



HOW TO EAT
vegan
AT GMU

THE VEGAN SOCIETY @ GMU

2018



WHAT IS VEGANISM?

The Vegan Society at George Mason University defines veganism as “a way of living which seeks to exclude, as far as is possible and practicable, all forms of cruelty to animals for food, clothing, or any other purpose.” There are many different ways to be vegan, but one thing we all have in common is that we avoid eating animal foods such as meat, seafood, dairy, eggs, honey, and any other animal or insect derived ingredients. Many of us also avoid using toiletries and beauty products that were tested on animals, or wearing leather and fur as clothing. There are even some plant-based foods that many vegans avoid, such as palm oil and agave syrup, due to their devastating impact on the environment. Zoos, aquariums, circuses, horse races, and any other form of entertainment that exploits and mistreats animals are avoided by most vegans as well. Everyone has a different reason for going vegan, but in general, vegans hope to reduce their contribution to animal suffering, environmental destruction, and disease in ways that are practical for them as individuals.

Even if you are unable or unwilling to go vegan, incorporating more plant-based foods into your diet is beneficial in many ways!

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Southside

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Vegan Bowls

EATING IN THE DINING HALLS

TIPS AND ADVICE

The dining hall menus are rotational and not only change daily, but also change every meal. Therefore, sometimes the items on this list will not be available, and sometimes there will be items available that are not on this list that are appropriate for a vegan diet. Always double check the labels and the ingredients listed before making a decision, and use your intuition. The labels indicate if a food has milk, eggs, fish, or meat in it. It does not indicate if honey is an ingredient. If you have additional allergies, reach out to the University's dietitian Mary Brown for more assistance.

It is important to note that although Mason Dining is working to improve, the labeling of vegan food at the dining halls is not always correct. There have been things labeled vegan that are not vegan, and there are things that are vegan that are not labeled as vegan. Keep an eye on the ingredients list and don't be afraid to speak up to a staff member if you have questions, or if you think something is labeled wrong. This is not meant to discourage you from going vegan, it is to warn you that although many changes have been made at the dining halls to be more vegan friendly, there are still things that need to be changed. If you are unhappy with the vegan options or feel that you are unable to be vegan because of the choices they offer, SPEAK UP! Mason Dining is known to respond to feedback about their vegan options.

IKE'S & THE GLOBE

This guide does not go into extensive detail about these two dining halls because they offer similar vegan food to Southside and we like to save paper. One key difference is the lack of a Simple Servings station. The breakfast options are pretty limited for vegans at both of these dining facilities. There is, however, an annual farm-to-table event held at Ike's with a plethora of vegan options. The Globe has international foods, and you can occasionally find some good vegan dishes there. Ike's has recently opened an all-vegan stir fry station, but there have been complaints of finding small bits of meat unintentionally mixed in. More information on these two dining halls can be found in upcoming updates to this guide.



SOUTHSIDE

BREAKFAST

- **Tofu Scramble** (Offered daily at the breakfast bar.)
- **Stir-Fry Veggies** (Offered daily at the breakfast bar.)
- **Breakfast Potatoes** (Most of the time, these are vegan. Sometimes they make it with butter which has milk. The label will always tell you if it has milk or not.)
- **Oatmeal with Toppings** (Sometimes the oatmeal is made with milk. It will be very obvious that it is made with milk. Most of the time it is made with water. The granola topping and chocolate chips are NOT vegan.)
- **Fresh or Sliced Fruit**
- **Toasted bagel** with butter, jelly, sunflower butter, or peanut butter. (The breads all have honey in it except the Pumpkin bread. The vegan butter is found in the fridge at Simple Servings)
- **Chocolate/Vanilla Soy milk**
- NONE of the cereals are vegan. General Mills and Kellogg's cereal brands (among most others) enrich their cereal with Vitamin D3, which comes from animal skin.
- There are no vegan gluten free breads/bagels. They all contain eggs.



