



EATING FOR
THE EARTH

Plant-based at Dartmouth

PRESENTED BY
Eating for the Earth

2022/23



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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.



Join the Eating for the Earth [GroupMe](#)!

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 😊

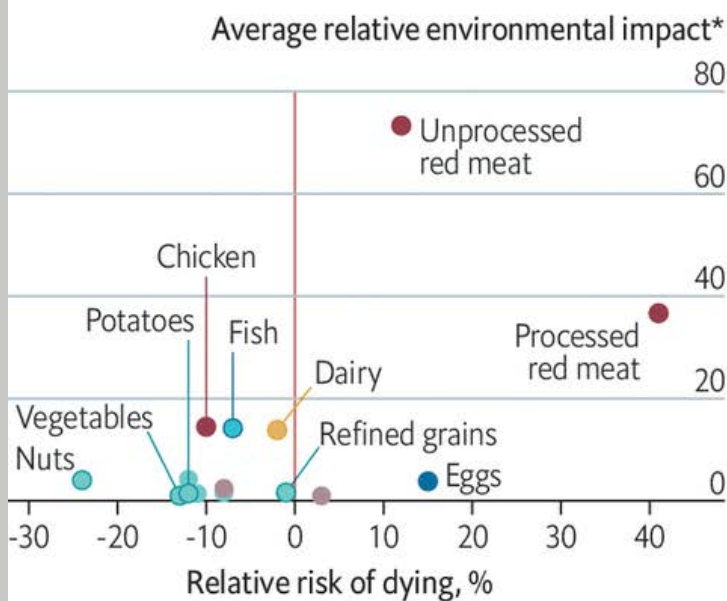
Happy eating!!

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%**!

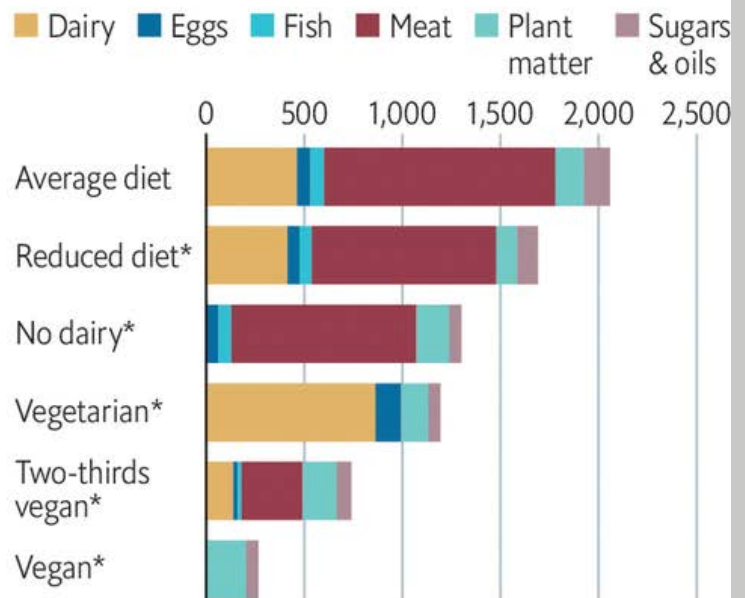
High-steak diets

Health and environmental impact of one extra serving per day



Sources: "Multiple health and environmental impacts of foods", by Clark et al., PNAS; "Country-specific dietary shifts to mitigate climate and water crises", by Kim et al., Global Environmental Change

United States, greenhouse-gas footprint kg of CO₂ equivalent per person per year



*Vegetables=1 †Simulated diet, to reach 2,300 calories per day

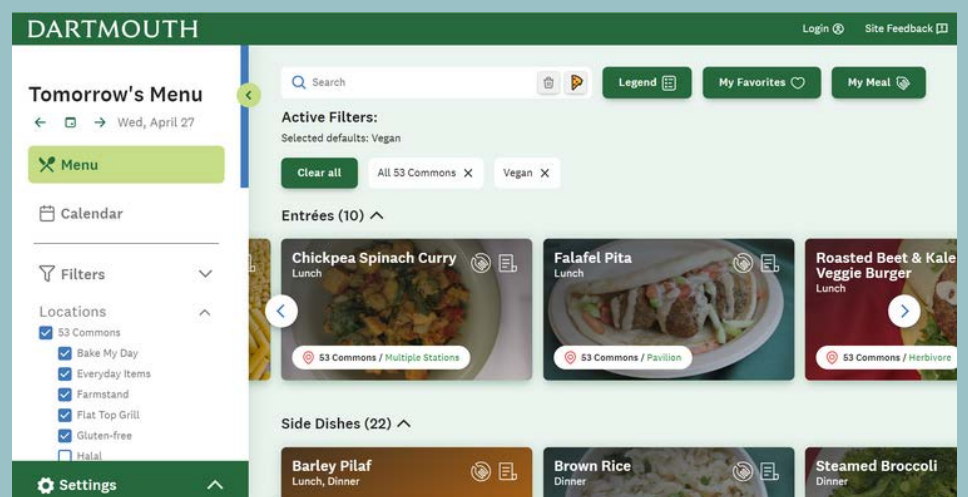
Food labelling

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 mozzarella
- 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)

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

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.



'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.)

Comfort food for cold rainy days: Get yourself a bowl of hot soup and add some vegan cheeze from the salad bar on top



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

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

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!

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

Tl;dr Packaged meals, vegan burgers, customizable salads, and a secret menu vegan quesedilla

Grill:

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

SECRET MENU: Vegan quesedillas!!! (This will become a standard menu offering starting Fall '23!!)



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.



