

VeggL Cheat Sheet

Restaurant Guide

We started by putting together a guide of ALL the info from ALL of our Cheat Sheets and ended up with a MEGA Guide that was almost 100 pages long. We then decided that most people probably don't want to drive around with an encyclopedia in their car so we cut each entry down to the MOST useful info to help you if you're in a hurry in a drive through line or in the parking lot heading into a staff lunch.

If you want to see the FULL Cheat Sheet for any of the 50+ restaurants in this guide head over to our website at:

VeggL.com/cheat-sheets

Enjoy!

&Pizza

Craft Your Own Pizza with Traditional Dough

- Pick A Sauce
 - Classic Tomato, Spicy Tomato
 - Vegan Mozzarella
 - Pick Toppings
 - Broccoli, Grilled Onion, Jalapeno, Tomato, Mushroom, Roasted Pepper, Spinach, Pineapple, Spicy Chickpea, Vegan Sausage
 - Bake, then Pick your Finishes!
 - Arugula, Basil, Banana Peppers, Pickled Red Onion, Red Pepper Flakes, Fig Balsamic, Buffalo Sauce, Garlic Oil, Red Pepper Chili Oil, Olive Oil, Black Pepper
-

Applebee's

- Chips & Salsa
- Southwest Steak Salad. Advise NO steak or cheese. Ask for double the black bean corn salsa. Substitute the cilantro ranch dressing with Chili Lime Vinaigrette or use no dressing.
- Baked Potato with steamed broccoli (advise not to cook with or top with butter). Ask for salsa or other Vegan Dressing (see below for dressing options). *Not a menu item*
- Applesauce
- Broccoli. Advise not to cook with or top with butter.

Vegan Dressings

- Chili Lime Vinaigrette, Fat Free Italian Dressing, Lemon Oil Vinaigrette
-

Bareburger

- Beyond Burger – beyond burger, vegan american cheese, sweet pickles, red onions, green leaf, vegan mayo, ketchup, sprout bun
- Impossible Burger – impossible burger, american cheese, caramelized onions, dill pickles, green leaf, special sauce, brioche bun
- Thai Chia Burger – quinoa, chia & green pea patty, vegan american cheese, caramelized onions, wild mushrooms, baby spinach, 7 spice thai ketchup, sprout bun
- Beyond Sausage on a Pretzel Bun – beyond sausage, caramelized onions, poblano peppers, pickled jalapeños, vegan mayo, avocado basil dressing, cilantro, pretzel bun
- Guadalupe Burger – black bean, roasted corn & poblano patty, guacamole, pickled red onions, tomatoes, alfalfa, sprout bun
- Sweet Fries (GF) & French Fries (GF)

Vegan Shakes

- Cococado (GF), Mint Chocolate Cookies 'N' Cream (GF), Velvis

Bartaco

Tacos

- Cauliflower – w/ fresco sauce (contains nuts)

Rice Bowls (steamed brown rice served w/ sliced bell peppers, onions, + topping of your choice)

- Cauliflower

Sides

- Fresh Pineapple w/lime
- Asian Slaw – napa cabbage, purple cabbage, carrots, green onion, spicy basil vinaigrette
- Black Beans w/ Sofrito – black beans stewed in tomato, garlic, onion sofrito
- Spicy Cucumber Salad – garlic, red pepper flakes, rice wine vinegar
- Steamed Brown Rice

Baskin-Robbins

Ice Cream

- Chocolate Chip Cookie Dough, Chocolate Extreme

Ices

- Daiquiri Ice, Horchata Ice, Miami Vice Sorbet, Raspberry Sorbet, Watermelon Splash Ice

Drinks

- Mango Fruit Blast, Strawberry Citrus Blast, Tropical Fruit Blast

Ben & Jerry's

Please Note, this list is all of the Non-Dairy Ice Cream Options Ben & Jerry's offers. Please check your Scoop Shop location on the Ben & Jerry's [website](#) to see which they have available.

- Caramel Almond Brittle, Cinnamon Buns, Cherry Garcia
- Chocolate Caramel Cluster, Chocolate Chip Cookie Dough, Chocolate Fudge Brownie
- Chocolate Salted 'n Swirled, Chunky Monkey, Coconut Almond Fudge Chip
- Coconut Seven Layer Bar, Coffee Caramel Fudge, PB & Cookies, Peanut Butter Half Baked

Sugar Cone – the sugar cone contains NO animal products; however, Ben & Jerry's cannot confirm if the sugar is not processed with bone char

Blaze Pizza

Pick a Dough

- Classic, High Rise, Gluten Free

Sauce

- Red Sauce, Spicy Red Sauce

Pick Your Cheese/Veggies/'Meat'!

- Vegan Cheese
- Spicy Vegan Chorizo
- Artichokes, Banana Peppers, Basil, Black Olives, Cherry Tomatoes, Chopped Garlic, Green Bell Peppers, Jalapenos, Kalamata Olives, Mushrooms, Pineapple, Red Onions, Roasted Broccoli, Roasted Butternut Squash, Red Peppers, Roasted Garlic, Sauteed Onion, Spiced Pepitas, Spinach, Zucchini

Pizza Finishes

- Arugula, BBQ Drizzle, Balsamic Glaze, Buffalo Sauce, Chimichurri Drizzle, Olive Oil Drizzle, Oregano, Sea Salt
-

Buffalo Wild Wings

- Chips and Salsa
- Big Twist Soft Pretzel. Substitute Queso with a Vegan Sauce (see below for options).
- Classic Chicken Wrap. Advise NO chicken or cheese. Ask for the burrito to be loaded up with more of the veggies already in the wrap. Choose Vegan sauce from below. Ask for avocado (optional)

Vegan Sauces / Dressing

- Salsa, Marinara, Korean BBQ Sauce, Blazin' Sauce, Sweet BBQ Sauce, Teriyaki Sauce, Wild Sauce, Mango Habanero Sauce, Hot Sauce, Caribbean Jerk Sauce, Lemon Vinaigrette Dressing

***The Black Bean Burger is NOT vegan. Do not be tempted to eat anything fried, such as fries... All fried food is cooked in beef fat.**

Burger King

- *NEW* Impossible Burger. Advise NO mayo AND ask for burger to be cooked on different surface than meat burgers. ->They will and have been trained to cook it in the microwave from our understanding.
 - French Toast Sticks* (Breakfast), Hash Browns* (Breakfast), French Fries*
 - Garden Side Salad w/Ken's Golden Italian Dressing. Advise NO cheese or croutons.
 - Dutch Apple Pie & Applesauce
- *May share a fryer with non-vegan foods

California Pizza Kitchen

- Charred Shishito Peppers
- White Corn Guacamole & Chips*
- Lettuce Wraps, Vegetarian*
- Dakota Smashed Pea & Barley Soup
- Asparagus & Arugula Salad* Advise NO dairy
- Super Spinach & Quinoa Salad
- Roasted Veggie Salad*
- Quinoa & Arugula Salad* Advise NO feta cheese
- California Veggie Pizza. Advise NO cheese
- Tostada Thin Crust. Advise NO dairy & herb ranch

Pizza Crusts

- Original Hand Tossed*, Wheat Whole Grain*, Crispy Thin*, Gluten Free Crust

Vegan Dressings

- Dijon Balsamic Vinaigrette, Champagne Vinaigrette, Lemon Herb Vinaigrette, Oil & Vinegar

**Per CPK Allergens Page, non-vegan allergens are possibly cross-contaminated at the supplier level. Additional cross-contact may occur in the restaurant kitchen... Before placing your order, please inform the manager at the CPK location you are ordering from if anyone in your party has a food allergy or dietary restriction.*

Carl's Jr

- Hash Brown Nuggets* (Breakfast)
- French Fries*, CrissCut Fries*
- Beyond Famous Star. Advise NO mayo or cheese.
- Crunchy or Soft Taco. Advise NO beef or cheese. Substitute with guacamole. Ask to fill with more lettuce.
- Veg It. Guacamole Thickburger. Advise NO cheese or Santa Fe Sauce. Add Vegan Sauce from below and ask for the Sesame Bun. (the sesame bun is the only bun we can confirm, via the Carl's Jr Allergens page, does not contain dairy or eggs)

Vegan Dressing/Sauce

- Low Fat Balsamic Vinaigrette, Sweet & Bold BBQ Dipping Sauce, Spicy Buffalo Dipping Sauce, Ketchup, Mustard

**Fryers may be shared with non-vegan items. Burgers prepared in kitchen with non-vegan products*

The Beans are NOT Vegan. The Allergens Page is not consistent with the ingredients listed on the menu from the website.

