

Champlain College

Dietary Restrictions

Breakfast Items:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Big Breakfast	NO	NO	NO	NO	NO	Swap to gluten-free bread
BLT Sandwich	Ask for no bacon	NO	NO	NO	NO	Swap to gluten-free bread
Breakfast Sandwich	NO	NO	NO	YES	NO	Swap to gluten-free bread
Breakfast Sandwich with No Meat	Lacto/ovo vegetarian	NO	YES	YES	NO	Swap to gluten-free bread
Breakfast Wrap	Ask for no bacon, make lacto/ovo vegetarian	NO	Ask for no bacon	NO	NO	Swap to gluten-free wrap
Hashbrown Triangle Patties	YES	YES	YES	NO	NO	NO

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Bagel with Cheese	YES	NO	YES	YES	NO	YES
Bagel with Cream Cheese	YES	NO	YES	YES	NO	YES
Healthy Start	Lacto/ovo vegetarian	Sub no frittata muffin	YES	YES	NO	NO
Upgrade to Bagel	YES	YES	YES	NO	NO	YES
GLT Sandwich	YES	YES	YES	NO	NO	Swap gluten-free bread
Veggie Bagel Supreme	YES	YES	YES	NO	NO	Swap gliuten-free bread
Guac Toast	YES	YES	YES	NO	NO	Swap gluten-free bread
Add Bacon (2)	NO	NO	NO	NO	NO	NO
Add Cheese (1)	Lacto/ovo vegetarian	NO	YES	YES - swap for vegan cheese	NO	NO

Lunch/Dinner Items:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Halal 1/4 Burger	Sub lightlife or blackbean patty	Sub lightlife or blackbean patty	YES	NO	NO	Swap to gluten-free bun
Love Me Tenders (3)	Sub plant-based chicken tenders	Sub plant-based chicken tenders	NO	NO	NO	YES
Crispy Chicken Burger	NO	NO	NO	NO	NO	Swap gluten-free bun
Grilled Chicken Burger	NO	NO	NO	NO	NO	Swap gluten-free bun
Grilled Cheese	Lacto vegetarian	NO	YES	YES - swap vegan cheese	NO	Swap gluten-free bread
Chicken Twister Wrap	NO	NO	Ask for no bacon, swap halal chicken	NO	NO	Swap gluten-free bread, halal chicken strips

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Triple Decker Clubhouse	NO	NO	NO	NO	NO	Swap gluten-free bread
Morning Star Burger (Black Bean Burger)	YES	YES - swap vegan mayo	YES	NO	NO	Swap gluten-free bun
Homestyle Coleslaw (purchased)	YES	NO	YES	NO	NO	NO
Straight Cut French Fries (10oz)	YES	YES	YES	NO	NO	NO
Onion Rings	YES	YES	YES	NO	NO	YES
Poutine	Lacto vegetarian	NO	YES	YES - swap vegan cheese	NO	NO
Gravy	YES	NO	YES	YES	NO	NO
BLT Sandwich	NO	NO	NO	NO	NO	Swap gluten free bread

Revolution Noodle:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nuts?	Contains Gluten?
BYO Revolution Noodle Bowl	Ask for veggies, vegetable broth, rice noodles, tofu	NO	Ask for halal chicken strips, tofu, veggies, vegetable broth	NO	NO	Ask for rice noodles
Beef Pho Bowl	NO	NO	NO	NO	NO	NO
Roasted Chicken Thai Bowl	NO	NO	NO	NO	NO	Ask for rice noodles
Add Tofu	YES	YES	YES	NO	NO	NO
Add Pork	NO	NO	NO	NO	NO	NO
Add Chicken	NO	NO	Ask for halal chicken strips	NO	NO	NO
Add Egg	Lacto/ovo vegetarian	NO	YES	NO	NO	NO

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nuts?	Contains Gluten?
Add Shrimp	NO	NO	YES	NO	NO	NO
Tofu Pho Bowl	YES	YES	YES	NO	NO	Ask for rice noodles
Spring Rolls	YES	NO	YES	NO	NO	YES
Potstickers	NO	NO	NO	YES	NO	YES

El Diablito Taquerias:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nuts?	Contains Gluten?
Mexican Chicken Burrito	NO	NO	Ask for halal chicken	NO	NO	Ask for gluten-free wrap
Spicy Beef Burrito	NO	NO	YES	NO	NO	Ask for gluten-free wrap
Black Bean & Sweet Potato Burrito	YES	Ask for no sour cream, chipotle mayo	YES	YES - ask for no sour cream	NO	Ask for gluten-free wrap
Chipotle Pulled Pork Burrito	NO	NO	NO	NO	NO	Ask for gluten-free wrap
Fiesta Tofu Burrito	YES	NO	YES	NO	NO	Ask for gluten-free wrap
Quesadilla (with protein)	NO	NO	Ask for halal chicken strips	YES - ask for vegan cheese	NO	Ask for gluten-free wrap

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Quesadilla (vegetarian)	Lacto vegetarian	Ask for vegan cheese	YES	YES - ask for vegan cheese	NO	Ask for gluten-free wrap
Fish Tacos	NO	NO	YES	NO	NO	YES
Create Your Own Burrito	Ask for no pork, beef, chicken, or fish	Can be made with no pork, chicken, beef, sour cream, chipotle mayo, creamy dill, sriarcha, or sour cream	Ask for halal chicken strips	Ask for no sour cream, chipotle mayo, creamy dill sauce, sriracha sour cream	NO	Ask for gluten-free wrap