

# WELCOME TO SEMINOLE DINING



STARBUCKS



&  
MORE!



## COMMON DEFICIENCIES:

Did you know people who follow vegan and gluten-free diets can be at risk for a few deficiencies? Below are listed a few common deficiencies along with vegan and GF foods containing these nutrients.

### Vitamin B12

Fortified cereals and alternative milks, plant-based meats, nutritional yeast

### Vitamin D

Orange juice, mushrooms, fortified alternative milks, sun exposure

### Calcium

Beans, lentils, seeds, soy foods

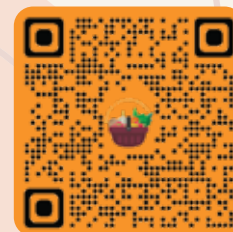
### Iron

Dark leafy greens, beans, legumes, whole grain cereals

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# DIETARY ACCOMODATIONS AT FSU

VEGAN  
VEGETARIAN  
GLUTEN-FREE  
AND MORE



# GLUTEN-FREE VEGAN & VEGETARIAN

● VEGETARIAN   ● GLUTEN-FREE  
● VEGAN   ● MODIFY YOUR DIET

## EINSTEIN BAGLES

Veggie egg white bagel	<span style="color: orange;">●</span>
Everything bagel dairy-free	<span style="color: green;">●</span>
Sesame seed bagel dairy-free	<span style="color: green;">●</span>
Redskin potato salad	<span style="color: orange;">●</span>
Garden avocado sandwich	<span style="color: green;">●</span>
Avocado toast sandwich	<span style="color: brown;">●</span>
Cheddar cheese sandwich	<span style="color: green;">●</span>
Avocado veg out sandwich	<span style="color: green;">●</span>
Cheesy veggie melt sandwich	<span style="color: green;">●</span>
Cheese pizza bagel	<span style="color: green;">●</span>
Vegetarian chili soup	<span style="color: green;">●</span>
Veggie egg white eggel	<span style="color: green;">●</span>

## C.O.E CAFE

Bacon Omelet	<span style="color: orange;">●</span>
Vegan Sausage	<span style="color: brown;">●</span>
Diced ham omelet	<span style="color: orange;">●</span>

## BENTO

Vegetable California roll	<span style="color: brown;">●</span>
Veggie gyoza dumplings	<span style="color: green;">●</span>
Brown rice salmon avo roll	<span style="color: orange;">●</span>
Tofu ramen or udon	<span style="color: green;">●</span>
Tofu poke bowl	<span style="color: green;">●</span>
Simply shrimp roll	<span style="color: orange;">●</span>
Smoked salmon spring roll	<span style="color: orange;">●</span>

## GELATO LOVE

17 vegetarian options	<span style="color: green;">●</span>
8 vegan options	<span style="color: brown;">●</span>

## THE DEN

Pancakes	<span style="color: green;">●</span>
Beyond burger sandwich	<span style="color: green;">●</span>
Gluten-free english muffin	<span style="color: orange;">●</span>
Garden salad	<span style="color: green;">●</span>
Beyond burger PATTY	<span style="color: orange;">●</span>
Fried cheese melt	<span style="color: green;">●</span>

## TALLY MAC SHACK

Hold the cheese please!	<span style="color: orange;">●</span>
The GOAT	<span style="color: green;">●</span>
It's all greek to me	<span style="color: green;">●</span>

## CHICK-FIL-A

Market salad	<span style="color: purple;">●</span>
Grilled nuggets	<span style="color: orange;">●</span>
Greek yogurt parfait	<span style="color: orange;">●</span>

## TUSCAN EATERY

Rigatoni alfredo w/vegan chicken	<span style="color: purple;">●</span>
Vegan chicken flatbread	<span style="color: brown;">●</span>
Eggplant permesan melt	<span style="color: green;">●</span>

## VATO TACO

Falafel tacos	<span style="color: brown;">●</span>
Thai peanut brussel taco	<span style="color: green;">●</span>
Falafel bodega bowl	<span style="color: green;">●</span>
Falafel nachos	<span style="color: green;">●</span>

## SUBWAY

Veggie patty	<span style="color: orange;">●</span>
Broccoli and cheddar soup	<span style="color: orange;">●</span>
Gluten-free bread	<span style="color: orange;">●</span>

## STARBUCKS

Impossible breakfast sammy	<span style="color: green;">●</span>
Kale and mushroom eggbite	<span style="color: orange;">●</span>
Egg white roast pepper eggbite	<span style="color: orange;">●</span>
Chickpea & avo protein box	<span style="color: brown;">●</span>

## PANERA BREAD

Mediterranean sandwich	<span style="color: green;">●</span>
Mexican corn chowder	<span style="color: orange;">●</span>
Thai chicken soup	<span style="color: orange;">●</span>

## BROOKLYN PIZZA

White pizza	<span style="color: green;">●</span>
Veggie pizza	<span style="color: green;">●</span>
Spinach and feta pizza	<span style="color: green;">●</span>

## POLLO TROPICAL

Fried yuca	<span style="color: orange;">●</span>
Shredded chicken tropichop	<span style="color: orange;">●</span>

## PANDA EXPRESS

Steamed brown rice	<span style="color: orange;">●</span>
Steadmed white rice	<span style="color: orange;">●</span>
Eggplant tofu	<span style="color: brown;">●</span>
Supergreens (entree)	<span style="color: brown;">●</span>

## STEAK N SHAKE

Genuine Chili	<span style="color: orange;">●</span>
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## 4RIVERS

Farm House Salad	<span style="color: green;">●</span>
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