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Part 1: Breakfast Options
As you read through this guide, use this map of Val to know where to locate these options!
So what are my vegan protein options?
Pumpkin Seeds
Sunflower Seeds
Chia Seeds
Hemp Seeds

Point D on the Map
Daily Bean Options
(pictured are Chickpeas!)
Sometimes these are vegan and sometimes they are vegetarian, so just check the board!

Vegan Breakfast Meat

Point K on the Map

Tofu Scramble
Peanut Butter

Point Q on the Map
What about vegetarian options?

Not vegan and looking for some high protein options? Try these!

Greek Yogurt

Point C on the Map

Point D on the Map
What meals can I make with these options?

Cozy Oatmeal Bowl:
Combine oatmeal, cinnamon, seeds of choosing (chia, pumpkin, sunflower, or hemp), sweetener of choice (honey or maple syrup). Top with peanut butter, fresh fruit, and granola and enjoy!

Savory Breakfast Bowl:
Combine plant based egg option with potatoes, plant based meat, and toppings of choice (spinach, salsa, plant based cheese, sour cream) and enjoy!

Plant based breakfast burrito:
Combine tofu scramble or plant based egg with a plant based meat, plant based cheese, and condiments of choose in a wrap. Grill on the panini press and enjoy!
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Part 2: Lunch and Dinner
So what are my vegan protein options for Lunch and Dinner?
First off, there's always vegan/vegetarian options in the main line

Like this Eggplant Parmesan!
Check out the Salad Bar!

Point G/H on the map

Grain Based Salads

Edamame

Chickpeas
Check out the Salad Bar!

- Sunflower Seeds
- Hemp Seeds
- Pumpkin Seeds
- Chia Seeds

Point F on the map

Plant Based Mozz Spreads

Point G/H on the map

Roasted Tofu
... and the sandwich/condiment bar

Vegan Deli
Meats
Point C on the map

Hummus
Point J on the map
What meals can I make with these options?

**Homemade Harvest Bowl**
Mix greens from the salad bar, veggies of choice, sweet potato, grain of choice (try quinoa or rice), cheese (if you eat it), cranberries, pumpkin seeds, and balsamic dressing.

**Chickpea Salad Wrap**
Smash chickpeas together with the eggless mayo and add salt and pepper, put in a wrap with vegetables of choice. If you want a warmer option, add vegan cheese and make a melt!

**DIY Pasta Salad**
Take a scoop of pasta, vegan/eggless mayo, veggies of choice, protein or cheese of choice, and salt, pepper, and crazy salt!
Why go meatless?

For your health.

For the planet

Livestock production creates more greenhouse gases than the entire transportation sector and uses 75% of the world’s agricultural land.

Skipping one serving of beef every Monday for a year saves the equivalent emissions to driving 348 miles in a car.

Eating less meat and more plant-based foods can improve heart health and reduce the risk of heart disease.

Skipping even a half serving of meat every day and replacing it with a plant protein like beans or tofu can decrease your risk of getting type 2 diabetes and promote kidney healthy.