LUNCH & DINNER

- More often than not, the vegetarian hot entrees at the No Boundaries station are also vegan.
- Nearly all of Southside's veggie burgers are **not** vegan, as they contain eggs or are topped with a dairy sauce. Sometimes, it is the bun that is not vegan and not the burger. This is never clear on the label, though.
- Fresh or Sliced Fruit
- Pre-made cold grain/pasta salads at the Vegan Bar (always check the label)
- Fresh veggies
- Hummus (but not the pita bread, it contains milk even though its at the Vegan Bar.)
- Salad Bar: The only non-vegan toppings are cheese, eggs, and tuna. For the dressings, use the clearly labeled bottles in the fridge at Simple Servings, or just use oil and vinegar or lemon juice.
- Deli Bar: They are supposed to keep Tofurky deli 'meat' and Daiya vegan 'cheese' in the fridge, but sometimes they are gone. There is usually a sign about vegan sandwiches. You can always just have a veggie sandwich. Remember, all of the bread has honey in it except for pumpkin bread.
- Potato Chips (near the deli bar)



- Pasta Bar: The tomato sauces are usually vegan unless it specifically states that it has milk in it. None of the creamy sauces are vegan. Sometimes they make the sautéed mushrooms with milk. It's ridiculous, but it happens. Always check the labels. If there is no tomato sauce, Simple Servings usually has a pot of tomato sauce next to their gluten free pasta.
- If the deli bar is closed, or you just want to make your own sandwich, grab some pumpernickel bread from the After All station (aka the dessert station), toast it, and go over to the Grill where they have toppings for hamburgers that are great for making veggie sandwiches. Extra veggies can be found at the salad bar. Vegan cheese is sometimes in the fridge next to Simple Servings, but not usually anymore.
- Simple Servings has pre-made vegan options, typically rice, veggies, and a salad. They cannot have milk or eggs in the facility, so anything that is Vegetarian there is also vegan. Watch out for meat and seafood, though.
- Customized stir-fry can also be ordered at Simple Servings. All of the add-ins and sauces are vegan.
- Vegan cookies (the ones from Enjoy-Life) can be found where the gluten-free items are next to Simple Servings, or in the fridge.
- Vegan Mac and Cheese Hack: Grab some vegan cheese from the Deli and head over to the pasta bar. Get some pasta and throw the cheese on top, add a little tomato sauce if you want. Pop it into the microwave which is in the corner next to the pasta bar (yes, you can use that microwave!) for 1 minute. Stir, and voila! Mac and cheese!
- The pizzas are NOT vegan. No matter how many times you check. But you can ask them to make a personal pizza with no cheese and whatever toppings you please.

AKENO SUSHI

STUDENT UNION BUILDING I

- The only two vegan foods here are the Veggie Ramen and the Veggie Sushi. They are both delicious!

ARGO TEA ★

FENWICK LIBRARY

- Most hot and cold drinks can easily be made vegan by substituting dairy for almond, coconut, or soy milk. The only thing you have to worry about is honey, which is found in the Carolina Honey drink and possibly others. If you are uncertain if a drink has honey in it, ask the cashier.
- The nata-de-coco in the bubble teas are vegan (and delicious!)
- All of their cookies and two of their muffins are labeled as vegan and are also free of palm oil. They are best when heated up, and make a great late-night studying treat!
- All of the raw bars and salads are vegan. All salads contain oil.
- The chia-coconut pudding is dairy free; however, it contains honey and therefore is not vegan.
- Keep in mind that many of their drinks contain well over 25g of added sugar (the daily recommended intake).





BLAZE PIZZA ★

JOHNSON CENTER

- Blaze Pizza is fairly vegan friendly with gluten-free options. Their crusts and red sauce are vegan. They offer vegan cheese that is kept in a separate enclosed container to prevent cross-contamination.
- They should ask you if you would like them to switch gloves while preparing your pizza if you are worried about dairy or meat cross contamination. They will use a separate pizza cutter; however, the pizza is cooked in the same area as the other pizzas.



