



# Lady Eaton College

## Dietary Restrictions



### Breakfast Items:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Big Breakfast	NO	NO	NO	NO	NO	Switch to gluten free bread
BLT Sandwich	Remove bacon	NO	NO	NO	NO	Switch to gluten free bread
Breakfast Sandwich	NO	NO	NO	YES	NO	Switch to gluten free bread
Breakfast Sandwich with No Meat	Lacto / ovo vegetarian	NO	YES	YES	NO	Switch to gluten free bread

<b>Menu Items</b>	<b>Vegetarian</b>	<b>Vegan</b>	<b>Halal</b>	<b>Contains Dairy?</b>	<b>Contains Nut?</b>	<b>Contains Gluten?</b>
Breakfast Wrap	No bacon, to make lacto/ovo vegetarian	NO	No bacon	NO	NO	Switch to gluten free wrap
Hashbrown Triangle Patties	YES	YES	YES	NO	NO	NO
Bagel with Cheese	YES	NO	YES	YES	NO	YES
Bagel with Cream Cheese	YES	NO	YES	YES	NO	YES
Upgrade to Bagel	YES	YES	YES	NO	NO	YES
GLT Sandwich	YES	YES	YES	NO	NO	Switch to gluten free bread
Veggie Bagel Sypreme	YES	YES	YES	NO	NO	Switch to gluten free bread
Guac Toast	YES	YES	YES	NO	NO	Switch to gluten free bread

<b>Menu Items</b>	<b>Vegetarian</b>	<b>Vegan</b>	<b>Halal</b>	<b>Contains Dairy?</b>	<b>Contains Nut?</b>	<b>Contains Gluten?</b>
Add Cheese (1)	Lacto/ovo vegetarian	NO	YES	YES	NO	NO
Add Bacon (2)	NO	NO	NO	NO	NO	NO

# Lunch/Dinner Items:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Chicken Twister Wrap	NO	NO	Ask for no bacon, and ask for halal chicken	NO	NO	Ask for gluten-free wrap and halal non-breaded strips
Love Me Tenders (3)	Ask for plant-based chicken tenders	Ask for plant-based chicken tenders	NO	NO	NO	YES
Fries	YES	YES	YES	NO	NO	NO
Grilled Cheese	Lacto/ovo vegetarian	Ask for vegan cheese	YES	YES	NO	Switch to gluten free bread
Jalepeno Popper Grilled Cheese	YES	NO	YES	YES	NO	Switch to gluten free bread
BLT Sandwich	Ask for no bacon	NO	NO	NO	NO	Switch to gluten free bread
Plant-based Lightlife Burger	YES	YES	YES	NO	NO	Switch to gluten free bun

## Chef's Table Homestyle Lunch/Dinner:

There will always be a vegetarian and gluten-free option available. Please inquire at the Station when necessary.



# Chop'd and Wrap'd:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
BYO Salad/Wrap	Make without chicken or egg	YES - Use Italian Dressing or balsamic vinaigrette, no cheese, no chicken, no egg	YES	Sub no cheese, use Italian vinaigrette, use balsamic dressing	NO	Sub gluten-free wrap or have as salad
Chop'd/Wrap'd Chicken Caesar	Sub no chicken	NO	YES, sub no bacon	YES, sub no cheese, use Italian dressing or balsamic vinaigrette	NO	Sub to gluten-free wrap, have as a salad, use only Italian / Balsamic dressing
Chop'd/Wrap'd Greek	YES - Greek dressing contains feta	NO	YES	YES - sub Italian dressing for Greek dressing, sub no feta	NO	Switch to gluten-free wrap, have as a salad
Chop'd/Wrap'd Southwest	Lacto/ovo vegetarian	YES - use Italian dressing, balsamic vinaigrette, no cheese, no chicken, no egg	YES	YES - sub no cheese, use Italian / balsamic dressing	NO	Switch to gluten-free wrap, have as salad

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Chop'd/Wrap'd Chickpea	YES - contains cheddar cheese	Sub no feta	YES	YES - sub no cheese	NO	Switch to gluten-free wrap, have as salad
Halal Chicken	NO	NO	YES	NO	NO	No
Falafel Balls	YES	YES	YES	NO	NO	NO
Boiled Egg	Lacto/ovo vegetarian	NO	YES	NO	NO	NO

# San Marzano:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Diavolo Pizza	NO	NO	NO	YES - sub vegan cheese	NO	YES - sub gluten-free pizza crust
Veggie Deluxe	YES - lacto vegetarian	Sub vegan cheese	YES	YES - sub vegan cheese	NO	YES - sub gluten-free pizza crust
Ham + Pineapple	NO - sub no ham	NO	NO	YES - sub vegan cheese	NO	YES - sub gluten-free pizza crust
Margherita	Lacto/ovo vegetarian	Sub vegan cheese	YES	YES - sub vegan cheese	NO	YES - sub gluten-free pizza crust
Pepperoni	NO	NO	NO	YES - sub vegan cheese	NO	YES - sub gluten-free pizza crust
Mozzarella	Lacto/ovo vegetarian	Sub vegan cheese	YES	YES - sub vegan cheese	NO	YES - sub gluten-free pizza crust
Grilled Veggie Pizza	Lacto vegetarian	Sub vegan cheese	YES	YES - sub vegan cheese	NO	YES - sub gluten-free pizza crust



Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
<b>BYO</b>	Add no meat	Add no meat, use vegan cheese	Add no meat	YES - sub vegan cheese	<b>NO</b>	YES - sub gluten-free pizza crust
Kale Caesar	NO	NO	YES	Sub Italian or Balsamic dressing	NO	NO
Roasted Red Pepper Salad	YES	NO	YES	NO	NO	YES

# West Bank Boost:

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Halal Burger (add bacon or cheese)	Sub for lightlife patty	Sub for lightlife patty	YES	NO	NO	Sub gluten-free bun
Crispy/Grilled Chicken Burger	NO	NO	NO	NO	NO	Sub gluten-free bun
Spicy Black Bean Burger	YES	YES	YES	NO	NO	YES
Fries	YES	YES	YES	NO	NO	NO
Poutine	Lacto vegetarian	Sub vegan cheese	YES	Sub vegan cheese	NO	NO
Triple Decker Grilled Cheese	Lacto vegetarian	Sub vegan cheese	YES	Sub vegan cheese	NO	Sub gluten free bread
Chicken Fingers	Ask for plant-based chicken tenders	Ask for plant-based chicken tenders	NO	NO	NO	YES

Menu Items	Vegetarian	Vegan	Halal	Contains Dairy?	Contains Nut?	Contains Gluten?
Chicken Twister Wrap	NO	NO	Ask for no bacon	NO	NO	Ask for gluten-free wrap, halal chicken strips without breading
Turkey Club Wrap	NO	NO	NO	NO	NO	Sub gluten-free wrap
Garden Falafel Wrap	YES	YES	YES	NO	NO	Sub gluten-free wrap
Chicken Quesadilla	Sub no chicken - contains cheese	Sub no chicken, sub vegan cheese	YES	YES - sub vegan cheese	NO	Sub gluten-free wrap
Side Garden Salad	YES	YES	YES	Sub Italian or Balsamic dressing	NO	NO
Side Caesar Salad	YES	NO	YES	YES	NO	YES - sub no croutons
Fish and Chips	NO	NO	YES	Sub no tartar	NO	YES

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Asian Chicken Rice Bowl	Sub no chicken	Sub no chicken	YES	NO	NO	YES
Teriyaki Chicken Noodle Bowl	Sub no chicken	Sub no chicken	YES	NO	NO	YES