

Cal Poly Specialty Food Options

Listed below are a large variety of vegetarian, vegan, gluten-free, dairy-free, and low-fat food items from the Cal Poly Campus Dining restaurants and markets. For further assistance, please contact customer service at (805) 756-5939.

Disclaimer: due to cooking methods or unknown sauce ingredients, some gluten-free items may contain very minimal amounts of gluten, so if you are extremely gluten intolerant, please check with the server before ordering.

Please note that substitutions of ingredients may be possible in many instances to make additional items gluten/dairy-free

Vegetarian: contains no meat (may contain dairy or eggs); may be cooked using same equipment as meat, so check with server

Vegan: contains no animal products (meat, dairy, eggs)

Low Fat: 3 grams of fat or less per 100 gram serving

Gluten-Free: foods that don't contain gluten cereals such as wheat, barley, rye, and triticale

Dairy-Free: foods that don't contain lactose such as milk, cheese, and yogurt

	Vegetarian	Vegan	Gluten-Free	Dairy-Free	Low Fat
The Avenue					
Green Street					
Grilled Veggie Stacker <i>baguette, eggplant, mojo marinade, tomato, zucchini, onion, jack cheese, peppers, portobello mushrooms, mayonnaise, lettuce</i>	•				
Herbed Cheese Sandwich <i>multi-grain bread, herb and garlic cheese, cucumber, tomato, peppers, mushrooms</i>	•				
Pita Sandwich <i>pita bread, pesto hummus, carrot salad, eggplant, mayonnaise</i>	•				
Smoked Gouda with Pepper Sandwich <i>french roll, smoked gouda cheese, roasted pepper, spinach and black olive dressing</i>	•				
Pita Wedges with Pesto or Sun-dried Tomato Hummus <i>pita bread, pesto hummus</i>	•	•		•	
Moroccan Couscous Wrap <i>couscous salad, spinach, garbanzo beans, mayonnaise, tortilla</i>	•				
Hummus with Vegetables Sandwich <i>cucumbers, tomatoes, lettuce, onion, jack cheese, pesto hummus on wheat bread</i>	•				
Spreads					
Sun-dried Tomato Hummus	•	•	•	•	
Herbed Cheese	•		•		
Pesto Hummus	•	•	•	•	
Tapango's					
Primo Veggie Burrito <i>flour tortilla, refried beans, spanish rice (rice, olive oil, tomato sauce onions, garlic, and spices), cheddar cheese, salsa, lettuce, chili sauce, sour cream, tomatoes, olives, onions, and jalapeño peppers</i>	•				
Veggie Hard Taco <i>corn tortilla shell, refried beans, chili sauce, lettuce, cheddar cheese, and tomatoes</i>	•		•		
Veggie Soft Taco <i>flour tortilla, refried beans, chili sauce, lettuce, cheddar cheese, and tomatoes</i>	•				
Chicken Hard Taco <i>corn tortilla shell, chicken (chicken breast, green chili peppers, olive oil, onions, garlic, and spices), chili sauce, lettuce, tomatoes, and cheddar cheese</i>			•		
Beef Taco <i>corn tortilla, beef (ground beef, tomato sauce, onions, and spices), chili sauce, lettuce, tomatoes, and cheddar cheese</i>			•		
Bean and Rice Burrito <i>flour tortilla, refried beans, spanish rice (rice, olive oil, tomato sauce onions, garlic, and spices), chili sauce, sour cream, cheddar cheese, onions, and tomatoes</i>	•				
Bean and Cheese Burrito <i>flour tortilla, refried beans, chili sauce, sour cream, cheddar cheese, onions, and tomatoes</i>	•				
Beans and Cheese <i>refried beans, cheddar cheese, and chili sauce</i>	•				
Spanish Rice <i>spanish rice (rice, olive oil, tomato sauce onions, garlic, and spices) and chili sauce</i>	•	•		•	

