



# PLANTPURE COMMUNITIES

PLANTPURECOMMUNITIES.ORG

## INFO SHEET: DINING AT RESTAURANT AND FAST FOOD CHAINS

Dining Out

**Disclaimer:** Please check on how individual dishes are prepared at the specific location to determine whether or not they will be WFPB when ordered as described here.

### Restaurant Chains

**Chili's** – Make a meal out of sides: black beans, broccoli, corn on the cob, side salad (hold the cheese and ask for vinaigrette on the side), and a baked potato (they only list loaded so ask for it to be plain, without butter). Two other options: order the Quesadilla Explosion Salad without any chicken or dairy and have them substitute extra black beans and get lime vinaigrette dressing on side, or order one of the Tex Mex Bowls and have them remove any dairy and meat and add extra black beans and rice.

**Cracker Barrel** – Vegetable platter: choose three sides to create your entrée - baked sweet or white potato (no butter or sour cream), corn, steamed mixed vegetables, side salad (ask for it without cheese, and with vinaigrette on side to use sparingly), steamed broccoli, or brown rice pilaf. Also, they have a vegetable soup that is fat free.

**Genghis Grill or Mongolian Grill** – Make your own stir-fry using all the vegetables you can put in the bowl. There is also tofu. Choose no oil sauces and lots of spices. Choose brown rice.

**McAlister's Deli** – Veggie chili, taco salad with veggie chili (hold the dairy), Veggie spud (hold the dairy), Veggie Club (hold the cheese).

**Mellow Mushroom** – They offer many vegan options: hoagies with tofu or tempeh, build your own salad, and pizzas with a variety of vegetable toppings. They offer a vegan cheese option (oil-based) if you prefer pizza with a bit of cheese. View their vegan menu.

**Noodles and Company** – Japanese Pan Noodles, Thai Curry Soup, Veggie Med Sandwich (hold the cheese), Thai Hot Pot (ask for tofu instead of pork).

**Olive Garden** – Minestrone soup and salad (hold the cheese and use vinaigrette sparingly), plain pasta with a marinara sauce (hold the cheese).

**Panera Bread** – For breakfast, try the steel cut oats, quinoa oatmeal, or the fruit cup. For lunch, Soba Noodle Bowl with Edamame, vegetable soup or black bean soup, Mediterranean Veg Sandwich (hold the cheese and sauce).

**PotBelly Sandwich Shop** – Soup options: Garden Vegetable, Roasted Tomato, and Spicy Black Bean. Sandwich option: Mediterranean (hold the feta and any mayo or sauce).

**Red Robin** – Garden veggie burger on a whole wheat bun (hold the Dijon sauce – made from mayo) and have a side of broccoli instead of fries.

**Ruby Tuesdays** – Order the Veggie Trio Combo and choose from the sides menu to get 3 of the following sides: rice pilaf, baked potato, grilled zucchini, spaghetti squash, broccoli or green beans. They also have an awesome salad bar - load up on the beans and veggies and skip any choices that have added oil (i.e. pasta salad or pea salad with mayo).



# PLANTPURE COMMUNITIES

PLANTPURECOMMUNITIES.ORG

**Souplantation & Sweet Tomatoes** – They offer a large cold salad bar and hot items as well such as baked potatoes, soup, and pastas.

**Zoes Kitchen** – Hummus and pita, quinoa salad (hold the feta), veggie kabobs (hold the feta on salad), veggie pizza (hold all cheese and add extra sauce to pizza), they also offer a plate where you can choose three sides and they put them on one plate – roasted veggies, rice pilaf, and braised white beans.

## Fast Food Chains

**Bruegger's Bagels** – Bagel sandwiches with hummus and veggies

**Burger King** – There are not a lot of healthy options. Order a garden salad (hold the cheese and use a low fat vinaigrette). Other items that have no animal-based ingredients (but are made with oil and processed ingredients) include fries, hash browns, French Toast Sticks, and Dutch Apple Pie. Avoid the BK Veggie Burger, which is made with eggs. The BK bun is vegan.

**Chick-Fil-A** – The Superfood Salad is vegan and contains mainly kale, broccoli, cherries, and nuts. All other salads can be ordered without the meat

**Chipotle, Moe's, Qdoba** – Rice and black bean bowl (load up on everything except dairy), vegetarian burritos or tacos (hold the dairy)

**McDonald's** – The Fruit & Maple Oatmeal can be ordered without the cream and brown sugar

**Panda Express** – Order two sides - the brown rice and steamed vegetables - and then create a meal from the two sides - very fresh and healthy

**Taco Bell** – Bean burrito (hold the cheese), Cantina Power Bowl (alfresco - hold all dairy), Mexican rice. They now have a guide to ordering vegan, which may provide additional WFPB options: <https://www.tacobell.com/feed/how-to-eat-vegan>

**Starbucks** – Soy, almond and coconut milk options, oatmeal, overnight oats, avocado spread, sprouted grain or multigrain bagels, fruit salads, fruit bars, nuts and granola

**Subway, Jimmy Johns** – Vegetarian subs with all the toppings except for cheese and mayo

**Wendy's** – Plain baked potato, side salad without cheese and light vinaigrette

*PPC would like to thank PlantPure, Inc. for putting together an extensive list of dining out options, which was the starting place for this Info Sheet.*

*We welcome you to send suggestions and ideas to [info@plantpurecommunities.org](mailto:info@plantpurecommunities.org). This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated December 2017.*