Cava

Bases + Extras

- Salad – With SuperGreens, Organic Arugula, Spinach, Romaine, or SplendidGreens
- Grain Bowl – With Saffron Basmati Rice, Brown Basmati Rice, or Black Lentils
- Greens & Grains – Mix your favorite grain and salad greens
- Pita – Large warm pita
- Mini Pitas – Two mini pitas
- Mini & Soup – One mini pita and our seasonal soup
- Greek Minestrone

Dips + Spreads

- Hummus – The recipe could not be simpler: chickpeas pureed with tahini, lemon juice, fresh garlic and Kosher salt.
- Harisa – A traditional spicy table spread made from tomatoes and peppers.
- Roasted Red Pepper Hummus – Fresh roasted red peppers pureed with chickpeas, tahini and garlic.

Proteins

- Falafel – Chickpeas / Parsley / Herbs
- Roasted Seasonal Vegetables – Brussels Sprouts / Butternut Squash / Carrots / Cauliflower

Toppings

- Shredded Romaine, Tomato + Onion Salad, Pickled Onions, Kalamata Olives, Cabbage Slaw, Cauliflower Quinoa Tabbouleh, Tomato + Cucumber Salad, Diced Cucumber, Pita Crisps, Lemon Wedge, Mint, Pickled Banana Peppers – by Gordy's Pickle Jar, Carrots + Currants

Dressings

- Greek Vinaigrette, Lemon Herb Tahini, Red Pepper Chickpea Dressing
-

Chick-fil-A

- Waffle Fries. Ask for one of the Vegan Sauces below.
- Cool Wrap. Advise NO chicken, cheese, avocado lime dressing (contains buttermilk). Awesome by itself or ask for one of the Vegan Dressings or Sauces below to top with.
- Grilled Market Salad. Advise NO chicken or cheese. Ask to sub an extra Roasted Nut Blend for the chicken & cheese. Ask for a Vegan Dressing below.
- Superfood Side. No substitutions needed!
- Hash Browns (Breakfast)
- Plain Sunflower Multigrain Bagel (Breakfast)
- Fruit Cup

Vegan Sauces & Dressing

- Ketchup, Mustard, BBQ, Polynesian, Sweet & Tangy, Light Balsamic Dressing, Light Italian Dressing, Chili Lime Vinaigrette Dressing

Chili's

- Fresh Guacamole. Served with tostada chips & fresh salsa
- Caribbean Salad. Advise NO shrimp or chicken. Sub with Citrus Balsamic Vinaigrette
- Black Bean & Veggie Fajita Mix. Advise NO Black Bean Patty, Cheese or Sour Cream
- French Fries^
- Asparagus & Garlic Roasted Tomatoes
- Corn on the Cob. Confirm this has NO dairy. Ingredients say it does not but a picture has shown cheese on top
- Black Beans
- Mexican Rice
- Flour Tortillas
- All-Natural Corn Tortillas
- BBQ Sauce

Please Note: The Black Bean Patty contains Egg & Milk.

^Cross-Contamination-shared fryer with meat products. All restaurants that are not Vegan Only pose a risk of Cross-Contamination.

Chipotle

Create Your Own – Pick Your Base

- Salad – Base is romaine lettuce. Advise No Vinaigrette
- Bowl – Base starts with rice, beans, etc...
- Burrito – Soft Flour Tortilla
- Taco – Crispy Corn or Soft Flour

Add

- Black Beans, Pinto Beans or both
- White Rice or Brown Rice
- Sofritas – Organic Braised Tofu with Peppers and Spices (or skip the Sofritas completely and get guacamole at no extra charge)

Then add any or all of these toppings

- Mixed Fajita Veggies
- Fresh Tomato Salsa (Mild)
- Tomatillo Green-Chili Salsa (Medium-Hot)
- Tomatillo Red-Chili Salsa (Hot)
- Roasted Chili-Corn Salsa (Medium)
- Guacamole (will be charged extra if you have sofritas in your meal)
- Lettuce

Chopt Creative Salad Co

Salads & Bowls

- Mexicali Vegan
- Mediterranean Falafel
- Spicy Cashew Soba Noodles
- Italian Harvest Bowl. Advise NO Parmesan

Craft Your Own

Lettuce

- Romaine, Kale, Arugula, Spinach, Chopt Blend, Kale, Broccoli Leaf & Purple Cabbage

Core Choppings

- Seasonal Apples, Broccoli, Rainbow Carrots, Celery, Charred Red Onion, Corn, English Cucumber, Edamame, Grape Tomatoes, Jalapeno Peppers, Mediterranean Olives, Scallions, Gold & Purple Beets, Hearts of Palm, Mama Lil's Spicy Peppers, Roasted Seasonal Squash

Grains & Beans

- Quinoa, Lentil & Millet Blend, Tri-Color Quinoa, Quinoa Cauliflower "Rice", Chickpeas, Black Beans, Soba Noodles

Crunch

- California Walnuts, Dried Cranberries, Sliced Almonds, Tortilla Chips, Pita Chips, Hot Bread Kitchen Croutons

The Goods

- Avocado, Chickpea Falafel, Organic Tofu

Vegan Dressings

- White Balsamic Vinaigrette, Chili Cashew, Mexican Goddess, Lemon Tahini, Spicy Tahini, Extra Virgin Olive Oil, Balsamic Vinegar, Red Wine Vinegar, Lemon, Lime

Cici's

Pizza

- Pick Your Pizza Dough
 - Deep Dish, Flatbread, Round Dough
- Pick Your Sauce
 - Pizza Sauce, Ole Sauce
- Advise NO Cheese
- Pick Your Toppings
 - Banana Peppers, Black Olives, Broccoli, Carrots, Cherry Tomatoes, Cucumbers, Diced Tomatoes, Green Olives, Green Peppers, Jalapenos, Lettuce/Romaine Mix, Mushrooms, Pineapple Tidbits, Red Onion, Spinach

Pasta

- Cavatappi Pasta. Ask for either Pizza or Ole Sauce & advise NO dairy

Salad Bar

- Salad Mix
- Toppings
 - Banana Peppers, Black Olives, Broccoli, Baby Carrots, Cherry Tomatoes, Cucumbers, Green Peppers, Jalapenos, Mushrooms, Pineapple Tidbits, Red Onion, Sliced Radish, Spinach
- Dressing
 - French Dressing

Cinnaholic

Cinnaholic is 100% Vegan (including the sugar)

FROSTING FLAVORS

- Almond, Amaretto, Banana Cream, Cake Batter, Caramel, Chai, Chocolate, Coffee, Cream Cheese, Hazelnut, Lemon, Maple, Marshmallow, Orange, Peanut Butter, Raspberry, Strawberry, Vanilla

TOPPINGS

- Almonds, Apples, Bananas, Blueberries, Brownie Bites, Caramel Sauce, Chocolate Chip Cookie Bites, Chocolate Chips, Chocolate Sauce, Coconut, Cookie Dough, Graham Crackers, Marshmallows, 'Oreo' Cookies, PB Cups, Pecans, Pie Crumble, Pretzels, Raspberries, Sprinkles, Strawberries, Strawberry Jam, Walnuts

Frostings and toppings may vary based on season and location

IN ADDITION TO OUR SIGNATURE CINNAMON ROLLS WE ALSO OFFER BITE SIZED BABY BUNS, CINNACAKES, HOME-MADE FUDGE BROWNIES, DELICIOUS CHOCOLATE CHIP COOKIES AND COOKIE DOUGH.