Fusion Bowl					
Teriyaki Tofu <i>fried floured tofu, teriyaki sauce</i>	•	•		•	
Side of Rice <i>jasmine and parboiled rice</i>	•	•	•	•	•
Side of Noodles <i>pancit noodles, soy sauce, onions, ginger, garlic, sesame oil</i>	•	•		•	•
Stir-fry Vegetables <i>broccoli, carrots, onion, bell pepper, canola oil</i>	•	•	•	•	•
Chick-fil-A					
Chargrilled Chicken Sandwich <i>wheat bun, marinated chicken breast, pickle, lettuce, tomato</i>					•
Waffle Potato Fries <i>potato fries cooked in peanut oil</i>	•		•	•	
Chargrilled Chicken Garden Salad <i>grilled chicken breast, lettuce, carrots, grape tomatoes, broccoli, red cabbage, monterey/cheddar cheese blend</i>			•		•
Slyders					
Egg and Cheese Sandwich <i>buttered ciabatta bread, scrambled eggs, american cheese, grill oil</i>	•				
Breakfast Burrito (egg and vegetarian sausage) <i>tortilla, scrambled eggs, cheese, salsa, onions, tomato, taco sauce</i>	•				
2 eggs made to order <i>liquid egg product</i>	•		•		
Breakfast potatoes <i>fried tater tots</i>	•		•		
City Deli					
Build-your-own sandwich				•	•
Recommended custom sandwich: <i>turkey on sliced whole grain, no cheese, mustard, lettuce, tomato, onion, and pickle</i>					
BackStage Pizza					
	Based on single slice of pizza				
Cheese Pizza <i>pizza crust, four cheese blend, pizza sauce</i>	•				
Vegetarian Pizza <i>pizza crust, four cheese blend, pizza sauce, red tomato, green bell pepper, onion, mushroom</i>	•				
Pesto Pizza <i>pizza crust, four cheese blend, pizza sauce, pesto sauce</i>	•				
Pesto, Spinach, and Goat Cheese Pizza <i>pizza crust, tomato, four cheese blend, spinach, pesto sauce, goat cheese</i>	•				
Salad Bar <i>ingredients vary based on what you put on your salad</i>	•	•	•	•	•
Veggie Baked Sub <i>hoagie bun, tomato, cheddar cheese, onion, red wine vinegar, black olives</i>	•				
Curbside Grill					
Slammer Light <i>scrambled eggs, hash browns, salsa, veggie sausage</i>	•			•	
Oatmeal Bowl <i>oats, brown sugar, raisins, blueberries</i>	•	•		•	•
Breakfast Burrito with Veggie Sausage <i>scrambled eggs, flour tortilla, veggie sausage, hash browns, cheddar cheese, salsa</i>	•				
Korean BBQ Taco with Chicken/Beef <i>chicken/beef, corn tortillas, asian slaw, cilantro pesto, salsa roja, bbq marinade, lime, cilantro</i>				•	

Korean BBQ Taco with Soyrizo <i>soyrizo, corn tortillas, asian slaw, cilantro pesto, salsa roja, bbq marinade, lime, cilantro</i>	•	•		•	
Fish Taco <i>fried cod, corn tortillas, asian slaw, cilantro pesto, lime, cilantro</i>				•	
Sweet Potato Fries <i>fried sweet potatoes, chipotle ketchup</i>	•			•	
Lucy's Juice					
Over 25 delicious smoothies! (Almost all are vegetarian, gluten-free and low fat) Including:					
Betty's Very Berry <i>apple juice, nonfat vanilla frozen yogurt, raspberry sherbet, blueberries, banana</i>	•		•		•
Jess' Jungle Juice <i>guava juice, raspberry juice, orange sherbet, raspberry sherbet, peaches, strawberries, banana</i>	•	•	•	•	•
Lucy's Raspody <i>raspberry juice, nonfat vanilla frozen yogurt, raspberries, banana</i>	•		•		•
Twety's Tangy Delight <i>orange sherbet, pineapple juice, orange juice, strawberries, banana</i>	•	•	•	•	•
Dexter Subs & More					
Grilled Veggie Sub <i>baguette, grilled vegetables (squash, onion, tomato, zucchini, eggplant in mojo marinade) pesto aioli, lettuce, parmesan cheese</i>	•				
Greek Shaken Salad <i>italian dressing, romaine lettuce, cucumber, cherry tomatoes, spinach, feta cheese, calamata olives</i>	•				
Fresh Shaken Greens <i>romaine lettuce, garbanzo beans, cucumber, cherry tomatoes, ranch dressing, cheddar cheese, carrots</i>	•				
4 Lucy's smoothies to choose from! <i>see options under Lucy's Juice to choose from</i>					
19 Metro station					
Field of Greens: *Dressings NOT included in salad info because can substitute or leave on the side (see info below)					
Classic Caesar* <i>romaine lettuce, parmesan cheese, onion, croutons (paired with creamy caesar dressing)</i>	•				
Garden Salad* <i>romaine and spring lettuce, grape tomatoes, cucumber, black olives, carrots, bell pepper, croutons (paired with ranch)</i>	•			•	•
California Salad* <i>romaine lettuce, spring mix, spinach, mandarin oranges, strawberries, onion, almonds</i>	•	•	•	•	•
Tokyo Salad* <i>romaine lettuce, spinach, cabbage, cucumber, edamame, corn, carrots, onion, daikon, rice noodles (served with ginger soy vinaigrette)</i>	•	•	•	•	•
Southwest Salad* <i>romaine lettuce, spring lettuce mix, corn, black beans, diced tomato, cheddar cheese, red onion, tortilla strips (paired with sundried tomato vinaigrette)</i>	•				
Thai Salad* <i>romaine lettuce, cabbage, cucumber, sugar snap peas, carrots, red bell pepper, fried wonton strips, onion (served with sesame dressing)</i>	•	•		•	
Dressings:					
Creamy Caesar Dressing	•				
Golden Italian Dressing	•	•		•	•
Red Wine Vinaigrette Dressing	•	•		•	
Ranch Dressing	•				
Sesame Dressing	•	•		•	
Fat Free Sundried Tomato Vinaigrette Dressing	•	•		•	•
Ginger Soy Vinaigrette	•	•		•	
Add Salmon <i>grilled salmon, salt and pepper</i>			•	•	
Add Tofu	•	•	•	•	

