

UPDATED DECEMBER 2021



*Arena Cafe's
Impossible Burger*



2022 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 twenty dining locations and five convenience stores available across campus, you can find what you want, right when you want it. 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

Between classes, extra-curricular activities and studying, it can be difficult to find time to sneak in a snack or eat a whole meal. If you find yourself hungry between classes, a meal plan may be right for you. Our eateries provide the same market pricing used at other valley locations, so there's no need to leave campus to find food. 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.

2022 Meal Plans

Dining \$'s Available	Notes	Cost
Canyon 2800	\$150 bonus dining dollars!	\$2,650
Canyon 2200	\$100 bonus dining dollars!	\$2,100
Canyon 1900	\$50 bonus dining dollars!	\$1,850
Canyon 1425	Resident Hall Minimum	\$1,425
Canyon 1075	Apartment Freshmen Minimum	\$1,075
Canyon 800	Upperclassmen Apt. Minimum	\$800
Canyon 250	For commuter students only	\$250

Please note: prices are **PER SEMESTER!** Call **800-800-9776** or contact your Admission Counselor and/or Student Services Counselor to sign up for a meal plan.

TENDERS & BUDGETING

Dining Dollars come with your meal plan, which is required for on-campus students. They're accepted at **any dining location**, including the Canyon 49 Grill, convenience stores, and farmer's markets. Dining Dollars **do not** expire until you graduate!

Lopes Cash is a separate tender that can be used for many things aside from dining. Like Dining Dollars, it is accepted at any dining location. To add more Lopes Cash to your account, sign into your **Student Portal**, go to **Finance Hub**, and then click on **Lopes Cash**.

All locations will accept **cash, credit and debit**. Most cannot accept gift cards or brand-specific coupons, but we will occasionally offer specials, and limited time offers.

Spring 2022 Meal Plans: Week-by-Week Balances

The table below shows you what your balance should be at the beginning of key weeks throughout the semester. If your balance is below the target, you might run out before the end of the Semester!

Week 1 (move-in)	Week 5 (early Feb)	Week 10 (mid March)	Week 15 (mid April)	Daily Average
\$800	\$536	\$272	\$45	\$7.34
\$1,075	\$720	\$365	\$62	\$9.86
\$1,425	\$954	\$484	\$85	\$13.07
\$1,900	\$1,272	\$645	\$115	\$17.43
\$2,200	\$1,473	\$747	\$130	\$20.18
\$2,800	\$1,875	\$950	\$168	\$25.70



(Averages are calculated from the start of Welcome Week to the final day of the semester and may vary)

