

Vegetarian & Vegan Dining Guide: Shafer's Market 810



Available Options

Throughout Shafer's Market 810, you'll find plant-based protein options such as beans, tofu, and meat alternatives at select stations. Plant-based cheese and egg alternatives are available upon request at many stations. In addition to fresh fruits and vegetables, whole grain staples such as rice or quinoa, and simple vegetable sides dishes cooked in oil are available throughout the dining hall.

Daily vegetarian and vegan-friendly options can be found at the stations below.

- **Ram's Grill:** Vegetarian black bean burgers, vegan Chik'n Nuggets, plant-based cheese
- **Bleecker St. Deli:** Hummus, portobello mushroom, plant-based cheese
- **Stir Crazy:** Vegan protein dishes featuring tofu, beans, or alternative meats along with vegan toppings & sauces rotate depending on the global theme meal
- **True Balance:** Daily vegan side dishes, legume-based proteins available on MTO bar; vegan dessert items
- **Pasta Bar:** Customizable pasta bowls with veggies, marinara sauce
- **Salad Bar:** Variety of vegetables, tofu, legumes, rotating vegetarian soups; daily plant-forward entree available at salad bar end cap
- **Toast Station:** Breads, bagels, vegan spreads
- **Fruit Bar:** All day fresh cut fruit, rotating dips such as hummus
- **Bakery:** Rotating vegan dessert options daily

Tips

Build your perfect meal by choosing options from various stations. Most stations are set up in a way to be 'build-your-own' with options to customize your meal; which gives you the flexibility to choose side dishes at one station, and a protein dish at another!

Utilize our online menus to find ingredient information if you're unsure of what's in something. Look for the vegan and vegetarian icons or open up a recipe online to view ingredient information. Menus can be viewed at vcu.mydininghub.com/locations



Additional Resources

Still struggling to find options? VCU Dietitian, Quinn, is available to help you find what you're looking for. She can help you navigate online menus, walk you through all available options, and even provide tailored meal ideas that meet your individual needs and preferences!