

VEGAN & VEGETARIAN DINING OPTIONS

Plant-Based Dining:

What It Means and Why It Matters

Going plant-based doesn't mean giving up meat—it means making plants the star of your plate. Centered on whole foods like fruits, veggies, grains, legumes, soy, nuts, and herbs, plant-based meals are flavorful, satisfying, and rooted in global traditions.

Health Benefits

Boosts Immunity: Packed with vitamins, minerals, and antioxidants.

Reduces Chronic Illness Risk: Linked to lower rates of heart disease, diabetes, and improved mental health.

High in Fiber: Supports digestion and helps you feel full longer.

Good for the Planet

Cuts Emissions: Animal agriculture drives two-thirds of food-related greenhouse gases.

Saves Water: Shifting diets could cut food-related water use by a third.

Builds a Resilient Future: Supports a sustainable, equitable food system for a growing population.

Every plant-based choice—big or small—supports your well-being and the planet.

Vegan and Vegetarian Dining Options around campus

Dining Commons

Sprouts: Plant-based meals with whole foods and rich flavors, using nutrient-packed protein alternatives.

UCook: Customizable, build-your-own meals with fresh ingredients.

Simple Servings: Allergen-free meals without gluten or 8 of the top 9 allergens—safe, inclusive, tasty.

Green: Salad bar with fresh greens and hearty toppings.

Fruit & Yogurt Bar: All-day fresh fruit and yogurt, with salad bar add-ins.

Beacon Scoop Shop: Morning smoothies with nutritious add-ins like kale, spinach, or Greek yogurt.

Food Court

Dot's Deli: Vegan and vegetarian sandwiches like DD's Favorite and The Boston Common, plus a full deli bar.

Fresh Market Salad Bar: Daily offerings of greens, fruits, and yogurt for healthy, customizable meals.

Tres Habaneros: Build-your-own burritos, bowls, or quesadillas with fresh, flavorful ingredients.

Beacon Cafe

Bird N Brine: Flavor-packed plant-based tenders and fries.

Mein Bowl: Asian-inspired dishes with fresh vegetables, tofu, and rice

Swirl: Smoothies and bowls made with fruits, greens, protein powders, and more!