

# 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!**

[Dining Hours Quick Link](#)