Vegetarian/Vegan Options
Dining Guide

Nevada Dining provides a range of options to meet the diverse needs of vegetarian students. A number of surveys on college campus' show the average number of students that consider themselves vegetarian is 12% - 15%, while the number of students that identify themselves as vegan is roughly 2%. Coincidently, these percentages have almost doubled in the last decade.

All Nevada Dining locations have vegetarian and vegan options. The Downunder Café has the largest selection with a wide assortment of fresh greens, vegetables, hummus, tofu, seeds and nuts, fruit, yogurt and salad dressings. There is always a daily vegetarian soup option along with at least one vegetarian pizza choice. Vegetarian and vegan selections are available for breakfast, lunch and dinner.

The Downunder Café’s “Stir-Fry-to-Order” also has broad appeal with vegetarians. Students can choose from a variety of vegetables, proteins and sauces to make a customized meal. “Omelets-to-Order” is also a popular choice.

Calcium- fortified, plain soy milk and enriched rice milk are available as vegan options to cow’s milk. Most of the dessert options are vegetarian, but they are not marked, so we suggest reading the ingredients on the food ID cards. Vegan dessert options are limited. Lactose-free ice cream is available on a rotating basis and there is always a large selection of whole, seasonal fruit.

Food ID Cards
At Nevada Dining, we do our best to accommodate students who have special dietary needs. Food ID cards are posted by all multi-ingredient foods served in the Downunder Café. These ID cards help students make informed food decisions and also identify potential food allergens. Our vegetarian and vegan labels look like this:

A Note About Frying Oil
Vegetarian students concerned about foods that may have been commingled with non-vegetarian foods through deep frying oil are encouraged to talk with the Management Team or the manager on duty.

Other Resources
Menu Kiosks
We are proud to offer nutrition analysis kiosks inside the Downunder Café. These kiosks allow students to review menus and access nutrition facts. To find and utilize these kiosks, look under the “nutrition information” signs located in the Downunder Café’s serving area.

How to use the Touchscreen
• The current day is always shown on the menu screen as the default and represents all of the meals available during that day’s meal period – simply select from breakfast, lunch or dinner on the top navigation bar (if you want to go forward in the calendar to look at meals for the next day or the next week, you can do so)
• Scroll down the list to find the menu item(s) you are interested in
• To get a nutritional “quick look” for any individual item, simply hover the pointer over the item name and an information box will appear
• To get nutritional information for a complete meal (multiple selections), check the box to left of the item name for each of your selections, then click GET NUTRITION INFO in the upper right corner – a complete listing of the meal with the totals for all selections will be created

Meal Filter
The Residential Life, Housing and Food Service website also offers a convenient meal filter for those with special dietary concerns. Quickly find the appropriate food choices for your particular needs for breakfast, lunch and dinner.

This filter can be found at:
www.unr.edu/housing/dining/locations/downunder/daily-menu