

VEGAN & VEGETARIAN OPTIONS ON CAMPUS



Each generation should be made to bear the burden of its own wars, instead of carrying them on, at the expense of other generations. - James Madison

JAMES MADISON UNIVERSITY
DINING SERVICES

Fall 2015

Benefits of a Vegetarian Diet

campus stats

66% of freshmen don't consume the recommended five servings of fruits and vegetables a day.

50% of all students don't get enough fiber (25 grams a day).

60% eat too much artery-clogging saturated fat.

59% of students surveyed said they know their diet has gone downhill since they went to college.

SOURCE: 2002 LONGITUDINAL STUDY BY TUFTS UNIVERSITY

#1: Your health

If the world reduced meat consumption by 15% (by participating in Meatless Monday), it would have the same impact on greenhouse gas emissions as taking 240 million cars off the road each year

#2: Your environment

For every burger skipped, you can save enough:

- water to drink for the next 3 years
- energy to charge your iPhone for 4.5 years

#3: Your future



Veg-ing out at JMU has never been easier

Did you know that JMU has been nominated by PETA2 as one of the top 10 most vegan-friendly large American colleges? That's because JMU offers several vegan/vegetarian options at every dining location!

Use this guide to identify food options on campus that are classified as vegetarian (does not contain meat, poultry or seafood) or vegan (does not contain any type of animal product including milk, eggs or honey). *Items in green font are confirmed vegan options!*

Check out www.jmu.campusdish.com before you choose a dining hall to see which options appeal to you.

All-You-Care-To-Eat Dining

If you're unsure if something is vegan or vegetarian at an All-You-Care-To-Eat dining location, look for these logos posted with the nutrition facts!



D-Hall and E-Hall

- Check out the fully stocked salad and baked potato bars which have all kinds of *greens, veggies and fruits* as well as *hummus, beans and peanut butter* for extra protein! *Vegan dressings include balsamic vinaigrette, lite Italian and oil & vinegar.*
- Check out the "Veggie Variations" station at D-hall for new vegetarian and vegan entrees that change daily!
- Visit the "Veggie Vegan" station at E-hall for a tasty, *made-to-order stir fry with your choice of quinoa, brown rice, beans, tofu, veggies, fruits and sauces*
- E-hall boasts a made-to-order pasta bar where you can make a meal of *whole wheat pasta*, your choice of *veggies (pineapple too!)* sautéed in either alfredo or *marinara*
- *Soy milk* is available as a substitute for cow's milk
- Vegetarian garden burgers are always available at the grill stations

Mrs. Greens

- This all-you-can-eat or grab-and-go location features a **60-foot salad bar**, a pasta bar and a hot vegetarian entrée options that is usually **vegan** as well.
- Goes totally meatless on meatless Monday!

Let's Go! Local

- Features a salad and taco bar offering a variety of **veggies and beans plus tofu**.



A La Carte Dining

P.C. Dukes

- **Topios** – vegetarian pizza selection daily
- **Zoca** – **Burritos, burrito bowls, tacos, taco salads and nachos** can be made with **portabella mushrooms** or **extra beans** instead of meat. **Leave off the cheese and sour cream to make your meal vegan!**
- **ETC...** - **Pasta** with alfredo or **marinara sauce**, vegetarian soup du jour
- **P.C. Sliders** – falafel wraps, mini falafel burgers, mac & cheese, boardwalk style fries, hush puppies, cole slaw, veggie of the day (no vegan option)
- **Side Pocket** – **Salads** and pitas with **red pepper hummus**, falafel or **sundried tomato basil tofu** (pitas and falafel are not vegan)
- **Duke's Deli** – Meatless protein options include **hummus, red pepper hummus and veggie**. Vegan breads include **white/wheat slices, and wheat, spinach and tomato-basil wraps**.



Top Dog Café

- **Mongolian Grill** – Egg rolls, tofu pad Thai, **vegetable dumplings, vegetable stir fry, Asian salad, noodles and white/brown/mango rice**.
- **Madison Bread Company** – mushroom Florentine panini, Tuscan vegetable panini, orzo pasta salad and macaroni salad, **build-your-own salad with tofu and fresh fruit salad**.
- **Grille Works** – veggie burger, **shoestring fries, curly fries and onion rings**