<i>grilled tofu, salt and pepper</i>						
Add Grilled Chicken					•	•
<i>seasoned grilled chicken strips</i>						
Pacific Rim:						
Sweet and Sour Tofu	•	•			•	
<i>tofu, sweet and sour sauce(pineapple juice, sugar, vinegar, tomato paste, orange juice, cornstarch, salt) onions, pineapple, flour, pepper, sesame oil</i>						
Sides:						
Steamed Rice	•	•	•		•	•
<i>jasmine rice, parboiled rice</i>						
Stir-Fry Vegetables	•	•			•	
<i>stir-fry vegetable blend, soy sauce, sesame oil</i>						
Lo Mein Noodles	•	•			•	•
<i>pancit noodles, soy sauce, onions, ginger, garlic, sesame oil</i>						
Sesame Noodles	•	•			•	
<i>udon noodles, onions, sesame oil, rice vinegar, sugar, canola oil, sesame seeds, ginger, garlic, sambal sauce, tahini, basil, salt</i>						
Homeward Bound:						
Vegetarian Chili	•	•	•		•	•
<i>diced tomatoes, kidney beans, white beans, chili beans, black beans, tomato puree, bell pepper, onions, canola oil blend, cumin, jalapenos, chili powder, garlic, salt, cayenne pepper</i>						
Italian Station						
Pasta with your choice of sauce: (Based on lunch size serving)						
Marinara	•	•			•	•
<i>diced tomatoes, tomato sauce, celery, carrots, onions, oil, garlic, salt, sugar, basil</i>						
Tomato Basil	•					•
<i>milk, diced tomato, tomato sauce, butter, flour, onions, thai sauce, basil, garlic, salt, pepper, tarragon</i>						
Pesto Cream	•					
<i>pesto and cream</i>						
Parmesan Peppercorn	•					
<i>milk, parmesan cheese, butter, flour, onions, garlic, salt, pepper, nutmeg, cayenne pepper</i>						
Grill:						
Vegan Black Bean Burger	•	•			•	•
<i>whole wheat bun, black bean vegan patty, lettuce, tomato</i>						
VG Cafe						
Custom Omelets	•		•		•	
<i>choose your own ingredients!</i>						
Artichoke Eggplant Sub	•					
<i>roasted eggplant, mozzarella, and artichoke-garlic-caper mayo</i>						
Custom Nachos	•	•	•		•	
<i>choose your own toppings on corn tortilla chips!</i>						
Pasta and your choice of sauce:						
with pesto:	•					
<i>vegetable oil, onion, garlic, cream, whole milk, parmesan cheese, butter, vegetable base, basil, pine nuts, olive oil, salt</i>						
with alfredo:	•					
<i>vegetable oil, onion, garlic, cream, whole milk, parmesan cheese, butter, vegetable base</i>						
with vegetarian marinara:	•	•			•	•
<i>vegetable oil, onions, garlic, oregano, basil, marinara sauce, diced tomato, red wine, black pepper and salt</i>						
Side of vegetables	•	•	•		•	•
Build your own salad	•	•	•		•	•
Grab & Go						
Salads (dressings NOT included in nutrition facts)						
Firecracker Spinach Salad					•	•
<i>spinach, grilled chicken, cucumber, bell pepper, rice noodles, carrots, sesame seeds (pair with sesame dressing)</i>						
Mini Mediterranean Salad	•		•			
<i>romaine lettuce, sundried tomatoes, olives, onion, feta cheese (pair with italian dressing)</i>						
Deluxe Green Salad	•	•	•		•	•
<i>romaine lettuce, cherry tomatoes, cucumber, garbanzo beans, carrots (pair with italian dressing)</i>						

