

Vegetarian and Vegan Dining Options at the Afe Babalola University, Ado-Ekiti- Last Updated June 2021

Name	Food Item	Vegetarian?	Vegan?	Type	When is it available?
ABUAD Cafe 1 <i>Male Hostel</i>	Fruit Cup	Yes	Yes	Side	All Day
	Greek Yogurt Parfait	Yes	No	Side	All Day
	Lemonade	Yes	Yes	Beverage	All Day
	Plain Bread	Yes	Yes	Entree	Breakfast
	Green Smoothie	Conditional	Conditional	Entree	Lunch and Dinner
	Cobb Salad	Conditional	Conditional	Entree	Lunch and Dinner
	Spicy Nigerian Salad	Conditional	Conditional	Entree	Lunch and Dinner
	Yam Fries	Yes	Yes	Side	Lunch and Dinner
	Ogi/Akamu/Pap	Yes	Yes	Side	Lunch and Dinner
	Side Salad	Conditional	Conditional	Side	Lunch and Dinner
ABUAD Cafe 2 <i>Female Hostel</i>	ABUAD Bread	Yes	Yes	Entree	Breakfast and Lunch
	Multigrain Roll	Yes	No	Entree	Breakfast and Lunch
	Plantain	Yes	Yes	Entree	Breakfast and Lunch
	Six Cheese Bagel	Yes	No	Entree	Breakfast and Lunch
	Apple Cinnamon Bread	Yes	Yes	Entree	Breakfast and Lunch
	Power Protein Bagel	Yes	No	Entree	Breakfast and Lunch
	Efo Riro	Yes	No	Entree	Breakfast and Lunch
	Green Chile Bagel	Yes	No	Entree	Breakfast and Lunch
	Asiago Cheese Bagel	Yes	No	Entree	Breakfast and Lunch
	Blueberry Bagel	Yes	Yes	Entree	Breakfast and Lunch
	Cinnamon Sugar Bagel	Yes	No	Entree	Breakfast and Lunch
	Potato Bagel	Yes	Yes	Entree	Breakfast and Lunch
	French Toast Bagel	Yes	No	Entree	Breakfast and Lunch
	Pretzel Bagel	Yes	Yes	Entree	Breakfast and Lunch
	Plain Bagel	Yes	Yes	Entree	Breakfast and Lunch
	Sesame Seed Bagel	Yes	Yes	Entree	Breakfast and Lunch
	Honey Whole Wheat	Yes	No	Entree	Breakfast and Lunch
	Cranberry Bagel	Yes	Yes	Entree	Breakfast and Lunch
	Poppyseed Bagel	Yes	Yes	Entree	Breakfast and Lunch
	Onion Bagel	Yes	Yes	Entree	Breakfast and Lunch
	Garlic Bagel	Yes	Yes	Entree	Breakfast and Lunch
	Pumperknickel Bagel	Yes	Yes	Entree	Breakfast and Lunch
	Bistro Salad	Conditional	Conditional	Entree	Breakfast and Lunch
	Chile Lime Salad Dressing	Yes	Yes	Condiment	Breakfast and Lunch
	Raspberry Vinaigrette	Yes	Yes	Condiment	Breakfast and Lunch
	Creamy Peanut Butter Spread	Yes	Yes	Condiment	Breakfast and Lunch
	Moin Moin	Yes	Yes	Condiment	Breakfast and Lunch
	Roasted Garlic Horseradish Spread	Yes	Yes	Condiment	Breakfast and Lunch
	Fruit Salad	Yes	Yes	Side	Breakfast and Lunch
	Kettle Chips	Yes	Yes	Side	Breakfast and Lunch
TDC Cafeteria <i>Main Campus</i>	Custom Bowl	Conditional	Conditional	Entree	Lunch and Dinner
	Custom Salad	Conditional	Conditional	Entree	Lunch and Dinner
	Zen Salad	Yes	Yes	Entree	Lunch and Dinner
	Market Salad	Conditional	Conditional	Entree	Lunch and Dinner
	Spicy Green Salad	Yes	Yes	Entree	Lunch and Dinner
	Custom Wrap	Conditional	Conditional	Entree	Lunch and Dinner
	Fiesta Wrap	Conditional	Conditional	Entree	Lunch and Dinner
	Metaboost Wrap	Conditional	Conditional	Entree	Lunch and Dinner
	Umamii Wrap	Yes	Yes	Entree	Lunch and Dinner
	Custom Soup	Conditional	Conditional	Entree	Lunch and Dinner
	Superfood Soup	Yes	Yes	Entree	Lunch and Dinner
	Spicy Lemongrass Soup	Conditional	Conditional	Entree	Lunch and Dinner
	Frozen Kefir	Yes	No	Dessert	Lunch and Dinner
	Freshii Green Smoothie	Yes	Conditional	Beverage	Lunch and Dinner
	Banana Nut Crunch Smoothie	Yes	Conditional	Beverage	Lunch and Dinner

