All Day
- Cold cereal (minimum 10 selections daily)
- Waffle bar with assorted toppings
- One vegetarian or vegan soup or chili is available
- Fresh cut & hand fruits available
- Beverages: fountain drinks, soy, rice & almond milk, juices, hot tea

VEGAN Breakfast
- Hot cereal
- Breakfast potatoes
- Granola, sunflower seeds, dried fruits

Lunch & Dinner
- River City Grille: Boca® burgers (no bun), French fries
- Market Fresh Salads: create your own salad bar items include fruits and vegetables, roasted vegetable blend, marinated tofu, beans
- Salad dressings: balsamic vinaigrette, fat free raspberry vinaigrette, raspberry vinaigrette
- East Street Deli: sandwiches are made to order, roasted vegetables & hummus are available
- Noodle: any pasta bar with vegetable toppings & sauces
- Spoon & Fork: vegetable items are prepared vegan unless otherwise noted
- Mongo: steamed rice, made-to-order sautéed vegetables
- V2: any entree can be made vegan if not already designated, daily rotation of composed salads & hummus are available

VEGETARIAN Vegetarian options include all vegan options, in addition to the following:
Breakfast
- River City Grille: made-to-order eggs with vegetable & cheese toppings
- Spoon and Fork: pancakes, French toast, assorted egg dishes
- Assorted yogurts
- Assorted breakfast pastries

Lunch
- River City Grille: Gardenburger veggie burger, French fries, grilled cheese
- Noodle: any pasta bar with vegetable toppings & sauces, omelet bar
- Oven: cheese pizza, vegetarian specific specials
- Fresh baked goods, frozen yogurt

CONTACT US!
QUESTIONS OR CONCERNS?
DUQUESNE DINING OFFICE
DUQUESNE UNION #333
412-396-6612
DUQUESNEDINING.CATERTRAX.COM
EMAIL US AT DINING@DUQ.EDU

STAY CONNECTED!
@DUQUESNEDINING

DOWNLOAD OUR FOODU APP
TO VIEW MENUS, HOURS & UPCOMING EVENTS

Menu items listed in this brochure is a comprehensive list & meant to inform guests of possible available products. If you have an allergy or specific dietary restriction, we highly recommend contacting our dining office. Menu items are produced in facilities that handle meat, dairy & other common allergens.
**Chick-fil-A**

**VEGAN**
- Sides: fruit cup, waffle fries
- Sauces & Dressings: Polynesian, BBQ, Sriracha, Zesty Apple Cider Vinaigrette, Light Italian, Light Balsamic Vinaigrette, Chili Lime Vinaigrette

**VEGETARIAN**
- Vegetarian options include all vegan options, in addition to the following:
  - Sides: side salad, grilled market salad (no chicken)
  - Treats: any flavor milkshake
  - Sauces & Dressings: all sauces & dressings are vegetarian-friendly

**Cinco Cantina**

**VEGAN**
- Order: bowl or salad
- Proteins: roasted vegetables, mole tofu, or trigo latina
- Fillings: all vegetable fillings are vegan-friendly, unless otherwise stated
- Salsa & Dressings: guacamole, our salsas and dressings rotate seasonally, please verify with dining team member

**VEGETARIAN**
- Vegetarian options include all vegan options, in addition to the following:
  - Order: any burrito, taco, bowl or salad
  - Queso: queso is vegetarian-friendly, unless otherwise stated

**Freshëns**

**VEGAN**
- Rice Bowl: rice, veggies, BBQ sauce
- Smoothies: Wild Strawberry, Maui Mango, Tropical Therapy, Caribbean Craze, Feelin’ Peachy, Mango Me Crazy, Pom-Tastic, Purple Reign, Bangin’ Berry, Oh Kale

**VEGETARIAN**
- Vegetarian options include all vegan options, in addition to the following:
  - Rice Bowls: all can be ordered vegetarian with the option of substituting beans for the protein
  - Crepes: Egg White Florentine (no bacon), Cheesecake, Nutella Supreme, Fresh Tomato/Cheese/Basil
  - Smoothies: all smoothies are vegetarian

**The Incline**

**VEGAN**
- Salads-By-Design: made-to-order salad bar, salads can be made vegan:
  - Proteins: tofu, chickpeas, black beans, quinoa
  - Dry toppings: sunflower seeds, chow mein noodles, craisins
  - Dressings: balsamic vinaigrette, raspberry vinaigrette, oil & vinegar, Italian
- Build-A-Burger: 3-grain burger (no bun)
- Rustica: pasta with marinara

**VEGETARIAN**
- Vegetarian options include all vegan options, in addition to the following:
  - Salads-By-Design: made-to-order salad bar, salads can be made vegetarian:
    - Protein: chopped eggs
    - Dry toppings: croutons
    - Dressings: Caesar, ranch, honey mustard
- Build-A-Burger: grilled cheese, French fries
- Rustica: grilled cheese, veggie lovers pizza, white pizza, baked pasta with vegetables (upon request)
- Hoagies-By-Design: made-to-order hoagies, hoagies can be made vegetarian:
  - Proteins: hummus, tempeh

**On The Go**

OnTheGo! items are available at retail locations including: The Incline, Cinco Cantina, Campus Market, Campus Market Express, Rockwell Market, and Coffee Tree Roasters. OnTheGo! selections rotate. Item labels denote vegetarian and vegan friendly options. Some options available:

**VEGAN**
- Sabra Hummus
- Applesauce
- Veggie cup
- Fruit cup
- Large garden salad
- Daily rotation of select vegan entrees and side dishes are available

**VEGETARIAN**
- Greek yogurt
- Yoplait Yogurt
- Hard boiled eggs
- Cottage cheese
- Pudding parfait
- Pasta salad
- Vegetable sushi roll
- Select salad offerings
- Daily rotation of select vegetarian entrees and side dishes are available

**Starbucks**

**VEGAN**
- Drinks:
  - Order: soy, almond, or coconut milk
  - Hold: Whipped cream, Java chips, protein powder, caramel drizzle
  - Avoid: Pumpkin spice, white mocha, caramel brulee, light frappuccino
- Food:
  - Sprouted Grain Vegan Bagel
  - Classic Whole-Grain Oatmeal, Hearty Blueberry Oatmeal
  - Hearty Veggie & Brown Rice Salad Bowl (no dressing)
  - Seasonal Harvest Fruit Blend, Organic Avocado Spread

Snacks: Please check labels on packaged products

**VEGETARIAN**
- Vegetarian options include all vegan options, in addition to the following:
  - Drinks: All drinks are vegetarian-friendly
  - Food:
    - Pastries rotate seasonally & are generally vegetarian-friendly
    - Sous Vide Egg Bites (Egg White & Red Pepper), Spinach, Feta & Cage-Free Egg White Breakfast Wrap
    - Eggs & Cheese, PB&J, Cheese & Fruit Protein Boxes
    - Egg Salad Sandwich, Roasted Tomato & Mozzarella Panini
    - Berry Trio Yogurt, Fresh Blueberries & Honey Greek Yogurt Parfait, Lemon Chiffon Yogurt
    - Snacks: Please check labels on packaged products

**The Red Ring Bar & Grille**

The Red Ring Bar & Grille changes their menus seasonally, please ask your server for available vegan & vegetarian items.

Visit RedRingRestaurant.com to view our most up-to-date menu offerings.