



Dartmouth

Vegetarian Eating Guide





CAMPUS DINING HALLS

In every dining hall, every day, Dartmouth Dining Services offers many delicious vegetarian and vegan options that are clearly labeled (vegetarian options = L/O; vegan options = V). Hours vary by location, so please check <http://www.dartmouth.edu/dining/locations/>.

Breakfast:

- Bagels and bread with peanut butter and jelly
- Oatmeal with toppings bar
- Fresh fruit
- Breakfast potatoes
- Cereals or granola with soy, almond, or rice milk

Lunch and Dinner:

- Veggie burgers, wraps, and sandwiches
- Vegetarian and vegan entrées like vegetable pot pie, butternut squash risotto, and caramel crusted tofu
- Vegetarian and vegan sides like grilled eggplant, mashed potatoes, and basmati rice
- Vegetarian and vegan soups like garden vegetable, black bean, and lentil stew
- Salad bar with chopped vegetables, tofu, beans, and vegan dressing
- Self-operable stir-fry station with tofu

- and vegetables
- Fresh fruit

In addition, Foco offers the following specialty items:

- **Herbivore station** is entirely vegetarian and features tofu, mock meats, and vegetable-based dishes, vegan pizza, and vegan desserts.
- **World View** station features a different international food selection every day.
- **Ma Thayer and Kosher stations** often serve vegan entrées, including pasta, grains, and vegetable dishes.
- Also check out the self-operable stir-fry station with tofu and vegetables, and look for soy, almond, and rice milk at the drink stations.



ON-CAMPUS RESTAURANTS

To meet the growing demand for meat-free foods, many on-campus dining halls are offering more vegetarian and vegan meals than ever before. Check out these popular food spots at Dartmouth:

Collis Café

The Collis Center
Mon-Fri: 7 a.m.–8 p.m.

- Smoothie bar; vegan baked goods; soy milk
- Tofu scramble and oatmeal for breakfast; pasta station and stir-fry station with tofu and vegetables for dinner; daily soups
- Prepared items like pasta dishes and avocado sushi rolls

King Arthur Flour

Baker-Berry Library, first-floor Baker
Mon-Fri: 8 a.m.–4 p.m.

- This bakery and café features soups, salads, and sandwiches like kale salad, sweet chili tofu, a white bean hummus vegetable wrap, and artisan breads with vegetarian dips.

Novack Café

Baker-Berry Library, first-floor Berry
Mon-Thu: 7:30 a.m.–1 p.m.
Sat: 4 p.m.–9 p.m.
Sun: 4 p.m.–11 p.m.

- Vegetarian wraps like veggie hummus, buffalo “chicken,” and Baja bean wrap; salads; sesame noodles; soups; avocado sushi rolls

Courtyard Café

The Hopkins Center
Mon-Fri: 8 a.m.–6 p.m.
Meal swipes accepted

- Sub sandwich station with options like vegan meatball sub, veggie burger, and fries
- Prepared items like hummus wraps, lentils and rice, vegetable samosas, avocado sushi rolls, and vegan cookies



Eating vegetarian has made me feel so much better, healthier, and happier! I'm still a hardcore foodie, and I feel great about what I eat and my food made me feel great.



- Catherine Mitchell



AREA RESTAURANTS

Restaurants are carrying more meat-free items than ever before. Fast-food chains like Chipotle, Olive Garden, Taco Bell, Subway, Quiznos, Johnny Rockets, Denny's, Red Robin, and Ruby Tuesday have all added delicious vegetarian options to their menus. Ethnic restaurants always offer tasty meatless meals: Mexican restaurants are popular for bean burritos and rice and bean platters, Italian restaurants showcase a variety of pasta dishes and salads, Chinese restaurants feature rice and vegetable dishes and tofu, and Middle Eastern restaurants are great for falafel and hummus.

HERE ARE A FEW OF THE MOST VEGETARIAN-FRIENDLY RESTAURANTS NEAR DARTMOUTH. FOR MORE LISTINGS, VISIT VEGGUIDE.ORG!



For me, a few moments of pleasure is not worth the suffering animals endure on factory farms. Giving up meat is an empowering decision! The dining halls have plenty of options at every meal, which makes eating a plant-based diet extremely easy.
- Chesley Ekelem

Boloco
boloco.com
35 S. Main St.
603-643-0202
Mon-Sun: 11 a.m.-10 p.m.

- Tex-Mex burritos and bowls of different styles like classic Mexican with rice and pinto beans, teriyaki with caramelized onions and broccoli, and Thai-style peanut sauce
- Salads; fruit smoothies

Molly's Restaurant and Bar
mollysrestaurant.com
43 Main St.
(603) 643-2570
Sun-Wed: 11:30 a.m.-10 p.m.
Thu-Sat: 11:30 a.m.-12 p.m.

- Edamame; Mediterranean hummus plate
- Seasonal salads like fire-roasted vegetable
- Homemade black bean burger
- Wood-fired stir-fry

Jewel of India
jewelofindiahanover.com
27 Lebanon St.
(603) 643-2217
Mon-Sun: 11:30 a.m.-2:30 p.m.; 4:30 p.m.-10 p.m.

