

- KEY
- ♥ = CHIP Approved
 - ☺ = Plant-Strong
 - ∨ = Vegetarian (options may contain amounts of dairy or may be pan-seared or fried)



RESTAURANT GUIDE FOR CHIP MEMBERS

This document was created as a guide for dining out more sensibly. Not all restaurants in this guide are CHIP-approved however, the healthiest menu choices have been listed. Restaurant meals can exceed total daily sodium allotment. Always remember that the healthiest meals are those made at home.

TIPS FOR DINING OUT

1. Ask if your menu item can be made without dairy, meat or eggs and replace it with colorful vegetables.
2. Whenever possible, order dressing, cheeses, and sauces on the side to better control the amount you use.
3. Remember to ask for menu items to be made without cheese at pizza places and request a whole grain or whole wheat crust where available.
4. Order sandwiches with whole grain or whole wheat bread where available. Whenever possible, ask for menu items to be made without butter or mayonnaise on the sandwich.
5. Order menu items grilled, dry or steamed rather than sautéed, battered, fried or pan fried.
6. Watch portion control and ask for a box at the beginning of your meal to immediately divide meal in half for later. Split meals and desserts with others or order smaller portions or appetizers in place of an entrée.
7. Drink water or unsweetened tea throughout meals instead of soda.
8. If traveling, plan and pack healthy snacks and meals. Also go to a grocery store rather than a fast food establishment.

STRATEGIES FOR HEALTHY EATING OUT – LIVE MORE CHIP CURRICULUM

1. Think about what styles of foods favor healthy choice and aim for them. For example, fast-food restaurants are probably not going to offer as many good options as restaurants basing their menu on a traditional cuisine.
2. Look at the whole menu. For example, just because something is listed as a side salad doesn't mean it must accompany a hulking main dish. Try ordering a couple of healthy looking salads or "starters" instead of a main meal.
3. Watch out for sauces. Rich sauces or dressings can turn a healthy meal into a questionable one. Don't be afraid to ask for it without it. Well-prepared, fresh foods can be bursting with amazing flavors that don't need to be covered up by dressings.
4. Remember, you can always ask for something different to the menu. Would you like that pasta dish without cheese? Just ask – most restaurants are happy to make changes to suit your needs.
5. Don't forget about drinks. Alcoholic drinks, juices, and soda or soft drinks can add up to a lot of calories and sugar by the end of a meal. Most restaurants provide water at your table free of charge, making it the cheapest & healthiest option when eating out.
6. The dessert menus often tempt even the strongest wills. Some restaurants offer fruit salad or fruit platters, which can be a good choice, If the menus seem devoid of good options, why not finish the meal relaxing with friends over a nice cup of caffeine-free herbal tea?

STRATEGIES FOR HEALTHY EATING WHILE TRAVELING – LIVE MORE CHIP CURRICULUM

The key to successful lifestyle change is that it needs to be sustainable, so it's important to have some strategies to deal with common situations, like traveling. Just because you go on a holiday, it doesn't mean you must spend all your time chained to the kitchen.

1. Research where you're traveling to. A whole range of websites and tourist guidebooks can help you scope out restaurants in the area to see which ones might have better choices.
2. If you're traveling by plane, check what menu options are available. Most airlines have options covering dietary choices for a range of health and religious reasons.
3. Make the buffet your friend. Many hotels have buffets available at meal times, particularly breakfast. While they often have many poor options, they usually also have a lot of good ones available. Use the buffet as a chance not to be bound by menus. Fill your plate with fruits, vegetables, salads, and whole grains.
4. Make the best out of every situation. Sometimes on long trips, we can find ourselves in places with poor access to good food. We've all been in that situation when it seems like the only options around are fast-food restaurants. The key is not to use that as an excuse to make poor choices. Even on a fast-food menu, there's a continuum of choices from best to worst. If you find yourself in this situation, make the best choice available and look forward to your next meal.

