Healthy Dining

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

- All-You-Care-to-Eat @ Fresh Plate (Bledsoe/Gordon) offers grilled proteins, vegan and vegetarian choices, pasta dishes, sides, and vegetables.
- BBQ @ Raider Pit BBQ (SUB): Try the smoked turkey with coleslaw, potato salad or the ranchero pinto beans.
- Burger @ The Market, The Commons (Upstairs: Grillz Opening TBD), and Sam’s Places (Murray, Wall/Gates, West)
  - Black Bean Burgers or veggie patties at burger lines.
  - Most locations-Turkey patty or grilled chicken option.
  - Ask for Gluten-Free breads or buns at select locations
- Mexican @ The Market, The Commons, and Sam’s Places (Murray, Wall/Gates, and West):
  - Try fajitas, BYO bowls, wraps, and tacos 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) with marinara with meat or non-meat sauce and vegetables
- Salads @ The Commons, The Market/ Fazoli’s®, and Sam’s Places (Murray, 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 @ Sam’s Place (Murray) and The Market
  - 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 (Bledsoe/Gordon)
  - Variety of proteins and sides.
  - Order your choice of entrees with vegetables and starches such as potatoes, rice, beans, sautéed vegetables, or fruit-filled desserts. Look for fresh or chopped fruit in Grab and Go coolers.
- Boar’s Head Deli @ the SUB: Make any sandwich a salad.
- Mediterranean @ Sam’s Place SUB: Second to Naan

Drinkable Options

- Smoothie Program @ The Break (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 select locations.
  - Supplements: Matcha Green Tea, Greens (Blended Grasses), Energy, Fit and Trim, and Immune Support, which are verified vegan, are available. This is a great way to sneak in veggies, in select locations.

Other Options

- Bread: Most locations have healthier alternatives to breads and tortillas.
  - Hoagie rolls (try wheat), sliced bread (try wheat), tortilla wraps (whole wheat, spinach herb, and jalapeno contain soy and wheat and can be a higher fiber option)
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- Corn tortillas are available at select locations, may contain soy.

- **Grab-and-Go along with Sushi with Gusto available in most coolers in dining locations.**
  - Freshly made salads, hummus cups with veggies, snack packs, peanut butter and jelly, house-made chicken and tuna salad sandwiches, Hero, subs, wraps, and a variety of fruit cups and whole fruit.
  - Fresh sushi rolls, edamame, spring rolls, and sushi bowls.
  - Nuts, seeds, popcorn, yogurts, jerky, tuna, soups and more.

- **Halal Options:** Halal Chicken is available at @ Fresh Plate (Bledsoe/Gordon) and The Market, The Commons, Halal Meatballs coming soon to the SUB @SecondtoNaan

**Breakfast**

- **Fresh Plate (Bledsoe/Gordon)** our **All-You-Care-to-Eat** location offers full breakfast with milks, juices, breakfast proteins, breakfast breads, cereals, fruit bar, and other breakfast items.
- **Sam’s Places (Murray, SUB, Wall, West):** Breakfast bowls, wraps, burritos, a la carte items, fruit cups and yogurts in coolers, smoothies with add-in supplements and more.
- **The Market** Breakfast bowls, wraps, burritos, a la carte items, fruit cups, and more.
- **Einstein Bros. Bagels® (The Commons and Rawls College of Business)** Bagel sandwiches, smoothies, yogurts, hashbrown bites and a variety of nut butters, low-fat cream cheese for a variety of bagels
- **Chick-Fil-A® (Rawls College of Business and SUB)** Chicken biscuits and fruit cups
- **Starbucks® (Honors)** Egg bites, breakfast turkey sandwiches, lower sugar beverages and pre-packaged items.

**Franchises**

- **Chick-Fil-A®**: Try a Grilled Chicken Sandwich with whole grain bun and a fruit cup over fried options or a Market Salad.
- **Pizza Hut™**: Salads and Baked Wings
- **Einstein Bros. Bagels® and Starbucks**: Try healthier breakfast and lunch options with poached eggs or egg white sandwich options, avocado topped choices, and low-fat shmears.
  - 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 and increase fiber, vitamin, and nutrient intake!

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