

*Laker*  
**FOOD**co

# VEGAN & VEGETARIAN

**LAKER FOOD CO. OPTIONS**





**Vegetarian:** No meat or fish



**Vegan:** No meat, fish, eggs, dairy, honey or gelatins. All Vegan items are also Vegetarian.



**Plant Forward:** emphasizes healthy plants at the center of the plate (they may contain a proportionally small quantity of animal protein).



**Cool Food:** Certified climate friendly by the World Resources Institute, Cool Food Meals have a low impact on the climate, making them a delicious way to help the planet.

Look for these icons on menu boards and online to easily identify Vegan, Vegetarian, Plant Forward or Cool Foods items.

Many options are listed as “CYO” which means you are able to create your own custom meal.

For National Brands, check their websites for ingredient information.

# DINING LOCATIONS

## Kleiner

### THE DISH

#### Rotating Menu



CYO Green or Grain Bowls, Rotating Entrees, Desserts, Cheese Pizza



CYO Sandwich, Pasta or Stir Fry at the Sauté Station, Vegan Burgers, Vegan Desserts, Rotating Vegan items at the entrée station

### POD C-STORE

#### Other locations: The Blue Connection, Kirkhof, Mackinac



Select To-Go Sandwiches, Select Sushi, Cheeses, Yogurts, Ice Creams, Milks, Pop Tarts, Chips, Select Cereals, Protein Bars & More!



Oatmeals, Lara Bars, Dairy Substitutes, Select Bottled Beverages, Granola, Select Desserts, Dried Fruit, Hummus Cups, Nuts & More!

### JAVA CITY

#### Other locations: South POD, Lobby Shop



All Coffee Beverages, Pastries and Bagels



Soy, Almond, and Oat Milk Substitutes available upon request

## Holton-Hooker

### EINSTEIN BROS. BAGELS



All Bagels, Kettle Chips and Pastries



**Bagels:** Plain, Cinnamon Raisin, Sesame, Everything, Blueberry

**Other:** Fruit Cup, Juice, Lemonade, Soy, Almond, and Oat Milk Substitutes



## Marketplace

### STARBUCKS

Other location: Innovation Design Center



All Beverages, Rotating Sandwich options, Pastries, Fruit, Yogurt, other Snacks



Soy, Coconut, Oat or Almond Milk Substitute, Fruit, Nuts, Sea Salt Potato Chips, Plain Bagels, Multigrain Bagels, Sprouted Grain Bagel, Dried Fruit, & More

### BENTO SUSHI



Miso Soup, Tofu Poke Bowl, Tofu Donburi



Vegetable Rolls

## Mackinac

### POD C-STORE

See POD C-Store details under “Kleiner”

## Commons

### FRESH FOOD CO.

#### Rotating Menu



CYO Omelet, Stir Fry,  
Pasta Bar, Cheese Pizza,  
Rotating Entrées, Grilled  
Cheese Paninis



Extensive Salad Bar,  
Rotating Entrées, Vegan  
Station, CYO at the Sauté  
Station, Vegan Burgers,  
Vegan Desserts

## Library

### GV BREW



**Beverages:** Soy, Coconut,  
Oat or Almond Milk  
Substitutes



# Kirkhof

## LOBBY SHOP



All Coffee Beverages and Smoothies at Java City and Freshens



Alternative Milk Substitute Smoothies: Wild Strawberry, Maui Mango, Tropical Therapy, Caribbean Craze, Mango Me Crazy, Purple Reign, Bangin' Berry, Goin' Green, Apple Kiwi Kale, Vegan Power Up, Oh Kale!

## PANDA EXPRESS



String Bean Tofu, Cream Cheese Rangoons, Vegetarian Spring Rolls, Chow Mein



Rice, Super Greens

## ERBERT & GERBERT'S

Other location:  
DeVos Center



Avocado Vegetarian Sub, Broccoli Cheddar Soup, Mac & Cheese

## LAKER GRILL



Chipotle Black Bean Burger with Cheese, Beyond Burger with Cheese



Chipotle Black Bean Burger without Cheese, Beyond Burger without Cheese

## CIAO



Four Cheese or Grilled Vegetable Pizza, Roasted Vegetable Calzone



CYO Pasta Bowl with Vegan Pasta and Veggies

## ZOCA



CYO Taco, Nacho, Taco Salad, Burrito Bowl, or Quesadilla, Chips & Queso



CYO Taco, Burrito, Bowl, or Taco Salad, Salsa, Guacamole, Chips, Beans, Refried Beans

## JAVA CITY & POD C-STORE

See Java City & POD C-Store details under "Kleiner"

# The Blue Connection

## HEARTH & SEEDWELL Rotating Menu



Hummus Platter,  
Grilled Cheese,  
Rotating Soups, Chips,  
Rotating Entrées



Black Bean Burgers,  
Steamed Vegetables,  
Side Salads, Chips &  
Salsa, Hummus Plate,  
Fruit, Salads, Rotating  
Entrées



## SAVORY STACK



CYO Sandwich on White  
Sub Roll, Jalapeño Wrap



CYO Sandwich on White  
Sub, Wheat Sub, Oil &  
Vinegar Dressing, Vegan  
Sub

## LATE NIGHT



French Toast Sticks, Mac &  
Cheese Bites, Mozzarella  
Sticks, Pretzel Sticks,  
Bosco Sticks, Apple  
Pie Brownie, Sundae,  
Cinnamon Roll Sundae,  
Veggie Nachos, Veggie  
Quesadilla



Hummus Plate

## JAVA CITY & POD C-STORE

See Java City &  
POD C-Store details  
under “Kleiner”



## DeVos Center

### ERBERT & GERBERT'S



Avocado Vegetarian Sub,  
Broccoli Cheddar Soup,  
PB&J Sub, Mac & Cheese

### EINSTEIN BROS. BAGELS

See Einstein details under  
"Holton-Hooker"

## Innovation Design Center

### STARBUCKS

See Starbucks details  
under "Marketplace"

## Seidman Center

### SEIDMAN CAFÉ



Cheese Quesadilla, Bean  
Quesadilla



CYO Green Bowl, Grain  
Bowl, Select Cereals, Side  
Salads, Hummus, Fruit,  
Veggie Cups

## SOUPS

Available at various locations  
on Allendale & Pew Campuses



Butternut Squash Bisque  
Cheese Broccoli  
Herbed Tomato Bisque



Black Bean  
Minestrone





For further nutrition information,  
Contact our Registered Dietitian Nutritionist  
for a free one-on-one consultation at  
**(616) 331-8989** or **[gvsufood@gvsu.edu](mailto:gvsufood@gvsu.edu)**







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