- Appetizers like vegetable samosas and pakoras, vegetable soups, and salads
- Entrées like chana masala, aloo saag, aloo gobi masala, and vegetable curry

Orient Restaurant
hanoverorient.com
3 Lebanon St., #11
(603) 643-8888
Mon-Thu: 11 a.m.-10 p.m.
Fri-Sat: 11 a.m.-11 p.m.
Sun: 12 p.m.-10 p.m.

- Chinese and Japanese cuisine with an entirely vegetarian menu section featuring many vegetable and tofu options
- Avocado, cucumber, veg sushi rolls
- Entrées like General Tso's tofu, crisp sesame tofu, Vegetarian's Paradise with vegetables and tofu, and noodle dishes with lo mein or udon

MORE

AREA RESTAURANTS

Tuk Tuk Thai

tuktukthaicuisine.com

5 S. Main St. / (603) 277-9192

Mon–Thu: 11 a.m.–10 p.m.

Fri–Sat: 11 a.m.–10:30 p.m.

Sun: 11:30 a.m.–9 p.m.

- Appetizers like Thai spring rolls, vegetable dumplings, and fried tofu
- Salads and soups like tom yum
- Entrées like sweet and sour stir-fry with tofu and vegetables, eggplant basil, fried rice, curries with tofu and vegetables served with rice, and pad thai noodles

Thai Orchid

thaiorchidhanover.com

44 Main St./ (603) 643-0300

Mon–Sat: 11 a.m.–2:30 p.m.; 5 p.m.–9 p.m.

Sun: 12 p.m.–8:30 p.m.

- Affordable lunch specials like vegetable pad thai with tofu, curries with vegetables or tofu, fried rice
- Thai soups, salads, noodle dishes with vegetables and tofu, fried rice

”



Eating vegan has been a worthwhile venture. It feels great to be able to help animals and enjoy delicious food at the same time, and I feel better physically and mentally!

–Sarah Fellman

Noodle Station

noodlestation.wix.com/noodlestation

11 Lebanon St.

(603) 277-9230

Mon–Thu: 11 a.m.–8 p.m.

Fri–Sat: 11 a.m.–9 p.m.

Sun: 12 p.m.–8 p.m.

- Create-your-own or house noodle dishes with sauces like curry, sweet sesame-ginger, peanut, pesto, and tomato with your choice of noodles or rice, tofu, and vegetables

Basecamp Café

basecampcafeh.com

3 Lebanon St.

(603) 643-2007

Sun–Thu: 11 a.m.–9 p.m.

Fri–Sat: 11 a.m.–10 p.m.

- Traditional Nepali cuisine featuring vegetable mo mo, seasonal greens, lentil dal soup, tofu chili, tarkari curry, and stir-fried noodles with tofu and vegetables (vegan items clearly marked)

Morano Gelato

moranogelato.com

57 Main St., #101

(603) 643-4233

Tue–Thu; Sun: 11:30 a.m.–9:30 p.m.

Fri–Sat: 11:30 a.m.–10 p.m.

- Always one vegan dessert like raspberry sorbet

Murphy's On The Green

murphysonthegreen.com

11 Main St.

(603) 643-4075

Mon–Thu: 4 p.m.–11 p.m.

Fri–Sat: 11 a.m.–11 p.m.

Sun: 11 a.m.–10 p.m.

- Dishes like house made veggie burger, vegetarian hot pot, roasted stuffed eggplant, and roasted beet salad
- Sides like fresh greens, vegetable du jour, and sweet potato wedges

Canoe Club

canooclub.us

27 Main St.

(603) 643-9660

Mon–Sun: 11:30 a.m.–12 a.m.

- Maple butternut squash soup; black bean burger; curly kale salad; vegetarian pasta du jour; savory crispy tofu; Malay curry tofu





You can find vegetarian and vegan foods in every grocery store. These include pasta, rice, bread, potatoes, beans, nuts, hummus, peanut butter, lentils, vegetables, fruit, cereal, candy, chips, and granola bars. Most supermarkets also carry vegetarian meats like Beyond Meat, Field Roast, and Tofurky; vegan cheese like Daiya; and nondairy milks and ice cream.



I started going to the gym and putting on muscle since going vegan and I feel as healthy as ever! I get my protein from soy milk, beans, lentils, wheat, and veggies and the nutrients I need from plants – I only take a supplement for vitamin B12.

- Vivek Choksi

Cooperative Food Store
45 S. Park St.
603-643-2667
Mon–Sun: 8 a.m.–8 p.m.

AREA GROCERY RESTAURANTS

HERE ARE A FEW OF THE MOST VEGETARIAN-FRIENDLY GROCERY STORES NEAR HARVARD:





MY YEAR IN HELL

AN UNDERCOVER INVESTIGATOR DISCOVERS THE CRUELTY OF MODERN FARMS



CODY CARLSON

“ LIKE MOST PEOPLE, I GREW UP NEVER THINKING ABOUT WHERE MY MEAT CAME FROM. THEN, A COUPLE YEARS AGO, I WENT UNDERCOVER TO INVESTIGATE THE TREATMENT OF FARMED ANIMALS. ”

I worked as an employee at farms across the country, secretly recording cruelty that would capture the headlines of NBC, CNN, and "Rolling Stone." What I saw will haunt me forever.

