

# Champlain College Dining Hall

## Dietary Restrictions

Menu Item	Vegetarian	Vegan	Halal	Contains Dairy	Contains Nuts	Contains Gluten
<b>Breakfast</b>						
Big Breakfast	no	no	ask for no bacon or sausage	no	no	yes. ask for GF bread and bacon
Bacon, Lettuce, Tomato Sandwich	no	no	no	no	no	yes. ask for GF bread
Breakfast Sandwich with Protein	no	no	no	yes	no	yes
Breakfast Sandwich No Protein	no	no	the cheese is not halal	yes	no	yes
Breakfast Wrap	no	no	the bacon is not halal	no	no	yes. ask for GF wrap
Western Sandwich	no	no	the ham is not halal	no	no	yes. ask for GF bread
Guacamole, Lettuce Tomato Sandwich	yes	yes	yes	no	no	yes. ask for GF bread
Bagel	yes	yes	yes	no	no	yes
Bagel with Cheese	yes	no	no	yes	no	yes
Guacamole Toast	yes	yes	yes	no	no	yes. ask for GF bread

Triangle Hash Browns	yes	yes	yes	no	no	no
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<b>The Grill Station</b>						
Champlain Forever Burger	no	no	the burger patty is halal	yes. sub no cheese	no	yes
Holy Guacamole Burger	no	no	no	yes	no	yes
Build Your Own Burger	ask for black bean burger	ask for black bean burger	the burger patty and black bean burger is halal	yes. sub no cheese	no	yes. ask for made without gluten options when ordering
Black Bean burger	yes	yes	yes	no	no	yes. ask for GF bun
Crispy Chicken Sandwich	no	no	no	yes	no	yes
Pax's Spicy Chipotle Twister	no	no	ask for halal chicken strips and no cheese	yes	no	yes
Twister Wrap	no	no	ask for halal chicken strips	yes	no	yes
Chicken Tenders	no	no	ask for halal chicken	yes	no	yes
Grilled Cheese	yes	no. ask for dairy free cheese	no	yes. ask for dairy free cheese	no	yes. ask for GF bread

Triple Decker Clubhouse	no	no	no	no	no	yes
Spinach and Artichoke Grilled Cheese	yes	yes	yes	no	no	yes. ask for GF bread
Whistle Dog	no	no	no	yes	no	yes
Coleslaw	yes	no	yes	no	no	no
French fries	yes	yes	yes	no	no	no
Onion Rings	yes	no	yes	no	no	yes
Poutine	no	no	no	yes	no	no
Gravy	yes	yes	yes	no	no	no
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<b>World Kitchen</b>						
Butter Chicken	no	no	ask for halal chicken	yes	no	yes
Korean Bulgogi Beef and Noodles	no	no	no	no	no	yes
Caribbean Jerk Chicken and Rice Bowl	no	no	ask for halal chicken	no	no	no
Teriyaki Chicken and Vegetables	no	no	ask for halal chicken	no	no	yes
North African Chickpea Stew	yes	yes	yes	no	yes	no
Thai Tofu with Vegetables	yes	yes	yes	no	no	no
Canadian Maple Glazed Salmon	no	no	yes	no	no	no
Naan Bread	yes	no	yes	yes	no	yes

Tzatziki	yes	no	yes	yes	no	no
Vegetarian Samosa	yes	no	yes	no	no	yes
Jamaican Patty	no	no	no	no	no	yes
Spring Roll	yes	no	yes	no	no	yes
Vegetarian Dumplings	yes	yes	yes	no	no	yes
Asian Cucumber Salad	yes	yes	yes	no	no	no
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<b>El Diablito</b>						
Barbacoa Chicken Burrito	no	no	ask for halal chicken	no	no	yes. ask for GF wrap
Chipotle Pulled Pork Burrito	no	no	no	no	no	yes. ask for GF wrap
Spicy Beef Burrito	no	no	ask for halal meat	yes. ask for no sriracha sour cream	no	yes. ask for GF wrap
Black Bean and Sweet Potato Burrito	yes	ask for no chipotle mayo	yes	no	no	yes. ask for GF wrap
Fiesta Tofu Burrito	yes	no	yes	yes. ask for no dill sauce	no	yes. ask for GF wrap
Quesadilla Vegetarian	yes	yes. ask for dairy free cheese	no	yes. ask for dairy free cheese	no	yes. ask for GF wrap
Quesadilla with Protein	no	no	ask for halal chicken	yes. ask for dairy free cheese	no	yes. ask for GF wrap

<b>Tortilla Chips and Queso</b>	<b>yes</b>	<b>no</b>	<b>no</b>	<b>yes</b>	<b>no</b>	<b>no</b>
<b>Churros</b>	<b>yes</b>	<b>no</b>	<b>yes</b>	<b>yes</b>	<b>no</b>	<b>yes</b>
<b>Breaded Haddock Tacos</b>	<b>no</b>	<b>no</b>	<b>yes</b>	<b>no</b>	<b>no</b>	<b>yes. ask for hard shell tacos</b>