	Strawberry Banana Smoothie	Yes	Conditional	Beverage	Lunch and Dinner
	Recoverii Smoothie	Yes	Yes	Beverage	Lunch and Dinner
	Red Power Juice	Yes	Yes	Beverage	Lunch and Dinner
	Green Energy Juice	Yes	Yes	Beverage	Lunch and Dinner
	Mighty Detox Juice	Yes	Yes	Beverage	Lunch and Dinner
	Reviive Juice	Yes	Yes	Beverage	Lunch and Dinner
ABUAD Staff Cafeteria	Moin Moin	Yes	No	Dessert	All Day
<i>Main Campus</i>	Akara	Yes	Yes	Side	All Day
	Coleslaw	Yes	Yes	Side	All Day
	Honey Granola	Yes	No	Side	All Day
	Red Grapes	Yes	Yes	Side	All Day
	Cinnamon Sugar Donut	Yes	No	Entree	Breakfast
	Iced Cinnamon Roll	Yes	No	Entree	Breakfast
	Grits	Yes	Yes	Entree	Breakfast
	Blueberry Buttermilk Pancakes	Yes	No	Entree	Breakfast
	Old Fashioned Oatmeal	Yes	Yes	Entree	Breakfast
	Cheese Grits	Yes	No	Entree	Breakfast
	Southern Biscuit	Yes	No	Side	Breakfast
	Red Velvet Cupcake	Yes	No	Dessert	Lunch
	Deli Sandwiches	Conditional	Conditional	Entree	Lunch and Dinner
	Gardenburger Black Bean Veggie Burger	Yes	Yes	Entree	Lunch and Dinner
	Grilled Cheese Sandwich	Yes	No	Entree	Lunch and Dinner
	Roasted Cauliflower	Yes	Yes	Side	Lunch and Dinner
	Cheddar Cauliflower Soup	Yes	No	Entree	Lunch and Dinner
	Seasoned Steamed Green Beans	Yes	Yes	Side	Lunch and Dinner
	Confetti Brown Rice	Yes	Yes	Side	Lunch and Dinner
	Ginger Honey Glazed Carrots	Yes	No	Side	Dinner
	Green Peas	Yes	Yes	Side	Dinner
	Portobello and Pesto Baguette	Yes	No	Entree	Lunch and Dinner
	Cavatappi Pasta	Yes	Yes	Entree	Lunch and Dinner
	Whole Grain Penne Pasta	Yes	Yes	Entree	Lunch and Dinner
	Classic Cheese Pizza	Yes	No	Entree	Lunch and Dinner
	Garlic Herb Breadstick	Yes	No	Side	Lunch and Dinner
	Build Your Own Pizza	Conditional	Conditional	Entree	Lunch and Dinner
	Build You Own Salad	Conditional	Conditional	Entree	Lunch and Dinner
Deli Mart	Veggie Sandwich	Conditional	Conditional	Entree	Lunch and Dinner
<i>ABUAD Hospital</i>	Veggie Chili	Yes	Yes	Entree	Lunch and Dinner
	JustASpud	Conditional	Conditional	Entree	Lunch and Dinner
	Spud Ole with Veggie Chili	Conditional	Conditional	Entree	Lunch and Dinner
	Veggie Spud	Conditional	Conditional	Entree	Lunch and Dinner
	Garden Salad	Conditional	Conditional	Entree	Lunch and Dinner
	Southwest Corn Taco with Chili	Conditional	Conditional	Entree	Lunch and Dinner
	Olive Oil Dressing	Conditional	Conditional	Condiment	Lunch and Dinner
	Balsamic Vinagarette	Conditional	Conditional	Condiment	Lunch and Dinner
	Light Italian Dressing	Conditional	Conditional	Condiment	Lunch and Dinner
	Fat Free Sun Dried Tomato Basil Dressing	Conditional	Conditional	Condiment	Lunch and Dinner
PG Cafeteria	Black Beans	Yes	Yes	Add-On	Lunch and Dinner
<i>Postgraduate</i>	Cilantro Lime Rice	Yes	Yes	Add-On	Lunch and Dinner
	Corn Taco Shell	Yes	Yes	Add-On	Lunch and Dinner
	Fajita Vegetables	Yes	Yes	Add-On	Lunch and Dinner
	Flour Taco Shell	Yes	Yes	Add-On	Lunch and Dinner
	Pinto Beans	Yes	Yes	Add-On	Lunch and Dinner
	Potatoes	Yes	Yes	Add-On	Lunch and Dinner
	Soft White Corn Tortillas	Yes	Yes	Add-On	Lunch and Dinner
	Soft Whole Wheat Flour Tortillas	Yes	Yes	Add-On	Lunch and Dinner
	Corn Tortilla Chips	Yes	Yes	Side	Lunch and Dinner
	Tortilla Soup	Yes	Yes	Entree	Lunch and Dinner

