Vegan friendly catering at Royal Holloway

A meat-eating society raises concerns of animal welfare and the ever-growing environmental cost of meat and dairy, not to mention the significant health risks, so it comes as no surprise that the demand for vegetarian and vegan food options is increasing. Universities up and down the country are listening to their students and expanding their plant-based offerings. Some universities have even banned beef altogether, due to the huge impact cows have on the environment through methane emissions.

The universities of Leeds, Aberdeen, Huddersfield and Manchester are among those already offering a dedicated vegan/vegetarian catering outlet on campus, while the University of Portsmouth runs a loyalty scheme which rewards students with free meals for choosing plant-based options.

At Royal Holloway our street food van, which is accredited by the Vegetarian Society, offers a wholly vegetarian and vegan menu, which includes soup, burgers and a choice of toasted sandwiches every week day at lunch time from outside The Boilerhouse Café.

While not all students are vegan or vegetarian, a large number now identify as “flexitarian” or are considering a “reducetarian” lifestyle. To address this lifestyle shift, as well as The Van, we have dedicated vegetarian and vegan counters in all of our dining halls as well as plant-based options in our cafés. The Boilerhouse Café has a particular bias towards plant-based food, serving Real Wrap sandwiches, KFF croissants and sausage rolls, Gato cookies and Delice de France cakes, all of which are suitable for a vegan diet.