CAMPUS EATERY LOCATIONS

84 JUNIPER

| LOPES MART STORE

11 THUNDER ALLEY

| SWEET DISCIPLE
TACO BELL

22 ANTELOPE GYM

| ANTELOPE GYM SNACKS

38 ARENA

| PURPLE GREENS
ARENA CAFE

29 STUDENT UNION

FRESH FUSION
CANYON PIZZA CO.
THE HABIT BURGER GRILL
EINSTEIN BROS BAGELS
LOPES TRAINING TABLE

GCBC - 2ND FLOOR

JAMBA - WEST EXTERIOR

QDOBA - WEST EXTERIOR

28 ROADRUNNER

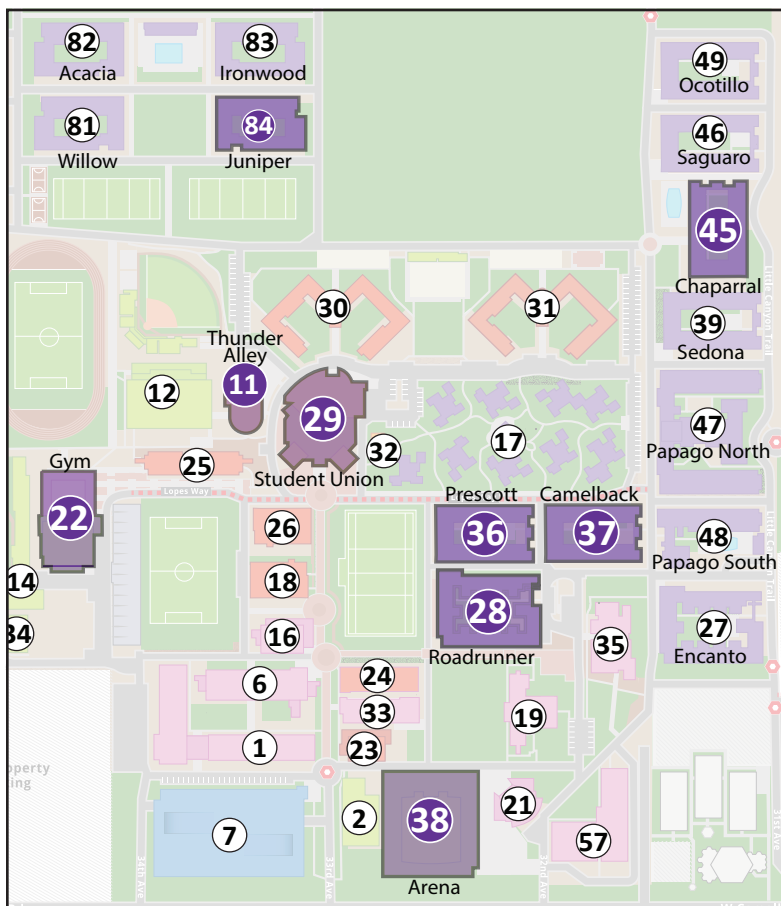
| GCBC

36 PRESCOTT

TACO THUNDER
PITA JUNGLE
SUBWAY
CHICK-FIL-A EXPRESS

37 CAMELBACK

THE GRID
KAMINARI
PANDA EXPRESS



CAMPUS EATERY LOCATIONS

45 CHAPARRAL

| LOPES MART STORE

41 AGAVE

| LOPES MART STORE

58 CANYON ACTIVITIES

| LOPES MART STORE

52 ANTELOPE

| HERD STOP

50 DIAMONDBACK

| GCBC
| CHICK-FIL-A EXPRESS

71 GCE ADMIN

| CANYON CORNER STORE

68 GCU HOTEL

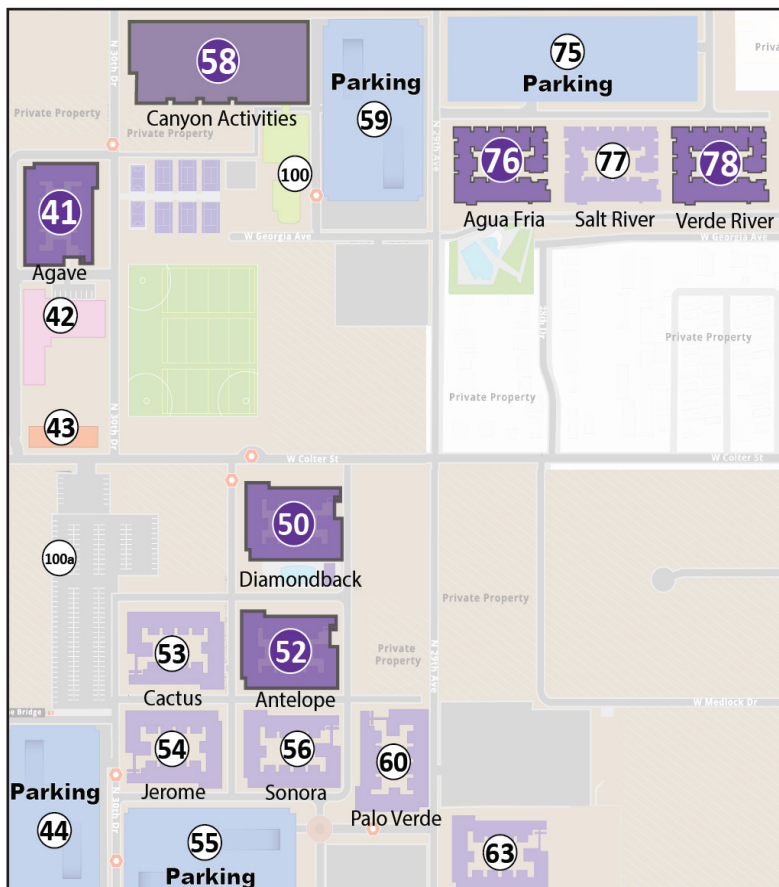
| CANYON 49 BAR & GRILL

76 AGUA FRIA

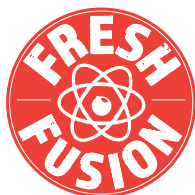
| GCBC

78 VERDE RIVER

| PANERA BREAD
| NEKTER JUICE BAR



STUDENT UNION EATERIES



Fresh Fusion

Flatbread sandwiches, paninis, wraps, and tossed-to-order salads make this a great healthy choice. Customize your meal with our topping selection. Check out our new updated menu offerings!



Lopes Training Table

Visit the Lopes Training Table for healthy food options that will fuel you all day long. An eatery serving one-pass, all you can eat breakfast and lunch daily.



The Habit Burger Grill

Try a juicy Charburger, grilled chicken sandwich, fresh salad, or 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 pre-made salads, espresso and coffee drinks, and delicious desserts!



Canyon Pizza Company

Welcome to your campus pizzeria! We are bringing back the individual slices option and stepping up the game when it comes to ingredients.



Grand Canyon Beverage Company (2nd Floor)

GCBC features hand-crafted espresso beverages, tea, smoothies, breakfast goodies, and their iconic energy drink: the Stampedo.

STUDENT UNION



Jamba (*exterior entrance*)

Enjoy a fresh smoothie or squeezed juice from our new menu. Jamba is located next to Qdoba on the West side of the Union (outside entrance).



Qdoba Mexican Eats (*exterior entrance*)

Qdoba is your one-stop-shop for customizable bowls, salads, tacos, nachos, and burritos. They are famous for their salsa selection and queso!

