

Vegetarian & Vegan Dining Guide



Available Options

We offer a wide variety of vegetarian and vegan options. Vegan and vegetarian protein alternatives such as chickpeas, hummus and tofu can be found in both dining halls. We use Beyond meat alternative products for our burgers and sausage, Mindful Chik'n as another meat alternative, and Just Eggs for an egg alternative. Vegetables are cooked in an olive oil or canola oil blend. Vegetarian and vegan friendly options can be found at the following stations in Commons Dining Hall:

- Root
- Greens & Grains
- True Balance
- Made To Order & Build Your Own Stations
- Ignite
- Savory Stack
- One World Kitchen

Vegetarian and vegan friendly options can be found at the following stations in Food Hall @ Sadler:

- Root
- Trattoria
- Graze
- True Balance
- Made To Order & Build Your Own Stations
- Global Kitchen
- Main Ingredient



Available Resources

Our online menus are available on <https://williamandmary.campusdish.com/> and are updated daily for each meal period to ensure accuracy, so you can always check before you go. The website page also has an interactive allergen filter where you can set specific rules to find foods that meet your dietary needs and preferences. Look out for the “Vegetarian” and “Vegan” icon on our website and digital TV signage. Menu items are flagged with a vegan icon if it omits meat, poultry, fish, dairy, eggs, gelatin, honey, and vitamin D3. You can always reach out to an employee in a Golden Apron or utilize our texting service by texting ‘WMDINING’ to 78779 if you have any questions or concerns.

