“Get Plant-Based with Us”

# Map of Valentine Hall

Overhead map of Valentine Hall pictured.

* **Once walking through the checking stand and to the left:**
  + Letter S: directly to your left is the waffle-making stand
  + Letter P: more to the left and ahead is the fruit stand
  + Letter R: against the wall ahead of the waffle stand is the bread stand (bagel, bread, English muffins)
  + Letter Q: one stand beyond the bread is the peanut butter grinder
* **Once walking through the checking stand and walking to the right into the central servery:** 
  + Letter L: Directly to your right, once you walk through the doors to the servery, is the pizza station (closed in the morning)
  + Letter K: The rightmost serving station ahead of you once walking in serves either the main line option for lunch/ dinner, burgers, or a variety of breakfast options (in the morning)
  + Letter A: Directly in front of you once walking through the entrance to the servery is the main line
  + Letter B: to the left of the main line, slightly to your left once you walk in to the servery is the “lighter side.” (closed in the morning)
* **To your left when walking in the servery is a floating station in the middle called the “boat”** 
  + Letter J: At the pointed top of the boat are more bread and bun options
  + Letter I: towards the far side, beyond the bun/bread options, are the various sauce options
  + Letter C and D: On the far side of the boat, towards the back of the servery are the sandwich options. In the morning, this is yogurt and fruit options. Seed options in the morning are at the tail end of this line
  + Letter H and G: on the near side of the boat towards the outside of the servery is the salad bar (closed in the morning)
  + Letter F: towards the end of the boat are the dressing and seed/ salad toppings
  + Letter E: at the rounded back of the boat
  + Letter N: The ice cream machine and granola options are towards the far left of the servery on the back wall.
  + Letter M: In the far left back corner of the servery are the plant-based milk and allergen options.
* **Once walking out the far side of the servery:** 
  + Letter T: to your right, once coming out of the servery are the tea and coffee options
  + Letter O: further ahead of the coffee on the right are the varied milk options

Part 1: Breakfast Options

# What are my vegan protein options?

1. **Seeds:** point D on the map
   1. Hemp Seeds
   2. Chia Seeds
   3. Sunflower Seeds
   4. Pumpkin Seeds
2. **Daily vegan options:** point K on the map
   1. Vegan breakfast meat
   2. Daily bean options (sometimes they are vegan and sometimes they are vegetarian, so just check the board)
   3. Tofu scramble
3. **Sweet options:** Point Q on the map
   1. Peanut Butter

# What about vegetarian options:

**Are you not vegan and looking for some high-protein options? Try these!**

1. **Greek yogurt:** point C on the map
2. **Cottage cheese:** point D on the map

# What meals can I make with these options?

1. **Cozy oatmeal bowl**: Combine oatmeal, cinnamon, seeds of choosing (chia, pumpkin, sunflower, or hemp), and sweetener of choice (honey or maple syrup). Top with peanut butter, fresh fruit, and granola, and enjoy!
2. **Plant-based breakfast burrito:** Combine tofu scramble or plant-based egg with a plant-based meat, plant-based cheese, and condiments of choice in a wrap. Grill on the panini press and enjoy!
3. **Savory Breakfast Bowl**: Combine plant-based egg options with potatoes, plant-based meat, and toppings of choice (spinach, salsa, plant-based cheese, sour cream) and enjoy!

Part 2: Lunch/Dinner Options

# What are my vegan protein options?

1. **There are always vegan/ vegetarian options in the main line**
   1. Point A on the map
2. **Check out the salad bar:** 
   1. Point G/H:
      1. Edamame
      2. Chickpeas
      3. Grain Based Salad
   2. Point F on the map:
      1. Sunflower Seeds
      2. Hemp Seeds
      3. Pumpkin Seeds
      4. Chia Seeds
   3. Point G/H on the map:
      1. Plant-based mozzarella spread
      2. Roasted Tofu
3. **And the sandwich/condiment bar:** 
   1. Point C on the map:
      1. Vegan Deli Meats
   2. Point J on the map:
      1. Hummus

# What meals can I make with these options?

1. **Homemade Harvest Bowl:** Mix greens from the salad bar, veggies of choice, sweet potato, grain of choice (try quinoa or rice), cheese (if you eat it), cranberries, pumpkin seeds, and balsamic dressing
2. **Chickpea Salad Wrap:** Smash chickpeas together with the eggless mayo and add salt and pepper, put in a wrap with vegetables of choice. If you want a warmer option, add vegan cheese and make a melt!
3. **DIY Pasta Salad:** Take a scoop of pasta, vegan/ eggless mayo, veggies of choice, protein or cheese of choice, and salt, pepper, and crazy salt!

# Why go meatless?

**For the planet:**

1. Livestock production creates more greenhouse gases than the entire transportation sector and uses 75% of the world’s agricultural land
2. Skipping one serving of beef every Monday for a year saves the equivalent emissions to driving 348 miles in a car

**For your health:**

1. Eating less meat and more plant-based foods can improve heart health and reduce the risk of heart disease
2. Skipping even a half serving of meat every day and replacing it with a plant protein like beans or tofu can decrease your risk of getting type 2 diabetes and promote kidney health.