Plant-based at Dartmouth

PRESENTED BY
Eating for the Earth

2022/23
Table of Contents

01  ABOUT
04  OVERVIEW OF DARTMOUTH DINING
05  '53 COMMONS / FOCO
08  COLLIS CAFE
10  COURTYARD CAFE
11  NOVACK
12  RAMEKIN
14  OFF-CAMPUS OPTIONS IN HANOVER
20  OFF-CAMPUS OPTIONS OUTSIDE HANOVER
22  CONTACT
About this guide

Hi there! Welcome to Dartmouth's first ever comprehensive plant-based guide. This document was put together by Eating for the Earth, a community of plant-based students striving to raise awareness about sustainable food choices.

In this guide, you'll find:
- Details about dining locations at Dartmouth
- A list of vegan options at each location (including secret menu stuff!)
- Vegan options off campus!

Look out for the ! symbol in this guide for stuff that are NOT vegan but may be mistaken as such.

Whether you're a hardcore vegan or self-proclaimed meat-lover, we hope this guide will be helpful in guiding you to make more conscious choices—for yourself, the animals and our planet 😊

Happy eating!!

Join the Eating for the Earth GroupMe!
Why plant-based?

DID YOU KNOW: Animal agriculture contributes to 18% of global greenhouse gas emissions. Going plant-based can reduce an individual's carbon footprint by up to 73%!
Food labelling

All dishes in Dartmouth Dining locations are labeled with the appropriate food allergen and/or menu classification symbols.

Look out for the "VG" symbol!

DDS updates their menu every day so you know what they're serving. Check it out HERE!
Overview: Dining locations on campus

**FOCO**
*Daily 7.30am-8.30pm*
Main dining hall. Salad bar, soup, stir-fry, and a fully vegetarian station

**COLLIS**
*Mon-Fri 7am-8pm*
Tofu scramble, stir-fry, pasta, smoothies, vegan baked goods

**COURTYARD**
*Varies*
Packaged meals, veggie burgers, customizable salads, snacks

**NOVACK**
*Varies*
Starbucks drinks, vegan wraps, energy bars, snacks

**RAMEKIN**
*Mon-Fri 8am-3pm*
Starbucks drinks, vegan wraps, energy bars, snacks

**THE FERN**
*Mon-Fri 8am-3pm*
Customizable grain bowls, smoothies, snacks

**CAFE AT BAKER**
*Mon-Fri 8am-3pm*
Starbucks drinks

**SNACK BARS**
*Daily 8pm-2am*
Energy bars, packaged snacks
'53 Commons

Our main dining hall!

TL;dr Vegan options always available at the salad bar, soup, sandwiches and Herbivore station.

Farmstand (Salad Bar & Sandwiches)

- Salad greens: Spinach, Romaine lettuce, Mixed greens (Occasionally have kale but it's a rare treat)
- Raw vegetables: Broccoli, carrot, corn, cucumber, cherry tomato, mushroom, olives, & more
- Protein: Tofu cubes, chickpeas, edamame, kidney beans
- Vegan shredded mozzerella
- Vegan dressings: Sesame Ginger, Lemon Vinaigrette, Greek, Lite Italian, Vegan Ranch

Farmstand also rotates grains and pre-mixed salads such as quinoa, tabouli, roasted broccoli, etc.

E4TE hacks!

If you get sick of the salad dressings, make your own instead:

- Hummus from the sandwich station + lemon wedge from condiments table + cold water
- Peanut butter + soy sauce (located in mini fridge)

Sandwiches:

- Opt for rye bread or spinach wrap
- Vegan sliced cheese
- The only vegan "filling" is the portobello mushroom
  - Note: The buffalo cauliflower is NOT vegan, it contains dairy.

Ask for just the spinach wrap and DIY from the salad bar instead! With shredded lettuce, tomato, chickpeas and/or tofu, hummus, etc.
'53 Commons

Soup
Flavors rotate daily. Our favorites:
- Black bean
- Tomato basil
- Lentil & chickpea

Herbivore (Fully vegetarian)
MUST-TRY'S:
- Vegan nuggets
- GLT Sandwich
- Mushroom Stroganoff
- General Tso's tofu
- Cranberry Oat / Fudge Brownie cookies

Vegan pizza available for lunch and dinner

- The stews can be kinda mushy sometimes
- Occasionally some meals lack a protein option (tofu, tempeh, alternative meats, etc.)

Pavilion (Kosher)
- On days you’re craving lots of fibre, go to Pavilion. They usually have steamed broccoli / mixed vegetables.
- Sometimes have REALLY good vegan options like falafel pita, marinara veggie meatballs
- Hummus and pita chips = a staple

Hearth
- Pasta & marinara sauce
- (Everything else contains dairy)
'53 Commons

Ma Thayers
- Tofu or chickpea scramble for breakfast
- Usually have some sort of steamed or roasted veggies

Saute Fresh (Stir-fry)
- Usual veggie options: Broccoli, mushroom, carrot, white onion, bell peppers, rice, pineapple, spinach
- Protein: Tofu
- Sauces: Most sauces are vegan! Try the Sweet Chili or Sesame Garlic
- Serve scampi sometimes - NOT vegan!