CHICK-FIL-A

STUDENT UNION BUILDING I

- Not very vegan friendly, and cross contamination with meat is likely, but their options include:
- Fruit Salad
- Waffle Potato Fries
- Hash Browns
- Plain Bagel
- Side Salad with no cheese



CHIPOTLE ★

JOHNSON CENTER

- Great vegan options in the form of burritos, burrito bowls, and chips.
- Sofritas are a great meat replacement that consists of shredded tofu braised with chipotle peppers, roasted poblanos, and spices.
- The only add-ins that are not vegan are really obvious: cheese, sour cream, and meat.
- Both the pinto beans and the black beans are vegan.
- The fajita veggies are vegan and cooked in rice bran oil.
- All their salsas and guacamole are vegan too.
- And don't worry- all tortillas, the brown rice and the white rice are all vegan.
- If you are worried about something not being vegan, you can triple check with their website or app, where they clearly list all of their vegan options.

DUNKIN' DONUTS ★

TIDEWATER

- None of the donuts are vegan, but many of the drinks and a handful of their food is.
- Of the beverages:
- Hot/iced coffee, latte, macchiato, and espresso are all vegan when made with almond milk.
- The turbo shot is also vegan.
- All of the flavor shots are vegan, including blueberry, caramel, cinnamon, hazelnut, mocha, peppermint raspberry, and toasted almond.
- Black tea, green tea, earl grey tea, peach tea and iced tea (sweetened and unsweetened) are all vegan.
- Coolattas: Coffee flavors, Frozen Arnold Palmer, Mango Passion Fruit, Minute Maid Orange, and Strawberry.
- Of the foods:
- Bagels- Cinnamon Raisin, Everything, Garlic, Onion, Plain, Poppy Seed, Salt, and Sesame
- English muffin
- Hash browns are vegan and only 99 cents! A great way to spend those last few bonus funds.
- Pretzel twist and Cinnamon Raisin Bagel Twist
- French roll.



EINSTEIN BROS

MERTEN HALL

- Bagels: Plain, Everything, Pumpernickel, Blueberry, Chocolate Chip, Cinnamon Raisin, Cranberry, Garlic, Ancient Grain, Onion, Poppy, Potato, Pretzel, Sesame, Sourdough, Apple Cinnamon and Power Protein.
- Bagel Thins: Plain, Ancient Grain, and Whole Wheat
- Bread: Potato Roll, Ciabatta, Multigrain Roll, Tortilla
- Spreads: Jelly, Peanut Butter, Hummus.
- Sauces: Tomato Salsa
- Veggies: Avocado, Roasted Artichoke, Roasted Red Peppers, Pickles
- Sandwiches: Hummus Veg Out on Multigrain (Ask for no cream cheese spread!), Avocado Toast
- Vegetarian Chile Soup
- Salads change often, but generally if you ask for the salad with no dressing, no cheese, and no meat you should be fine!
- Sides: Fruit Salad, Kettle Chips
- Sweets: Cinnamon Twist or Cinnamon Twist Poppers
- Drinks: All juices and lemonades are vegan. Coffee and tea can be made vegan with no milk. Unfortunately, they do not offer non-dairy milk, so many of their drinks are not vegan.





FRESHËNS

JOHNSON CENTER & THE RAC

- Not too many vegan options on the menu, and cross-contamination with meat and dairy is likely.
- Crêpes: Sadly, none of the crêpes are vegan, but if you really want a vegan crêpe, Dulce Crêpes offers vegan crêpes off campus.
- Salads: None of the salad dressings are known to be vegan, but you can always bring your own dressing and build a custom salad much like at chipotle, or just eat a bowl of fresh veggies without the dressing.
- Rice Bowls: Your best bet is to craft your own, there are plenty of veggies and toppings to choose from. Just stay away from the meats, cheeses, and dressings.
- Açai Energy Bowl with NO granola and NO honey drizzle.
- Information on the convenience store inside the JC Freshën's can be found in the section on GMU convenience stores.