Black Bean and Corn Salsa	Yes	Yes	Condiment	Lunch and Dinner
Corn and Pepper Blend	Yes	Yes	Condiment	Lunch and Dinner
Fiery Habanero	Yes	Yes	Condiment	Lunch and Dinner
Guacamole	Yes	Yes	Condiment	Lunch and Dinner
Mango Salsa	Yes	Yes	Condiment	Lunch and Dinner
Pico de Gallo	Yes	Yes	Condiment	Lunch and Dinner
Ranchera Sauce	Yes	Yes	Condiment	Lunch and Dinner
Roasted Chile Corn Salsa	Yes	Yes	Condiment	Lunch and Dinner
Salsa Roja	Yes	Yes	Condiment	Lunch and Dinner
Salsa Verde	Yes	Yes	Condiment	Lunch and Dinner

ABUAD MINI MART
Main Campus

White Bread (Build Your Own Which)	Yes	Yes	Entree	Lunch and Dinner
Lettucewhich (Build Your Own Lettucewhich)	Yes	Yes	Entree	Lunch and Dinner
Black Bean Patty Sandwich	Conditional	Conditional	Entree	Lunch and Dinner
Caprese Sandwich	Yes	Yes	Entree	Lunch and Dinner
Avocado Sandwich	Yes	Yes	Entree	Lunch and Dinner
SuperfoodWhich	Yes	Yes	Entree	Lunch and Dinner
Chips	Yes	Yes	Side	Lunch and Dinner
BBQ Sauce	Yes	Yes	Condiment	Lunch and Dinner
Buffalo Sauce	Yes	Yes	Condiment	Lunch and Dinner
Olive Salad Sauce	Yes	Yes	Condiment	Lunch and Dinner
Hot Pepper Mix Sauce	Yes	Yes	Condiment	Lunch and Dinner
Hummus	Yes	Yes	Condiment	Lunch and Dinner
Dijon	Yes	Yes	Condiment	Lunch and Dinner
Deli	Yes	Yes	Condiment	Lunch and Dinner
Balsamic Vinaigrette Dressing	Yes	Yes	Condiment	Lunch and Dinner
Oil Dressing	Yes	Yes	Condiment	Lunch and Dinner
Red Onion	Yes	Yes	Add-On	Lunch and Dinner
Peanut Butter	Yes	Yes	Add-On	Lunch and Dinner
Grape Jelly	Yes	Yes	Add-On	Lunch and Dinner
Cranberry Sauce	Yes	Yes	Add-On	Lunch and Dinner
Chips	Yes	Yes	Add-On	Lunch and Dinner
Avocado	Yes	Yes	Add-On	Lunch and Dinner
Lettuce	Yes	Yes	Add-On	Lunch and Dinner
Spinach	Yes	Yes	Add-On	Lunch and Dinner
Tomatoes	Yes	Yes	Add-On	Lunch and Dinner
Banana Peppers	Yes	Yes	Add-On	Lunch and Dinner
Mushrooms	Yes	Yes	Add-On	Lunch and Dinner
Bell Peppers	Yes	Yes	Add-On	Lunch and Dinner
Black Olives	Yes	Yes	Add-On	Lunch and Dinner
Pickles	Yes	Yes	Add-On	Lunch and Dinner
Cucumbers	Yes	Yes	Add-On	Lunch and Dinner
Jalapeños	Yes	Yes	Add-On	Lunch and Dinner
Pepper	Yes	Yes	Add-On	Lunch and Dinner
Crushed Red Pepper	Yes	Yes	Add-On	Lunch and Dinner
Salt	Yes	Yes	Add-On	Lunch and Dinner
Oregano	Yes	Yes	Add-On	Lunch and Dinner
Garlic	Yes	Yes	Add-On	Lunch and Dinner