TIPS FROM "MY BEEF WITH MEAT" BY RIP ESSELSTYN

1. Asian Restaurants: brown rice, steamed vegetables, steamed edamame, steamed tofu, also hold the extra sauces, use low-sodium soy sauce sparingly.
2. Italian Restaurants: whole-grain pasta, tomato sauce (without cheese added), ask for grilled or steamed vegetables to be added in.
3. American Restaurants: steamed or grilled vegetables, salads with balsamic vinegar, sweet or baked potatoes.
4. Breakfast Restaurants: oatmeal with non-dairy milk or water, fruit, nuts as well as whole grain breads with nut butter.
5. Coffee Shops: herbal teas, non-dairy milk and creamers, oatmeal, fruit, nuts.
6. Gas Stations: fruit, whole-grain pretzels, unsalted nuts.
7. Grocery Stores: oil-free hummus, whole-grain crackers or bread, cut up and washed vegetables, and fruit, low sodium beans, also get potatoes and frozen vegetables to cook in the microwave at your hotel. Trail mix is always a good idea, whole-grain cereal, raisins, and nuts. Many grocery stores also have salad bars where you can make your own meal.
8. Overall: just remember to watch out for processed foods plus added oils, ask if your meal can be cooked with vegetable broth or steamed.

LOCAL RESTAURANTS

Avalanche Pizza | 329 East State Street, Athens | (740) 594-4664 | avalanchepizza.net

-Order without cheese, dairy products or creamy dressings; substitute vegan cheese

- North Face Side Salad V
- Veggie Volcano Salad V
- Veggie Boulder Sandwich V
- Gluten Free Veggie Sub V
- Veggie Rainbow Pizza V
- Vegetarian toppings: canned mushrooms, artichoke hearts, roasted garlic, fresh baby spinach, black olives, red onions, roasted potatoes, mandarin oranges, Korean kimchi, cashews, sweet yellow corn, pineapple, fresh mushrooms, green peppers, blanched spinach, Roma tomatoes, green olives, zucchini, sun dried tomato, jalapeño peppers, banana peppers, broccoli, roasted red peppers, fresh basil
- Southeast Engine Delight Pizza V
- San Andreas Fault Californian Pizza V
- The Soilent Green Pizza V
- Teenage Vegan Werewolf Pizza ☺
- The Mount Olympus Greek Pizza V

Bagel Street Deli | 27 South Court Street, Athens | (740) 593-3838 | bagelstreetdeli.com

-Order without cheese, dairy products or creamy dressings

- Menu offers build your own salads and bagels that includes tofu and vegetarian options

Big Mamma's Burritos | 10 South Court Street, Athens | (740) 566-4100 | bigmammaburritos.com

-Order without cheese, dairy products or creamy dressings

- Veggie Paquito V
- Veggie Gringo V
- Almost any of their burritos can be vegetarian by substituting beans, hummus or guacamole for meat: Chipotle Ranch, Philly Mamma, Breakfast Mamma, Dream Mamma, Loaded Mamma, Buffalo, Teriyaki
- Veggie Mamma Grande Burrito V

Boot Factory Grill | 45 East Canal Street, Nelsonville | (740) 753-9100 x2329 | rockyboots.com

-Order without cheese, dairy products or creamy dressings

- Salad Bar V
- Steamed Broccoli V
- Steamed Cauliflower V
- Cup of Fruit V
- Chipotle Black Bean Burger V
- Garden Veggie Burger V
- Hummus, Lettuce and Tomato on Wheat Bread V

Brenen's Coffee Café | 38 South Court Street, Athens | (740) 594-4475 | brenens.com

-Order without cheese, dairy products or creamy dressings

- California Veggie Sandwich V
- Greek Veggie Sandwich V
- Mediterranean Hummus Sandwich V
- Healthy Hummus Sandwich ☺

Bronney's Alumni Grill | 7 West Carpenter Street, Athens | (740) 592-5900

-Order without cheese, dairy products or creamy dressings

- Lunch Salad V
- Bean Burger Sandwich V

Burr Oak Dining Room | 10660 Burr Oak Lodge Road, Glouster | (740) 767-2112 | stayburroak.com

-Order without cheese, dairy products or creamy dressings

- Seasonal Fresh Fruit V
- Hale and Hearty Bowl V
- Hummus and Cucumber Salad V
- Vegetarian Chili V
- Garden Salad V
- Burr Oak Salad V
- Mediterranean Salad V
- Black Bean Chipotle Burger V
- Zucchini Pasta V
- Spinach Artichoke Penne V
- Vegetarian Chinkapin Oak Penne V

