

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 (Wall/Gates)** offers grilled proteins, vegan and vegetarian choices, salad bar, pasta dishes, sides, and vegetables. All items at this location are BYO
- **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), 23@Sneed, and Sam's Places (Murray), Ol' Red's, All You Care to Eat (Wall/Gates)**
 - 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, Ol' Reds, Sneed, and Sam's Places (Murray, SUB):**
 - 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®, Ol' Red's and Sam's Places (Murray, SUB)**
 - 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) 23@Sneed, The Market, The Commons**
 - Variety of vegetables sautéed in your preference of sauce with your choice of lean protein from steak, shrimp, chicken, or tofu: **(Murray Only)**. With steamed rice options or noodles. This is an opportunity to load up on veggies!
- **Carvery/Entrée and Sides @ The Market, Fresh Plate (Wall/Gates)**
 - 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, Ol' Red's, and Burkhart** Make any sandwich a salad or select lower fat cheese, sauces, and lean deli meats.
- **Mediterranean @ The Commons (upstairs)** Second to Naan: BYO bowl or Naanarito with freshly made rice, sauces, vegetables and vegetarian or lean proteins.

Drinkable Options

- **Smoothie Program @ The Break (SUB), The Market Café, Ol' Red's, and Sam's Places (Murray)**
 - Fresh fruits, fruit juices, coconut, or almond milk (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.
 - Acai Bowls @ The Break (SUB), Ol' Red's

Other Options

- **Bread:** Most locations have healthier alternatives to breads and tortillas.



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- 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)
- Corn tortillas are available at select locations, may contain soy.
- **Grab-and-Go along with Sushi with Gusto is 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 (rolled on campus daily Sushi with Gusto), edamame, spring rolls, and sushi bowls.
 - Nuts, seeds, popcorn, yogurts, jerky, tuna, soups and more.
- **Halal Options:** Halal Chicken is available @ Fresh Plate (Wall/Gates), The Market, The Commons, Halal Meatballs @The Commons (upstairs) at Second to Naan

Breakfast

- **Fresh Plate (Wall/Gates) 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):** Breakfast bowls, wraps, burritos, a la carte items, fruit cups and yogurts in coolers, smoothies with add-in supplements and more.
- **Ol' Red's** 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 and Coming soon at SUB)** 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™:** Baked Wings
- **Einstein Bros. Bagels® and Starbucks®**
 - Try healthier breakfast and lunch options with poached eggs or egg white sandwich options, avocado topped choices, Lox, 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.



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- **Boar's Head Deli @ the SUB, Ol' Red's, and Burkhardt** Make any sandwich a salad or select lower-fat cheese, sauces, and lean deli meats such as Buffalo Chicken and Oven Gold Turkey.

Load up on veggies whenever possible, which can lower calories and increase fiber, vitamin, and nutrient intake!

[Dining Hours Quick Link](#)



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