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New Leaf: Vegetarian & vegan fast food options

Animal-free dining at fast food restaurants

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Eating Vegan & Vegetarian at McDonald's

Vegan: Breakfast: English Muffin. Jams and preservatives. Potato vegetable blend. Salsa roja. Granola. Apple dippers (without sauce.)

Lunch and Dinner: Three different salads (without meat and cheese.) Newman's Own low-fat Balsamic Vinaigrette. Buns (but do contain high fructose corn syrup, HFCS.) Flour tortillas

Dessert: Apple Pie.

Vegetarian: Breakfast: Egg McMuffin (without meat.) Biscuit. Griddle cakes (used for McGriddles.) All breakfast sandwiches (without meat.) Hot

cakes. Fruit 'n Yogurt parfait. Caramel dipping sauce.

Lunch and Dinner: All other Newman's Own salad dressings (except Creamy Caesar and Low Fat Family Recipe Italian contain anchovies.) Honey wheat roll (contains HFCS.) Mayonnaise. Tartar sauce. All specialty coffee drinks.

Dessert: Ice cream and sundaes. Cinnamon melts. McDonaldland and all other cookies.

Warning:

Hashbrowns and French fries contain beef flavoring and are typically fried in the same fryer as meat.

Eating Vegan & Vegetarian at Wendy's

Vegan: Salads (without meat and cheese.) Side salad (without cheese.) Newman's Own low-fat Balsamic Vinaigrette. Mandarin orange side. *French fries. (BF)

Vegetarian: All salad dressings (except Caesar vinaigrette and Italian Caesar contain anchovies.)

Croutons. Stuffed baked potato (except bacon.) Tartar sauce.

Warnings:

***Wendy's fries are typically cooked in their own oil, but ask during busy hours just to be sure.**

Vegan:

Breakfast: Hashbrowns and French toast sticks. (BF) Jams and syrup.

Lunch and Dinner: Large Garden Salad (no cheese.) Large TenderCrisp (or Grill) salad (no meat and cheese.) Side salad (no cheese.) KEN'S Light Italian and Oil and Vinegar dressing.

*French fries and onion rings. (BF) BK Fresh Apple Fries (no sauce.) Barbecue and Sweet and Sour dipping sauce. Ketchup.

Dessert: BK Apple Pie.

Warning: * Depending on the location, they may be fried in the same fryer as meat products. ** Some locations cook the patty on the flat top with the other meat products. But, if you ask, they can microwave your patty instead. ***BK.com states, "Burger King Corporation makes no claim that the BK Veggie Burger or any other of its products meets the requirements of a vegan or vegetarian diet."

Vegan: Any meal can be made without meat and dairy, just ask for no cheese or sour cream and rice or beans instead of meat.

Options: Bean Burrito (without cheese), Bean Tostada (without cheese), Mexican Rice (without cheese), Seven Layer Burrito (no sour cream nor cheese) and Guacamole.

Burrito tortillas, hard corn tortillas (for hard tacos) and

Warning: The Mexican Rice is made with vegetable broth. It does not contain chicken broth but some locations prepare the rice with beef drippings. Taco Bell does not use lard. But, you should make sure to ask that nothing in your order contains meat (or dairy).

Vegetarian:

Breakfast: Cini Minis. Pancake Platter (no meat.) All breakfast sandwiches (no meat.)

Lunch and Dinner: All other KEN'S salad dressings. Cheesy tots. (BF) Caramel dipping sauce. **BK Veggie Burger. KRAFT macaroni and cheese. Honey Mustard, Zesty Onion Ring, Ranch and Buffalo dipping sauce. Mayonnaise. Tartar sauce. All specialty coffee drinks.

Dessert: BK Hershey Sundae.

wheat tortilla (for soft tacos.) Packaged sauces (mild, red, hot, fire.) Refried beans and the pinto beans.

Vegetarian: Options: 1/2 lb. Cheesy Bean & Rice Burrito, Pintos n' Cheese, Veggie Fajita Wrap and Cheesy Fiesta Potatoes side item.

Tortilla chips, tostada shells, soft burrito tortillas, Gordita and Chalupa shells. Ranch dressing.