

Vegetarian & Vegan Dining at UML

We offer a variety of vegetarian and vegan items at both of our Dining Halls. Vegetarian selection may include dairy, eggs, and honey, while vegan meals are free from all animal products. Our vegetarian and vegan offerings include:

- **Vegan Breakfast** entrees are available daily, in addition to hot and cold cereal, fresh fruit, and plant-based milk.
- **Stir fry & Pasta Bar:** We offer a variety of plant-based proteins at our stir fry and pasta bar stations. Guests can request separate cooking pans and utensils for plant-based meals.
- **Deli:** Try a whole wheat wrap with roasted vegetables & hummus, or try a vegan cheese sandwich on multigrain bread with fresh vegetables. Vegan cheese is available upon request.
- A variety of rice & grains are also available, plus many other vegetarian and vegan sides indicated by these symbols.



Please contact our Campus Dietitian, Melissa Quirk, with any questions, consults, or concerns at dietitian@uml.edu