Creamistry

Bases - Non Dairy

- Coconut, Cashew, Nitrodole (Pineapple Sorbet)

Flavors

- Cap'n Crunch
- Espresso, Matcha Green Tea, Milk Coffee, Thai Tea
- Cookie Butter, Cookies & Cream (Oreo)*
- Banana, Black Cherry*, Strawberry
- Pistachio, Reese's Peanut Butter
- Chocolate, Cotton Candy Blue Raspberry, French Vanilla, Madagascar Vanilla Bean

Toppings

- Cookie Dough*, Fruity Pebbles*, Oreo*
- Almonds, Fresh Banana, Fresh Strawberry, Pecans, Walnuts
- Strawberry Sundae

Culver's

Salads (Be sure to order your salads without cheese or croutons.)

- Garden Fresco Salad, Side Salad

Salad Add-Mix-Ins

- Apple Slices, Craisins, Cucumbers, Grape Tomatoes, Lettuce, Mixed Greens with Spring Mix, Red Diced Onions, Romaine Lettuce, Sliced Strawberries

Salad Dressings

- French, Raspberry Vinaigrette, Reduced Cal French, Sesame Ginger

Sides

- Apple slices

Dairy Queen

- Papaya Paradise Light (the regular smoothie contains dairy) Limited offer
- Misty Slush – Blue Raspberry, Kiwi Strawberry, Grape, Cherry & Lemon Lime. (All contain artificial colors)
- Light Smoothies – Orange, Strawberry, Strawberry Banana, Tripleberry Mango Pineapple, Berry-Pom, OrangeBerry & Pina Colada. Made with fresh fruit & no yogurt. Check with your location to make sure available & confirm there is NO dairy in it
- Starkiss Frozen Treat. Not available at all locations
- Cheeseburger Deluxe. Advise NO meat, cheese or mayo. Ask to double the veggies
- Side Salad with Vegan Dressing from below
- Applesauce
- Banana
- Hashbrowns^ (Breakfast)
- Fries^
- Lay's BBQ, Original & Baked Potato Chips

Vegan Dressings

- Marzetti Asian Sesame, Marzetti Balsamic Vinaigrette, Marzetti Fat Free California French Style, Marzetti Light Italian

^DQ shares equipment and fryers with meat/fish/shellfish

Del Taco

- Beyond Avocado Taco – Seasoned Beyond Meat® plant-based crumbles, hand-sliced avocado, crisp lettuce and fresh diced tomatoes in a crunchy shell.
- The Epic Beyond Cali Burrito. Advise NO sour cream. This one has Crinkle Fries in it!!
- The Beyond 8 Layer Burrito. Advise NO cheese or sour cream.
- Jacked Up Value Bean, Rice & Cheese Burrito. Advise NO cheese or rice. Add guacamole or avocado slices(may cost extra)
- Avocado Veggie Bowl. Ask for more veggies to substitute the rice
- Hashbrown Sticks(Breakfast)

Ingredients:

- Taco Shell, Soft Taco Shell, Corn Tortilla, Flour Tortilla, Tortilla Chips, Beyond Meat Crumbles, Crinkle Cut Fries^, Hashbrown Sticks, Black Beans, Slow Cooked Pinto Beans, Lettuce, Tomatoes, Diced Onion, Cilantro, Avocado, Guacamole

Vegan Sauces:

- Cilantro sauce, Pico De Gallo Salsa, Green Sauce, Red Sauce, Salsa Casera, taco sauce, california chili sauce

Please Note: The Rice is typically NOT vegan, due to the cooking method of using lard, which is why we have stated NO rice on all meals. Ask your location how they cook theirs to be sure.

^May share fryer with meat. Ask your location if this is of concern to you.

Domino's Pizza

While we did research of our own to find vegan options at Dominos (available at VeggL.com/cheat-sheets), we'd rather share with you the exact response we got from Domino's when we contacted them to ask what vegan options they offered:

Jen,
Thank you for contacting the Domino's Customer Support team.

We currently do not offer vegan options.

Most sincerely,

Brent

Domino's Customer Support

Dunkin' Donuts

- ***NEW*** The Beyond Sausage Sandwich is what is on the menu. It costs \$4.49 for this sandwich then you have to ask for NO egg or cheese. We shouldn't have to pay for things we're NOT eating! ORDER an English Muffin or Bagel(from list below). ADD Beyond Sausage. Cuts about \$2.00 off your sandwich cost.
 - If you don't mind carrying around vegan cheese, some people have been doing that & adding it as well.
- Bagels: Plain, Multigrain, Cinnamon Raisin, Everything & Sesame
- English Muffin
- Hash Browns
- Quaker Oatmeal with Dried Fruit

Drinks/Coffee

- Coffee (Original Blend, Dark Roast or Dunkin' Decaf)
- Cold Brew
- Espresso
- Hot or Iced Latte (with almond milk)
- Peppermint Mocha Latte (with almond milk)
- Teas: Sweet & Unsweetened Ice Tea, Sweetened & Unsweetened Iced Green Tea, Mango Pineapple Fruited Iced Tea and Strawberry Fruited Iced Tea
- Vegan Coffee/Latte Flavor Shots: French Vanilla, Blueberry, Caramel, Hazelnut, Raspberry, Toasted Almond and Mocha Swirl. *ask to verify flavor is available
- Turbo Shot: An extra espresso shot that can be added to most drinks to give yourself an extra kick

Almond Milk available for an additional cost

Firehouse Subs

- Veggie Sub (Sauteed bell peppers, sauteed and raw onion, lettuce, tomato, mayo, mustard, Italian dressing, provolone, cheddar and Monterey Jack). Advise NO mayo or cheese. Order Hot or Cold.
- Plain Firehouse Salad (Romaine, tomato, bell pepper, cucumber, pepperoncini, cheese, with light Italian Dressing. Advise NO cheese. Substitute Vegan Dressing from list below for the Light Italian (contains dairy)
- Dill Pickle Spears

Ingredients

Breads

- Wheat Bread, White Bread

Vegan Salad Dressings/Condiments

- Banana Peppers, Bell Peppers, Black Olives, Cherry Pepper Rings, Cucumber, Iceberg Lettuce, Jalapeno Peppers, Mushrooms (conflicting information whether mushrooms are vegan. Ingredients list states made with vegetarian Worcestershire), Onion, Romaine Lettuce, Tomato

Five Guys

Fries

- Cajun Fries
- Regular Fries

Toppings (NOTE: Any toppings such as onions that are grilled are going to be grilled on the same grill as the burgers and therefore are subject to cross-contamination)

- Green Peppers
- Jalapeno Peppers
- Lettuce
- Onions (grilled or raw)
- Pickles
- Tomatoes

Honeygrow

Stir Fry (Create Your Own – Pick your base, 3 veggies, 1 sauce & 2 garnishes from the list below)

- Bases
 - Rice Noodles
 - Brown Rice
 - Lettuce Cups
 - Whole Wheat Noodles
- Roasted Spicy Non-GMO Tofu (optional)
- Veggies
 - Bean Sprouts, Bell Peppers, Broccoli, Carrots, Edamame, Grape Tomatoes, Green Beans, Green Kale, Jalapenos, Mushrooms, Organic Baby Spinach, Pineapple, Red Onion, Scallions, Snow Peas
- Sauces
 - Sweet Soy Five Spice, Sesame Garlic, Red Coconut Curry (GF), Lemon Miso Tahini (GF)
- Garnish
 - Chili Flakes, Cilantro, Parsley, Pickled Cucumbers, Spiced Agave Cashews, Toasted Sesame Seeds

Salad (Create Your Own – Select your Base, Choose up to 3 Veggies, Dressing & 2 Crunches)

- Base
 - Green Kale
 - Organic Arugula
 - Organic Baby Spinach
 - Organic Mesclun Mix
 - Red Quinoa
 - Romaine Lettuce
 - Wheat Berries
 - Whole Wheat Noodles
- Roasted Spicy Non-GMO Tofu (optional)
- Veggies (Add-Ins)
 - Apples, Avocados, Carrots, Cucumber, Dried Cranberries, Edamame, Grape Tomatoes, Mushrooms, Pickled Peppers, Red Grapes, Red Onion, Roasted Beets, Roasted Broccoli, Spiralized Golden Beets
- Dressings (GF – Gluten Free)
 - Red Wine Dijon Vinaigrette, Walnut Lemon Dressing, Sriracha Tahini Dressing, Olive Oil & Balsamic Vinegar, Lemon Squeeze
- Crunch
 - Spiced Agave Cashews, Toasted Sesame Seeds, Walnuts

