

VEGAN PLEDGE



GUIDE TO FAST FOOD AND CHAIN RESTAURANTS

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PLEASE NOTE:

We often depend on company statements for products and ingredient information. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your own best judgment about whether a product is suitable for you. Please practice kindness to all, including those with different views and opinions.

RESTAURANT CHAIN MENU ITEMS THAT APPEAR TO BE FREE OF ANIMAL, EGG, AND DAIRY INGREDIENTS

RESTAURANT CHAINS	MENU ITEMS
Baja Fresh	Baja Fresh Side salad without cheese, rice side dish, black beans or pinto beans without cotija cheese, corn tortilla (Corn tortilla with black beans or pinto beans, rice side dish, and side salad)
Burger King	French fries, Minute Maid® Orange Juice, Minute Maid® Apple Juice
Chipotle	Black beans, flour tortilla, guacamole, cilantro-lime rice, sautéed vegetables, crispy corn taco shell (Burrito, taco, or salad made with black beans, flour tortilla or crispy corn taco shell, guacamole, cilantro-lime rice, and sautéed vegetables)
Domino's	Thin Crust Dough, Pizza Sauce,* Garlic Dipping Sauce, Golden Italian Dressing,* Light Italian Dressing* (Thin Crust with pizza sauce and garden salad without the cheese)
McDonald's	English muffin,* Liquid Margarine, Hotcake Syrup,* Apple Dippers, McDonaldland® Cookies,* Minute Maid® Apple Juice Box, orange juice
Papa John's	Original Pizza Dough, Original Pizza Sauce,* Pizza Sauce Dipping Cup,* Garlic Sauce, Cinnamon Apples,* Bumbleberry Filling* (Original Pizza Dough with Original Pizza Sauce)
Pizza Hut	Thin 'N Crispy® Dough, Hand-Tossed Style Dough, Stuffed Crust Dough, XL Full House™ Dough,* Bistro Dough,* 4ForAll® Dough,* Regular Pizza Sauce, Sweet Pizza Sauce, spaghetti, rotelli, and Veggie Medley of the Pasta Bake entrees, French and Italian Dressings, Light Italian Vinaigrette Dressing,* Vinaigrette Dressing,* Light Italian Dressing* (Pizza made with the doughs named above along with regular pizza sauce or sweet pizza sauce; spaghetti [NOT Bistro spaghetti]; salad with one of the above dressings)
Subway	Italian Bread,* Hearty Italian Bread,* Sourdough Bread, Fat Free Onion Sauce*, Fruizle* (Veggie Delite Sub with the just named breads and choice of vegetables, oil, and vinegar; and a Fruizle)
Taco Bell	Pinto beans, guacamole,* flour tortilla,* nacho chips, taco shell, Seasoned Rice, Express Rice, Fiesta Salsa, Green Tomatillo Sauce, Hot Sauce, Mild Sauce, Red Sauce, Fire Sauce,* Cinnamon Twists* (Taco or burrito with pinto beans, mild sauce, and lettuce; guacamole; and Cinnamon Twists)
Wendy's	Side Salad, Baked Potato, Broccoli Topping for Potato, Oriental Sesame Dressing,* Italian Vinaigrette Dressing,* Mandarin oranges* (Baked potato with broccoli topping and a side salad)

*Items with an asterisk contain sugar. All information above is provided to us or published by the restaurant chain. (Foods in parentheses are possible meals you can order with these ingredients.)

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P.F. CHANG'S China Bistro

Locations: Approximately 131 locations

MENU ITEMS LABELED AS VEGETARIAN BY THE CHAIN:

Appetizers:

Chang's Vegetarian Lettuce Wraps, Harvest Spring Rolls

Entrées: Buddha's Feast (steamed), Buddha's Feast (stir-fried), Coconut Curry Vegetables, Stir-Fried Eggplant, Vegetarian Ma Po Tofu, Vegetable Chow Fun

Sides: Garlic Snap Peas, Shanghai Cucumber, Sichuan-Style Asparagus, Spicy Green Beans, Spinach Stir-Fried with Garlic

More About P.F. Chang's:

P.F. Chang's defines 'vegetarian' as containing no animal products, including no eggs or dairy. P.F. Chang's offers vegetable dumplings (steamed and pan-fried) that contain eggs, and they are not listed as 'vegetarian' for this reason. Tofu is prepared as a vegetable in either vegetable stock or vegetable oil with nothing added that is non-vegetable. P.F. Chang's said its five-spice bean curd is firmer and has more flavor than its silken tofu. When requested, the chain can substitute crispy silken tofu for five-spice bean curd (and vice versa) in any dish. P.F. Chang's uses mushroom oyster sauces in some dishes, but these are vegetarian. All entrées at P.F. Chang's are served with a choice of steamed brown or white rice. The rice is prepared separately from all meat products with nothing non-vegetable added. P.F. Chang' states they are flexible and strive to accommodate everyone and customize dishes made to order.

QDOBA Mexican Grill

The grilled vegetables are prepared on the same grill that is used for meat products; however, they are never prepared at the same time. Fajita veggies are cooked on the stovetop. The beans and the rice are prepared separately from meat products. Qdoba said that there are no animal-derived ingredients in either the beans or the rice. The company indicated that their tortillas are free of animal ingredients and that none of their bread products, including chips, contains animal ingredients. The fryer oil is used only for frying chips or salad bowls. No meat/egg products are cooked in the same oil. Qdoba uses a pan release spray that contains artificial butter flavor, but it does not contain animal or dairy components. There is no gelatin in the guacamole. Qdoba restaurants are set up so that patrons build their meals as they go along a serving area, so it is easy to leave certain components off their menu items.

TACO DEL MAR

MENU ITEMS THAT TACO DEL MAR LABELS AS VEGAN:

Mondo Vegan (tortilla, guacamole, rice, beans, lettuce, and salsa),

Mondito Vegan (tortilla, guacamole, rice, beans, lettuce, and salsa)

More About Taco Del Mar:

Taco Del Mar steams their long-grain rice apart from meat products, and their rice does not contain animal ingredients. This chain offers black, pinto, and refried beans, none of which contains lard. Their guacamole does not contain gelatin. Their tortillas do not contain whey. Taco Del Mar's enchilada sauce used to contain fish extract, but it no longer does. This may not be noted in all of their literature.

Peace Advocacy Network notes that Philly area 7-11 stores carry a nice selection of vegan sandwiches and other items.