Vegetarian, Vegan & Gluten Free Options

For questions regarding our Vegetarian, Vegan & Gluten Free options, please e-mail our management team at csusmdiningserv@gmail.com

Visit the Market in the USU and at the Dome for packaged vegetarian, vegan and gluten free options.

Follow us on social media for more updates regarding our menus, new products, giveaways, and events. @csusmdining

- = gluten free option
- = vegetarian option
- = vegan option

CSUSM Dining Services

To see our full vegetarian & gluten free menu, please visit our website or scan QR code: csusm.sodexo.myway.com/explore/nutrition

< scan for full vegetarian and gluten free menu

Subconnection

Salads
- Build Your Own Salad
- Baja Chicken Salad • Chicken Caesar Salad

Sandwiches
- Veggie Sub • Veggie Wrap

Wraps
The following are available in a Gluten Free Wrap:
- Turkey, Italian, Roast Beef, Ham & Cheese, Tuna Salad
- Baja Chicken, Turkey & Ham Club

Caliente

Burritos
- Egg, cheese, and potato burrito • veggie burrito

Sides
- Rice & beans • french fries • tater tots • red salsa • green salsa • guacamole • pico de gallo

Meats
- Carne Asada • Chorizo • Ham • Carnitas
- Chicken Tinga

Wow Cafe

Wraps
- West Coast Veggie Wrap
- The following are available in a Gluten Free Wrap:
  - Grilled Sonoma Chicken Wrap, Grilled Buffalo Chicken Wrap, Grilled Kentucky Chicken Wrap
  - Lettuce Wrap, West Coast Veggie Wrap, Grilled Memphis

Sandwiches
The following is available in a Gluten Free Bun:
- Grilled Chicken Sandwich

Burgers
- Veggie Burger
- The following are available in a Gluten Free Bun:
  - Crescent City Burgers, Philly Burger, Texas Burger

Salads
The following salads are available without croutons:
- Covington Salad, Grilled Buffalo Chicken Salad, Grilled Kentucky Chicken Salad

Sides
- French fries • sweet potato fries • honey almond green beans • mac & cheese

Quesadillas
- Cheese Quesadilla
- The following are available in a Gluten Free Tortilla:
  - Cheese Quesadilla, Chicken Quesadilla, Garden Fresh Quesadilla

Sauces
- All of our sauces are Vegetarian & Gluten Free:
  - Ranch, Honey Mustard, Kansas City BBQ, Honey BBQ, Texas Mesquite BBQ, Buffalo I II III, Chinese Chili Mustard, Asian Teriyaki, Sante Fe Chipotle, Thai Chili

The Market

Hot Meals
- Mac & cheese w/ roll • ravioli w/roll •
- Tofu stir fry • lentil stew • portobello stroganoff •
- Pasta primavera • eggplant with sesame sauce and rice • fried rice with egg rolls • moroccan couscous •
- Szechuan vegetables and rice

Salads
- Strawberry field forever • garden salad •
- Cobb salad • chef salad • greek salad

Soups
- Tomato basil bisque • broccoli cheddar •
- Cream of mushroom with wild rice •
- Cream of mushroom • southwest vegetable •
- Corn with potato chowder • vegetarian chili •
- Veggie pho • butternut squash

Sandwiches
- Egg salad sandwich • peanut butter & jelly sandwich

Breakfast
- Egg white muffin • egg white bagel

Snacks
- Fresh Fruit Cup • Mandarin Orange Parfait • Jell-o Cup • Yogurt Cup without Granola •
- Grapes & Cheese Cup

Desserts
- Vanilla Pudding Cup • Chocolate Pudding Cup

Jamba Juice
- Orange-a-peel, mango-a-go, carribean passion, razzmatazz, strawberries wild, mango mango, strawberry whirl, C & Zinc Boost, Soy Protein