Honeybar (Pick 3 Fruits, Maple Syrup & up to 2 Toppings of your choice)

- Fruit
 - Apples, Bananas, Blueberries, Pineapples, Red Grapes, Strawberries, Seasonal Fruits
- Toppings
 - Coconut Shavings (GF)
 - Dark Chocolate Chips (GF)
- *No Yogurt & No Whipped Cream*

IHOP

- Hash Browns with spinach & mushrooms. Ask for salsa and/or avocado. Advise NO butter while cooking. *Not a menu item*
- English Muffin with Jam or ask for avocado & make it an avocado English Muffin.
- Grits. Advise NO butter. Top with seasonal fruit or old fashioned maple syrup.
- Plain Baked Potato with a side of sauteed broccoli, salsa & avocado. Advise NO butter while cooking. *Not a menu item*
- House Salad with Vegan Dressing from list below. Add avocado (optional)
- Flour tortilla and avocado. Make a burrito with the filling. *Not a menu item*
- Seasonal Fresh Fruit
- French Fries

Vegan Dressings / Confirm with your server what they have available

- Creamy Italian, Fat Free Raspberry Vinaigrette, Raspberry Vinaigrette, French, Catalina Dressing

**Per IHOP's Allergen link, the Red Potato & Onion Hash contains Dairy. The Toast, even though the allergen page says Buttered Toast, contains Eggs. Oatmeal contains Dairy.*

Jack in the Box

- Chicken Teriyaki Bowl. Advise NO chicken. Add extra veggies
- Side Salad with Low Fat Balsamic Vinaigrette
- French Fries^
- Potato Wedges^
- Seasoned Curly Fries^
- Hash Brown (Breakfast)^
- Chiquita Apple Bites. NO Caramel Dip – contains DAIRY

Vegan Dipping Sauces & Condiments

- Barbecue Dipping Sauce, Franks Red Hot Buffalo Sauce, Sweet N' Sour Dipping Sauce, Teriyaki Dipping Sauce, Ketchup, Mustard, Fire Roasted Salsa, Hot Taco Sauce Packet, Kikkoman Soy Sauce Packet, Grape Jelly, Strawberry Jam, Pancake Syrup

^May share Fryer with Meat. Ask your location before ordering.

Jamba Juice

PLANT-BASED SMOOTHIES

- Amazing Greens
- Apple 'n Greens
- Greens 'n Ginger
- Mega Mango
- Peach Perfection
- Pomegranate Paradise
- Smooth Talkin' Mango
- Strawberry Whirl
- Vanilla Blue Sky

Power Smoothies

- Protein Berry Workout with Soy Protein

Juices

- Purely Carrot
- Orange Carrot Twist
- Purely Orange

Shots

- Ginger Lemon Cayenne
- Ginger Orange Cayenne
- Wheatgrass

Kid's Smoothies

- Blueberry Strawberry Blast-Off
- Strawberries Gone Bananas

Baked Goods

- Apple Cinnamon Pretzel
- PB Banana Toast – *ADVISE NO HONEY*

Blissful Bowls

- Nutty Almond Butter
- Peachy Green Goodness
- Vanilla Blue Sky
- Oatmeal

Jason's Deli

- Organic Vegetable Soup
- Nutty Mixed-Up Salad (request no chicken or cheese)
- Spinach Veggie Wrap (request no cheese) – Organic wheat wrap with mushrooms, organic spinach, asiago, guacamole, pico de gallo. Salsa on the side
- Steamed Veggies (broccoli, zucchini, organic carrots)
- Blue corn tortilla chips & guacamole
- Blue corn tortilla chips & salsa
- Blue corn tortilla chips & hummus
- Fresh Fruit Bowl or Cup (request no creamy fruit dip)

Salad Bar Choices

- Mixed salad greens, Organic field greens, Organic spinach, Grape tomatoes, Broccoli, Mushrooms, Organic baby carrots, Red bell pepper strips, Yellow bell pepper strips, Kalamata olives, Artichokes, Italian peppers, Organic apple slices, Beets, Zucchini sticks, Roasted red pepper hummus, Spicy cajun mix, Granola, Red onion rings, Cucumber slices, Green olives, Jalapenos, Piquillo peppers, Spicy giardiniera (where available)
- All crackers (except Dr. Kracker Pumpkin Cheddar, Honey Graham, Organic Flatbread Crackers)

Dressings:

- Olive Oil (bottle), Organic Balsamic Vinegar (bottle), Red Wine Vinegar (bottle), Balsamic Vinaigrette, Raspberry Vinaigrette, Cucumber-Dill Vinaigrette
-

Johnny Rockets

- Fries^
- Tots^
- Sweet Potato Fries^
- Gardein Black Bean Burger – Served with fresh tomato & crisp leaf lettuce on a whole wheat bun.
- Garden Salad with Vegan Dressing below. Advise NO cheese
- Kids Side – Applesauce
- Kids Side – Celery

Vegan Dressings

- Balsamic Vinaigrette, Fat Free Italian, BBQ (NOT the Smokehouse BBQ Sauce)
- Ketchup, Mustard, Rockin Red Sauce

Ingredients

- Avocado, Caramelized Onion, Crinkle Cut Pickles, Grilled Mushrooms, Lettuce, Relish, Sliced Onion, Spicy Jalapenos, Tomato

^Shares Fryer with Meat

Gluten Free Bun contains Egg

McDonald's

VeggL Quick Order

- Pico Guacamole Burger. Advise NO beef patty, NO cheese and sub BBQ sauce for buttermilk ranch dressing.
- Hamburger. Advise NO beef patty. Ask for lettuce to be added.
- Side Salad with Vegan Dressing below. Another option would be to ask if you can have a side of guacamole & pico (may charge extra) to top or sweet & sour sauce. You can also use the greens to add substance to a burger option above.
- Breakfast: Fruit & Maple Oatmeal. Advise NO cream.
- Sliced Apples
- Baked Apple Pie

Vegan Dressings & Sauces

- Newman's Own Low Fat Balsamic Vinaigrette Dressing, Newman's Own Fat Free French
- Ketchup, Mustard, BBQ, Sweet & Sour

***The French Fries & Hashbrowns are NOT vegan-friendly! The US does NOT serve the Vegan Burger you may be seeing in other countries.**

Mellow Mushroom

Advise Vegan on ALL orders & NO Butter or Parmesan on the Crust of Pizza's

- Hummus Munchies
- Pretzel Munchies. Advise NO garlic butter or parmesan
- Bruschetta Munchies. Advise NO feta. Sub with Vegan Cheese(optional)
- Greek Salad with Vegan Dressing below. Advise NO feta cheese. Sub with Vegan Cheese(optional)
- House Salad with Vegan Dressing below. Advise NO parmesan. Sub with Vegan Cheese(optional)
- Enlightened Spinach Salad with Vegan Dressing below. Advise NO feta cheese. Sub with Vegan Cheese(optional)
- Kosmic Karma Specialty Pizza. Advise NO dairy cheeses or pesto swirl. Sub with Vegan Cheese & Sweet Chili Glaze or Truffle Oil
- Veg Out Specialty Pizza. Advise NO mozzarella. Sub Vegan Cheese
- Pacific Rim Specialty Pizza. Advise NO mozzarella or ham & bacon. Sub with Vegan Cheese, Tofu and/or Tempeh.
- Cheese Calzone. Advise Sub ALL dairy cheeses with Vegan Cheese & NO garlic butter or parmesan
- Veggie Calzone. Advise Sub ALL dairy cheeses with Vegan Cheese
- Avocado Hoagie on French or Multigrain Roll. Advise NO mayo. Sub Vegan Cheese
- Tempeh or Tofu Hoagie on French or Multigrain Roll. Advise NO mayo. Sub Vegan Cheese

Build Your Own Salad / Pizza

- Salad Base Choices (Your Choice of Base plus 3 Ingredients–List Below)
 - Lettuce Blend (Romaine, Iceberg, Shredded Carrots & Red Cabbage)
 - Romaine
 - Spinach
 - Spring Mix
- Pizza

(Pick Your Base Sauce & Pizza Size – Small, Medium or Large. Gluten Free Crust is only available on 10")

