Your Plant-Based Eating Road Map
A plant-based diet generally means that your foods come primarily from plants like fruits and vegetables, beans, seeds, oils, whole grains, nuts and legumes. The diet differs from a vegetarian or vegan diet in which meat or dairy is rarely eaten. Instead, the plant-based diet means the majority of your food comes from plant sources with a limited to no amount of animal protein.

You can find over 80 different recipes and items to pick from in our retail locations and Grab n’ Go.

Both East Side and West Side Dine-In have over 250 recipes that are strictly plant-based featured at our Rooted Station.

Savor, at Roth Food Court has 14 plant-based elevated menu recipes over a two-week cycle.

We have Meatless Mondays to help guide ways to eat a more plant-based diet, even if only once a week.

80 static + 251 recipes in dine-in + 14 savor recipes total 345 plant-based options across campus.
**PLANT-BASED: Retail**

**West Market**
- Rooted Grab n’ Go Meals available
- Chickpea “Tuna” being rolled out into Quik Pik Program
- Vegan Grain Salads & Hummus Wraps

**Peet's Coffee**
- Avocado Toast with Toasted Chickpeas, Fresh Greens & Sesame Everything Bagel Seasoning
- Roasted Vegetable with Hummus on a Bagel
- Chickpea “Tuna” Bagel Sandwich
- Meatless Patties are available upon request

**SAC Food Court**

**Kickin’ Chickin**
- Meatless Chicken Sandwiches available which come with cheese, however, can be ordered without cheese to be 100% plant-based
- Vegan Kickin’ Chickin Sandwiches
  - Meatless Nashville Hot’Wich
  - Meatless Bufalo Chick’n Wich

**Kettle Soups**
- One option out of the 3 soups are vegetarian and/or vegan
- Examples of Plant-based soups that are in rotation are the soups like Garden Vegetable, Vegan Chili, 3-bean

**Grill**
- Vegan Burger and/or Black Bean Burgers available upon request

**Seawolves Pizza**
- Penne Marinara

**Noodles**
- Choose either the Soba Noodles or Banh Pho Rice Noodles as your base
- Add tofu as your plant-based protein
- Choose your sauces

**Wok Work**
- Thai Rice Noodle Stir-Fry with Spicy Thai Red Curry Sauce (tues, weds)
- Sesame Lo Mein Stir-Fry with Singapore Spiced Sauce (Fri, Mon)
- Crispy tofu is available as a topping

---

**WHERE TO FIND PLANT-BASED OPTIONS**

For Campus Dining Hours Visit [stonybrook.edu/Dining](http://stonybrook.edu/Dining) or Text Keyword SBUWhatsOpen to 24587

Download Nutrislice App for daily menus and specials and use the filter for plant-based options
Corner Deli
- Chickpea “Tuna” and Hummus available as a protein option
- Balsamic Glazed Vegetables are available as a topping
- The Route 347 uses vegan cheese
- BYO plant-based sandwich/hero

SAC Market

Craft
- BYO Hummus Bowls
  - Assortment of hummus, toppings, tahini, and grains
- BYO Craft Salad
  - Assortment of toppings, hummus, grilled tofu & seeds
- Acai Bowl without the granola

Seawolves Marketplace
- BYO Hot Cereal (oatmeal & quinoa) for breakfast + toppings
- Hot Bar with at least one plant-based protein

Roth

Smash n' Shake
- #7. Beyond Burger without the cheese or the special smash sauce
  - Choose bbq sauce as a tangy topping

Cocina Fresca
- BYO Taco, Burrito, Bowl
  - Choose the Beyond Beef Spiced “Beef” as the vegan protein for all these options
  - Add rice and beans for the complimentary proteins
  - Add your toppings to complete your meal

Savor
- One upscale plant-based entrée is available on a daily basis with two plant-based sides
  - Items are available such as plant-based shrimp, oyster mushrooms, vegan scallops, etc.

Tadka
- Most of these items are vegetarian because of the yogurt or milk but there are some plant-based items as well such as:
  - Aloo matar
  - Vegetable samosas
  - Pakoras (coming soon)
  - Papadum (coming soon)
  - Aloo Gobi
  - Aloo Shimla Mirch

East Side Retail

Urban Eats
- Impossible vegan burger with lettuce, tomato & onion
- Impossible vegan burger as a customized burger
- Plant-based chicken tenders & fries
- Birria Tacos with vegan mozzarella & braised mushrooms
- Shoestring fries
- La Olla will have a rotating vegan option on a weekly basis
  - Example: Colombian – Jackfruit Sancocho + sides
  - Impossible beef empanadas
- BYO Smoothies with plant-based milk
- Coming back soon – oat milk “milk” shakes

Emporium
- Rooted Grab n’ Go Meals available
- Chickpea “Tuna” being rolled out into Quik Pik Program
- Vegan Grain Salads & Hummus Wraps

Delancey Street
- Ask for the Avocado Toast without the Poached Egg
- One daily Entrée of the day is a plant-based option
- Falafel is available as the additional side or protein topping
- Falafel Pita with Cous Cous & Tahini
- California Veggie Melt

Island Soul
- Vegetable Patty
- Sides: Jamaican Rice & Peas with Coconut Milk, white rice, Cajun fries, fried plantains, steamed vegetables

Halal N.Y
- Chickpea Falafel for pita, platters, salads
- Hummus available as topping
- Side salads – Turkish White bean, Tabbouleh, Hummus, Choban Salad
PLANT-BASED: Dine-In

West Side Dine-In & East Side Dine-in

- Rooted Station (3 week menu cycle)
  - Recipes from collaboration with organizations from Meatless Monday
- Build Your Plate
  - Starch & Vegetables from International Market/Chef’s Table + Plant Protein of Choice
  - Grill – Malibu vegan burger available for student to add toppings
  - Salad Bar – Plant-based proteins available such as quinoa, lentils, tofu, beans, and seeds.
- Marketing Events such as Meatless Mondays, World Vegetarian and Vegan Day
- Marketing Events will have one main entrée and one plant-based
- Additions into the menu cycle: chickpea frittatas, vegan meatballs, vegan chicken tenders, vegan cheeses & more naturally vegan items.