Busy Day Market | 30 West Stimson Avenue, Athens | (740) 592-9700 | busydaymarket.com

- Menu changes weekly

Catalyst Café | 540 West Union Street, Athens | (740) 249-4250 | dellazona.com

- Organic Green Salad V
- Smoothies V
- Onion Bialy with Tofu Spread V

Casa Nueva | 6 West State Street, Athens | (740) 592-2016 | casanueva.com

-Order without cheese, dairy products or creamy dressings

Breakfast Menu:

- Basic with tofu V
- Deluxe with tofu V
- Veggie Rancheros V
- Breakfast Burrito V
- Scrambler with tofu V
- Scrambler Deluxe with tofu V
- Vegan Scrambler ☺
- Peabody with tofu V
- Morning in the Hills V

Lunch Menu:

- Open Faced Veggie Sandwich V
- Vegetarian Chili Wrap V
- To the Hills ☺
- Street Burrito Wrap V
- Hills Deluxe Wrap
- Taco Salad V
- Hills Deluxe ☺
- Enchilada Platter V
- Tofu Albondigas V
- Burrito Platter V
- Vegetarian Chili V
- Rice Salad V
- House Salad V
- Side Salad V

Dinner Menu:

- Build your own burritos, chimichangas, stacked or rolled enchiladas, tacos or empanadas
- Vegan Burrito ☺
- Dinner Platter #2 ☺
- Dinner Platter #7 V
- Casa Que Pasa Burrito V
- Open Faced Veggie Sandwich V
- Vegetarian Chili V
- To the Hills ☺
- Taco Salad V
- Hills Deluxe ☺
- Tofu Albondigas V
- Rice Salad V
- House Salad V
- Side Salad V

China Fortune Restaurant | 20 West Stimson Avenue, Athens | (740) 594-5678

-Ask for less oil and steamed options instead of fried

- Order from the vegetarian menu with sauces on the side

China King | 21 South Court Street, Athens | (740) 592-1128

-Ask for less oil and steamed options instead of fried

- Order from the vegetarian menu with sauces on the side

China Panda | 965 East State Street, Athens | (740) 593-8883 | chinapandaathens.com

-Ask for less oil and steamed options instead of fried

- Order from the vegetarian menu with sauces on the side

Court Street Diner | 18 North Court Street, Athens | (740) 594-8700 | courtstreetdiner.com

-Order without cheese, dairy products or creamy dressings

- Garden Burger V
- Side Salad V
- Broccoli V
- Steamed Vegetables V
- Corn V
- Green Beans V

Courtside Pizza | 85 North Court Street, Athens | (740) 594-9999 | courtsidepizza.com

-Order without cheese, dairy products or creamy dressings, salads may come prepackaged with cheese

- Veggie Pizza V
- Florence Pizza V
- Vegetarian toppings: mushrooms, onion, green peppers, banana peppers, green olives, black olives, tomato, pineapple, spinach, jalapeños
- House Salad V
- Classic Greek Salad V

Culter's Restaurant | 331 Richland Avenue, Athens | (740) 589-3714 | ouinn.com

-Order without cheese, dairy products or creamy dressings

Breakfast Menu:

- Good Start Buffet V

Lunch Menu:

- Strawberry Salad V
- Fresh Fruit V
- Garden Burger V
- Portobello Sandwich V

Dinner Menu:

- MIXEDtwhite Mushroom Flatbread ♥
- Pad Thai ♥
- Creamed Farro Stuffed Pepper ♥
- Cauliflower Three Ways ♥
- Asparagus V
- Broccolini V

Deputy's Pizza and Subs | 5329 Washington Road, Albany | (740) 698-4911

-Order without cheese, dairy products or creamy dressings

- Vegetarian toppings: onion, mushroom, green pepper, banana pepper, green olives, black olives, pineapple, & jalapeños

Dynasty Restaurant | 498 Richland Avenue, Athens | (740) 818-8020 | athensdynasty.com