 - Olive Oil & Garlic, Mellow Red Sauce
- Salad / Pizza Ingredient Choices (

GF = Gluten Free; S = Available for Salads Only; * = These items count as 2 Ingredients)

 - Follow Your Heart Vegan Cheese
 - Tempeh, Tofu
 - Artichoke Hearts, Avocado (*), Banana Peppers, Basil, Black Olives (GF), Candied Pecans (S*), Caramelized Onions, Cucumbers (S), Diced Apples (S*), Dried Cherries (S), Garlic, Green Olives, Green Peppers (GF), Jalapenos, Kalamata Olives, Mushrooms (GF), Onions (GF), Pepperoncini (GF), Pineapple, Portobello Mushrooms, Roasted Red Peppers, Roma Tomatoes (GF), Spinach (GF), Roasted Tomatoes (GF)

Vegan Salad Dressing / Sauces

- Balsamic Vinaigrette, Herb Vinaigrette, Barbeque, Jerk, Sweet Chili Glaze, Black Truffle Oil

Please Note: The Tofu & Tempeh can be prepared in your choice of sauce: BBQ, Herb Vinaigrette, or Jerk

MOD

- Create Your Own Salad! Start with Romaine or Mixed Greens then customize with the many toppings we have listed below.
- Create Your Own Pizza! See below for all of your Vegan Pizza Options!
- Garlic Strips with Red Sauce. Advise NO dairy. Add Dairy-Free Cheese.
- Cinnamon Strips with Strawberry or Chocolate Sauce. Advise NO dairy. (Per the Allergens Page, the Cinnamon Topping is Vegan. The Cinnamon Icing contains dairy)

Crust: (Order Mini 6", MOD 11" or the Mega Dough 11" Thick Crust)

- Original Crust
- Gluten-Free Crust (Costs Extra)

Sauce:

- BBQ Sauce, Garlic Rub, Extra Virgin Olive Oil, Red Sauce

Toppings:

- Dairy-Free Cheese (NO extra charge)
- Artichokes, Arugula, Banana Pepper, Basil, Black Olives, Cilantro, Grated Carrots, Greek Olive Mix, Green Chiles, Green Bell Pepper, Jalapenos, Mama Lil's Peppers, Mushrooms, Pineapple, Onion, Roasted Asparagus, Roasted Broccoli, Roasted Corn, Roasted Garlic, Roasted Red Peppers, Romaine, Rosemary, Spinach, Spring Mix, Tomatoes

Finishing Sauce:

- BBQ Swirl
- Fig Balsamic Glaze
- Hot Buffalo Sauce
- Red Sauce Dallops
- Sriracha

Salad Dressing:

- Balsamic
- Red Wine Vinegar
- Extra Virgin Olive Oil

Drinks:

- Caramelized Pear Iced Tea
- Vintage Lemonade
- Marionberry Lemonade
- Black Tea

Moe's

Burritos

- The Art Vandalay

Moe's vegetarian burrito is served in a flour or whole-grain tortilla and stuffed with rice, beans, handmade guacamole, and shredded lettuce. To make it vegan, hold the cheese and sour cream. You also have the option of adding grilled onions, bell peppers, and/or mushrooms.

Burrito Bowls

- The Band Camp

Order the meat-free burrito bowl the same way as the Art Vandalay burrito (above) to achieve perfect happiness.

- The Earmuffs

Choose the organic tofu as your protein, and hold the cheese.

Salads

- The Personal Trainer

This fresh salad is meat-free and features chopped romaine lettuce, beans, salsa, cucumbers, and black olives. Simply hold the cheese and replace the ranch dressing with the vegan Fat-Free Salsa Vinaigrette or Southwest Vinaigrette.

Stacks

- The Julia Gulia

Moe's features what it calls "stacks," which means that your filling is stacked between two crunchy corn shells wrapped in a grilled flour or whole-grain tortilla. Choose the organic tofu as your protein, and hold the cheese. Add other fillings as you like.

Tacos

- The Unanimous Decision

This taco is meat-free and packed with black beans, salsa, handmade guacamole, and shredded lettuce. Simply hold the cheese and sour cream or replace them with grilled veggies and/or chopped cucumbers.

Vegan Fillings

- Organic tofu
- Black beans
- Rice
- Guacamole
- Salsa
- Grilled onions, bell peppers, and mushrooms
- Chopped cucumbers

Naf Naf Grill

- Veggie Feast *combo of hummus, baba ghanoush, 4 falafel, chopped salad, purple cabbage, sumac onions & Middle Eastern pickles. Includes a Pita on the side*
- Make Your Own *Pita or Bowl*

Make Your Own: Pita or Bowl

- Pita – Delightfully warm and fluffy. Baked fresh all day, every day.
- Basmati Rice (GF) – Long grain rice given its vibrant color by turmeric.
- Romaine Lettuce (GF) – A light and crisp bed of salad.
- Hummus (GF) – A refreshing, nutty spread made from chickpeas, tahini, lemon juice, and olive oil.
- Couscous – Steamed grains of wheat.

Add Falafel, Salads & Garnishes

- Falafel (GF), Chopped Salad (GF), Purple Cabbage (GF), Sumac Onions (GF), Middle Eastern Pickles (GF)

Finishing Sauces

- Tahini (GF), Amba *tangy*, S'khug, Harissa *spicy*

Extras

- Naf Fries (GF), Lentil Soup (GF), Basmati Rice (GF)

Vegan items are notated on the restaurant menu as well

Cross-Contamination can occur in all restaurants that are not vegan only

Olive Garden

Never Ending Pasta Bowl

- Angel Hair, Cavatappi, Fettuccine, Rigatoni, Spaghetti, Whole Grain Linguine

Sauces/Toppings:

- Marinara, Garden Veggies

Soups, Salad & Breadsticks

- Breadstick with Garlic Topping (tell me you're not excited about this one!)
- Salad with Olive Oil & Balsamic Vinegar (NO Croutons, NO Dressing)
- Minestrone Soup

Create Your Own Pasta

- Angel Hair, Cavatappi, Fettuccine, Rigatoni, Small Shells, Spaghetti, Whole Grain Linguine, Zoodles

Sauces/Toppings

- Marinara, Spicy Marinara, Tomato Sauce, Garden Veggies

Orange Leaf frozen yogurt & treats

- Blueberry Lemonade (seasonal), Dole Lemon, Dole Orange, Dole Pineapple, Jolly Rancher Blue Raspberry, Jolly Rancher Green Apple, Lemon Bar, Pink Lemonade (seasonal), Raspberry Lemonade, Spa Day Sorbet

Smoothies (Advise Vegan – with Almond Milk)

- Berry Tropical, Orange 'N' Cream, P.B.S. (pineapple/blueberry/strawberry), PB&J, Strawberry Pina Colada, Strawberry Surf, Sweet Sunrise, Triple Berry, Tropical Twist, Wild Mango

ALL Smoothies with Almond Milk/Vegan are the cleanest/healthiest menu items – WFPB – Whole Food Plant Based

Check with your location to confirm availability

Panera Bread

Breakfast

- Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping
- Steel Cut Oatmeal with Apple Chips & Pecans
- Steel Cut Oatmeal with Blueberries & Granola
- Seasonal Fruit Cup
- Peach & Blueberry Smoothie with Almond Milk
- Green Passion Smoothie
- Bagels... Plain, Everything, Cranberry Walnut, Poppyseed & Sesame

Lunch/Dinner

- Vegan Lentil Quinoa Bowl
- Greek Salad. Advise NO feta
- Modern Greek Salad. Advise NO feta
- Fuji Apple Salad. Advise NO chicken or gorgonzola
- Asian Sesame Salad. Advise NO chicken or wontons
- Spicy Thai Salad. Advise NO chicken or wontons
- Mediterranean Veggie Sandwich on Vegan Bread listed below. Advise NO feta
- Soba Noodle Broth Bowl with Edamame Blend
- Ten Vegetable Soup

Sides

- Fruit (apple/banana) or Seasonal Fruit Cup, French Baguette, Kettle Chips, Pickle Spear

– Add avocado and/or quinoa to salads or sandwiches! –

Vegan Breads

- French Baguette, Hoagie Roll, Sourdough, Black Pepper Focaccia, Sea Salt Focaccia, Country Rye, Sesame Semolina, Country Rustic, Farmstyle, Artisan Ciabatta

Papa John's

- Create Your Own! Pick Original or Pan Crust. Advise NO Cheese. Choose Garlic, BBQ or Original Sauce. Pick your Toppings from list below.
- Garden Fresh Pizza. Customize. Pick Original or Pan Crust. Advise NO cheese. Keep Veggies as is or choose different ones from the Toppings List below. You get 5 toppings included with this pizza.
- Breadsticks with Garlic, Pizza, BBQ or Buffalo Dipping Sauce.
- Look for the Pizza Specials that have 4 or more toppings. These are always the best deal!

Pizza Dough

- Original Hand Tossed Dough, Pan Dough

Pizza Sauce / Dipping Sauce

- Pizza Sauce, Pan Sauce, BBQ Sauce, Garlic Dipping Sauce, Pizza Dipping Sauce, BBQ Dipping Sauce, Buffalo Dipping Sauce

Toppings

- Mushrooms, Pineapple, Onions, Green Bell Peppers, Black Olives, Green Olives, Sliced Jalapenos, Banana Peppers, Tomatoes

Gluten Free Crust contains Egg & Dairy

P.F. Chang's

- Vegetarian Lettuce Wraps
- Harvest Thai Chili
- Buddha's Feast (Stir-Fried or Steamed)
- Coconut Curry Vegetables
- Ma Po Tofu
- Stir-Fried Eggplant
- Chili Garlic Green Beans
- Sichuan Style Asparagus
- Wok Seared Spinach with Garlic
- White Rice, Steamed
- Brown Rice, Steamed
- Kids: Baby Buddha's Feast (Stir Fried or Steamed. Gluten Free Available)
- Kids: Steamed Snap Peas, Steamed Carrots, Fruit Cup, Steamed Broccoli

This information has been taken from PF Chang's Allergen Information. There is a lot of controversial information online regarding whether these items are vegan or not based on how the individual restaurant cooks their food. Advise your server that you are vegan. If they advise you an above item is not vegan, you could click [here](#) to show them it should be. Or double check with the cheat sheet to see if we have updated this list. PF Chang's has been quoted, "None of our vegetarian items contain animal products" – Twitter, November 7, 2017

Pita Pit

Build Your Own

Choose Your Base:

- Salad, White Pita, Wheat Pita, Gluten Free Wrap

Proteins:

- Black Bean Patty, Falafel Balls

Toppings:

- Avocado, Banana Peppers, Black Olives, Carrots, Cilantro, Cucumbers, Green Peppers, Hummus, Iceberg Lettuce, Jalapenos, Mushrooms, Onions, Pickles, Pineapple, Roasted Red Pepper Hummus, Roasted Red Peppers, Romaine Lettuce, Spinach, Tomatoes

Sauces:

- BBQ, Buffalo, Hot Sauce, Sriracha, Teriyaki, Thai Satay, Yellow Mustard, Balsamic Vinaigrette

Extras/Sides:

- Avocado, Hummus, Roasted Red Pepper Hummus, Secret Sauce, Chips (Check Label to ensure Vegan)

Cross-Contamination can occur in all restaurants that are not vegan only

PizzaRev

Create Your Own Pizza & Salads

Pizza Crusts

- Gluten Free Crust, Roman Thin Crust, Traditional Crust

Sauces

- Olive Oil, Organic Tomato Sauce, Spicy Organic Tomato Sauce, Sweet & Bold BBQ

Toppings

- Daiya Vegan Cheese
- Vegan Sausage Crumbles (contains gluten)
- Artichoke Hearts, Arugula, Black Olives, Cherry Tomatoes, Cilantro, Fennel Seeds, Fresh Basil, Green Bell Peppers, Jalapenos, Mushrooms, Pepperoncini, Pineapple, Red Onions, Roasted Cauliflower, Roasted Garlic, Spinach, Sun-Dried Tomatoes

Finishing Sauce

- Frank's Red Hot Sauce, Sweet & Bold BBQ Sauce

Seasons 52

VeggL Quick Order (*Advise Vegan on ALL orders*)

Appetizers:

- Four Mushrooms. Advise NO cheese
- Roasted Tomato Flatbread. Advise NO cheese
- Whole Roasted Cauliflower. Advise NO cheese or cheese sauce
- Avocado Toast
- Grilled Artichokes with Preserved Lemon Hummus
- Split Pea and Kale Soup. Advise NO croutons

Salads

- California Golden Beets. Advise NO cheese
- Chopped Greek. Advise NO feta & SWAP vinaigrette for Oil & Vinegar
- Field Greens. Advise SWAP vinaigrette for Oil & Vinegar
- Spinach & Caramelized Bosc Pear. Advise NO cheese & SWAP vinaigrette for Oil & Vinegar

Entrees

- Gnocchi with Winter Vegetables
- Vegetables & Pasta

Sides

- Roasted Cauliflower Florets
- Mint Tabouli
- Warm Beets. Advise NO apple cider vinaigrette
- Steamed Leaf Spinach
- Parsley Potatoes

Dessert

- Fresh Fruit

Starbucks

Hot Drinks. Non-Dairy Milks Available – Soy, Almond or Coconut:

Caffeine Free

- Cinnamon Dolce Crème with non-dairy milk of choice. Advise NO whip or cinnamon dolce topping
- Hot Chocolate with non-dairy milk of choice. Advise NO whip
- Hazelnut Hot Chocolate. Order a Hot Chocolate with non-dairy milk of choice. Add 1 or 2 pumps of Hazelnut Syrup depending on what size you order. Advise NO whip
- Salted Caramel Hot Chocolate. Order a Hot Chocolate with non-dairy milk of choice. Substitute 1-2 pumps of caramel syrup for the caramel sauce(contains dairy). Advise NO whip.
- Toffee Coconut Hot Chocolate. Order a Hot Chocolate with coconut milk and 2-3 pumps of toffee nut syrup depending on size of drink.
- Smore's Hot Chocolate. Order a Hot Chocolate with non-dairy milk of choice. Add 2-4 pumps of marshmallow syrup (depending on size of drink →tall, grande or venti) and 1 pump of toffee nut syrup. Advise NO whip
- Steamed Apple Juice

with Caffeine

- Salted Caramel Mocha with non-dairy milk of choice. Substitute 1-2 pumps of caramel syrup for the caramel sauce. Advise NO whip
- Toffee Nut Latte with non-dairy milk of choice. Advise NO toffee nut sprinkles or whip.
- Butterbeer Latte. Order a Soy Latte with 1-3 pumps of caramel, toffee nut and cinnamon dolce syrups(depending on size ordered–Tall, Grande or Venti). Ask for extra foam & top with sea salt.
- Hazelnut Mocha Coconut Macchiato
- Blonde Vanilla Bean Coconut Milk Latte
- London Fog Tea Latte with non-dairy milk of choice.
- Vanilla Nutmeg London Fog Tea Latte. Order a London Fog Tea Latte with non-dairy milk of choice. Ask for a scoop of vanilla powder & a few shakes of nutmeg. Top with steamed non-dairy milk & foam.
- Coconut Coffee Cake Latte. Order a Coconut Latte with 1-3 pumps of caramel, toffee nut and cinnamon dolce syrups(depending on size ordered–Tall, Grande or Venti).
- Samoa Cookie Latte. Order a Coconut Mocha Latte. Add 1-3 pumps of caramel syrup depending on size(tall, grande or venti).

Iced Drinks. Non-Dairy Milks Available – Soy, Almond or Coconut:

- Ombre Iced Coffee with non-dairy milk of choice
- Hazelnut Apple Tart Frappuccino. Order a Vanilla Bean Frappuccino. Ask for 1 less scoop of vanilla bean powder. Sub with 1-2 pumps of hazelnut syrup(depending on size of drink). Add apple juice & a few shakes of nutmeg.
- Samoa Cookie Frappuccino. Order a Coconut Mocha Frappuccino. Add 1-3 pumps of caramel syrup depending on size ordered(tall, grande or venti). Advise NO whip.
- Iced Vanilla Bean Coconut Milk Latte
- Iced Salted Caramel Mocha with non-dairy milk of choice. Substitute 1-2 pumps of caramel syrup for caramel sauce(contains dairy). Advise NO whip.

