

Surfing Through Dining:

*Vegetarian
& Vegan*



[@tulanehospitality](https://www.instagram.com/tulanehospitality)

Salad-ifying your meal

1

Choose your favorite leafy salad base:

Romaine and Iceberg Lettuce, Baby Spinach, Spring Salad Mix, or a mix of two or more!

2

Make it colorful: More color, More Nutrients

Malkin Sacks Commons offers 20+ salad toppings accounting for over 10+ dietary restrictions

3

Dress it up with the proper sauce:

Eat it dry or sauce it up with one of our many dressing options, including our home made vegan green goddess dressing



Make Room for Something...



Icon-ic!

Vegan Icon

shows that there are no animal products of any kind.



Vegetarian Icon

products do not contain meat, fish, or poultry. May contain eggs, dairy or honey.

Build A Meal...

With Different Stations

Neutral Ground

Brown Rice

Lou's

Roasted Corn

Social Deli

*Chipotle Mayonnaise (vegetarian)
Hummus*

Fresh Quarter

*Cherry Tomatoes
Garbanzo beans*



Alternative Protein Sources

Vegan Friendly

- Beans
- Tofu/Tempeh
- Chickpea
- Nuts/Seeds
- Quinoa
- Green peas
- Lentils
- Soy
- Edamame

Vegetarian Friendly

- Eggs
- Dairy
 - Greek yogurt
 - Milk
 - Cottage Cheese
 - Ricotta Cheese
 - Cream Cheese



LBC Food Court: Hidden Gems

- *Wildflower Kitchen*

- *NYToast*

- *Replace: Smoked Salmon*
 - *Substitute: Feta, Pumpkin Seed, Goat Cheese, or Walnut*

- *WOW Cafe*

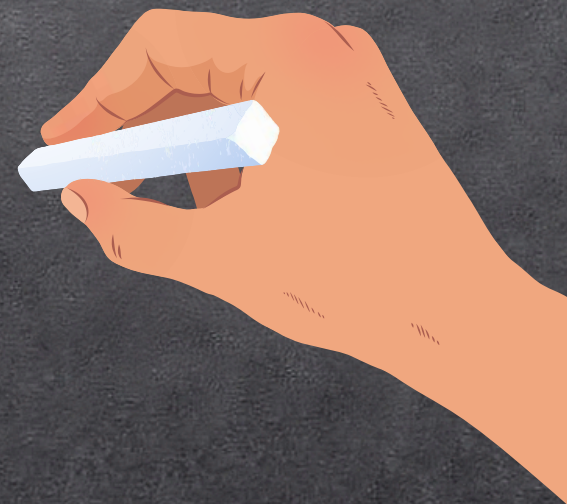
- *The Beyond Burger (Vegetarian)*

- *Halal Shack*

- *Fiber Bowl*
 - *Vegetarian Bowl*
 - *Vegan Bowl*

- *Pei Wei*

- *Vegetable Spring Rolls*
 - *Mongolian Green Beans*
 - *Vegetable Pho*



Kaiten Zajac MS, RD, LDN

| Summer McNeill MS, RD, LDN



Meet the Dietitians

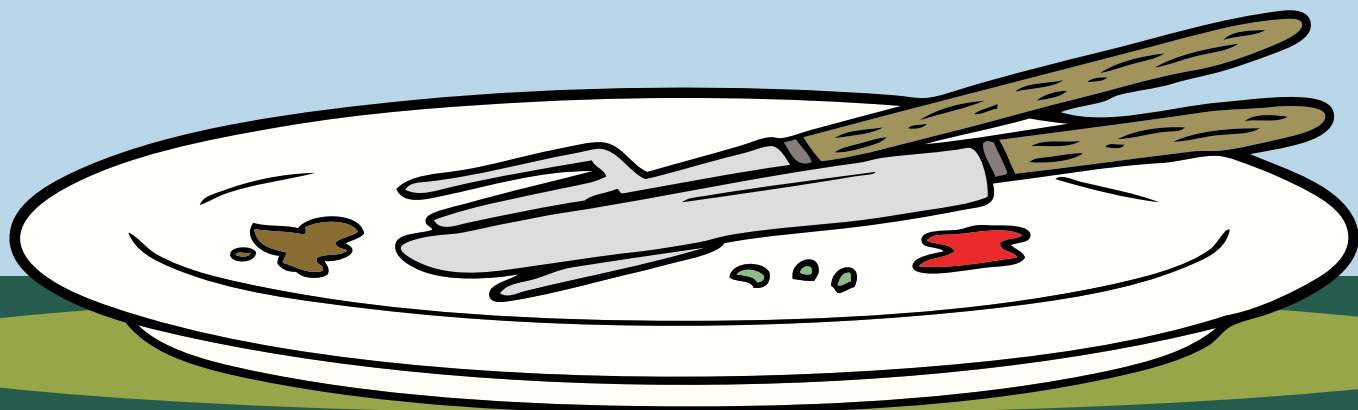


- Nutrition Consultations
- Cooking Classes
- Dining Hall Tours
- Dietary Preferences

Text Us: (504)-900-8656 | Site: <https://tulane.mydininghub.com/> | Instagram: @tulanehospitality

Stay Tuned for the next

Wave
of
Resources



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