-Ask for less oil and steamed options instead of fried

- Order from the vegetarian menu with sauces on the side

Fluff Bakery and Catering | 8 North Court Street, Athens | (740) 249-4286 | fluffbakery.com

-Order without cheese, dairy products or creamy dressings

- Mutha Earth V
- Fluffhead V
- Veggies, Beans and Rice Burrito V
- Yellow Curry Bowl V
- Red Curry Bowl V
- Thai Bowl V
- The Greenery V
- Quinoa Salad V
- Carolina Tofu Tacos V
- Back Bean and Tofu Tacos V

FullBrook's Café | 6 Public Square, Nelsonville | (740) 753-3391

-Order without cheese, dairy products or creamy dressings

Fusion Noodle Company | 30 West Union Street, Athens | (740) 589-5511 | fusionnoodleathens.com

-Order without cheese, dairy products or creamy dressings

- Sweet and Spicy Udon V
- Pad Thai V
- Edamame ☺
- Vegetarian Wrap V

General Wok | 707 Chestnut Street, Nelsonville | (740) 753-9696

-Ask for less oil and steamed options instead of fried

- Order from the vegetarian menu with sauces on the side

Ginger Asian Kitchen | 28 South Court Street, Athens | (740) 589-7788 | gingerathens.com

- Edamame ☺
- Brown Rice Tofu Asian Bowl ☺
- Seaweed Salad V

Gourmet Your Way | 94 Columbus Road, Athens | (740) 589-6456 | gourmetyourway.biz

-Several CHIP-approved menu options available, contact registration@gourmetyourway.biz for more information

Grand China Buffet | 1002 East State Street, Athens | (740) 593-7000

-Ask for less oil and steamed options instead of fried

- Order from the vegetarian menu with sauces on the side, or pick vegetarian friendly items from the buffet

Gran Ranchero | 979 East State Street, Athens | (740) 566-1004

-Order without cheese, dairy products or creamy dressings

- Bean Dip V
- Guacamole Dip V
- House Salad V
- Tossed Salad V
- Bean Burritos V
- Bean Enchiladas V
- Bean Tacos V
- Chapula and Bean Taco V

Jackie O's Brewpub and Public House | 22-24 West Union Street, Athens | (740) 592-9686 | jackieos.com

-Order without cheese, dairy products or creamy dressings

Brewpub Menu:

- Mediterranean Board V
- Fresh Garden Salad ☺
- Greek Salad V
- The Hummus Wrap V
- Falafel V
- Vegetarian toppings: tomatoes, green peppers, mushrooms, black olives, artichokes, roasted red peppers, jalapeños, red onion, spinach, and hot pepper rings
- The Mediterranean Pizza V
- The Vegan Pizza ☺
- The Oestrike Pizza V
- Veggie Delight Pizza V
- B-Y-O Pizza V

Public House Menu:

- Mediterranean Board V
- Fresh Garden Salad ☺
- Greek Salad V
- Tofu Burger V
- Black Bean and Spelt Burger V
- The Hummus Wrap V
- Falafel V
- Melt My Pesto V
- Portobello Sandwich V
- The Mediterranean Pizza V
- The Vegan Pizza ☺
- The Oestrike Pizza V
- Veggie Delight Pizza V

JJ's Pizza and Subs | 1228 Chestnut Street, Nelsonville | (740) 753-9052

-Order without cheese, dairy products or creamy dressings

- Vegetarian toppings: mushroom, pineapple, onion, green pepper, banana pepper, black olives, green olives

Kiser's BBQ Express | 1002 East State Street, Athens | (740) 594-7427 | express.kisersbarbeque.com

-Order without cheese, dairy products or creamy dressings, salads may come prepackaged with cheese

- Mixed Fruit V
- Fire Roasted Vegetables V
- Side Salad V
- Tofu BBQ Sandwich V
- Homemade Veggie Burger V
- Tofu Tacos V
- House Salad V

Lam's Garden | 934 East State Street, Athens | (740) 594-4424

-Ask for less oil and steamed options instead of fried

- Order from the vegetarian menu with sauces on the side

Larry's Dawg House | 410 West Union Street, Athens | (740) 592-3819 | larrysdawghouse.com

