



Vegan Gas Station Food

These foods are definitely NOT the healthiest, but at least they are plant-based! Ideally, bring a small cooler full of healthy snacks and drinks in the car with you on road trips.

MOST COMMON / EASY TO FIND:

- Pretzels
- Mixed nuts
- Fresh-ish fruit
- Pickles
- Cookies:
 - Nutter Butter cookies – I couldn't believe it either!! 😊
 - Oreos – I couldn't believe it either!! 😊
 - Keebler Vienna Fingers
 - Nabisco Ginger Snaps, Teddy Grahams, and original graham crackers
 - 7-Eleven Fudge Mint Cookies – they're like Thin Mint Girl Scout cookies!
 - 7-Eleven Vanilla Sugar Wafers
 - 7-Eleven Duplex Chocolate/Vanilla cookies
- Savory Snacks
 - Chex Mix – Traditional flavor
 - Corn Nuts
 - Sun Chips – Original flavor
 - Ritz Crackers – Original and Roasted Veggie
 - Fritos
 - Lay's Blue Corn Chips and most tortilla chips (check for lard)
 - Lay's Potato Chips – Natural Country BBQ and Thick Cut Sea Salt
 - Veggie Straws
 - Kettle Brand White Popcorn and Chips (Backyard Barbeque, Country Style Barbeque, Korean Barbeque, and Maple Bacon)
 - Tostitos – most flavors
 - Wheat Thins – most flavors
 - Fritos Hot Bean dip
- Sweeter snacks:
 - Cracker Jacks
 - Little Debbie Cake Donuts
 - Krispy Crème Fruit Pies
 - Keebler Animal Crackers and Club Crackers
 - Nabisco Animal Crackers



- Clif Bars – most of the original flavors are vegan except Peanut Butter Honey; all of the nut-filled flavors are vegan; whey protein bars are not; most of the Builders Bar protein bars are vegan
- 7-Eleven Apple Snack Pie
- Pop Tarts – without frosting (milk in the frosting)
- Candy:
 - Sour Patch Kids and other sour candies
 - Red Vines and Twizzlers
 - Skittles
 - Dots
 - Chick-O-Sticks
 - Mary Janes
 - Hershey’s syrup – chocolate and strawberry
 - Swedish Fish
 - Charm’s Blow Pops
 - Duncan Hines Frosting – most flavors

LESS COMMON BUT DEFINITELY AVAILABLE IN SOME GAS STATIONS:

- Packaged hummus and crackers
- Dairy-free yogurts (Silk, etc)
- Starbucks Bottled Almond Milk Frappuccino
- SkinnyPop Popcorn – Original and White Cheddar are vegan
- Boom Chica Kettlecorn
- Chew-ets Peanut Chews
- Brach’s Orange Slice candies
- Famous Amos Sandwich Cookies – Peanut Butter
- Grandma’s Peanut Butter Sandwich Creams
- Lance Peanut Bar candy
- Pepperidge Farm Pumpernickel bread
- Thomas NY Style Bagels
- Doritos – only 3 of the 21 flavors - Spicy Sweet Chili, Blaze, and Toasted Corn Tortilla Chips
- Barritas Marinelas – mainly in Mexican-leaning areas - pastries with a pineapple or strawberry filling.
- Ghirardelli Hot Chocolate