

Vegetarian & Vegan

Dining Guide

W&M Dining is committed to providing inclusive dining experience that meet the diverse needs of our student community. We're proud to offer a variety of **vegetarian and vegan options**.

Available Options

Commons Dining Hall offer a wide range of plant-based proteins to support vegan and vegetarian diets. You'll find staples like beans, hummus, and tofu, along with popular meat alternatives such as **Beyond Meat** burgers and sausage, **Mindful Chik'n**, and **Just Egg**. We also offer **plant-based cheese, yogurt, butter, and milk** daily. Rotating vegetable selections are available, prepared either steamed or lightly cooked in oil.

Root, our plant-forward station, features a rotating selection of plant-based entrées and sides. Multiple **nutritional yeast** flavors are available to add additional protein and flavor to dishes. We also offer a daily rotating **vegan pizza** at the pizza station.

Several of our retail dining locations offer an expanded selection of plant-based options. At Town Center Cold Pressed, guests can customize bagel sandwiches with **vegan sausage, vegan cheese, and Vegenaise®**, and choose from a variety of dairy-free **milk alternatives**, including almond, oat, soy, coconut, and pistachio milk.

At the Food Hall @ Sadler, guests can enjoy The Halal Shack's signature vegan and vegetarian bowls featuring plant-based proteins such as **falafel, beans, and hummus**. Additional options include Vivi's Mexican Cuisine's signature plant-based burritos and bowls, as well as Giacomino's Italian Market, which offers a selection of plant-based heroes and salads.



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Questions?

Connect with us!



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Available Resources

Our online menus are updated daily at <https://williamandmary.mydininghub.com/en>, so you can always check what's being served before you arrive. The site also includes an interactive allergen filter that lets you set specific dietary rules to quickly find foods that meet your needs and preferences. Look for the **"Vegetarian"** and **"Vegan" icons** on the website and on our digital TV signage. Items marked vegan exclude meat, poultry, fish, dairy, eggs, gelatin, honey, and vitamin D3.

If you ever have questions or concerns, you can speak with any employee in a Golden Apron or use our texting service by sending **"WMDINING"** to **78779**.



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