-Order without cheese, dairy products or creamy dressings

- Veggie Sandwich V
- Vegetable Soup V

Latitude 39 | 1 Park Place, Athens | (740) 566-0939 | ohio.edu/latitude39

-Order without cheese, dairy products or creamy dressings

- Greek Flatbread V
- House Salad V
- Cranberry Orange Salad V
- Greek Feta Salad V
- Black Bean Burger V
- Baked Potato ☺
- Side Salad V
- Spiced Citrus Rice V
- Vegetable of the Day V

Lucky's Sports Tavern | 11 North Court Street, Athens | (740) 594-5825

-Order without cheese, dairy products or creamy dressings

- Garden Salad V
- Spaghetti V
- Veggie Pesto Sub V
- Toppings include: mushrooms, onions, green peppers, banana peppers, jalapeños, pineapple, artichoke hearts
- Classic Veggie Sub V
- Build Your Own Pizza V

Lui Lui Restaurant | 8 Station Street, Athens | (740) 594-8905 | luiluirestaurant.com

-Order without cheese, dairy products or creamy dressings

- Edamame ☺♥
- Carrot Ginger Soup V♥
- Vegetarian Delight V♥
- Exotic Mushroom Pizza V
- Mediterranean Pasta V♥
- Vegetable Curry V
- Vegetables with Spicy Garlic Sauce V
- Hunan Tofu V♥
- Asparagus Whole Wheat Linguini V♥
- Mixed Green Salad V♥
- Garden Pizza V
- Veggie Lover Sushi Roll ☺
- Sweet Potato Roll V
- Green Goddess Roll V
- Seitan Kew V♥

O'Betty's Red Hot | 15 West State Street, Athens | (740) 589-6111 | obettys.com

- Vegetarian Baked Beans V
- Smokey Shy "Anne" V

Pigskin Bar and Grille | 38 North Court Street, Athens | (740) 594-5002 | thepigskin.com

-Order without cheese, dairy products or creamy dressings

- Garden Salad V
- Veggie Burger V
- Veggie Wrap V

Plus 1 Pizza | 600 East State Street, Athens | (740) 594-9494 | plusonepizza.com

-Order without cheese, dairy products or creamy dressings, salads may come prepackaged with cheese

- Veggie Delight Pizza V
- Bikini Zucchini Pizza V
- Veggie Supreme Pizza V
- Florentine Pizza V
- Greek Veggie Pizza V
- Garden Gourmet Pizza V
- Toppings include: mushrooms, green peppers, jalapeño peppers, tomatoes, fresh spinach, sun-dried tomatoes, broccoli, sweet corn, fresh basil, crushed red pepper, green onion, fresh cilantro, red onion, zucchini, artichoke hearts, roasted potatoes, roasted red peppers, green olives, pineapples, black olives, banana peppers, and onions
- Ace of Harts Pizza V
- Singing Veggie Revival V
- Pesto-Potato Pizza V
- Build Your Own Pizza V
- Veggie Sub V
- Italian Garden Salad V

Purple Chopstix | 371 Richland Avenue, Athens | (740) 592-4798 | purplechopstix.com

-Order without cheese, dairy products or creamy dressings

- Greek Pizza V
- Nori Sushi Roll ☺
- Sesame-Ginger Tofu Salad V
- House Salad ☺
- Tom Yum Soup ☺
- Yellow India Curry V
- Red Thai Coconut V
- Green Thai Coconut V
- Veggie Tofu Crepe V
- Sweet Potato Peanut Pasta V
- Veggie Pesto Pasta V
- Daisy Stir Fry V
- Bolivian Al Gûsto V

Restaurant Salaam | 21 West Washington Street, Athens | (740) 594-3800 | restaurantsalaam.com

Sunday Brunch Menu:

- Vegan Salaam Breakfast ☺

Dinner Menu:

- Vegan Vegetable Curry ☺
- Vegan Vegetable Curry with Tofu ☺
- Spanakopita V
- Mediterranean Pasta V
- Salaam Salad V
- Curried Couscous V
- Ann's Salad V
- Fattoush V
- Hillarie's Salad V
- Salad Sampler V
- Falafel V
- Salaam Salad Wrap V
- Hummus Wrap V
- Baba Gannoush Wrap V
- Baba Gannoush ☺
- Hummus ☺
- Dolmas V
- Meze Platter V
- Falafel V
- Muhammara V
- Harira Soup ☺
- Roasted Red Pepper-Coconut Soup V

