

# THE



# VEGAN MENU

*We know eating out while vegan can sometimes be difficult! From picking the restaurant to ordering, it can be stressful. Lucky for all of us vegans in OTO (or those of us trying to make plant-based choices) we have a ton of options. OTO is going green - and we cannot wait to dive in!*

## HAVEN GASTROPUB

*Roasted Asparagus (ask for no cheese), Baby Heirloom Beets (ask for no yogurt and cheese), Mixed Herbs and Green Salad, Roasted Local Cauliflower (ask for no yogurt). Grilled Broccolini (no cheese).*

## GABBI'S MEXICAN

*Chips and salsa. Guacamole. Salads without cheese. Flatbreads (ask for no cheese and black beans). Veggie tacos. Grilled broccolini. Grilled esquites without cream or butter. Yucca fries.*

## BLUE FROG CAFE

*Vegetable Sandwich (without mayo). Veggie burrito without cheese (add salsa for a yummy dip)!*

## IMPACT JUICE BAR

*Most of the menu is vegan except for the protein smoothies which use whey protein powder. Order an açai bowl or smoothie!*

## FRANCOLI

*Pasta primavera with marinara sauce and no cheese. Italian bread (as long as it is plain, not the garlic bread).*

## BLAZE PIZZA

*Any crust. Red sauce. Spicy red. Vegan cheese. Vegan popcorn chicken. All vegetables. Buffalo sauce. BBQ sauce. YUM!*

## PARIS IN A CUP

*A salad with a vinaigrette dressing. And all of the teas.*

## TWO'S COMPANY

*Order a veggie sandwich (ask for it without mayo and cheese). Luckily, all sandwiches are customizable so you can ask them to throw in more veggies!*

## WATSON'S SODA FOUNTAIN AND CAFE

*Avocado toast without egg.*

*Pasta with red sauce and steamed broccoli.*

*Salads without meat and cheese.*

## RENATA'S CAFE ITALIANO

*No options besides salads (ask for no meat or cheese, use olive oil and vinegar based dressing).*

## STARBUCKS

*For Drinks: Ask for coconut, almond, or soy milk in all drinks. The vanilla, hazelnut, caramel, mocha, peppermint, and toffee nut syrups are vegan. Chai tea and matcha powder are vegan. Lemonades, teas (without honey), and refreshers are vegan.*

*For Food: Lentils & Vegetable Protein Bowl With Brown Rice, Avocado spread, Justin's Classic almond butter and chocolate hazelnut butter, oatmeals, fruit salads, HIPPEAS chickpea puffs, Macadamia oat cookie, mixed nuts, overnight grains, Emmy's Organic coconut cookies, and Plain, Sprouted Grain, Cinnamon Raisin, and Blueberry bagels.*

## THE WALL

*French fries. And the Hariara Moroccan soup.*

## A LA MINUTE

*A la Minute has two vegan desserts. The Orange and Strawberry sorbets are vegan (order without honey).*

## TOKYO CAFE

*Cucumber rolls and veggie tempura. Avocado roll. Miso soup and tonkotsu soup.*

*Ask for a veggie roll and they can make it!*



## PROVISIONS

*Corn nuts. Pretzel bites (without cheese sauce). Cucumber avocado (ask for no goat cheese). Avocado toast (as is).*

## THE PIE HOLE

*Coffee with soy and almond milk.*

## THE FILLING STATION

*Fruit. Oatmeal made with water. Coffee. Juices. Bread (ask if the certain bread you want is vegan). I have asked them to make me a vegetable and potato scramble with spinach before - so yummy!*

## RUTABEGORZ

*Many of the menu items at Rutas are vegan or can be made vegan quite easily. They even use soy beef in their chili. There is a wide selection of vegan soups, sandwiches, bowls, wraps, and more - which are noted on the menu.*

## BRUXIE

*There are two salads (remove the meat, cheese, egg, and dressing).*

## T-MILK BOBA

*T-MILK teas can be made vegan. Boba is vegan. Ask for non dairy milk for milk teas. Matcha and lemonade is vegan.*



## SMOQUED

*Veggies tacos. Fried avocado. Fried pickles (everything is fried in the same fryer, cross contamination is highly likely).*

## PANDOR BAKERY

*Tomato and avocado tartine without cheese. Grilled veggie sandwich with no cheese and pesto sauce. (Gluten free crepe batter is vegan as well, however uses butter to cook. Ask for no cheese or pesto. Salads (take off meats and cheeses).  
Coffee with soy and almond.*

## ZITO'S PIZZA

*Pizza dough is vegan. Veggie pizza without cheese. Greek salad without any cheese.*

## GROWL JUICE PUB

*Smoothie bowls are vegan (ask for no honey) and the juices are all vegan.*

## THAI TOWNE EATERY

*Most of the menu can be made with tofu and vegetables. Ask about sauce. No egg. The eggplant dish is my personal favorite with tofu.*

