

Ferris State University Dining Services

Vegan Choices

Breakfast

- ❖ Oatmeal
- ❖ Applesauce
- ❖ Fresh Fruit
- ❖ Canned Fruit
- ❖ Silk Soy Milk
- ❖ Jam and Jellies
- ❖ Some Cereals (ingredients posted)
- ❖ Toasted Granola Cereal*
- ❖ Low-Fat Granola*
- ❖ Bagels**
- ❖ English Muffins
- ❖ Peanut Butter

Lunch, Dinner, and Late Night

- ❖ Steamed Vegetables
- ❖ Baked Potatoes
- ❖ Guacamole
- ❖ Refried Beans
- ❖ Seasoned Black and Pinto Beans
- ❖ Corn and Flour Tortillas
- ❖ Fries***

See menus online for more vegan choices.

Mongolian Grill:

- ❖ Penne Pasta
- ❖ Rice Noodles
- ❖ White Rice
- ❖ Brown Rice
- ❖ Vegetables
- ❖ Pineapple
- ❖ Tofu

Sauces:

- ❖ Asian Ginger Sauce
- ❖ Buffalo Sauce
- ❖ Garlic Sesame Sauce
- ❖ General TSO Sauce
- ❖ Kentucky Bourbon Sauce
- ❖ Teriyaki Sauce
- ❖ Kung Pao Red Chili Sauce
- ❖ Soy Sauce
- ❖ Sweet and Sour Sauce
- ❖ Sweet Baby Ray BBQ Sauce

Pasta Bar:

- ❖ Spaghetti Pasta
- ❖ Fettuccine Noodles
- ❖ Marinara Sauce
- ❖ Vegetarian Spaghetti Sauce
- ❖ Rice Noodles
- ❖ Vegetarian Pho Ga Broth

Beverages:

- ❖ Silk Soy Milk
- ❖ Flavored Water
- ❖ Silk Almond Milk
- ❖ Tea and Coffee
- ❖ Fruit Juices

Deli Bar:

- ❖ Fresh Baked Onion Bun**
- ❖ Sliced Sour Dough Bread**
- ❖ Deli Rye Bread
- ❖ Low Carb Wrap
- ❖ Tomato Wrap
- ❖ Spinach Wrap
- ❖ Wheat Wrap
- ❖ White Wrap
- ❖ Sweet Onion Vinaigrette

Vegan Soups:

- ❖ Vegan 7-Bean Medley
- ❖ Black Bean Vegetarian
- ❖ Lite Vegetarian Soup
- ❖ Homemade Vegetable
- ❖ Vegan Garden Vegetable

Salad Bar:

- ❖ Fresh Vegetables
- ❖ All Hummus
- ❖ Colored Tortilla Ribbons
- ❖ Garbanzo Beans
- ❖ Picante Sauce
- ❖ Banana Pepper & Jalapeno Pepper
- ❖ Tofu
- ❖ Olives
- ❖ Sunflower Seeds
- ❖ Pecan or Walnut Pieces
- ❖ Fresh Fruit
- ❖ Raisins
- ❖ Pickle Relish
- ❖ Sweet and Spicy Pickles
- ❖ Multigrain and French Batard
- ❖ Spaghetti Salad
- ❖ 3-Bean Salad

* Contains honey

** Processed in a facility using milk and eggs.

*** May be fried in oil used for other purposes (battered foods, patties, etc.) Ask a cook or manager for more information.

Items served on the line or prepared on the grill may have cross contact with non-vegan items. Ask the cooks or manager-on-duty for more vegan food information.

Manufacturers may change their product formulation without our knowledge, and product availability may fluctuate. Customers on special diets or with specific food allergies should see the manager or contact the Registered Dietitian Brenda Walton at (231) 591-3747 for assistance.

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