Rhapsody Restaurant | 18 Public Square, Nelsonville | (740) 753-5740 | rhapsody.hocking.edu

-Order without cheese, dairy products or creamy dressings

Wednesday and Thursday Pub Night:

- House Salad V
- Vegetable Burger V

Friday and Saturday Dinner:

- Fennel, Asparagus, Mushroom Salad V
- Spinach, Spring Baby & Carrot Salad V
- Rhapsody House Salad V
- Veggie Burger V
- Veggie & Four Grain Paella & Tofu Steak V

Sunday Brunch:

- Fresh Fruit Plate V

Sol Restaurant | 700 East State Street, Athens | (740) 592-1744 | solrestaurant.net

-Order without cheese, dairy products or creamy dressings

- Fresh Fruit Cup V
- Fresh Guacamole V
- Loaded Tamale V
- Black Bean Soup ☺
- Garden Salad ☺
- Avocado Salad ☺
- Sol Salad V
- Black Bean Burger V
- Oven Baked Wrap V
- Chop or Veggie Bowl V
- Tacos V
- Make Your Own Pasta V
- Broccoli V
- Red Beans
- Sautéed Mushrooms V
- Black Beans V
- Baked Potato ☺

Souvlakis Mediterranean Gardens | 9 West State Street, Athens | (740) 592-4131 | souvlakis.blogspot.com

-Order without cheese, dairy products or creamy dressings

- Veggie Gyro V
- Hummus Dip ☺
- Baba Ghanoush Dip ☺
- Hummus Pita V
- Baba Ghanoush Pita V
- Falafel V

Star of India | 128 West Union Street, Athens | (740) 594-5269

-Order without cheese, dairy products or creamy dressings

- Aloo Chat V
- Shorba Special V
- Indian Salad V
- Vegetable Biryani V
- Pure Vegetable Thali V
- Saag Paneer V
- Navratan Korma Or Mixed Veggie V
- Matar Paneer V
- Vegetable Coconut Curry V
- Aloo Gobi Masala V
- Bangan Bhartha V
- Bhindi Masala V
- Chana Masala V
- Kali Dal Or Dal Makhni V
- Peas Rice V

Stephen's on Court | 66 North Court Street, Athens | (740) 594-7132 | stephens66.com

-Order without cheese, dairy products or creamy dressings

- Large House Salad ☺
- Stephen's Balsamic V
- Stephen's Margherita Flatbread V
- Malibu Garden Burger ☺
- Green Linguine V

Thai Paradise | 102 West Union Street, Athens | (740) 249-4115 | thaiparadiseoh.com

- Garden Roll V
- Edamame ☺
- Mala String Beans V
- Papaya Salad V
- Hot and Sour Soup V
- Tofu Pad Pak V
- Tofu Ginger Perfect V
- Tofu Pepper Garlic V
- Tofu Pad Prik Khing V
- Tofu Garlic Black Pepper V
- Tofu Hunan V
- Tofu Kung Pao V
- Tofu Mongolian V
- Tofu Szechwan V
- Tofu Cantonese Snow Pea V
- Vegetable Delight V
- Spicy Sprouts V
- Szechwan Green Beans V
- Tofu Drunken Noodle V
- Tofu Ladh Na V
- Green Tofu Curry V
- Yellow Tofu Curry V
- Red Tofu Curry V
- Pineapple Tofu Curry V
- Panang Tofu Curry V
- Mussaman Tofu Curry V

The Farmacy | 28 West Stimson Avenue | (740) 593-7007 | farmacynaturalfoods.com

-Some CHIP labeled items in the deli refrigerator

- Grilled Tempeh V
- Hummus Wrap ☺
- House Salad ☺
- Roasted Veggie Salad V
- Tempeh Wrap V
- The Farmacy Wrap V
- Greek Salad V
- Daily Vegan Soup ☺