Small Green Salad <i>romaine lettuce, cherry tomatoes, cucumber, carrots (paired with ranch dressing)</i>	•	•	•	•	•
Salad dressings					
Sesame Dressing	•	•		•	
Italian Dressing	•	•		•	
Sandwiches and Wraps					
Ranch Vegetable Wrap <i>flour tortilla, romaine lettuce, cream cheese, carrots, cucumber, tomato, bell pepper, ranch dressing</i>	•				
Peanut Butter and Jelly <i>wheat bread, peanut butter, jelly</i>	•	•		•	
Turkey Sandwich <i>wheat bread, turkey, lettuce</i>				•	•
Ham Sandwich <i>wheat bread, ham, lettuce</i>				•	
Baba Ghanoush on Pita <i>baba ghanoush (eggplant, garbanzo beans, olive oil, tahini, lemon juice, parsley, garlic, salt, pepper), pita, cucumber, tomato, olives, onions, lettuce</i>	•	•		•	
Other Items					
Blueberry Yogurt Parfait <i>99% fat free yogurt, low fat granola, blueberries</i>	•				•
Raspberry Yogurt Parfait <i>99% fat free yogurt, low fat granola, raspberries</i>	•				•
Cottage Cheese <i>low fat 2% cottage cheese</i>	•		•		•
Fruit & Cottage Cheese Bowl <i>low fat 2% cottage cheese, honeydew melon, pineapple, cantaloupe, strawberries</i>	•		•		•
Fruit Cup <i>honeydew, watermelon, cantaloupe, strawberries, grapes, or pineapple</i>	•	•	•	•	•
Veggie Cup <i>carrots and celery</i>	•	•	•	•	•
Sandwich Factory					
Custom Sandwiches <i>ingredients vary based on what you choose!</i>	•	•		•	•
Tacos To-Go					
Bean and Cheese Burrito <i>tortilla, seasoned pinto beans, cheddar cheese, taco sauce</i>	•				
Vegetarian Burrito <i>tortilla, seasoned pinto beans, mexican rice, cheddar cheese, salsa, guacamole, sour cream, taco sauce</i>	•				
Campus Market					
Egg and Cheese Burrito <i>wheat tortilla, cheddar cheese, scrambled eggs</i>	•				
Side of Scrambled Eggs w/ Cheese <i>scrambled eggs, cheddar cheese</i>	•		•		
Garden burger <i>whole wheat bun, veggie burger patty, lettuce, tomato</i>	•	•		•	•
Caprese Panini <i>mozzarella cheese, pesto, tomato, arugula on ciabatta roll</i>	•				
Cheese Pizza <i>herbed tomato sauce and mozzarella cheese on pizza crust</i>	•				
Garden Veggie Pizza <i>red onion, bell pepper, black olives, mushrooms, artichoke hearts, herbed tomato sauce and mozzarella cheese on pizza crust</i>	•				
Teriyaki Braised Tofu with Vegetables <i>teriyaki tofu, sliced green onions, sesame seeds, jasmine rice</i>	•	•		•	

Village Market

Smashed potato <i>russet potato, whole milk, cream, garlic, parmesan cheese, basil, butter, salt, pepper</i>	•		•		
Tabbouleh Salad <i>bulgur, tomato, olive oil blend, lemon juice, parsley, scallions, peppermint, salt</i>	•	•		•	
Roasted Turkey Breast <i>turkey breast, salt, pepper</i>			•	•	•
Vegetable Lasagna <i>lasagna noodles, ricotta, marinara sauce, parmesan cheese, egg, cream, basil, oregano, pepper</i>	•				
Roasted Chicken Breast <i>chicken breast, olive oil blend, lemon juice, garlic clove, parsley, salt, pepper</i>			•	•	•
Japanese Noodle Salad <i>udon noodles, tofu, edamame, carrots, soy sauce, rice vinegar, radish, mirin sauce, scallions, olive oil blend, ginger, garlic</i>	•	•		•	•
Moroccan Couscous Salad <i>couscous, tomato, bell pepper, celery, raisins, arugula, onions, lemon juice, pine nuts, olive oil blend</i>	•	•		•	•
Dijon Vinaigrette Potato Salad <i>red potatoes, olive oil, white wine vinegar, capers, parsley, dijon mustard, garlic, salt, pepper</i>	•	•	•	•	•

For more in-depth nutrition information please visit www.calpolycorporation.org/campusdining