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guide to

Plant-Based

meals at usf



what is plant-based?

Plant-based diets do not include any **products from animals**, including meat, dairy, eggs, and gelatin. Instead, foods from plants are eaten such as whole grains, fruits, veggies, nuts, seeds, beans, tofu, non-dairy milks, and imitation meat.



why does eating plant-based matter?

Plant-based eating matters because it significantly reduces your **carbon footprint**. Raising animals for food releases highly potent greenhouse gases and exacerbates deforestation, driving **global climate change** and biodiversity loss. It also creates pollution that harms air and water quality.



Coffee Shops

Non-dairy oat, soy, and almond milks are always available.

Undercaf

Build your own acai bowls.

Groceries from non-dairy milk and ice cream, to snacks, to quick meals.

late night

Daily plant-based options such as impossible meat on Nacho Tuesdays and soy-based wings on Thursdays.



Lomo Cafe

Same grill options as UC.

richmond

Variety of cuisines, always with a meat substitute available. Look for 'VG' symbol for a fully plant-based meal.

UC Market Cafe

classics

Always a meat substitute and white rice available. Look for 'VG' symbol on menu.

grill

Has a black bean burger, Impossible burger, sauteed veggies, and fries.

sambal

Has plant-based noodles such as pho, ramen, and penne pasta.

picante

Build your own burrito or bowl with meatless protein options such as soyrito.

deli

Build your own sandwich with tofu, avocado, and lots of veggie toppings.

rainbow salad bar

Make a salad with quinoa, chickpeas, or tofu protein and balsamic dressing.



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