I MET JULIA IN PENNSYLVANIA...

Pigs like Julia are friendly and incredibly smart. They dream when they sleep, and they rub noses with their close friends. Like my dog, Julia would light up with excitement when she saw me. She oinked happily when I stroked her face.

Sadly, Julia spent her entire life in a cage so small she could not turn around. This is how almost all mother pigs are treated, and it causes severe mental problems. Julia would repeatedly bite her cage bars in frustration, cracking her teeth on the steel. Other pigs became so depressed they'd lie on the ground without moving.

ONE OF JULIA'S PIGLETS DID NOT GROW QUICKLY ENOUGH. TO SAVE MONEY, WORKERS KILLED HIM BY SLAMMING HIM HEADFIRST INTO THE CONCRETE FLOOR.

Her other piglets had their testicles and tails sliced off with no anesthesia. They were then packed into filthy concrete pens — they never once saw the sun. At six months old they were electrocuted or shot through the brain with a metal rod. The lucky ones died right away. The others would be drowned in scalding water.

I was shocked to find that nearly all farms treat animals this way. The idea of eating Julia and her babies had become unimaginable. (continued on next page) ▶



MEET RYAN



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As bad as life was for Julia, things were even worse on the chicken and egg farms we investigated. Chickens are genetically manipulated to grow so fat that by the time they are one month old it hurts to walk. The chickens we saw were in constant pain, and spent most of their time lying in the feces that coated the shed floor. Hens who were sick or injured were left to suffer and slowly die. Sometimes workers clubbed them on the head with a metal bar.

Because they don't lay eggs, male chicks like Ryan are of no use to egg farmers.

SO RYAN WAS TOSSED ALIVE INTO A GIANT GRINDING MACHINE.

Female chicks had their beaks seared off. They spent their whole lives packed in filthy wire cages so small they could barely turn around. Each hen lived her entire life with less floor space than the size of a sheet of paper. After seeing how these girls were treated, my days of eating chicken and eggs were over. ■



THE NEW YOU

HEALTH GURU AND AUTHOR **JULIEANNA HEVER** ON WHY AMERICANS ARE DITCHING MEAT

In their pursuit of a happier life, it's no surprise people are changing what they eat. Replacing meat with plant-based foods is one of the best things you can do for yourself. You get more energy, look better, and can prevent the leading causes of disease.

Medical research shows that chicken, fish, and eggs are linked to many health problems. Chicken, dairy, and eggs are packed with saturated fat. Some studies have found they may increase cancer mortality rates. Eggs have also been shown to increase the risk of diabetes and heart attacks. And chicken and fish have high levels of cancer-causing chemicals like dioxin, arsenic, and mercury.



According to the Academy of Nutrition and Dietetics, people who ditch meat have:



lower body weight



less cancer



less heart disease



less diabetes



lower blood pressure



lower cholesterol



lower overall mortality from disease

STAY STRONG

Iron Is Important

When cutting out meat, iron is important. Beans, lentils, dark leafy greens, and whole grains like oatmeal are filled with iron. Supplements are also available for people who need them.

Protein-Packed Plants

Beans, lentils, nuts, plant-based meats, tofu, whole grains, and dairy-free protein shakes are all great sources of protein. You can stay strong and satisfied by eating plant-based protein each day.



MEAT-FREE MEALS

CELEBRITY CHEFS "THE SPORK SISTERS" ON EATING WELL

STEP 1

You already eat lots of meat-free food. So keep filling your plate with the stuff you know and love! Here are some of our favorites:



VEGGIE PIZZA



SOUP

PASTA



BEAN BURRITOS

CEREAL

W/ SOY MILK



GRILLED VEGGIE SANDWICH

STEP 2



Replace animal meat with savory plant-based meats. Visit the produce section and freezer section of your local grocery store. You'll find animal-free deli meats, ground beef, hot dogs, chicken strips, sausage, burgers and more. All are mouthwatering and very convenient—just warm and serve in minutes!



EATING OUT

Restaurant chains are carrying more meat-free items than ever before.



Chipotle, Olive Garden, Taco Bell, Subway, Quiznos, Johnny Rockets, Denny's, Red Robin, and Ruby Tuesday have all added delicious vegetarian options to their menus.

Ethnic restaurants like Chinese, Indian, Italian, Mexican, and Middle Eastern always offer tasty meatless dishes. You can also visit VegGuide.org for a list of the most vegetarian-friendly restaurants near you.

21 percent of students limit their consumption of meat by sticking to a vegetarian or vegan diet, eating only certain types of meat, or eating meat only occasionally.

-Technomic Research Group

TAKE THE

MEATLESS MONDAYS PLEDGE



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VEGETARIAN STARTER GUIDE