

Updated
February
2017!



GCU
DINING

2017 DINING GUIDE





MISSION STATEMENT

PROVIDE QUALITY FOOD AND

outstanding

SERVICE THAT CREATES AN

~~GREAT~~ DINING
exceptional EXPERIENCE!

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STUDENT MEAL PLANS

On-Campus Living

Dining on campus makes life easier. No grocery shopping, cooking or clean-up necessary. With over 20 different dining locations available across campus, you can find what you want, right when you want it, and conveniently. Students living on campus are required to purchase a meal plan. Students choose their own meal plan based on personal dietary needs. Our top-tier plan offers the best value and includes \$150 bonus dining dollars!

Off-Campus Living

Among classes, extra-curricular activities and studying, it can be difficult to find time to sneak in a snack or eat a good dinner. If you find yourself leaving campus often just to get food, a meal plan may be right for you. With over 20 locations, you'll find exactly what you're looking for! Students living off-campus have the option to purchase a meal plan using scholarships, financial aid or a payment plan similar to their tuition plan.

2017 Meal Plans

\$2700 Dining Dollars	\$150 bonus dining dollars!	\$2,550
\$2100 Dining Dollars	\$100 bonus dining dollars!	\$2,000
\$1800 Dining Dollars	\$50 bonus dining dollars!	\$1,750
\$1350 Dining Dollars	Resident Hall Minimum	\$1,350
\$750 Dining Dollars	Apartment Minimum	\$750

Prices are PER SEMESTER! Dining dollars carry over Christmas Break, but expire at the end of Spring Semester. Call 800-800-9776 or contact your Admission Counselor and/or Student Services Counselor to sign up for a meal plan.

TENDERS & BUDGETING

Tender Types

Dining Dollars come with your meal plan, which is required for on-campus students. Dining Dollars are good at any dining location, including convenience stores.

Lopes Cash does not come with a meal plan, but you can add some at any time to help with all of your daily needs. Like Dining Dollars, Lopes Cash is accepted at any dining location.

Dining Budgeting: Week-By-Week Balances



Week #			
1	5	10	15
2700	1980	1080	180
2100	1540	840	140
1800	1320	720	120
1350	990	540	90
750	550	350	50
Dining Dollar Balance			

Even if you are accustomed to feeding yourself and balancing a checkbook, it is still nice to have an idea of how many Dining Dollars you should have to last until the end of the Semester. To help you survive, here is a handy guide to budgeting. Above are some numbers to show you what your balance should be at the beginning of certain weeks throughout the semester.

To add more Dining Dollars or Lopes Cash to your account, call 1-800-800-9776 or talk to your Counselor!

CAMPUS EATERY LOCATIONS

Missouri Avenue



Camelback Road

STUDENT UNION



Fresh Fusion

Flatbread sandwiches, wraps, and tossed-to-order salads make this a great healthy choice. Customize your meal with a large topping selection. Try the daily soup and pita chips!



The Habit Burger Grill

Sink your teeth into a juicy Charburger, grilled chicken sandwich, fresh salad, or try a hand-spindled shake. Fried green beans make an excellent addition to any meal!



Einstein Bro's Bagels

Einstein's offers an extensive menu with made-to-order sandwiches, a large variety of bagels, fresh premade salads, espresso and coffee drinks, and desserts!



Slices Pizza

Slices offers individual slices or whole New York-style pizza pies. Check out their new wings, desserts and fresh salads! Yes, Slices delivers to dorms! Call 602.639.6745 to order.



GCBC Coffee @ The Union (2nd Floor)

Run entirely by students, GCBC features a large variety of espresso drinks, pastries and their infamous cold-pressed coffee!



Urban Center Cafe

Located at the center of the Student Union, the UCC offers rotating menus featuring breakfast, pasta, and allergen-friendly hot entrees.

UNION & THUNDER ALLEY



Parmesan @ UCC

This pasta bar offers an assortment of pastas, proteins, and sauces for lunch and dinner, with buffet-style one-pass pricing.



Simple Servings @ UCC

Sodexo's Simple Servings brand focuses on allergen-friendly, high-quality hot food. The menu rotates daily for lunch and dinner



Jamba Juice

Jamba is committed to your health and happiness! Stop by and enjoy a fresh smoothie or a squeezed juice. It is next to Qdoba on the West side of the Union (outside entrance).



Qdoba Mexican Grill

This Mexican restaurant is your one-stop-shop for customizable bowls, salads and burritos. Qdoba is famous for its salsa selection and high-quality ingredients.



World of Wings Cafe

Located in Thunder Alley, WOW offers an extensive American fare menu including wings, burgers, salads, and wraps!



Zoyo Neighborhood Yogurt

Enjoy a treat while you game in Thunder Alley! Choose from a selection of delectable frozen yogurt flavors and toppings. Zoyo has increased its lineup of yogurt flavors for 2017!

