

PLANT-BASED DINING GUIDE

With over 30 dining locations on Grounds, UVA offers a robust variety of plant-based options across all locations – from residential dining to retail dining.

KNOW THE LINGO:



PLANT FORWARD

A style of cooking that emphasizes healthy plants at the center of the plate.

**May contain a proportionally small quantity of animal protein.*



VEGETARIAN

Contains no meat, fish, or poultry



VEGAN

Contains no animal products of any kind (including eggs and milk)

WHERE TO FIND PLANT-BASED OPTIONS:

These are just a few of the many options available across campus

- **Dedicated Vegan & Vegetarian Stations:** Each residential dining hall features a dedicated plant-forward station offering daily vegan specials and a wide array of vegetarian options—available at breakfast, lunch, and dinner. Look for the icon labels on all digital menus.
- **Salad Bar:** Every dining hall salad bar offers plant-based proteins daily, including tofu, chickpeas, and kidney beans—perfect for building a hearty, nutritious plate.
- **Desserts & Drinks:** Both **The Dish @ Observatory Hill** and **Fresh Food Co. @ Newcomb Hall** serve a **vegan dessert every day**.

We proudly offer a variety of plant-based milks/yogurts:

- Soy milk
 - Chocolate pea-protein milk
 - Oat milk
 - Soy yogurt available in the Stress-Less Coolers at each residential dining hall.
- **Retail Options:** Most retail dining locations across Grounds offer clearly labeled vegan and vegetarian selections. Just follow the icons for quick identification.

HELPFUL RESOURCES:

- **CampusDish website:** Explore full menus, ingredient lists, allergen details, and dining icons at our website - virginia.campusdish.com
- **Free Nutrition Consultation:** Have questions or want personalized guidance? Meet one-on-one with our registered dietitian to create your plant-based dining strategy. Free for meal plan holders.

Questions?
Just connect with us!



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