



Vegan & Vegetarian Guide



This guide was created by our Registered Dietitian and is meant to be a quick, easy way to find the vegan and vegetarian options at our dining locations. If you need additional assistance, please contact our Registered Dietitian at hdelagrang@towson.edu to schedule an appointment today. Our campus Dietitian, Executive Chef, and the Tiger Hospitality team work hard to make sure there are healthy, nutrient-dense options available for every lifestyle.



VEGAN
Made without any animal products. All vegan options are also vegetarian.



VEGETARIAN
Made without meat or fish.

RESIDENTIAL

FRESH FOOD COMPANY AT GLEN DINING HALL

Vegan - Daily vegan entrée

Grill - Black bean burgers & vegan chicken tenders available upon request

Greens & Grains - Build your own salad

MTO - Made to order pasta

THE DISH AT NEWELL DINING HALL

One World - Daily vegan entrée

Ignite - Black bean burgers & vegan chicken tenders available upon request

Trattoria - Cheese pizza & vegetarian specialty pizza

Greens & Grains - Build your own salad

MTO - Made to order pasta

THE DISH AT WEST VILLAGE DINING HALL

Root - Daily vegan entrée

1866 Grill - Black bean burgers & vegan chicken tenders available upon request

Commons Cafe - Made to order omelet

Greens & Grains - Build your own salad

Twirl - Made to order pasta



RETAIL



- BYO breakfast
- French toast sticks
- Chipotle black bean + cheese sandwich or bowl
- Beyond + cheeseburger sandwich or bowl
- Fries
- Ranch fries
- Sweet tater fries
- Hash brown patty



- Build your own plate
- Veggie spring rolls
- Cream cheese rangoons



- Avocado toast
- Cheddar cheese egg sandwich
- Garden avocado egg sandwich
- Avocado veg out
- Cheesy veggie melt
- Cheese pizza bagel



- Margherita flatbread
- Vegan Flatbread
- Strawberry Banana smoothie
- Peanut Butter Power smoothie
- Blueberry banana smoothie
- Peaches & Green smoothie
- Tropical Green smoothie



- Simple Salad
- Burrata Salad
- Kennett Square Pizza
- Farmers Market Pizza
- Cheese Pizza
- Margherita Pizza
- Bianco Verde pizza
- Customizable pizzas & bowls



- BYO rice bowl
- BYO salad bowl
- BYO fries bowl
- BYO zoodles bowl
- Fries
- Pita & Hummus



RETAIL



bento

- Donburi Bowl (tofu option)
- Yaki Udon (tofu option)
- Udon noodle bowl (tofu option)
- Veggie Gyoza Dumplings
- Vegetable California roll
- Ramen (tofu option)



- Waffle Potato Fries
- Waffle Potato Chips
- Fruit Cup
- Kale Crunch
- Mac & Cheese

DUNKIN'

- Assorted donuts & other pastries
- Omelet bites
- Grilled cheese
- Hash browns
- Avocado Toast



- French Toast
- Pancakes
- Black Bean Quinoa Wrap
- Black Bean Quinoa Burger
- Mozzarella Cheese Sticks
- Onion Rings
- French Fries
- Sweet Potato Fries
- Potato Rounds
- Piece of Fruit
- Garden Salad

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café bakery

- Mediterranean Wrap
- Caprese Sandwich
- Chipotle Black Bean & Avocado Sandwich
- All Day Breakfast Sandwiches
- Assorted Smoothies
- Vegetarian Soup Offerings

7720 Cafe

- BYO Salad Bar
- Plant Forward Burger
- Classic Flatbread

