

VEGAN & VEGETARIAN





Vegetarian: No meat or fish



Vegan: No meat, fish, eggs, dairy, honey or gelatins. All Vegan items are also Vegetarian.



Plant Forward: emphasizes healthy plants at the center of the plate (they may contain a proportionally small quantity of animal protein).



Cool Food: Certified climate friendly by the World Resources Institute, Cool Food Meals have a low impact on the climate, making them a delicious way to help the planet.

Look for these icons on menu boards and online to easily identify Vegan, Vegetarian, Plant Forward or Cool Foods items.

Many options are listed as “CYO” which means you are able to create your own custom meal.

For National Brands, check their websites for ingredient information.

DINING LOCATIONS



📍 KLEINER

The Dish

Rotating Menu

- CYO Green or Grain Bowls, Rotating Entrees, Desserts, Cheese Pizza
- CYO Sandwich, Pasta or Stir Fry at the Sauté Station, Vegan Burgers, Vegan Desserts, Rotating Vegan items at the entrée station

POD C-Store

Other locations: The Blue Connection, Kirkhof, Mackinac

- Select To-Go Sandwiches and Salads, Protein Packs, Select Sushi, Cheeses, Yogurts, Ice Creams, Milks, Pop Tarts, Chips, Select Cereals, Protein Bars & More!
- Sunflower Seed Butter & Jelly Sandwich, Oatmeals, Lara Bars, Dairy Substitutes, Select Bottled Beverages, Granola, Select Desserts, Dried Fruit, Hummus Cups, Nuts & More!

True Balance is located inside The Dish and is an all-you-care-to-eat station that serves food without the top 9 allergens. These meals typically contain meat as an option, but do not contain milk or egg products.

If you are looking for a True Balance meal after hours, find a chef or manager on site. True Balance also prepares and distributes grab and go products across campus that are made without the top 9 allergens, including vegan options. Find them at POD stores, Engrained, and Seidman.

Late Night

Other location: The Blue Connection

- A variety of appetizers and comfort foods—check online menu for details.

Java City

Other locations: The Blue Connection, Kirkhof

- All Coffee Beverages, Pastries and Bagels
- Soy, Almond, and Oat Milk Substitutes available upon request; Red Plate desserts

North Campus



📍 COMMONS

Fresh Food Co.

Rotating Menu

- CYO Omelet, Stir Fry, Pasta Bar, Cheese Pizza, Rotating Entrées, Grilled Cheese Paninis
- Extensive Salad Bar, Rotating Entrées, Vegan Station, CYO at the Sauté Station, Vegan Burgers, Vegan Desserts

My Fresh Pantry inside Fresh offers allergen friendly items, including vegan and vegetarian selections.

📍 MACKINAC

POD C-Store

See POD C-Store details under “Kleiner”

📍 HOLTON-HOOKER

Einstein Bros. Bagels

- All Bagels, Kettle Chips and Pastries
- Bagels: Plain, Cinnamon Raisin, Sesame, Everything, Blueberry; Other: Fruit Cup, Juice, Lemonade, Soy, Almond, and Oat Milk Substitutes



9 MARKETPLACE

Starbucks

- All Beverages, Rotating Sandwich options, Pastries, Fruit, Yogurt, other Snacks
- Soy, Coconut, Oat or Almond Milk Substitute, Fruit, Nuts, Sea Salt Potato Chips, Plain Bagels, Multigrain Bagels, Sprouted Grain Bagel, Dried Fruit, & More

Bento Sushi

- Miso Soup, Tofu Poke Bowl, Tofu Donburi
- Vegetable Rolls



📍 KIRKHOF

Lobby Shop

- All Coffee Beverages and Smoothies at Java City and Freshens
- A variety of smoothies can be made with an Alternative Milk Substitute (check menu board)

Java City & POD C-Store

See Java City & POD C-Store details under “Kleiner”

Panda Express

- Cream Cheese Rangoons, Vegetarian Spring Rolls, Chow Mein
- Rice, Super Greens

Qdoba

- CYO Quesadilla or Nachos with Queso, Sour Cream
- CYO Bowl, Burrito, Salad, or Tacos with vegan Salsa, Guac, Beans, and Veggies

Erbert & Gerbert's

- Avocado Vegetarian Sub, Broccoli Cheddar Soup, Mac & Cheese

Laker Grill

- Chipotle Black Bean Burger with Cheese, Beyond Burger with Cheese
- Chipotle Black Bean Burger without Cheese, Beyond Burger without Cheese

Ciao

- Four Cheese or Grilled Vegetable Pizza, Roasted Vegetable Calzone
- CYO Pasta Bowl with Vegan Pasta and Veggies

📍 LIBRARY

GV Brew

- Beverages: Soy, Coconut, Oat or Almond Milk Substitutes

Central Campus

9 THE BLUE CONNECTION

Blue Bistro

Rotating Menu

- Grilled Cheese, Rotating Soups, Chips, Rotating Entrées
- Black Bean Burgers, Steamed Vegetables, Side Salads, Chips & Salsa, Hummus Plate, Fruit, Salads, Rotating Entrées

Feta

- CYO pita or bowl with falafel, tzatziki, feta cheese, veggies
- CYO pita or bowl with falafel, garlic spread, hummus, veggies

Java City & Anchor Market

See Java City & POD C-Store details under “Kleiner”

- Bean or Cheese Quesadilla (Anchor Market only)

Savory Stack

- CYO Sandwich on White Sub Roll, Jalapeño Wrap
- CYO Sandwich on White Sub, Wheat Sub, Oil & Vinegar Dressing, Vegan Sub

Zoca

- CYO Taco, Nacho, Taco Salad, Burrito Bowl, or Quesadilla, Chips & Queso
- CYO Taco, Burrito, Bowl, or Taco Salad, Vegan Chorizo, Salsa, Guacamole, Chips, Beans, Refried Beans

Late Night

Other location: Kleiner

- A variety of appetizers and comfort foods—check online menu for details.

SOUP

**Available at Fresh,
The Dish, Seidman,
and The Blue Connection**

Look for these icons:



*South
Campus*

📍 DEVOS CENTER

Erbert & Gerbert's

- Avocado Vegetarian Sub, Broccoli Cheddar Soup, Mac & Cheese

Einstein Bros. Bagels

- All Bagels, Kettle Chips and Pastries
- Bagels: Plain, Cinnamon Raisin, Sesame, Everything, Blueberry; Other: Fruit Cup, Juice, Lemonade, Soy, Almond, and Oat Milk Substitutes

📍 SEIDMAN CENTER

Seidman Café

- Cheese Quesadilla, Bean Quesadilla
- CYO Green/Grain Bowl, Select Cereals, Side Salads, Hummus, Fruit, Veggie Cups

📍 INNOVATION DESIGN CENTER

Starbucks

- All Beverages, Rotating Sandwich options, Pastries, Fruit, Yogurt, other Snacks
- Soy, Coconut, Oat or Almond Milk Substitute, Fruit, Nuts, Sea Salt Potato Chips, Plain Bagels, Multigrain Bagels, Sprouted Grain Bagel, Dried Fruit, & More

***Pew
Campus***





For further nutrition information,
Contact our Registered Dietitian Nutritionist
Tabor for a free one-on-one consultation at
(616) 331-8989 or gleastab@gvsu.edu



Nutrition page







Fall 2025