The Pub | 39 North Court Street, Athens | (740) 592-2699 | thepubathens.com

-Order without cheese, dairy products or creamy dressings

- Garden Sandwich V
- Black Bean Burger V
- Veggie Chef Salad V
- Tossed Salad V

Union Street Diner | 70 West Union Street, Athens | (740) 594-6007 | unionstreetdiner.com

-Order without cheese, dairy products or creamy dressings

- Portabella Melt V
- Garden Burger V
- Black Bean Burger V
- Veggie Melt V
- Corn V
- Broccoli V
- Fruit Cup V
- Garden Salad V
- Strawberry Spinach Salad V
- Greek Salad V

Village Bakery and Café | 268 East State Street, Athens | (740) 594-7311 | dellazona.com

-Order without cheese, dairy products or creamy dressings

- The Pesto Sandwich V
- The Karma Sandwich ☺
- Baked Tofu Sandwich V
- BBQ Tempeh Sandwich V
- VB VB Sandwich V
- Esmeralda Salad ☺
- Garden Salad V
- Mediterranean Salad V

West 82 Food Court | 1 Park Place, Athens | (740) 593-4000 | ohio.edu

-Order without cheese, dairy products or creamy dressings

- Offers made to order deli sandwiches, sandwiches off the grill, Mexican-style fare, and a salad bar

FOOD TRUCKS

These trucks have vegetarian and vegan friendly items currently on their menus, find them on Facebook to learn about their current locations.

- **Ali Babas** | Athens
- **Atheenie Weenie** | Athens
- **Burrito Buggy** | Athens
- **Chelsea's Real Food** | Athens
- **Holy Guacamole** | The Plains
- **Hot Potato Food Truck** | Athens
- **Nixtamalized** | Coolville
- **The Cajun Clucker** | Athens
- **Jackie O's Food Cart** | Athens

CHAIN RESTAURANTS

Bob Evans | 357 East State Street, Athens | (740) 592-3842 | bobevans.com

-Order without cheese, dairy products or creamy dressings

- Seasonal Fresh Fruit V
- Oatmeal V
- The Green Goddess Salad V
- Farmhouse Garden Salad V
- Fresh Steamed Broccoli V
- Baked Potato ☺
- Tomato Cucumber Salad V

Burger King | 949 East State Street, Athens | (740) 594-5500 | burgerking.com
| 15971 US Route 33, Nelsonville | (740) 753-4374

-Order without cheese, dairy products or creamy dressings, salads may come prepackaged with cheese

- Garden Side Salad V
- Veggie Burger V
- Oatmeal V

Chipotle Mexican Grill | 41 South Court Street, Athens | (740) 592-3656 | chipotle.com

-Order without cheese, dairy products or creamy dressings

- Beans and oils are vegetarian friendly
- Toppings include: Sofritas, cilantro-lime brown rice, black beans, pinto beans, fajita veggies, fresh tomato salsa (mild), tomatillo red-chili salsa (hot), tomatillo green-chili salsa (medium hot), roasted chili-corn salsa (medium), romaine lettuce, guacamole
- Brown rice bowl or salad

Domino's Pizza | 12 Mill Street, Athens | (740) 593-3395 | dominos.com
| 1101 Chestnut Street, Nelsonville | (740) 753-3307

-Order without cheese, dairy products or creamy dressings, salads may come prepackaged with cheese

- Pacific Veggie Pizza V
- Mediterranean Veggie Sandwich V
- Toppings include: banana peppers, green peppers, mushrooms, onions, spinach, diced tomatoes, red peppers, pineapple, jalapeño peppers, black olives
- Build Your Own Pasta V
- Classic Garden Salad V

Donatos Pizza | 688 East State Street, Athens | (740) 592-5049 | donatos.com

-Order without cheese, dairy products or creamy dressings, salads may come prepackaged with cheese

- Very Vegy Pizza V
- Vegy Sub V
- Toppings include: bruschetta fresh tomato, mushrooms, green pepper, pickles, onion, banana peppers, tomatoes, black olives, pineapple, jalapeños, almonds, spinach, roasted garlic
- Caprese Side Salad V