Flat Top Grill (i.e. Where people go to for burgers, hot dogs and grilled cheese)
- Usually have french fries / sweet potato fries / tater tots
- Sometimes they have fried brussel sprouts (very delish)

Bake My Day
- Rarely have vegan options BUT
- Fruit pies are generally vegan (Apple / Blueberry / Cherry / "Fruits of the Forest")
- On good days : Vegan breakfast cookie

Ice-Cream
- Usually have at least one oat-based option
- Top it with crushed Oreos!

FOCO usually has vegan yogurt available! If it's not in the mini fridge just ask one of the staff.

Two words: Spice rack. Load up your food with everything-but-the-bagel seasoning, garlic powder paprika, curry powder or sriracha! Add nutritional yeast for your daily dose of B-12 and hemp seeds for a boost of omega-3.
Collis Cafe

TL;dr Tofu scramble, stir-fry, pasta, smoothies, vegan baked goods!

BREAKFAST: Tofu scramble
- Superior to FOCO's, they make it fresh on the spot
- You can add on toppings like mushroom, potato, spinach

LUNCH
Stir-fry
- Order with tofu and/or veggies
- All sauces are vegan!

Soups
- At least one vegan soup every day

Collis Daily Special
- Usually NOT vegan but once in a while there'll be vegan options like Pad Thai or sweet potato burrito

DINNER: Collis Pasta
- Order with marinara sauce, tofu and/or veggies

Join the COLLIS SPECIAL @ NOW group chat to find out the special for that day!
Collis Cafe

ALL DAY
Smoothie bar
- All fruits (mango, pineapple, banana, blueberry, strawberry, peach)
- Most liquids (guava / orange juice, soy / almond / oat milk, coconut water)
- Cinnamon
- Protein (PB2 powder, soy protein, pea protein)

Acai bowls
- Acai itself is vegan, ask for without honey
- Granola has honey

Cold case
- Vegan pudding (Chocolate, tapioca)
- Non-dairy yogurts
- Some salads and wraps/sandwiches, but not everyday :(  
- Avocado sushi

Baked goods
- There are vegan options about twice a week
- Cookies, brownies/blondies, muffins, pumpkin cake, breads

The PB&J sandwiches at Collis are NOT vegan!! (But the ones at Novack and Ramekin are)
Courtyard Cafe

TI;dr Packaged meals, vegan burgers, customizable salads, and a secret menu vegan quesadilla

Grill:
- Veggie burger
  - You can add lettuce and tomato
  - There's usually condiments outside (mustard, sriracha, BBQ sauce etc.)

From the fridge:
- Veggie dumplings
- Channa Masala with rice
- Avocado sushi
- Veggie Hummus wrap and Falafel wrap
- Fruit cups: Grapes, Strawberries, Pineapples
- Uncrustables Peanut Butter & Grape Jelly

Packaged snacks:
- Cereal
- Pretzel chips
- LUNA bars
- Vegan Rob’s Puffs

They also have fresh fruit (bananas and avocados) near the register!
Novack

TL;dr Starbucks drinks, vegan wraps, PB&J, sushi, energy bars.

Non-dairy options: Almond, soy, almond, coconut

From the fridge:
- Silk almond milk
- Avocado sushi
- Baby carrots and hummus
- Veggie Hummus Wrap
- PB&J Sandwich

Packaged snacks:
- Oatmeal
- Nuts / Trail mix
- CLIF bars
- LUNA bars
- Stacy’s Pita Chips (Simply Naked)
- Oreo
- Nutter Butters
- Vegan Rob’s Puffs

Note: KIND bars are NOT vegan. They contain honey.
Ramekin

TI;dr Starbucks drinks, vegan wraps, PB&J, energy bars

From the fridge:
- Baby carrots and hummus
- Veggie Hummus Wrap
- PB&J Sandwich
- Quinoa & Chickpea Salad

Packaged snacks:
- Oatmeal
- Nuts / Trail mix
- CLIF bars
- Chips (Original, Sea Salt and Vinegar, Mesquite Barbeque)
- Divvies Chocolate Chip Cookies
- Fruit jerky

Generally fewer vegan options than the other dining locations

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<tbody>
<tr>
<td>Mighty Vegan Wrap</td>
<td>Falafel Wrap</td>
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<table>
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<th>Wed</th>
<th>Thu</th>
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<tr>
<td>Mighty Vegan Wrap, Portobello Mushroom Sandwich</td>
<td>Southwest Veggie Wrap</td>
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</table>
The Fern Coffee & Tea Bar

- Coffee, with non-dairy options
- Smoothies: All of them are vegan! We recommend the Tropical Punch
- Customizable grain bowls with quinoa, tofu, and veggies (but all the veggies are raw)
  - Level it up with the dressings: lemon vinaigrette is a top choice!
- Veggie / Falafel wraps (same as the ones at Courtyard, Ramekin, and Novack), served with apple slices
- Portobello Mushroom sandwich
- Açai bowls: Request NO granola or honey

Cafe at Baker

- Mocha Joe's coffee
- Rishi Tea
- Also have pastries from King Arthur Flour, apple pie is vegan!!
- Nirvana cookie (from Lou's) - one of the yummiest creations ever!!!
Off-campus Options in Hanover
Base Camp Cafe

**MENU**
- Nepalese cuisine
- Very vegan-friendly
- Recommendations: Tarkaris (Plantain, Tofu & Mushroom, Jackfruit)

**Boloco**

**MENU**
- Burritos, bowls, salads
- Very vegan-friendly
- Recommendations: Impossible Meat
  - If you’re on a budget, the baked tofu is not bad as well!