Mon

Sesame Ginger Tofu
Wrap

Tue

Falafel Wrap
Quinoa & Chickpea Salad

Wed

Mighty Vegan Wrap
Portobello Mushroom
Sandwich

Thu

Southwest Veggie Wrap

Sat

Falafel Wrap

Sun

Mighty Vegan Wrap
Southwest Veggie
Sandwich

Ramekin

Tl;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

Generally fewer vegan options than the other dining locations

Packaged snacks:

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



Mon

Mighty Vegan Wrap

Tue

Falafel Wrap

Wed

Mighty Vegan Wrap
Portobello Mushroom
Sandwich

Thu

Southwest Veggie
Wrap

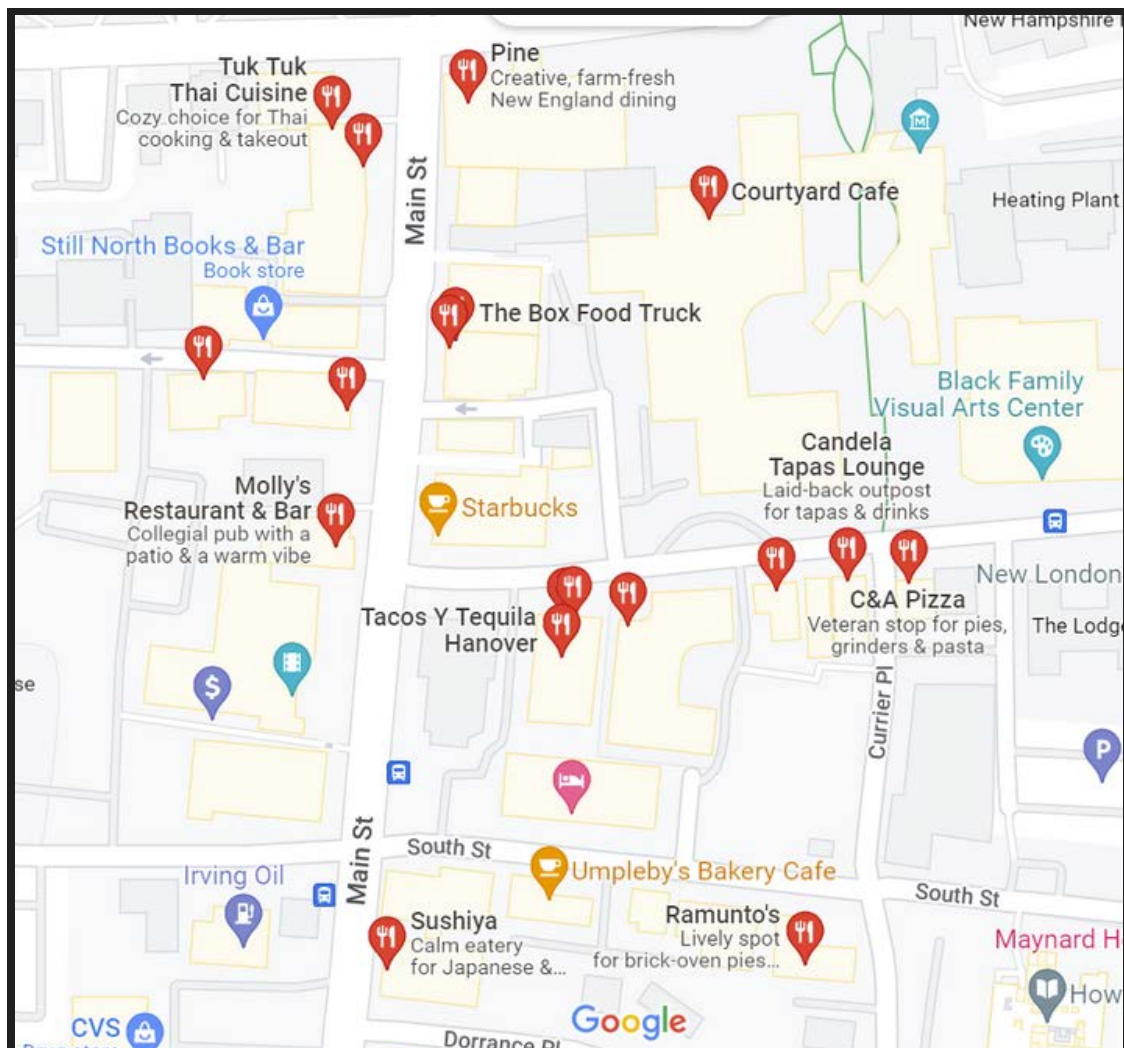
The Fern Coffee & Tea Bar

- 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
- Açaí 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)

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)

Han Fusion

MENU

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

Lou's

MENU

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



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

MENU

- Iced teas

Dirt Cowboy Cafe

MENU

- Offer oat and soy milk

My Brigadeiro

MENU

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

Starbucks

MENU

- Offer almond, coconut, oat and soy milk

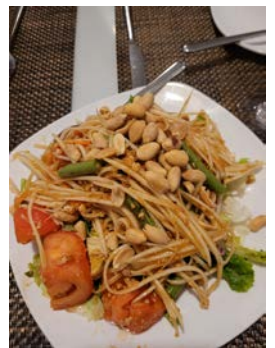
Still North Cafe

MENU

- 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!

Eating for the Earth

Eating.for.the.Earth@dartmouth.edu

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

dds.feedback@dartmouth.edu

Beth Rosenberger, Registered Dietitian for
Nutritional Issues

Elizabeth.Rosenberger@dartmouth.edu



Join the Eating for
the Earth GroupMe!