Jimmy John's | 16 South Court Street, Athens | (740) 594-8883 | jimmyjohns.com

-Order without cheese, dairy products or creamy dressings

- Gourmet Veggie Club V
- Vegetarian Sub V

McDonalds | 399 Richland Avenue, Athens | (740) 592-1656 | mcdonalds.com

| 992 East State Street, Athens | (740) 592-4575

| 80 North Plains Road, The Plains | (740) 797-0203

| 21 Watkins Street, Nelsonville | (740) 753-4018

-Order without cheese, dairy products or creamy dressings, salads may come prepackaged with cheese

- Side Salad V
- Oatmeal V
- Apple Slices V

Papa John's Pizza | 443 East State Street, Athens | (740) 594-7272 | papajohns.com

-Order without cheese, dairy products or creamy dressings

- Garden Fresh Pizza V
- Create Your Own Pizza V
- Toppings include: pineapple, black olives, Roma tomatoes, jalapeño peppers, green peppers, pickles, onions, mushrooms

Pita Pit | 8 North Court Street, Athens | (740) 593-8600 | pitapitusa.com

-Order without cheese, dairy products or creamy dressings

- Garden Pita V
- Falafel Pita V
- Hummus Pita V
- Toppings include: avocado, hummus, red pepper hummus, shredded lettuce, romaine lettuce, spinach, tomatoes, cucumbers, roasted red peppers, banana peppers, jalapeño, onions, black olives, pineapple, green peppers, pickles, artichokes, and mushrooms

Pizza Hut | 743 East State Street, Athens | (740) 594-8195 | pizzahut.com

-Order without cheese, dairy products or creamy dressings

- Premium Garden Veggie Pizza V
- Veggie Lover's Pizza V
- Topping's include: mushrooms, roasted spinach, Peruvian cherry peppers, red onions, Mediterranean black olives, green bell peppers, banana peppers, pineapple, jalapeño peppers, Roma tomatoes

Ruby Tuesday | 951 East State Street | (740) 594-0695 | rubytuesday.com

-Order without cheese, dairy products or creamy dressings

- Garden Bar V
- Fresh Steamed Broccoli V
- Fresh Grilled Zucchini V
- Garden Salad V
- Fresh Green Beans V
- California Primavera Pasta V

Shade on State Street | 994 East State Street, Athens | (740) 566-1009 | shaderestaurants.com

-Order without cheese, dairy products or creamy dressings

- Hummus V
- Pizza Alla Vegatale V
- Greek Salad V
- White Pizza V
- Garden Salad V
- Margherita Pizza V
- The Greek Pizza V

Subway | 25 North Court Street, Athens | (740) 592-6030 | subway.com
| 914 East State Street, Athens | (740) 592-2299
| 929 East State Street, Athens | (740) 593-5350
| 74 North Plains Road, The Plains | (740) 797-2900
| 479 East Canal Street, Nelsonville | (740) 753-1200

-Order without cheese, dairy products or creamy dressings

- Veggie Delite Sub V
- Veggie Delite Salad V
- Toppings include: lettuce, spinach, tomatoes, cucumbers, pickles, green peppers, black olives, red onions, jalapeños, banana peppers, avocado, and guacamole
- Apple Slices V

Taco Bell | 978 East State Street, Athens | (740) 592-2266 | tacobell.com
| 763 Chestnut Street, Nelsonville | (740) 753-3007

-Order without cheese, dairy products or creamy dressings

- Seven Layer Burrito V
- Black Beans and Rice V
- Bean Burrito V
- Power Menu Burrito-Veggie V
- Black Bean Burrito V
- Power Menu Bowl-Veggie V
- Black Beans V

Taco Johns | 392 Richland Avenue, Athens | (740) 594-4766 | tacojohns.com

-Order without cheese, dairy products or creamy dressings, salads may come prepackaged with cheese

- Side Salad V
- Bean Burrito V

Wendy's | 40 South Court Street, Athens | (740) 592-5200 | wendys.com
| 930 East State Street, Athens | (740) 594-7995
| 380 Richland Avenue, Athens | (740) 592-2545

-Order without cheese, dairy products or creamy dressings, salads may come prepackaged with cheese

- Power Mediterranean Salad V
- Apple Pecan Salad V
- Garden Side Salad V
- Baked Potato 😊

The Athens CHIP Program is supported by:

