask for soy milk

Pizza Hut Express: _____

Vegetarian: cheese pizza with fruit and beverage

Qdoba: _____

Vegetarian: burrito or bowl with veggies, or Loaded Tortilla Soup with beverage

Vegan: order without cheese and sour cream

Star Ginger: _____

Vegetarian/Vegan: curry bowl, tofu banh mi, or vegetarian pho with beverage

Subway: _____

Vegetarian: 6 inch veggie delight or veggie sandwich with fruit and beverage

Vegan: order without cheese and sour cream

The Coupe: _____

Vegetarian: Flagstaff melt with beverage

Vegan: veggie burger with fries and beverage

The Wedge Pizza & Market: _____

Vegetarian: cheese or veggie deluxe 7" pizza, or Flagstaff Melt with fruit and beverage

Turnip the Greens: _____

Vegetarian: Romaine Calm Caesar On, Strawberry Dandelion, Sesame Mandarin, or Eat Olive It salads with beverage

Vegan: no cheese and substitute cream based dressing for vinaigrette

Where's the Food Truck?: _____

Vegetarian: veggie burrito or tacos with beverage

Vegan: order without cheese and sour cream

most popular plant based options

University Union

- Hot Spot
- Turnip the Greens
- Jamba Juice
- Star Ginger

Health & Learning Center

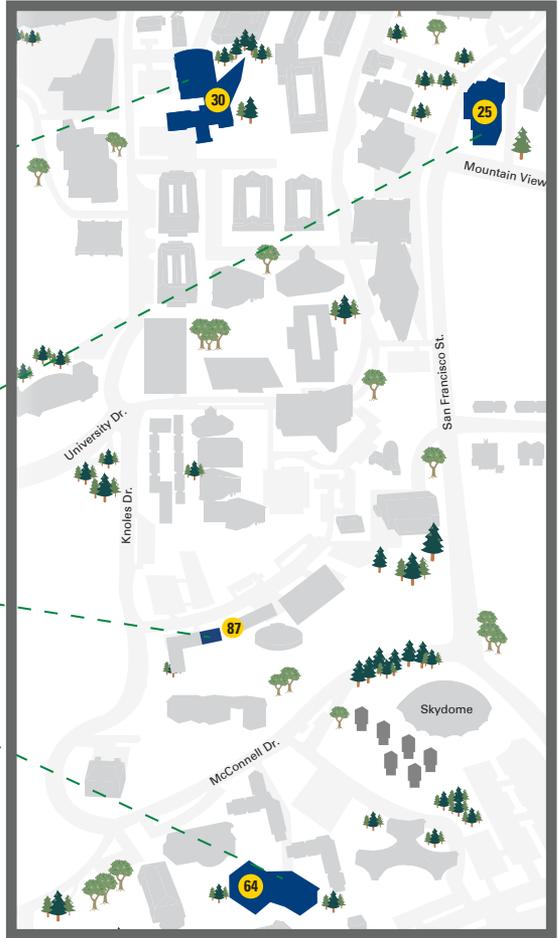
- Green Scene Cafe
- Essential Blends

SkyView

- Eat Food Market

du Bois South Union

- The DüB Dining District
- Subway



resources

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Food for Thought Meetings: these meetings are open to all students, faculty, and staff who want to provide insight to help us shape the future of Campus Dining at NAU. Email NAUCampusDining@gmail.com for meeting times

Mobile Dining App: m.dining.nau.edu