- Caramel Cocoa Cluster Frappuccino with non-dairy milk of choice. Substitute 1-2 pumps of caramel syrup for caramel sauce(contains dairy). Advise NO whip.
- Java Chip Frappuccino with non-dairy milk of choice. Advise NO java chips
- Dunkaroos Frappuccino. Order a Vanilla Bean Frap with non-dairy milk of choice. Add 2-4 pumps of dolce syrup and 1-3 pumps of vanilla syrup → depending on size of drink(tall, grande or venti)
- Green Tea Latte with non-dairy milk of choice
- Matcha Lemonade
- Matcha Frappuccino with non-dairy milk of choice. Advise NO whip
- Iced Matcha Green Tea Latte with non-dairy milk of choice
- Vegan Nutella Frappuccino. Ask for a mocha frap with soy milk, hazelnut syrup & no whip
- Smores Frappuccino. Ask for a vanilla bean frap with soy milk, marshmallow syrup, mocha sauce(NOT syrup) & no whip. *the mocha sauce is very sweet so ask for less if you would like*
- Vegan Dragon Drink (mango dragonfruit refresher with freeze-dried dragonfruit pieces with coconut milk)
- Pink Drink (strawberry acai refresher with coconut milk & a scoop of strawberries or blackberries)
- Violet Drink (very berry hibiscus refresher with coconut milk & a scoop of blackberries)
- Matcha Pink Drink. 3 parts Pink Drink. 1 part matcha with coconut milk on the rocks

Lower Calorie Drinks (Size/Grande):

- Coffee with non-dairy milk. Add sugar-free syrup of choice.
- Green Tea Crème Frappuccino. Advise NO classic sweetener. Ask for 2 scoops matcha powder(instead of the normal 3 for lower calories/sugar) with coconut milk, 2 pumps sugar free vanilla & NO whip.
- Vegan Frozen Hot Chocolate Frappuccino. Ask for a Frappuccino with soy milk, 2 pumps mocha, 1 pump hazelnut, 2 pumps sugar-free vanilla & NO whip. *Also tastes a bit like Nutella*
- Hot or Iced Cozy Crème Brulee Latte. Ask for a latte with soy milk, 1 pump toffee nut syrup & 1 pump caramel. Shake a little cinnamon powder on top.
- Guilt-Free Creamy Pink Drink(no caffeine): Ask for a Passion Iced Tea with NO classic sweetener, 2 pumps sugar-free syrup & a splash of coconut milk. Or to mix it up, ask for a splash of lemonade in place of coconut milk.
- Iced Salted Caramel Mocha. Advise soy milk, 1 pump toffee nut syrup, 2 pumps sugar-free vanilla, 1 pump skinny mocha & NO whip

See below for Starbucks Sweetener Facts

Food:

- Plain, Sprouted grain and multigrain vegan bagel. Look for packaged Organic Avocado Spread, Justin's Hazelnut Butter or Classic Almond Butter & spread on.
- Lentils & Vegetable Protein Bowl with Brown Rice
- Hearty Blueberry or Classic Oatmeal (not labelled vegan but no animal derived ingredients) Order with steamed soy, almond or coconut milk OR hot water in place of dairy milk)

Snacks:

- Fruit Salad, Fruit Bars, Dried Fruit, Mixed Nuts, Vegan Superberry Acai Mercato Bowl, Sea Salt Potato Chips, Dang Sticky Rice Chips, Hippeas organic chickpea puffs
- Emmy's Organic Coconut Cookies (Coconut Vanilla & Dark Cacao)
- Bissinger's 75% Dark Chocolate, Cauliflower tabbouleh (Mercato range)
- Organic Avocado Spread, Justin's Hazelnut Butter or Classic Almond Butter

Subway

Breads/Wraps

- Italian (white), 9 Grain, Harvest*, Hearty Italian*, Roasted Garlic*, Sourdough*, Habanero Wrap*, Spinach Wrap*, Tomato Basil Wrap*, Wheat Wrap*

Protein/Vegetables

- Falafel, Vegan Patty* (Malibu), Avocado*, Banana Peppers, Carrots*, Cucumbers, Green Chiles*, Green Peppers, Jalapenos, Lettuce, Mushrooms*, Olives, Onions, Pickles, Spinach, Sweet Peppers*, Tomatoes

Condiments/Dressings

- BBQ Sauce*, Buffalo Sauce*, Creamy Italian*, Fire Roasted Tomato Sauce*, Giardinera*, Golden Italian*, Guacamole, Hot Pepper Relish*, Ketchup*, Mustard, Deli Brown, Yellow Mustard, Oil, Subway Vinaigrette, Sweet Chili Sauce, Sweet Onion Sauce, Vinegar

Other

- Black Bean Soup, Apple Slices, Chips – Check Ingredients!

Please Note: The Veggie Patty contains Egg & Milk

Taco Bell

The 101 On Ordering Vegan at Taco Bell

1. Order exactly how we have said to do it below. We have included all ingredients listed with exactly which to eliminate. -OR-
2. If you know the item is already vegetarian, you can ask for it to be made “fresco style.” This takes out any dairy & mayo *but also guacamole* and replaces them with pico de gallo.
3. Ordering online is available at most locations & makes it super easy to ensure you are ordering & subbing ingredients correctly.

-
- Black Bean Crunchwrap Supreme *includes black beans, tomatoes & lettuce*. Advise NO sour cream or nacho cheese sauce
 - Bean Burrito *includes pinto beans, red sauce & onions*. Advise NO cheese
 - Black Bean Burrito *includes black beans, rice & red sauce*. Advise NO cheese
 - Cheesy Bean & Rice Burrito *includes pinto beans & seasoned rice*. Advise NO cheese sauce or creamy jalapeno sauce
 - Power Menu Veggie Bowl *includes black beans, seasoned rice, guacamole & pico de gallo*. Advise NO cheese, sour cream or avocado ranch dressing
 - Crunchy or Soft Taco *includes lettuce*. Advise NO cheese or beef. Substitute with black and/or pinto beans.
 - Crunchy or Soft Taco Supreme *includes lettuce & tomatoes*. Advise NO cheese, sour cream or beef. Substitute with black and/or pinto beans.
 - ^Spicy Potato Soft Taco *includes potatoes & lettuce*. Advise NO cheese or chipotle sauce.
 - ^Fiesta Taco Salad *includes seasoned rice, lettuce, pinto beans, tomatoes & red tortilla strips*. Advise NO cheese, sour cream or beef. Substitute with black and/or pinto beans.
 - Mexican Pizza *includes tomatoes, pinto beans & mexican pizza sauce*. Advise NO cheese or beef. Substitute with more pinto beans or black beans. Add guacamole for that extra pop.
 - Beefy Fritos Burrito *includes Fritos & Seasoned Rice*. Advise NO nacho cheese sauce or beef. Substitute with black or pinto beans and guacamole.
 - ^Nachos Bellgrande *includes tomatoes & pinto beans*. Advise NO nacho cheese sauce, sour cream or beef. Substitue with black or more pinto beans & guacamole.
 - ^Triple Layer Nachos *includes pinto beans & red sauce*. Advise NO nacho cheese sauce.
 - ^Spicy Tostada *includes pinto beans, tomatoes, lettuce & red sauce*. Advise NO cheese or chipotle sauce.
 - 7 Layer Bean Burrito *includes pinto beans, tomatoes, seasoned rice, lettuce & guacamole*. Advise NO cheese or sour cream.
 - Black Beans *is a bowl of black beans*
 - Black Beans & Rice *is a bowl of black beans and seasoned rice*
 - ^Chips and... Guacamole, Salsa or Pico De Gallo
 - Seasoned Rice *is a bowl of seasoned rice*
 - Pintos N Cheese *includes pinto beans & red sauce*. Advise NO cheese. Add guacamole(optional)
 - ^Potatoes. Advise plain—NO cheese sauce or sour cream or ask to sub with guacamole.
 - ^Hashbrown
 - Cinnamon Twists =yum!

^ any items with this notation contain an ingredient that could be fried in the same oil as meat products. Verify with the restaurant you are ordering from if they share fryers—if this is an issue for you. Generally, these items would be the hashbrowns, chips, cinnamon twists, potatoes and fiesta taco shell.

