



Plant-based options at popular fast-food chains

While whole foods and cooking is most recommended, eating out is a part of life. Eating out can be hard when you have dietary restrictions, and as a college student it is not something you want to have to miss due to diet choices/intolerances. Here are some plant-based items or tips at popular fast-food chains to help give ideas on what to look for on the menu.

Taco Bell

- Ordering the item 'Fresco Style' replaces dairy for tomatoes
- Vegan Crunchwrap Supreme
- Black Bean Crunchwrap Supreme
- Bean Burrito
- Spicy Potato soft burrito
- Veggie Power Menu Bowl
- Veggie Mexican Pizza

Chipotle

- Sofritas as the 'meat' in bowls/burritos (spiced tofu crumble)
- If ask for 'veggie' style, guacamole is no additional charge
- Benefit of ability to craft own bowl, use beans/guacamole for protein if do not want sofritas

Panda Express

- Vegetable Spring Rolls
- Super green entrees
- Steamed brown rice/white rice
- Chow mein
- Eggplant Tofu - at certain locations

White Castle

- Impossible Slider
- Veggie Slider

Panera

- Vegetarian Black Bean Soup
- Fuji Apple Salad without chicken and gorgonzola
- Mediterranean Veggie Salad
- Modern Greek Salad with Quinoa
- Soba Noodle Broth Bowl with Edamame Blend
- Steel Cut oatmeal with Strawberries and Pecans
- Peach and Blueberry Smoothie with Almond Milk

This list is not all inclusive, as many items can be altered to be made vegan by simply asking for 'no chicken/meat' or removing the cheese. Never be afraid to ask for alterations.