THUNDER ALLEY EATERIES



Sweet Disciple

We are proud to announce GCU's first candy shop, complete with frozen yogurt and gelato selections. Step into our candy-land and enjoy!



Taco Bell

America's favorite Tex-Mex fast food chain comes to GCU with a full menu! Taco bell is expanding its hours to become your official late-night eatery.

LOPES WAY EATERIES



Subway

The largest subway sandwich franchise in the country offers a full lineup: fresh meats, veggies, breads, soups, chips, 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.



Kaminari

Kaminari Poke Bar! This vibrant, new concept will offer build-your-own poke bowls. With an energetic menu packed with clean ingredients and a boba selection, Kaminari is sure to be a hit.



Taco Thunder

Back by popular demand! Our specialty is simple: serve up some quality street tacos with flare.



Panda Express

From their world-famous orange chicken to their health-minded Wok Smart selections, Panda Express defines American-Chinese cuisine.



Pita Jungle

Upscale Mediterranean cuisine comes to GCU! Pita Jungle features a variety of pitas, sandwiches, sides, salads, and drinks -- made fresh on-campus!

ARENA & ROADRUNNER



Arena Cafe @ Arena (2nd floor)

Featuring an updated menu and the best bang-for-your-buck value on campus, we offer large hamburgers, a great pancake breakfast, and more!



Purple Greens (2nd floor)

This rice-bowl-based healthy eatery offers a build-your-own-bowl menu, featuring healthy recipes and ingredients to fuel our Lopes!



Grand Canyon Beverage Company

GCBC's Roadrunner location is an ideal place to grab all of the GCBC classics while on the go!

DIAMONDBACK APTS



Chick-fil-A

GCU's second Chick-fil-A location offers GCU's favorite quality meals to the ever-expanding population East of the canal.



Grand Canyon Beverage Company

GCBC's third full-service location brings Diamondback residents their caffeine, breakfast, and snack fix.

CONVENIENCE STORES

Convenience stores are in their own category, even if some are near other eateries around campus. Refer to the Dining Map for more info.



The Grid

The Grid, one of the most popular campus stores, is located in the heart of Lopes Way. This store packs a lot of convenience into a small space. They often have special promotions and deals!