## HAUTE SWEETS BAKING COMPANY

*They will occasionally have vegan items - call to ask!*

## JALAPEÑOS'S MEXICAN

*Bean tostadas. Veggie burrito or taco (ask for no rice).*

## BAGEL ME!

*Vegetarian Sandwich - ask if bread is vegan that day!*

*Avocado Bagel - Avo, onion, tomato, bell pepper, tomatoes (ask for vegan bagel).*

## CITRUS CITY GRILLE

*Brussel sprouts. Sautéed spinach. Asparagus. Salads without cheese. Pasta with olive oil and vegetables.*

## FELIX CONTINENTAL CAFE

*Rice and beans are vegan. Mixed fajita veggies with corn tortillas and salsas!*

## URTH CAFE

*Menu changes often! Falafel platter, Paradise salad, any sandwiches with soy cheese and veggies, Primavera Pizza, plant milk for drinks, and usually a vegan chocolate cake and/or a vegan pumpkin pie slice is offered.*

*Vegan chili, a vegan panini, nori plum rice wrap, and a sprout sandwich (without the cheese) are offered occasionally. The green tea boba with oat milk is our favorite (remember to ask for no ice cream blended with the boba).*

## BYBLOS CAFE

*Byblos has a 100% Vegetarian combo plate that includes fela fel, hummus, grape leaves, pita bread, tubule salad and the halva is a vegan dessert!*

*Hummus platter, grape leaves platter.*

## WAHOO'S FISH TACO

*Chips and salsa. Guacamole. Tofu, sautéed vegetables, blacked mushrooms.  
Bowls, tacos, enchiladas. Brown rice is vegan and black beans and white beans.*

## TACO ADOBE

*Salads. Fajitas. Veggie burrito. Black beans and white rice. Chips and salsa.*

## OMEGA BURGER

*French fries. Fried zucchini. Onion rings. Salads (no egg and croutons).*

## PIZZA PRESS

*The original crust is vegan - with the spicy or regular red sauce. Vegan cheese.  
Load the pizza with all of your favorite veggies!*

## MEAD'S GREEN DOOR CAFE

*Practically everything at Mead's is vegan or could be made vegan! So check out  
the menu for a vegan treat you will surely LOVE!*

## WOODY'S DINER

*Eggplant sandwich (without cheese). Fruit. Veggie sandwich (no cheese).*

## AVILA'S EL RANCHITO

*Chips and salsa. Guacamole. Avocado bowl (without rice or meat). Salads. Black  
and pinto beans are vegan.*



## CUPCAKERY AND CO

*Vegan cake doughnuts in assorted flavors including maple, blueberry, and cinnamon.*

## AUSSIE BEAN

*Ask for any of the drinks with almond, soy, or oat milk. Avocado toast is vegan.*

## RUBY'S DINER

*Coffee, Veggie Sandwich - (ask for without mayo, sauce, cheese.) Vegetarian bowl soup. (French fries fried in the same oil as meat). Salads without cheese, meats, (ask for vinaigrette).*

## PORTOLA COFFEE LAB

*Grab your coffee or espresso with a dairy free milk alternative! Ask if the flavorings and syrups are vegan.*

## KIMMIE'S COFFEE CUP

*Oatmeal made with water (ask for no milk or butter). Fruit plate. Veggie scramble without eggs (this will be a yummy vegetable scramble; ask to be scrambled with olive oil).*

## THE DISTRICT BAR AND LOUNGE

*Guacamole and chips. French fries. Southwest salad without cheese and dressing. Side Piece Salad without cheese. The Wedge without bacon, bleu cheese, and dressing. Nachos without cheese and sour cream.*

## CHAPMAN CRAFTED

*Beer is vegan! Ask before to double check.*

## PIZZA HUT

*Thin 'N Crispy or Hand-Tossed crust—both are vegan. Customize them by adding the Salted Pretzel flavoring. Pizza Hut's Classic Marinara sauce is vegan, but if you feel like trying something new, order the Premium Crushed Tomato sauce or even the Buffalo sauce. Add veggies! French fries and cinnamon sticks are also vegan (without the icing).*

## OSTIONERIA SIETE MARES MEXICAN

*Chips, salsa, fajita veggies! Ask if rice and beans are vegan!*

## BURGLER PARLOR

*The portobello mushroom patty (in a bowl - the bun is not vegan) with a vinaigrette dressing - ask for no bacon or cheese in the bowl.*

## SNOOZE AM EATERY

*Substitute tofu for egg scramble and soyrito for meat. Side fruit. Ask if toast is vegan. Hash browns cooked with olive oil. My personal favorite is the Snooze Spuds Deluxe with tofu, soyrito, and veggies scrambled on top (ask for no dairy)!*

*This meal would satisfy anyone, vegan or non-vegan alike!*

*DISCLAIMER: Created July 2018 and updated January 2019. Vegan menu items listed above may change at any time. Always ask the restaurant to confirm whether an item is currently vegan if you are unsure. Happy Eating!*