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:**
**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:**
* 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.”

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:**
*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.

**Vegetarian:**
**Breakfast:** Cini Minis. Pancake Platter (no meat.) All breakfast sandwiches (no meat.)
**Dessert:** BK Hershey Sundae.

**Warning:**
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* Hankins

* 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).*