

# PLANT BASED

Meat free choices

(v) indicates vegan choices



## CHOOSE THESE

### BREADS/GRAINS/GREENS

- Bagels (plain, everything, cinnamon raisin)
- Biscuit
- Brioche bun
- Brown Sugar Cinnamon Oatmeal
- Cheesy Grits
- Croissant
- English Muffin
- Flatbread
- French Toast
- Hashbrown (v)
- Lettuce (v)
- Mashed Potatoes
- Marble Rye Bread (v)
- Multigrain Bread
- Quinoa (v)
- Sourdough bread
- Seasoned Black Beans (v)
- Seasoned White Rice (v)
- Spinach (v)
- Spring Mix (v)
- Tortilla
- Waffle
- White Hoagie Roll (v)
- Wheat Hoagie Roll
- White Bread

### SPREADS & DRESSINGS

- BBQ sauce
- Balsamic dressing
- Buffalo sauce
- Butter
- Chipotle sauce
- Cherry Pepper Relish (v)
- Garlic aioli
- Honey Hot Sauce
- Ketchup (v)
- Mayonnaise
- Old Bay Seasoning (v)
- Olive oil (v)
- Oregano(v)
- Pepper (v)
- Poblano Ranch
- Ranch
- Red wine vinegar (v)
- Remoulade sauce
- Salt (v)
- Spicy brown mustard (v)
- Sriracha (v)
- Yellow mustard (v)

### PROTEINS

- Egg Omelet
- Egg White Omelet
- Hard Boiled Egg
- Hummus (v)
- Scrambled Eggs with Cheese
- Sunflower Seeds (v)

### CHEESES

- Asiago
- Cheddar
- Feta
- Pepper jack
- Provolone
- Parmesan cheese

### TOPPINGS

- Avocado Spread (v)
- Caramelized Onions (v)
- Ciabatta Croutons
- Cold Black Beans (v)
- Carrot Ribbons (v)
- Crispy Jalapeno Strips (v)
- Cucumbers (v)
- Diced Apples (v)
- Fresh Salsa (v)
- Grape Tomatoes (v)
- Hot Peppers
- Jalapeno Peppers
- Lettuce (v)
- Pickles
- Roasted Peppers (v)
- Roasted Veggies (v)
- Romaine (v)
- Sliced Red Onions (v)
- Sliced Tomato (v)
- Slivered Onions (v)
- Spinach (v)
- Spring Mix (v)
- Sweet Peppers

# MEAL IDEAS

## BREAKFAST

- **Egg White Omelet Sandwich on Multigrain Bread** with cheddar cheese, spinach, and tomato (310 cal, 19g protein)
- **Roasted Vegetable Breakfast Bowl** with scrambled eggs, caramelized onions, and roasted peppers (640 cal, 34g protein)
- **Toasted Everything Bagel** with veggie cream cheese, cucumbers, and tomato (410 cal, 11g protein)
- **Toasted Bagel and a packet of Justin's Peanut or Almond Butter** (v) (460 cal, 17g protein)

## SALADS & BOWLS

- **Quinoa Bowl** with hummus, cucumbers, feta cheese, red onion, hot peppers, spinach, and red wine vinegar (490 cal, 21g protein)
- **Seasoned Black Bean and Rice Bowl** with avocado, lettuce, fresh salsa, crispy jalapeno strips and chipotle sauce (580 cal, 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 cal, 20g protein)
- **Quinoa Bowl** with black beans, hummus, roasted red peppers, and caramelized onion (v) (480 cal, 19g protein)

## 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 cal, 6-17g protein)
- **Grilled Cheese Sourdough Melt** customized to remove garlic aioli and add spinach and cherry pepper relish (690 cal, 37g protein)
- **Roasted Veggie Quesadilla** with salsa and avocado (600 cal, 23g protein)
- **Roasted Veggie, Black Bean and Rice Burrito** with salsa, pepperjack cheese and avocado (530 cal, 16g protein)

## SIDES & SNACKS

- **Cup of Tomato Bisque, Broccoli Cheddar Soup, Mashed Potatoes or Rice (v) & Black Beans (v)** (160-630 cal, 4-22g protein)
- **Wawa Farmhouse Garden Veggie Salad** (110 cal, 8g protein)
- **Express Fruit and Yogurt Parfaits** (varies, see label)
- **Express Fruit Cups (v)** (varies, see label)
- **Express Apple Snack Pack (v)** (60 cal, 0g protein)
- **Express Carrot Snack Pack (v)** (30 cal, 1g protein)
- **Express Apple Caramel Dipper Snack Cup** (220 cal, 1g protein)
- **Express Apple Peanut Butter Snack Cup** (320 cal, 8g protein)
- **Express Hard Boiled Eggs** (160 cal, 10g protein)
- **Express Cheese Sticks** (80 cal, 5g protein)

## What do we mean by “Plant-Based”?

Wawa's plant based options feature veggies, fruits, grains and legumes instead of meat. These options may contain eggs, dairy and honey.

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

