PLANT BASED MEAL IDEAS

(v) indicates vegan choices

BREAKFAST

- **Egg White Omelet Sandwich on Multigrain Bread** with cheddar cheese, spinach, and tomato (410 cals, 23g protein)
- **Roasted Vegetable Breakfast Bowl** with scrambled eggs, caramelized onions, and roasted peppers (610 cals, 33g protein)
- **Toasted Everything Bagel** with veggie cream cheese, cucumbers, and tomato (370 cals, 12g protein)
- **Roasted Veggie Breakfast Burrito** with egg white omelet, cheddar cheese, roasted veggies, and fresh salsa (440 calories, 20g protein)
- **Frozen Banana Cold Brew Oat Milk Smoothie** (16oz 230 calories, 2g protein)
- **Veggie and Cheese Beyond Sausage Bagel** with cheddar cheese, veggie cream cheese, tomato, Beyond Sausage Patty, egg white omelet (660 calories, 34g protein)

SALADS & BOWLS

- **Quinoa Bowl** with hummus, cucumbers, feta cheese, red onion, hot peppers, spinach, and red wine vinegar (490 cals, 21g protein)
- **Seasoned Black Bean and Rice Bowl** with avocado, lettuce, fresh salsa, crispy jalapeno strips and chipotle sauce (580 cals, 12g protein)
- **Garden Salad** with spinach, spring mix, feta cheese, carrot ribbons, ciabatta croutons, cucumbers, grape tomatoes, hard boiled egg, red onion and light balsamic vinaigrette (390 cals, 20g protein)
- **Quinoa Bowl** with black beans, hummus, roasted red peppers, and caramelized onion (v) (500 cals, 17g protein)

**Certain menu items are subject to availability by store*

SANDWICHES

- **Roasted Veggie Avocado Hoagie**, choose roasted veggie hoagie on white roll, customize to add avocado spread, roasted peppers, (plus any other veggie toppings) (v) (190-560 cals, 6-17g protein)
- **Roasted Veggie Quesadilla** with salsa and avocado (620 cals, 25g protein)
- **Roasted Veggie, Black Bean and Rice Burrito** with salsa, pepperjack cheese and avocado (530 cals, 17g protein)
- **Everything Roasted Veggie Panini** with roasted veggies, provolone cheese, lite cream cheese and everything bagel seasoning (670 calories, 28g protein)

DINNER

- **Baked Penne Marinara with Asiago** (610 calories, 23g protein)
- **Pesto Penne with Roasted Veggies** (780 calories, 26g protein)
- **Fettuccini Alfredo with Broccoli** (780 calories, 31g protein)

SIDES & SNACKS

- **Cup of Tomato Bisque, Broccoli Cheddar Soup, Mashed Potatoes or Rice (v) & Black Beans (v)** (160-630 cals, 4-22g protein)
- **Wawa Farmhouse Garden Veggie Salad** (110 cals, 8g protein)
- **Express Fruit and Yogurt Parfaits** (varies, see label)
- **Express Carrot Snack Pack (v)** (30 cals, 1g protein)
- **Express Apple Peanut Butter Snack Cup** (320 cals, 8g protein)

What do we mean by "Plant-Based Options"?

Plant-based does not mean vegan. Some of our plant-based options may contain eggs, dairy and honey. Plant-based components may come in contact with animal-based components or ingredients during preparation and cooking.

For more information about the ingredients in these choices visit:
https://www.wawa.com/fresh-food/nutrition-quality-food/nutrition