

Braum's Vegan Menu 2025 – Dairy-Free Sorbets, Salads & Fries

Looking for plant-based options at Braum's in 2025? While the chain is dairy-heavy, vegans can still enjoy refreshing sorbets, crispy fries, savory salads, and clever breakfast hacks. Here's a complete guide to eating vegan at Braum's today. 🥗✨

Vegan Desserts & Frozen Treats

Item	Calories (approx.)	Notes / Vegan Tips
Lime Sherbet / Fruit Sorbet	120 cal	Dairy-free, fruit-based, flavors rotate—ask in-store
Sherbet Cones / Dishes	150–200 cal	Lime, orange, rainbow, fully vegan
Premium Ice Cream	N/A	All contain dairy; skip for vegan

Vegan Savory & Sides

Item	Calories (approx.)	Notes / Vegan Tips
Garden Salad / Side Salad	100–240 cal	Remove cheese & croutons; choose oil & vinegar or vegan dressing
Crinkle-Cut French Fries	210 cal	Cooked in vegan oil
Hash Browns	200 cal	Breakfast only; vegan & gluten-free
English Muffin (plain)	140 cal	Dry toast for breakfast or grab from Fresh Market
Vegetable Medley	150 cal	Steamed veggies if available

Vegan Drinks

Item	Notes
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Fresh-Squeezed Limeade	Sugar-sweetened, refreshing
Coffee (black)	Hot or iced; skip cream
Fountain Sodas	Coke products or unsweetened iced tea
Bottled Juices / Water	Available in Fresh Market
Lemonade	Usually vegan; confirm in-store

Fresh Market Vegan Grocery Picks

Item	Notes
Produce	Apples, bananas, bagged salads
Breads	Some English muffins & bagels (check labels)
Plant-Based Milks	Limited almond/oat milk in select stores

Final Scoop: Enjoy Braum's Vegan Options

Braum's may be a dairy haven, but vegans can still build a delicious meal with sorbet, fries, and fresh salads. Customize smartly, check in-store for cross-contamination risks, and enjoy a quick, plant-based bite.

Explore more on [Braum's Menu](#) for **full menu details, allergen info, and store locations**. For breakfast hacks and seasonal sorbets, check the Braum's Breakfast Menu or see all options in the Allergen Guide.

Your next vegan-friendly Braum's visit is just a click away!