

DailyRoot



a plant-based menu

WHAT IS THE DAILY ROOT?

The Daily Root is a plant-based/vegan menu that has been incorporated into the three Residential Restaurants across campus.

You don't have to be vegan to enjoy these delicious (and nutritious) options!

Breakfast

- **The Daily Root Selections:** Hot vegan sauté at omelet station, spiced breakfast quinoa fresh-baked vegan selection.
- **Salad Bar:** Seasonal fruit including fresh cut melon, pineapple, strawberries, and other whole fruit
- **Other:** Select whole-grain breakfast cereal, old-fashioned oatmeal, toast, bagels, or English muffins with peanut butter/margarine/jam, 100% juice, soy milk, rice milk.

Lunch & Dinner

- **The Daily Root Selections:** Complete vegan meal solutions.
- **Deli:** Create your own vegan sandwich, wrap, or panini with hummus and fresh vegetables from the deli and salad bar.
- **Comfort/Expo/International Stations:** Check daily for vegan offerings, such as steamed vegetables, assorted rice dishes. Curious if an entrée or side can be made vegan? Just ask!
- **Salad Bar:** Customize a salad with fresh spinach or romaine lettuce, raw vegetables, beans and fruit. Top it off with oil and vinegar or balsamic vinaigrette.
- **Soup:** At least one vegan soup option available daily.
- **Desserts:** Vegan desserts offered daily.



Benefits of Eating a Plant-Based Diet:

- Eating more wholesome, plant-based foods can help prevent heart disease, certain cancers, and the development of type II diabetes.
- Plant-based foods are usually higher in fiber, vitamins, and minerals to improve bowel function and contribute to an overall nutrient-rich diet.
- Going meatless just one day a week positively affects the environment by helping to reduce greenhouse gas emissions (GHG).



Think Outside the Station!

Want to mix up your meals? Feel free to get creative with offerings from every station! Here are some examples to mix and match your plate.

- **Hummus Veggie Wrap:** tortilla (deli) + hummus (deli) + romaine lettuce, spinach, and choice of vegetables (salad bar and stir-fry) + choice of dressing + crunchy toppings (salad bar)
- **Toasted PB & Banana Sandwich:** toasted whole wheat bread (deli) + peanut butter + banana slices
- **Spinach Grain Bowl:** spinach + quinoa + choice of vegetables + dressing or sauces + crunchy toppings (salad bar) + brown rice (worry free zone) stir and enjoy.
- **Mexican Wraps:** tortilla(deli) + rice (worry free zone) + beans + veggies + salsa + hot sauce (salad bar)



Achieving a Well-Balanced Diet

According to the American Dietetic Association, a well-balanced diet for vegans includes:

Food Group	Daily Servings
Whole grains	6
Legumes, nuts & seeds	5
Vegetables	4
Fruits	2
Healthy fats & oils	2