**C&A Pizza**

**MENU**
- Pizza and Pasta
- Not vegan-friendly
- Options: Spaghetti with Mushrooms, French Fries

**Dunk's Sports Grill**

**MENU**
- Sports Bar
- Not vegan-friendly
- Options: Falafel Burger (request no sauce)
**Lou's**

**MENU**

- Brunch spot!
- Pretty vegan-friendly
- Recommendations: Vegan Nirvana Cookie, Vegan Tofu Scramble, Customizable salad bowls

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**Han Fusion**

**MENU**

- American-Chinese food
- Pretty vegan-friendly
- Recommendations: General Tso's Tofu, Sesame Tofu, Eggplant

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**Domino's**

**MENU**

- Pizza and Pasta
- Somewhat vegan-friendly
- Options: Customized Pizza with Thin Crust, Build Your Own Pasta, Mediterranean Veggie Sandwich (request no cheese), Garden Salad (request no cheese or croutons)

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**Jewel of India**

**MENU**

- Indian food
- Somewhat vegan-friendly
- Recommendations: Aloo Gobhi Masala (Cauliflower and potato curry)
Molly's

**MENU**
- Traditional American
- Not vegan-friendly
- Recommendations: Truffle fries (request no parmesan), Fire Roasted Vegetable salad, Avocado Toast, Beyond meat burger with gluten-free bun and no cheese

Murphy's on the Green

**MENU**
- American
- Not vegan-friendly
- Options: Thai Noodle Bowl with Tofu, Chickpea Burger

PINE

**MENU**
- Farm to table American cuisine
- Not vegan-friendly
- Options: Baby Green Salad (Lunch), Summer Cauliflower (Dinner)

Ramunto's

**MENU**
- Pizza
- Somewhat vegan-friendly
- Options: Vegan cheese available upon request, Garden Salad, Customizable pizza with gluten-free crust

Samosa Man

**MENU**
- Indian
- Pretty vegan-friendly
- Recommendations: Chickpea Masala, Veggie Briyani
Sushiya

**MENU**
- Korean / Sushi
- Pretty vegan-friendly
- Recommendations: Bibimbap (Order with no egg)

Tacos Y Tequila

**MENU**
- Mexican
- Somewhat vegan-friendly
- Recommendations: Guacamole, Veggie Tacos, Veggie Fajitas (request no sour cream)

The Nest

**MENU**
- Brunch spot
- Very vegan-friendly
- Recommendations: BBQ Tempeh Sandwich, Curried Chickpea Salad, General Tso’s Roasted Broccoli Wrap, Spinach Falafel Pita

Tuk Tuk Thai

**MENU**
- American-Thai food
- Pretty vegan-friendly
- Recommendations: Eggplant Basil with Tofu
4U Bubble Tea

- Iced teas

Dirt Cowboy Cafe

- Offer oat and soy milk

My Brigadeiro

- Occasionally have vegan cakes
- Can pre-order vegan chocolate cake (give a few weeks' notice)

Starbucks

- Offer almond, coconut, oat and soy milk

Still North Cafe

- Offer oat and almond milk
- Food: Greens + Grain
  Salad, Hummus + Veggies
  Sandwich
Vegan Options outside of Hanover!

- **Pim’s Thai Orchid**  
  West Leb, NH | Thai

- **Men at Wok**  
  West Leb, NH | Chinese

- **Trail Break**  
  White River Junction, VT | Mexican

- **Phnom Penh Sandwich Station**  
  Lebanon, NH (Takeout only) and White River Junction, VT | Asian

- **Hartland Diner**  
  Hartland, VT | Typical diner food, have a full separate vegan menu!! (Including vegan pancakes YUM)

- **Red Wagon Bakery**  
  Canaan, NH | Brunch spot (Avo toast, usually have 1-2 homemade vegan desserts)
Vegan Options outside of Hanover!

- Dazzle Cupcakes
  Suggested by Allison Wachen: They have AMAZING vegan cupcakes and cakes in a lot of flavors! They will deliver to your dorm for a small fee. Dazzle Cupcakes is around 10-15 minutes away from campus with a car.

(We will update this list as more contributions roll in!)
Questions? Concerns? Feedback?
Please reach out!

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Dartmouth Dining
Text 55744 and start your text with:
• "txtcyc" for the Courtyard Cafe
• "txt53" for the Class of 1953 Commons
• "txtcollis" for the Collis Café

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Join the Eating for the Earth GroupMe!