Snacks: Whole and mixed fruit, granola bars, yogurt, hard boiled eggs, hummus, and crudité

Breakfast: Greek yogurt, fresh bagels, whole grain bread, oatmeal, cereal, eggs, or a freshly made breakfast sandwich!

Grill Station: Try one of our vegan Veggie Burger on a whole grain bun or wheat toast!

Soup station: 1-2 vegetarian soups or chili served each day!

Salad Bar: Create your own salad and add plant based proteins like beans and tofu or eggs!

Sandwiches and wraps: Have a delicious sandwich made with your favorite ingredients! Try creating a Mediterranean inspired sandwich or wrap with tofu, avocado, hummus, roasted peppers, and onions!

Simply to go: We have great on the run options such as a Roasted vegetable wraps, peanut butter and jelly sandwiches, small side salads, or garden salads.

Pizza Station: There is pizza made with whole wheat crust available, as well as vegetable and cheese pizza, and vegetable Stromboli and calzones!

Meal station: When looking for a hot meal you can always find steamed or roasted vegetables, and whole grains such as brown rice, quinoa, and barley! We also offer plant based protein items throughout the week, please check the menu!

Beverages: Soy milk, water, seltzer, coffee, and tea!