

Vegan Choices at Fast Food Restaurants

Baja Fresh

Grilled Veggie Burrito (without cheese and sour cream)

Guacamole & Chips

Chips & Salsa, Baja Bowl (without meat)

BJ's

Signature Pizza with Vegetables (without cheese and butter on crust)

Burger King's

French Fries

Apple Slices

Hash Browns

Carl's Jr.

Hash Brown Nuggets

Natural-cut French Fries

Sweet Potato Fries

Crisscut Fries

Beans (without cheese)

Tortilla Chips

Guacamole

Cheesecake Factory

French Fries

Sweet Potato Fries

Fresh Asparagus

Fresh Broccoli

Edamame

Pasta (without cheese and meat)

Veggie Burger (without cheese)

Bowl of Fresh Strawberries (without whipped cream)

Sautéed Spinach

Fire Roasted Fresh Artichoke

Smoothies (with ice)

Guacamole with Tortilla Chips and Salsa

Chili's

Margarita Fresh Mex Bowl (without meat and tortilla strips)

Corn Tortillas

Black Beans

Corn on the Cob (without butter)

Rice

Steamed Broccoli

Fresh Guacamole

Salsa

Corn Kernels

Sweet Potato Fries

Chipotle

Burrito, Bowl, Taco or Salads with Tofu, Beans, Rice and Cooked Vegetables
Chips
Guacamole
Salsa

CiCi's Pizza

Pasta with Marinara Sauce

Claim Jumper

Portabella Pasta (without cheese)
Portobello Sandwich (without cheese)
BBQ Salad (without cheese and ranch dressing)

Del Taco

8 Layer Veggie Burrito (without cheese and sour cream)
Fire Roasted Veggie Bowl
Crinkle-cut Fries
Bean Cup (without cheese)
Rice Cup
Hash Brown Sticks

Denny's

Amy's Veggie Burger on a whole wheat bun,
Seasonal Fruits
Green Beans
Red Skinned Potatoes
Steamed Zucchini and Squash
Whole Grain Rice
Oatmeal

El Pollo Loco

Chips and Guacamole
Steamed Broccoli
Rice, Pinto Beans
Black Beans
French Fries
Corn Cobbettes
Whole Wheat Burrito
Salsa

Hard Rock Café

Seasoned French Fries
Onion Rings
Fresh Seasonal Vegetables
Veggie Leggie Burger (without mayonnaise)

IHOP

Seasonal Fresh Fruit
Corn Tortillas
Flour Tortillas
Plain Baked Potato
Hash Browns
Minestrone Soup
Seasoned Fries

Jack in the Box

Hash Browns
Teriyaki Bowl (without meat)
Seasoned Curly Fries
Potato Wedges
French fries
Apple Bites
Beans

Johnny Rockets

American Fries
Sweet Potato Fries
Steamliner Veggie Burger

LYFE Kitchen

Morning Tofu Wrap
Berry Bowl
Chipotle Potato Hash
Gardein Sausage
Chunky Guac n' Chips
Vegan Grilled Artichokes
Vegan Unfried Buffalo Gardein Chick'n Strips
Sweet Corn Chowder
Squash Lemongrass
Vegan Antipasto
Quinoa Crunch Bowl
Marinated Tofu
Tofu Taco
Quinoa Crunch Wrap
Garden Burger
Crispy Garden Chick'n
Ancient Grain Bowl
Vegan Thai Curry Bowl
Baked Sweet Potato Fries, and more! (They have a huge vegan menu)

Little Caesars:

Veggie pizza (without cheese)
Hot n' Crazy bread and sauce

Olive Garden

These Pastas (with tomato sauce):

Bucatini

Cavatappi

Giant Rigatoni

Tri-Colored Vegetable Penne

Whole Wheat Linguine

Gluten-Free Rotini

Steamed Vegetables (without seasoned butter)

Papa John's

Create your own pizza (without cheese) on the Original Hand-Toasted Dough and top with vegetables

Breadsticks with garlic dipping sauce or pizza dipping sauce

Panera Bread

Black Bean Soup

These Breads:

Artisan French Bread

Ciabatta

Country Bread

Rye

Sea Salt Focaccia

Whole Grain Bread

Tomato Basil Bread

Sourdough

Sprouted Whole Grain Roll

Sesame Semolina

Three Seed Bread

P.F. Chang's China Bistro

Handmade Dumplings

Edamame

Ma Po Tofu

Stir-Fried Eggplant

Buddha's Feast

Vegetarian Fried Rice

Spicy Green Beans

Spinach with Garlic

Sichuan-Style Asparagus

Pita Pit

Spicy Black Bean Pita

Falafel pita

Garden pita

Hummus pita

Pizza Hut

Create your own pizza (without cheese) top with vegetables on these crusts:

Thin N' Crispy Crust

Skinny Slice Crust

Red Robin

Heck-Yeah Hummus Plate (without garlic bread)

The Garden Burger

Apples

Freckled Fruit Salad

Steamed Broccoli

Subway

English Muffin

Italian Bread

Roasted Garlic Bread

Sourdough Bread

9-Grain Wheat Bread

Wrap

Taco Bell

7 Layer Burrito (without cheese and sour cream)

Black Bean Burrito (without cheese)

Chips and Guacamole

Chips and Pico De Gallo

Black Beans and Rice

Cinnamon Twists

Tutti Frutti Frozen Yogurt

Frozen Yogurt Soy Flavors:

Banana milk

Black Sesame

Peanut Butter

Peanut Butter Banana Sandwich

Soy

Soy Latte

Soy Plus

Sorbet Flavors:

Energy

Green Apple

Grape

Mango

Pineapple

Strawberry Apple

Tropical

Wendy's

Plain Baked Potato (without butter)

Natural-Cut Fries

Apple Slices