Canyon Corner Store (Building 71)

This store is located in the GCU Admin Building and is geared towards Admin and Faculty, but it's certainly open for students too! It features a full salad bar and seating area. Qdoba To-Go Burritos are also available here.



Lopes Mart Campus Stores

Lopes Mart stores are located throughout campus for your convenience. You can find all your campus life essentials here: toiletries, drinks, snacks, freshly-made STG sandwiches and salads, our Wild Blue sushi (formerly AFC), and much more.



The Herd Stop (Building 52)

Located in Antelope Apartments, Herd Stop is our largest market yet! Swing by for our Boar's Head Deli, large produce selection and more.

CANYON 49 GRILL



Canyon 49 Grill

GCU Hotel's full-service restaurant features student discounts! Visit gcuhotel.com/restaurant.

THE RIVERS

Our campus is growing, and our students are the reason! We are excited to introduce some new, much-requested locations very soon:



Panera Bread

At Panera, it began with a simple commitment: to bake bread fresh every day in our bakery-cafes. No short cuts, just bakers with simple ingredients and hot ovens. That tradition continues today as we continue to find ways to be an ally for wellness to our guest.



Nekter Juice Bar

Coming Soon: At Nékter Juice Bar, we believe that healthy should taste good and feel good, too. Our handcrafted juices, smoothies and acai bowls are natural, clean, and always buzzing with the most energizing and nutrient-rich ingredients.



Grand Canyon Beverage Company

Coming Soon: GCBC's fourth full-service location brings The Rivers residents their caffeine, breakfast, and snack fix.

Much More Than Coffee!

Grand Canyon Beverage Company is your source for GCU's premiere beverages. We provide the energy that powers all of campus life, and we make appearances at nearly all Lopes Events. Chances are good that if you're out enjoying an event on campus, you'll find us there!

We employ GCU students to work at our coffee shops. **"By students, for students"** is our philosophy. All of our locations are high-energy, casual, and fun. We pride ourselves in making GCBC an all-inclusive atmosphere for Lopes and visitors alike.



HEALTHIER EATING



Mindful Dining

Sodexo is committed to creating healthy environments for our students. Central to this effort is providing healthy, nutritious foods. Our executive chefs and registered dietitians work together to create an exciting collection of recipes. Some of these can be found at Fresh Fusion and in the Lopes Mart stores. Mindful recipes meet the following criteria:

- 600 calories or less
- 35% or less calories from fat
- 10% or less calories from saturated fat
- trans fat FREE
- at most 100 mg cholesterol
- at most 800 mg or less sodium
- at least 3 g or more fiber

Mindful items are also Healthy Picks. For more information, visit mindful.sodexo.com.



GCU Healthy Picks

Sodexo's Mindful program is great, but it is limited to Sodexo recipes. To help you identify what items are healthier at all of our locations, we've created our Healthy Picks program, which will help you not only determine what items might be considered "healthy," but also what items are vegetarian, vegan, and gluten-friendly. This is as simple as picking items that have the icons below, which should be posted at or nearby each location. Or, take a look at our Healthy Picks guide. If you'd like to talk about your healthy options, please contact our Campus Dietician, Emily Orvos: emily.orkos@gcu.edu



GET A JOB WITH US!

We offer ongoing employment opportunities while attending school and we employ hundreds of students throughout our locations. Job opportunities offer competitive wages and flexible schedules. You can pursue two employment options with Dining Services:

Part-Time: Student Worker

You can find a complete listing of job opportunities through the Workday Portal, which may be accessed at ***jobs.gcu.edu/student-worker-jobs***. This means you would be a GCU employee. As stated on the website, there are requirements which must be maintained as a student. You must:

- be local; all jobs are located on or near GCU's main campus in Phoenix, Arizona.
- be enrolled full-time at GCU.
- maintain a 2.0 GPA (3.0 for graduate students) or higher.
- work a maximum of 20 hours per week during fall and spring terms; 40 hours per week during scheduled breaks.

As a GCU student worker, you can enjoy flexible schedules and familiarity of our campus locations.