SATELLITE LOCATIONS



Arena Cafe

Enjoy American-style favorites, including hot dogs, pretzels, popcorn, specialty pizzas, burgers, and sandwiches!



Lean Canteen

Formerly located in The Union, Lean Canteen has moved to the Arena, and now offers breakfast, lunch and dinner bowls and drinks!



Taco Trueno

The Taco Trueno cart's usual location is just outside the East side of Antelope Gym. It offers delicious street tacos, beverages and sides.



Antelope Gym Snack Shack

A small place with a large offering, the Snack Shack is perfect for between-class snacking and fuel for the Antelope Gym's activities!

LOPES WAY & ROADRUNNER



Subway

The largest subway sandwich franchise in the country offers a full lineup, with fresh meats, veggies, breads, soups and desserts.



Chick-fil-A

One of America's favorite fast food restaurants, Chick-fil-A brings its tradition of wholesome, high-quality fare and famous customer service to GCU.



Auntie Anne's & Jamba Express

Auntie Anne's serves delicious hand-made soft pretzels, dips, and lemonade. It operates alongside Jamba Juice Express. Try a soft pretzel & smoothie combination!



Panda Express

Panda is the pioneer of quick-serve Mandarin- and Szechuan-flavored Chinese dishes. There is no substitute for Panda's orange chicken!



GCBC Coffee @ Roadrunner

GCBC's Roadrunner location is ideal for those on the go between classes and activities!

CONVENIENCE STORES



The Grid

The Grid is a full-service community store located right in the bustle of Lopes Way. It is truly a happening place, emphasizing community and convenience.



Juniper Hall (The Groves)

This convenience store is located at The Groves, and features everything newer students need for campus life!



Chaparral Hall

Addressing the need for more allergen-friendly and healthy products, this store emphasizes more organic and gluten-free choices, while still offering traditional convenience items. In addition, it is the site for our Farmer's Markets throughout the year!



Agave Apartments

Located in the Agave Apartments across the Canal, this store offers a full line of convenience items for Agave residents as well as students parking nearby on their way to class.



Canyon Corner Store (Building 71)

This new store is located in the GCU Admin Building and is geared towards the school's Admin and Faculty. The store features a full salad bar and seating area.

HEALTHIER EATING

Everyone knows that eating healthy is important, but it is easy to become lost in the terminology. The following is a brief guide to basic healthy eating, which can be applied to your dining experience here at GCU.

Superfoods 101

Superfoods are a hot topic for healthier and nutritious lifestyles. Superfoods are profoundly nutrient-dense and excellent to include in a healthier diet. Top superfoods include acai, goji, mangosteen and noni. Keep in mind though, the term “superfood” has no FDA-approved definition, and

food marketers may misuse the term. There may be debate over superfoods, but there’s no argument over superfood groups. It’s inarguably simple. The four superfood groups include: fruits and vegetables, wholesome carbohydrates, lean protein and healthier fats.

Wholesome Carbs

Carbohydrates are commonly known to be forbidden, but carbs are generally misunderstood. The two types of carbs include complex and simple carbs. Try to limit the number of simple carbs you eat; much of the beneficial fiber and nutrients have been removed during processing. Simple carbs include white bread, white rice and traditional pasta. Complex carbohydrates, on the other hand, are largely unrefined. Natural fiber and key nutrients still remain, which is why complex carbs are called whole grains.



HEALTHIER EATING

Lean Proteins

As we age, our bodies naturally lose 3 to 8 percent of muscle mass per decade, which means our bodies require more high-quality protein. Protein is the building block of muscle tissue and provides all the necessary nutrients to keep your body strong, healthier and balanced. The important thing is to focus on “lean.” Meats full of saturated fat can be harmful, especially to the heart. Lean protein, on the other hand, aids in weight loss by helping you feel fuller, especially alongside a healthy, active lifestyle.

Healthier Fats

Like carbohydrates, fats have been synonymous with bad and unhealthy nutrition. Two basic types of fat include unsaturated and saturated. Try to minimize saturated fats. Saturated fat comes largely from animal sources and can raise your risk of heart disease and diabetes. Unsaturated fat, however, actually promotes heart health. Unsaturated fat is listed on

labels as polyunsaturated or monounsaturated fat. Omega-3 fatty acids are also beneficial to the heart and belong to this category.

All fat is calorie dense though; even good fats need to be enjoyed in modest amounts to avoid weight gain. For example, a splash of olive oil on your salad or when cooking is plenty.

Fruits And Vegetables

Once per ounce, fruits and vegetables contain more vitamins, minerals and immunity-boosting antioxidants than any other foods. Aim to eat a wide and colorful variety to ensure you’re receiving full health benefits.

