Healthy Dining Options Fall 2020

**Build Your Own** is a great way to customize a healthier option and limit high-fat condiments.

- **All-You-Care-to-Eat** offers grilled proteins, vegan and vegetarian choices, pasta dishes, sides, and vegetables @ Fresh Plate Food Emporium (Bledsoe/Gordon).
- **BBQ** @ Raider Pit BBQ (SUB): Try the roasted half chicken with coleslaw, potato salad or the ranchero pinto beans.
- **Burger** @ The Market, SUB-Grill, and Sam’s Places (Murray, Sneed, Wall/Gates, West): Black Bean Burgers or Awesome Patty (Vegan) at burger lines. Most locations have either a Turkey Patties or Grilled Chicken option.
- **Fajita/Tacos** @ The Market, The Commons, Sam’s Places (SUB, West): Vegetarian Taco, Chicken, Shrimp on our many Mexican Lines. Vegan Crumble can be found at the Market and The Common for a meat alternative.
- **Mexican** @ The Market, The Commons and Sam’s Places (Murray, Sneed, Wall/Gates, and West): Try: BYO-Bowls, Wraps and Tacos on Mexican lines with lean protein (Tofu, Chicken, Vegan Crumble) black/refried beans (which are also Vegan), Spanish Rice, salad toppings, Pico and guacamole.
- **Pasta** @ Fazoli’s (The Market), Sabarros (The SUB), Sam’s Places (Wall/Gates, West): with marinara with meat or non-meat sauce and vegetables.
- **Salads** @ The Commons, The Market, Smart Choices (SUB), and Sam’s Places (Murray, Sneed, SUB, Wall/Gates, and West): beans (black and/or chickpeas) and nuts/seeds are at salad bars, along with a variety of fruits and vegetables. Some locations offer hummus for added protein. Prepared Salads are in our Grab and Go coolers in mini markets and dining coolers.
- **Wok/Stir Fry** @ The Commons, The Market, and Sam’s Places (Murray, Sneed, SUB, Wall/Gates, and West): Variety of vegetables, sautéed in your preference of sauce with your choice of lean protein from fish, shrimp, chicken or Tofu. This is an opportunity to load up on veggies!
- **Carvery/Entrée and Sides** @ The Market, Fresh Plate Food Emporium (Bledsoe/Gordon): Variety of proteins and sides. Order your choice of entrees with vegetables and starches such as potatoes, rice, beans, sautéed vegetables, fruit cups, or fruit filled desserts.

**Drinkable Options**

- **Smoothie Program** @ Pacuig’s™ in SUB, The Market Café, and Sam’s Places (Murray, West, Wall/Gates): fresh fruits, fruit juices, Coconut water (for a mixer instead of yogurt), with spinach or kale to add in at select locations. Supplements: Matcha Green Tea, Greens (Blended Grasses), Energy, Fit and Trim, Immune Support that is verified vegan are available. This is a great way to sneak in veggies.
- **Look for fresh pressed juice and pressed orange juice** in the SUB: Reds and Smart Choices

**Other Options**

- **Bread**: Hoagies rolls (try the wheat), Sliced bread (try the wheat) Tortilla Wraps (whole wheat, spinach herb, and jalapeno contain soy and wheat and can be a healthy option. Corn tortillas are available at select locations, which contain corn and soy). Most locations have healthy alternatives to breads and tortillas.
- **Fresh Fruit Cups and Whole Fruit**: Grab-and-Go Coolers offer fruits and snacks. Hummus with pretzels, Edamame near the Sushi, nuts/seeds, and popcorn are available for healthy snacking.
- **Gelato Bar** @ Pacuig’s™ in the SUB: Sorbets
- **Grab-and-Go Items** @ dining locations and at Reds in the SUB: freshly made salads, hummus cups with veggies, snack packs, peanut butter and jelly, house-made chicken and tuna salad sandwiches, Hero, subs and wraps and a variety of fruit cups. Meal kits that feed two or three people.
- **Tofu** @ Wok/Stir fry Line (The Commons, Fresh Plate (Bledsoe/Gordon) and Zi’s Wok/Stir fry (SUB)

**Breakfast**

Sam’s Places (Sneed, SUB, Wall, West) Breakfast bowls, wraps, burritos, ala carte items, fruit cups, and more, The Market, The Commons- Einsteins Bros™, The Rawls CoBA- Einsteins Bros.™ and Chick Fil A™, Starbucks (in Honors) SUB-Chick Fil A™

**Chick Fil A™** - Try a Grilled Chicken Sandwich with whole grain buns with fruit cup over fried options or a Market Salad.
**Einsteins Bros™ and Starbucks™** - try healthier breakfast and lunch options with poached eggs or egg white sandwich options, avocado topped choices and low-fat shmeares. Pick low-fat cream cheese and healthy nut butters, lower sugar smoothies and coffees, and signature salads, fruit cups, and parfaits. **Fazoli’s™** - order a small pasta dish with a side salad, or an entrée salad, customize sauce choices and save calories with marinara over cream sauce. **Quiznos™**: Fresh salads with a cup of soup can trim calories. Sub sandwiches, limit cheese and pick mustard over mayo on whole-wheat to shave off calories. **Load up on veggies whenever possible, which can lower calories in a dish and increases fiber intake along with increasing vitamins and nutrients to your healthy day!**

**Dining Hours Quick Link**

[www.smartchoices.ttu.edu](http://www.smartchoices.ttu.edu)