



shoots

vegan friendly fare

NOW OPEN at  **THE OAKS**
Dining Center

A new station providing a full menu that appeals to:

- ✔ Plant Based Diets
- ✔ Clean Eating
- ✔ Vegan Diets
- ✔ Vegetarian Diets
- ✔ And those looking to incorporate new healthy options





Shoots FAQ

I'm not vegan, why should I eat at Shoots?

The menu at Shoots does not only fit the Vegan or Vegetarian lifestyle, the offerings at this station are great options for those who are looking to eat “clean” or are interested in “plant-based offerings.” The menu items are creative and give visitors new options to eat healthier and decrease their meat intake. In addition, you will find delicious food and new options that any person can appreciate.

What are some menu items I may find at Shoots?

Tofu Lime Tacos, Raw Taco Salad, Artichoke, Tomato & Spinach Calzone, Hummus Wraps, Italian Vegetable Soup, Coconut Curry Tofu, Tempeh Stir-Fry, Portobello Burrito. Every Friday is the Farmers Market Table which consist of raw vegetable “pasta” with a specialty sauce of the day

What are the hours at this station?

Monday – Thursday, 11am-8pm, Friday from 11am-3pm

Should I be concerned about cross contamination?

No, Shoots is a self-contained prep, cook and serve area. Only vegan items are prepped, cooked and served at this station. Service ware is indicated by a green color and only used at Shoots.

Why was Shoots created?

Shoots was created based on the needs of our students, faculty, and staff. There were requests for more plant based foods and more whole meal options. Through our Advisory Board meetings as well as working with the Veg Club on campus, we were able to create a concept that is on the cutting edge of college food, showcasing our culinary talent on campus, and exceeds the needs of our customers.

Where is Shoots?

Shoots is located within the Oaks Dining Center.

Does eating at Shoots cost extra?

No, meals offered at Shoots are included in your swipe or door price at the Oaks Dining Center.

How many menu items are featured each meal?

An entrée, two sides, and a dessert.

What if I have an idea for a menu item?

Please share with the cook at the station, the management team of the Oaks, Chef Matt Leeland of the Oaks, or email Executive Chef Marissa Riffle at mriffle@bgsu.edu

Press & Media

<http://www.foodservicedirector.com/industry-news-opinion/news/articles/bowling-green-state-university-opens-vegan-concept>

Week 1							
Shoots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch Features	Luna Burgers Sweet Potato Fries Strawberry Spinach Salad w/Basil Peppercorn Vinaigrette	BBQ Caribbean Tempeh w/Mango Salsa Red Beans and Rice Grilled Zucchini Watermelon Avocado Salad	Avocado Carbonara Garlic Flatbread Italian Vegetable and Rice Soup	Mushrooms and Sundried Tomato Boule Grilled Vegetable Quinoa Salad Florentine Minestrone	Farmers Market Table Ginger Sesame Sauce Daikon Pasta Fresh Bok Choy Fresh Mushrooms	Closed	Closed
Dinner Features	Curried Seitan and Fruit Chili Cornbread Asparagus Spinach Salad	Vegan Lasagna Artichoke, Olive & Red Onion Salad Roasted Mushrooms	Cauliflower Tabbouleh Calzone Tomato Basil Salad Cucumber Salad	Tofu Lime Tacos Corn & Black Bean Succotash Farro Salad w/Orange Vinaigrette	Closed	Closed	Closed

Week 2							
Shoots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch Features							
	Seitan Gyro Mediterranean Pasta Salad Condiments	Raw Taco Salad Roasted Corn & Cherry Tomatoes Watermelon Gazpacho Guacamole	Spicy Peanut Tofu Soba Noodle Salad Asian Blend Vegetables	Black Bean and Kale w/Red Pepper Coulis Calzone Roasted Redskin Potatoes Grilled Pineapple & Jicama Salad	Farmers Market Table Curry Sauce Parsnip Pasta Carrot Pasta Fresh Broccoli	Closed	Closed
Dinner Features							
	Grilled Tofu w/Marinated Vegetables on a bed of Wild Rice Nappa Cabbage Thai Cucumber Salad	Grilled Portabello Quinoa, Kale and Roasted Butternut Squash Seasoned Lentils	Tempeh Barbacoa Calzone Gazpacho Style Salad Pasta Fagioli	Vegetable Lo Mein Steamed Broccoli & Cauliflower Vegan Egg Rolls	Closed	Closed	Closed

Week 3							
Shoots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch Features	Vegan Gnocchi w/Black Beans & Sundried Tomatoes Pesto On Wilted Spinach Broccoli Quinoa Soup Herb Flatbread	Spicy Quinoa Stir-fry Tom Yum Soup Gingered Peas, Mushroom and Squash Edamame Orange Salad	Coconut Curry Tofu Ginger Summer Slaw Grilled Asparagus	Mushroom & Italian Spiced Seitan Calzone Tomato & Onion Salad Tuscan Kale Salad	Farmers Market Table Tomatillo Salsa Fresh Jicama Fresh Apples	Closed	Closed
Dinner Features	Garbanzo Bean Loaf Roasted Red Potatoes Roasted Green Beans w/Tomato & Onions Brusselsprouts and Kale Salad	Vegan Pad Thai Tom Yum Soup Sesame Kale Salad	Artichoke, Tomato & Spinach Calzone Garlic Lemon Caesar Salad Black Bean Soup	Hummus Wraps Roasted Vegetables Fresh Chips Fruit Salad Lentil Soup	Closed	Closed	Closed

Week 4							
Shoots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch Features	Tempeh Stir-Fry Brown Rice Bok Choy Pickled Daikon Salad	Broccoli Garlic and Red Pepper Calzone Mediterranean Pasta Salad Vegetable Crudite Hummus	Tofu Steak Shitake Farro Risotto Roasted Eggplant Garlic Lemon Caesar Salad	Chorizo Spiced Tempeh Calzone Corn & Black Bean Succotash Baked Sweet Potatoes	Farmers Market Table Sundried Tomato Sauce Eggplant Pasta Zucchini Pasta Fire Roasted Red Pepper	Closed	Closed
Dinner Features	Creole Garden Gumbo Garlic Herb Lentil Cake Brown Rice Steamed Carrots	Tempeh Fajitas Pinto Beans w/Garlic & Onion Cilantro Slaw Pineapple /Jicama Salsa Pico de Gallo	Spinach Sun Dried Tomatoes and Garlic Calzone Seasoned Black Beans Roasted Mushrooms	Portabello Falafel Burrito Arroz Blanco Gazpacho Grilled Cabbage w/Spicy Cilantro Dressing	Closed	Closed	Closed