The Cheesecake Factory

- Vegan Cobb Salad
- Avocado Toast
- Guacamole & Chips. Advise NO sour cream.
- Kale and Quinoa Salad. Advise NO cheese
- California Guacamole Salad. Advise NO cheese or dressing. Sub with Lemon Vinaigrette.
- Evelyn's Favorite Pasta. Advise NO butter or parmesan. The angel hair, penne bow tie and spaghetti are vegan.
- Fresh Vegetable Salad. Advise NO cheese.
- Tossed Green Salad. Advise NO croutons. Add Vegan Dressing from below
- Edamame
- Wellness Salad
- Veggie Burger. Verify the patty is vegan first — locations vary. Then advise NO mayo or cheese. Change bun to sourdough, wheat, Rustic Batard, or wrap in lettuce.
- Green Beans. Advise NO butter
- Corn Succotash. Advise NO butter
- Sautéed Spinach. Advise NO butter

Vegan Dressings

- Lemon-Blueberry Vinaigrette, House Vinaigrette, Lemon Vinaigrette, Pomegranate Vinaigrette, Shallot Vinaigrette

**Per CPK Allergens Page, non-vegan allergens are possibly cross-contaminated at the supplier level. Additional cross-contact may occur in the restaurant kitchen... Before placing your order, please inform the manager at the CPK location you are ordering from if anyone in your party has a food allergy or dietary restriction.*

True Food Kitchen

- Fresh Juices & Smoothies(Brunch)
- Vegan Chorizo Bowl (Brunch – GF)
- Roasted Brussels Sprouts Starter (GF)
- Charred Cauliflower Starter (GF)
- Kale Guacamole Starter
- Korean Noodle Salad. Add Tofu
- Dashi Ramen Bowl. Add Tofu (GF)
- Ancient Grains Bowl. Add Tofu
- Teriyaki Quinoa Bowl. Add Tofu
- T.L.T. Sandwich –Served with Kale Salad or Sweet Potato Hash
- Butternut Squash Pizza
- Tomato & Arugula Pizza

Dessert

- Squash Pie (GF) – graham crust, coconut whipped cream
- Chia Seed Pudding (GF) – banana, toasted coconut
- Vanilla Ice Cream (GF)

Wendy's

- Natural-Cut Fries*
- Apple Bites
- Baked Potato Plain or with Chives. Advise NO butter, cheese, sour cream. Sub with salsa & avocado.
- Side Salad. Advise NO cheese or croutons. Choose from Vegan Salad Dressings below.
- Taco Salad. Advise NO cheese, chili or sour cream. Ask to sub with avocado.
- Fry Sandwich**. This is our personal favorite! Order Veggie Sandwich (above) and Natural-Cut Fries. Pull your sandwich & fries out of the bag, take off the bun, add fries on top of the veggies, replace bun & woila! A weird yet VEGAN Fry Sandwich
- Breakfast Potatoes*

Vegan Dressings

- Light Spicy Asian Chili Vinaigrette, Pomegranate Vinaigrette, Light Balsamic Vinaigrette

Wendy's does not have a dedicated vegan cooking space, cross contamination can occur

**Cooked in the same oil as menu items that contain wheat, milk and fish.*

***KETCHUP: I have reached out to Wendy's regarding their ketchup. According to the allergens/ingredients list, ketchup contains EGG. The only place I could see this possible is in the "natural flavoring." Please be aware—I will update this to reflect changes if necessary.*

Which Wich

Pick a Signature Sandwich

- The Avocado – Fresh vegan avocado, plus your choice of over 40 different topping options.
- The Black Bean Patty – Vegan black bean patty lightly seasoned with chipotle, plus your choice of over 40 different topping options. This one has cheese, but you can get yours without and keep it vegan.

-Or- Build Your Own. Pick Your Base

- White Bread (7", 10" or 14"), Salad, Lettuce

Pick Your Ingredients

- Black Bean Patty
- Avocado, Red Onion, Lettuce, Spinach, Tomatoes, Banana Peppers, Mushrooms, Bell Peppers, Black Olives, Pickles, Cucumbers, Jalapenos

Spreads & Sauces

- BBQ, Buffalo, Olive Salad, Hot Pepper Mix, Hummus, Dijon Mustard, Deli Mustard, Balsamic Vinaigrette, Oil

Spices

- Pepper, Crushed Pepper, Salt, Oregano, Garlic

Write-Ins

- Peanut Butter, Grape Jelly, Cranberry Sauce, Chips

Yard House

Appetizers & Snacks

- Guacamole & Chips. Advise NO feta
- Crispy Brussels Sprouts & Potatoes. Advise NO malt vinegar aoli
- Truffle Fries. Advise NO parmesan cheese
- Sweet Potato Fries. Advise NO maple bacon cream dip
- Buffalo Cauliflower
- Hummus with Baked Pita
- Hot & Spicy Edamame
- Gardein Buffalo Wings.
- Gardein Ancho BBQ Wings. Advise NO ranch
- Mixed Field Greens Salad

Entrees

- Gardein Orange Chicken – baby corn, bok choy, orange glaze, jasmine rice.
- Gardein Vegan Burger with Mixed Green Salad – gardein™, red quinoa, kale, shiitakes, vegan mozzarella, avocado, tomato, arugula, onion, miso, onion bun.
- Gardein Fried Chicken Strips. *Advise NO ranch or maple Dijon mustard*
- Gardein BBQ Chicken Salad. *Advise NO cheese or chipotle ranch* – avocado, pasilla, corn, jack, tortilla strips, tomato, beans, fried onions, cilantro
- Gardein BBQ Chicken Pizza. Advise sub Vegan Cheese for the mozzarella and smoked gouda – cilantro, red onion, bbq sauce
- Gardein Chicken & Avocado Sandwich. *Advise NO cheese or mayo* – lettuce, tomato, onion poppy seed bun, fries.
- Red Quinoa Salad. *Advise NO feta* – kale, parsley, brussels sprouts, roasted beets, cauliflower, pomegranate, blueberries, baby tomatoes, pumpkin seeds, blood orange olive oil vinaigrette.

Sides

- Quinoa Cauliflower
- Steamed Veggies
- Brown Rice
- Jasmine Rice
- French Fries
- Garlic Fries
- Sweet Potato Fries. Advise NO maple bacon dripping sauce
- Truffle Fries. Advise NO parmesan cheese
- BBQ Baked Beans
- Pinto Beans. Advise NO cheese
- Fresh Fruit

**While these items are free from animal products, Yard House uses communal cooking equipment and prep areas for all of their menu offerings.*

Zoes Kitchen

- Harissa Red Pepper Hummus Starter *served with cucumbers; pita bread available upon request*
- Classic Hummus Starter *served with cucumbers; pita bread available upon request*
- Mediterranean Lentil Soup *available in a cup, bowl or quart*
- Baked Falafel Pita *includes one Fresh Side. Advise NO greek tzatziki and feta*

Fresh Sides

- Braised White Beans (GF)
- Seasonal Fresh Fruit (GF)
- Roasted Vegetables (GF)
- Potato Salad (GF)
- Turmeric Rice (GF)
- Baked Falafel (GF) Advise NO tzatziki sauce
- Deep River Chips (GF) ; *original sea salt, rosemary & olive oil or zesty jalapeno*
- Pita Bread

Sauces

- Moroccan Harissa *zesty red pepper sauce with subtle notes of sweet tomato and Mediterranean spices*
- Italian Salsa *fresh herb sauce highlighting Calabrian peppers, garlic, EVOO & red wine vinegar*
- Israeli Skhug *bright, citrusy sauce featuring spicy green peppers, cilantro, lemon, EVOO and Mediterranean spices*

Family Dinners

- Baked Falafel. Advise NO tzatziki sauce. *20 baked falafel, Israeli skhug, Mediterranean relish and fresh dill. Served with pita bread*

Fresh Takes Tubs

- Harissa Red Pepper Hummus (GF); *1/2 pint or pint*
- Classic Hummus (GF); *1/2 pint or pint*
- Potato Salad (GF); *1/2 pint or pint*
- Fresh Fruit (GF); *pint or quart*

Hummus is Gluten Free