GARBANZO ★

JOHNSON CENTER

- A very vegan-friendly Mediterranean hub. You go in and craft your own food, similar to Chipotle or Cava (off-campus). You can choose to craft a pita dish, a salad, a plate, a med-burrito, or a flatbread dish.
- All of the pitas, chips, and tortillas.
- Proteins: Falafel and Portobello Mushrooms
- Seasoned Rice
- Toppings: Kalamata Olives, Seasonal Vegetables, Hummus, Cucumber & Tomato, Lettuce, Roasted Eggplant, Spicy Red Pepper Hummus, Red Cabbage, Red Onion, Tabbouleh, Pickles, Pepperoncini
- Sauces: Greek Vinaigrette, Tahini Sauce, Cilantro Sauce, Red Chili Sauce, Hummus
- Baklava
- Beverages: SoBo Pomegranate Yumberry, Mint Lemonade, Pomegranate Lemonade, Sodas, Iced Tea. Most of these contain artificial coloring.
- All vegan toppings are clearly labeled as vegan!



PANDA EXPRESS

MERTEN HALL

- Unfortunately, Panda Express does not offer any suitable vegan or vegetarian options as all of their food is cooked where the meat is cooked.

MANHATTEN PIZZA

MERTEN HALL

- Their crust is vegan, but there are no vegan cheeses. Cross-contamination with meat and cheese is likely. If you eat here, just pile on the veggies and ask for no cheese. It is quite pricey, though. You're better off at Blaze Pizza in the JC.

PANERA BREAD ★

JOHNSON CENTER

- Panera has some great tasting salads that fill you up for a few hours. A healthy and fast option when you're on the go. Here are some other great vegan options:
- Steel Cut Oatmeal with Strawberries and Pecans
- Bagels: Plain, Blueberry, Everything, and Sesame
- Breads: Black Pepper Focaccia, Sea Salt Focaccia, Ciabatta, Country, Rye, Sesame Semolina, Sourdough, Hoagie Rolls, and the French
- Sides: Baguette, Fruit Cup
- Dairy-free smoothies (Green Passion or Peach & Blueberry) made with almond milk.
- Soups: Vegetarian Garden Vegetable Soup (ask for no pesto), Vegetarian Black Bean Soup
- Mediterranean Veggie Sandwich (ask for no feta cheese, and swap the bread for sourdough, ciabatta, or a French baguette!)
- Vegan Lentil Quinoa Bowl
- The salads change often and are based on location and season, but here are some that we've seen:
- Seasonal Greens Salad (try adding avocado and quinoa!)
- Mediterranean Quinoa Salad with Almonds (ask for no feta)
- Modern Greek Salad with Quinoa (ask for no feta)
- Strawberry Poppyseed Salad (ask for no chicken)
- Watermelon Arugula with Almonds Salad (ask for no feta)
- Fuji Apple with Chicken Salad (ask for no chicken)



RED HOT & BLUE

JOHNSON CENTER

- Not much to eat here for vegans. Of their few options, these are included:
- Sides: Baked Potato or Baked Sweet Potato, Collard Greens, Corn on the Cob, Red Beans, Kid's Applesauce
- Sauces: Hoochie Coochie Mustard, Salsa, Peanut Vinaigrette, Shallow Vinaigrette, Sheila's Vinaigrette
- Oreo Cookies (contains palm oil)





SIMPLY TO-GO

STUDENT UNION BUILDING I

- This is a place to use a meal swipe to grab a quick sandwich, salad, chips, and/or drink before class.
- Depending when you get there, the vegan options may be gone or need to be restocked. The only option currently offered is the salad with no dressing, no chicken, and no cheese.
- Use your judgement and label-reading skills to determine if what you're choosing is vegan. If it has cheese, a creamy dressing, or chicken on it, it is not vegan. There are vegan chips and fresh fruit as well as soda and water.

