Vegan, Plant-Based Menu

Breakfast Entrées and Sides
Apple pancakes | cinnamon french toast
Rice pudding with chia seeds, coconut, toasted almonds and cranberries
Sweet potato hash with apples, onions and pecans
Cereal: Cream of Wheat® | Quaker® oatmeal add Craisins®, brown sugar if desired
Cheerios® | Rice Chex® | Total® raisin bran

Lunch and Dinner Entrées
Quesadilla sofritas, corn and black bean salsa, pico de gallo and guacamole
Burrito in a bowl sofritas, corn, black beans, pico de gallo, salsa verde, guacamole
Black bean burger served with lettuce, tomato and red pepper hummus
Marinated, roasted tofu served with Asian slaw
Pasta primavera pasta tossed with pesto, roasted cherry tomatoes and chickpeas
Kale salad with edamame, carrots, radishes and Asian roasted tofu

Freshly Prepared Salads, Fresh Fruits and Vegetables
Entrée or side salads: mixed greens | spinach | create your own salad
Salad dressing: Italian | raspberry vinaigrette | oil and red wine vinegar
Steamed Vegetables: seasonal vegetable | broccoli | carrots | corn | peas
Potatoes and Grains: brown rice | chips
Whole Fresh Fruit: banana | navel orange | Gala apple | pear
Prepared Fruit: mixed fresh fruit | applesauce | peaches

Soups
Poblano black bean | tomato basil | vegetable broth

Smoothies and Beverages
Seasonal smoothies
Beverages: Folgers® coffee | tea | juices | Silk® soy milk | Coke® products

At The Ohio State University Wexner Medical Center, we care about the foods you eat and recognize that eating well is key to living well. Our award-winning chefs crafted this specialized menu using fresh, local and natural ingredients whenever possible.