

Vegetarian and Vegan Dining

At Boston College, we are proud to offer plentiful vegetarian options during every meal, at every location on campus. Here are some of the ways that we cater to vegetarian and vegan students.

- BC has a **dedicated vegetarian station** at Carney's, **B'n Green**, which is open for dinner Sunday through Thursday. B'n Green offers several vegan options as well, including the popular vegetable pasta toss with ancient grains.
- **The Loft at Addie's** in Corcoran Commons is also open for dinner Sunday through Thursday, and has a wide selection of vegetarian dishes that are made with **local, sustainable ingredients**.
- All dining locations also offer several made to order options that can easily be made vegan or vegetarian (such as stir fries with tofu, or a pasta toss with beans).
- A variety of vegetarian and vegan proteins are available on every salad bar, including hummus, tofu, and a rotation of various beans including chickpeas, kidney beans, and edamame. The Greek yogurt parfait bar is also a popular spot to load up on meatless protein.
- A vegetarian entrée, pizza, and soup are **served daily** at all main locations. Additionally, many of our vegetarian soups are also vegan. Vegan soups and entrees will be labeled as such online and at the point of service.
- Grab n Go cases are stocked with meatless sandwiches, salads, and snacks, as well as an assortment of vegan macro meals.
- Vegetarian and Vegan meals can be prepared with equipment free of animal product cross contamination upon request.
- For assistance in locating vegetarian and vegan food items, please look for our vegetarian **carrot icon** next to menu items on the online menu. To access the online menu, first select your preferred dining location [here](http://www.bc.edu/content/bc/offices/dining/hours_and_menus.html) (http://www.bc.edu/content/bc/offices/dining/hours_and_menus.html)
- For your convenience, full ingredient listings for our menu items can be accessed by clicking the apple icon at the top of the menu page.
- Some of our most popular vegan and vegetarian items that rotate through the menu include the Veggie Wellington, the Vegetable Pasta Toss with Ancient Grains, and the Tofu Stuffed Portabella.
- For more information on how to practice a healthy vegetarian or vegan diet, students can make an appointment with BC's Executive Dietitian at sheila.tucker.1@bc.edu. While dining with us, students may also ask the manager on duty for assistance or information regarding ingredients and preparation.

If you're interested in finding out more information regarding vegetarian and vegan options on campus, please join the **Vegetarian Focus Group**. The group is held every other month and is led by the Dietitian for Boston College Dining. Attendees learn about available vegetarian and vegan options on campus, and are encouraged to bring any questions, concerns and recommendations. For more information, email Kelly.toups@bc.edu