Market One

- **Burger Studio** – Offers vegetarian garden burgers for lunch and dinner and egg sandwiches at breakfast (no vegan options)
- **The Great Panini** – 3-cheese basil panini, veggie & hummus panini, pasta bowl, Caesar bowl, and fiesta bowl. Ask for any **pasta bowl without cheese** to make it vegan!
- **Montague's Deli** – Meatless protein options include **hummus, red pepper hummus, veggie**, egg salad and **Beyond Meat "chicken"**. Vegan breads include **white slices, spinach and tomato-basil wraps**.
- **Sbarro** – cheese pizza, white pizza, spinach & cheese stromboli, caesar salad, baked ziti, spaghetti w/ tomato sauce and red potatoes, **tomato & cucumber salad and pasta salad**
- Vegetarian soup du jour

Student Success Center

- **Get Your Green On** – A vegan's dream come true! New this year, a build-your-own quinoa bowl station features *quinoa, greens, veggies, beans, vegan beef, vegan chicken, guacamole and vegan dressings* for a protein-packed meal!
- **Bistro 1908** – Order any *pasta or flat bread* without meat and sub regular cheese for *vegan cheese!*
- **Grillhouse** – veggie burgers with zucchini fries, a variety of salads; *hold the cheese and top with tofu to make it vegan!*
- **Dunkin Donuts** – Don't skip breakfast and grab an egg white veggie flatbread or a *whole wheat bagel with peanut butter*



Madison Grill

- JMU's fanciest dining location offers vegetarian entrée options including a balsamic quinoa and caramelized onion bowl with feta cheese or a caprese Panini. *Vegans can try the farmer's market salad with zucchini and green beans topped with orange vinaigrette, a black bean burger and side dishes including roasted red potatoes, lemon broccoli and quinoa pilaf.*

Corner Bistro

- Corner Bistro in Memorial Hall offers Vegetarian lunch options like Greek feta pizza and a grilled vegetable hummus wrap as well as *Vegan Malibu Gardenburgers.*



Festival

- **Montague's Deli** – See description under Market 1
- **Jamba Juice** – *Strawberry Symphony, Peach Pizzazz, Mango Magnifico and Apple Berry Chill*
- **Cheese Please** – Make your own grilled cheese. *If cheese doesn't please you, then skip it and make a toasted avocado and veggie sandwich on sourdough*
- **Salad Bar** – Make your own salad with alternative protein options like *tomato-basil tofu, beans* and eggs. Choose a *spinach* base for extra calcium!
- **Flats** – Offers a few meatless stacks for vegetarians including veggie & hummus and falafel. *Ask for no cheese to go vegan.*
- **Skillets** – Protein-packed egg scrambles and delicious fruit crepes for the vegetarians (no vegan option)
- **Chopstix** – fried rice, noodle bowls, *steamed veggies* and *General Kaz's tofu.*

Convenience Foods

Pre-prepared foods are available to grab-and-go at all dining locations except for D-hall, E-hall and Mrs. Greens. Check out similar options at **P.O.D. locations** in academic buildings including HHS, Showker and Memorial.

- **Sushi** – *veggie sushi, avocado salad rolls and edamame*
- **Sandwiches** – *PB&J, Bahn Mi sandwich, hummus and veggie*
- **Salads**
- **Snacks** – *whole and cut fruit, celery and peanut butter, Sabra hummus and pretzels, Naked juice smoothies, yogurt parfaits*
- **Other** – *quinoa stuffed peppers*

Jemmy's Corner Market

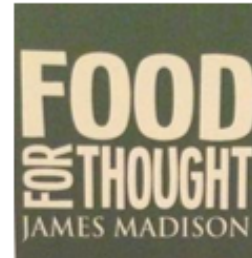
- Located in SSC, offers an array of *fresh, local fruits and vegetables* and select other products like *kale chips and local applesauce*. Check out the frozen section to find *frozen Amy's entrees* (vegan or vegetarian)

Mr. Chips

- Offers *vegan ice cream* and *frozen Amy's entrees*

Hungry for More?

- Be on the lookout for special options and promotions on "Meatless Monday"
- Check out JMU's club for vegans & vegetarians called "Food for Thought"! Check out the Facebook page for more details!
- Discover the Harrisonburg Farmer's Market! It is located downtown within walking distance from campus and is open 8am-1pm Saturdays and Tuesdays
- When the weather is nice in the Fall, the Harrisonburg Farmer's Market comes to YOU at the Warren Hall Patio. Look out on the JMU Dining Services Facebook page for announcements. You can even use FLEX or Dining Dollars!



"Everyone thinks of changing the world, but no one thinks of changing himself." — Leo Tolstoy

Questions/Concerns/Suggestions?

Contact the Registered Dietitian or the Sustainability Coordinator at Dining Services!

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