STAR GINGER ★

JOHNSON CENTER

- If you love tofu and Asian cuisine, you'll love the vegan options served at this newly revamped Star Ginger. The menu clearly labels all of their vegan options.
- Lemongrass Tofu with veggies and rice.
- Tofu & Veggies Bánh Mì Sandwich
- Ginger Sesame Salad with tofu
- Vietnamese Pho with tofu and veggies



STARBUCKS

JOHNSON CENTER & NORTHERN NECK

- There are infinite vegan options with all the drink combinations. In general, here is how to order vegan at Starbucks:
- Replace any dairy with soy, almond, or coconut milk.
- Ask for no whipped cream, no java chips, no protein powder, no caramel drizzle.
- Don't order drinks with pumpkin spice, white mocha, caramel brûlée, or any light Frappuccino.
- Clear syrups are usually vegan, but the sauces are not except for mocha. Mocha sauce is vegan.
- None of the baked goods are vegan, but there are a few vegan snacks you can look at prior to ordering. Some are clearly labeled vegan, and others are accidentally vegan. Use your label reading skills!



STEAK N' SHAKE

JOHNSON CENTER

This is a very risky place to order vegan as cross contamination is very likely, but here are the options Steak n Shake lists:

Veggie Melt with Portabello Mushrooms on Sour Dough or Rye bread. Ask for no cheese, and ask if the mushrooms are cooked in butter. If they do, ask for no mushrooms.

Sides: French Fries, Vegetable Soup, Garden Salad, Saltines, Oyster Crackers

Sauces: Salsa, Ketchup, Mustard, BBQ, A-1 Steak Sauce, Buffalo Sauce (NOT Medium Wing Buffalo)

Guacamole, Oranges, Apples, Corn and Black Beans, Tomato, Lettuce, Onions, Pickles, Red Cabbage, Dried Cranberries

SUBWAY

ROGERS HALL

- There are two main options here: the Veggie Delite sub or the Veggie Delite salad. You can always buy some vegan deli “meat” and vegan cheese from Giant nearby and add them to your sub, but it is just as good and refreshing without it.
- Breads: Hearty Italian, Italian, Sourdough
- Veggies: Lettuce, Spinach, Tomatoes, Green Peppers, Red Onions, Cucumbers, Olives, Pickles, Jalapeños, guacamole, and avocado
- Sauce: Yellow Mustard, Brown Mustard, Oil, Vinegar, Sweet Onion Sauce, Fat-free Italian Dressing
- Sides: Apple slices, Lay’s Classic chips, Original SunChips, Oven Baked Lay’s



THE RATHSKELLER

STUDENT UNION BUILDING I

- This is the University’s sports bar and restaurant. There have been vegan options in the past, but this menu changes often. At the moment, they have just started offering fresh wraps and sandwiches which can likely be made vegan on request. If you eat here, just let the staff know that you are vegan and ask what they can make for you.



WING ZONE

THE HUB

- The only vegan option here are the wedge fries. And as always with a meat-centric fast food place, cross contamination is very likely.

VEGAN SOCIETY at GMU

JOIN OUR STUDENT ORGANIZATION!

- Learn how to incorporate more plant-based foods into your diet!
- Make new friends and meet other vegans and vegetarians with similar values.
- Advocate for more vegan options on campus.
- Gain support as you transition to a vegan diet.
- Access resources about nutrition, health, animal welfare, and environmental data.
- Spread awareness and education about veganism on campus.



• @gmuvegan



• vegan@gmu.edu

OFF-CAMPUS VEGAN OPTIONS

- Cava Mesa Grill
- Mom's Organic Market - Naked Lunch
- True Food Kitchen
- MOD Pizza
- Sunflower Vegetarian Restaurant
- Dulce Crêpes
- Loving Hut
- GreenFare Organic Café
- Vienna Farmer's Market
- Fairfax Community Farmer's Market
- Giant
- EarthFare
- Whole Food's Market
- Trader Joe's

ISSUED BY THE VEGAN SOCIETY AT GEORGE MASON UNIVERSITY