Here are some tips for getting the most out of your fruits and veggies:

- Vary your salad combinations
- Order vegetable side dishes
- Grab fruit to go
- Frozen vegetables and fruits are just as nutritious as fresh
- Look for canned items with few or no added sugars or salt

ALLERGEN-FRIENDLY EATING



Simple Servings @ GCU

Sodexo's new dining option is coming to GCU, and will be located at the Urban Center Cafe. Simple Servings began at NAU as a response to the growing number of food allergies, and has since spread company-wide. The program provides safe and appetizing food choices for customers with food allergies, gluten intolerance, or those who prefer simple foods.

College is complicated enough; enjoying a meal at the resident dining hall shouldn't be. But choosing meals can present undue anxieties for the growing number of students who are arriving on college campuses with food allergies.

Simple Servings is Sodexo's

solution to proactively address most of the ingredients that account for 90% of all food-allergy reactions: milk, eggs, wheat, soy, shellfish, peanuts, and tree nuts. Simple Servings also recognizes the current demand for gluten-free foods, which students may require out of medical necessity (Celiac disease) or by choice. The platform also appeals to students who prefer plain and simple foods and those with other health-related dietary concerns.

With this program, anyone can comply with food allergy or other dietary concerns without feeling singled out. All foods offered at the Simple Serving station will be naturally free of the major allergens, and very often will be free of less-common allergens as well. Straightforward preparation techniques assure transparency of ingredients, and helps students prepare to be responsible for their own shopping and cooking.

EMPLOYMENT OPPORTUNITIES

We offer GCU students ongoing employment opportunities while attending school. Job opportunities offer competitive wages and extremely flexible schedules planned around classes. Students can pursue two employment options with the Dining Services department.

(1) Cashier or “front of the house” positions are ideal for students who are outgoing and enjoy interacting with customers and fellow students. Employment is through GCU Dining, and employees are managed by Sodexo. Cashiers are direct representatives of GCU Dining Services. For more information, visit the GCU Dining Office next to Einstein's in the Union, or visit:

<http://jobs.gcu.edu>

(2) Students who prefer to be behind the scenes and thrive with versatility should pursue a “back of the house” position in facilities, food production and operations. These positions are provided through Sodexo. Work schedules are flexible to help



student workers continue to attend their normal classes. For more information or to apply, please visit the Sodexo Office in the Union near the elevators, or visit:

<http://sodexo.balancetrak.com>

DINING EVENTS

We realize that even good food is not enough to keep students motivated 100% of the time. Plus, we like to have fun too! The best way to stay tuned in to dining-related events is by following us on Twitter, and keeping an eye on our digital ads around campus. These are just a few examples of the fun we will be having this Semester:

Chef Demos

Once a month we showcase a special dish - often something that is easily made at home with items from our stores - and highlight our chefs. Free samples are always included!

Farmer's Markets

We have frequent Farmer's Markets, usually at Chaparral or The Grid. One price gets you a bag which can be filled with whatever produce you like!

Elite Events

These are special meals, such as BBQ and steak night. They usually involve a small mark-up and offer fun, upscale cuisine.



FEEDBACK

Dining Committee

Our student-run dining committee helps ensure that we are constantly achieving the best possible quality and customer satisfaction possible. Committee members conduct monthly mystery shopper visits and report their experiences in monthly meetings, which Sodexo managers attend. For information on joining the committee, please contact laura.hall@vcu.edu.

Napkin Notes

A napkin board in the Union is a fun way to leave comments for Napkin Lope. The board is checked weekly and responded to. This is an especially popular way to request new items or leave general feedback in a more anonymous manner.



Twitter

Aside from physically finding a manager on duty, Twitter is the best way to leave feedback that requires a faster response. The Twitter handle is **VCUdining**. Twitter is also handy for checking hours of operation and viewing upcoming Sodexo events.



Dining Survey

Once per Semester, Sodexo will conduct a feedback survey, which will be e-mailed, texted, posted on Twitter, and other methods. The extensive survey allows us to gauge our customer feedback, and we give out cool prizes to random winners selected from the survey. In the past, prizes such as skateboards, iPads and airplane tickets have been awarded.

Other Surveys

Occasionally we will e-mail or text other smaller surveys for general feedback.

CONTACT US

General Manager

General dining-related questions and comments:

John Milleson

john.milleson@gcu.edu

Dining Director

General dining-related questions and comments:

Lisa Bechtold

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Retail Dining Manager

Questions and comments on specific retail operations and Dining Committee:

Laura Hall

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Dining Marketing

Comments on hours of operation, signage, articles and social media:

Zach Casavant

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Disabilities Office

If you require a dining accomodation, please contact the Disabilities Office:

disabilityoffice@gcu.edu