Full-Time: Sodexo

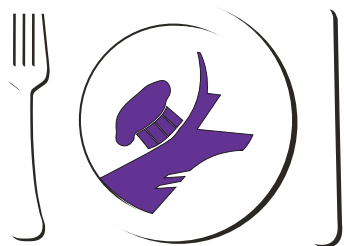
As GCU's Dining Services provider, Sodexo employs many full-time staff and part-time students. A Sodexo position offers a great opportunity to get some full-time job experience. As the backbone of GCU Dining, the vast majority of Dining Operations are run by Sodexo. The company is committed to flexible work schedules in order to help student workers continue to attend classes. As a worldwide Quality of Life provider, there are many opportunities for advancement, especially for those seeking culinary positions. To apply, visit: ***<https://external-careers-frontlinesodexo.icims.com/>*** and make sure you filter results by **Zip Code 85017**.



FEEDBACK

Mystery Munchers

Do you want to join our elite team of secret shoppers? Our student-run dining committee members - AKA the Mystery Munchers - help ensure that we are constantly achieving the best possible quality and customer satisfaction. Committee members conduct monthly mystery shopper visits and report their experiences in monthly meetings with Sodexo managers. It's a great way to help your dining department keep an eye on our quality and help direct future dining options. Also, let's not forget free food and a t-shirt! For information on joining the committee, please contact us at gcudining@gcu.edu



meet & greet

Meet 'N Greet Lunch

(Lunch with the General Manager)

Our new lunch program happens once a month and allows students and faculty to get some face-to-face time with the Sodexo Resident District Manager, and a guest Retail Manager, over a free meal. The guest manager will hand out flyers to guests, inviting them to the lunch. If you would like information on this program, please reach out to us at gcudining@gcu.edu. Please note: emailing us will not guarantee you a spot! The manager must issue an invitation. But it never hurts to introduce yourself!

STAY CONNECTED

Transact Mobile Order

Skip the Lines and Order Ahead! In Spring 2021, GCU Dining introduced a new way for students to purchase food on campus. Currently, we are working to slowly add more eateries to the app. As of now, order from Lope Favorites like: Pita Jungle, Canyon Pizza Co., GCBC, Herd Stop, and Panda Express!

*On the App Store
or Google Play!*



GCU Student App

The GCU mobile app lists all the dining operations and their hours of operation in real-time. It also contains Dining Dollar budgeting information so you can spend wisely as the Semester goes along. To report an error with the app's hours, please contact us at gcludining@gcu.edu.

GCU Today

Keep you eye out for the Monday Campus Digest! We feature a weekly Food News Section which has spotlights on specials and events, including limited-time-offers are various locations. Be sure to take a look to see what's going on.

Social Media

Instagram is the best social media site to leave feedback and see information on dining. Our social handle is **@GCU Dining**. Twitter & Instagram are handy for checking hours of operation, viewing upcoming events, and even fun give-aways. We also have a GCU Dining TikTok account showcasing behind-the-scenes fun of campus dining!



#FeedTheHerd

CONTACT US

Visit Our Retail Manager Office

If you have urgent concerns or questions, or are looking for a recently lost item, please stop our retail dining office. We are located next to Einstein Bagels in the Student Union, Building 29.

General email address: gcudining@gcu.edu

Contact us with general questions.

Resident District Manager

General dining-related questions and comments:

John Milleson

john.milleson@sodexo.com

Communication Office

Questions and feedback on this guide, articles, mobile app, website and Dining Committee:

Jess Maichel

jessica.maichel@sodexo.com

Catering

Catering is set up through University Event Services. For other Catering questions:

Lety Rosas

lety.rosas@gcu.edu

Sodexo HR

For employment, refer to page 12. For general HR questions:

Ashley Ortiz

ashley.ortiz@sodexo.com

Retail Dining Directors

General dining-related questions and comments:

Kody Linsacum

kody.linsacum@sodexo.com

Aubrey Braithwaite

aubrey.braithwaite@sodexo.com

Store Manager

For feedback for any of our seven convenience stores:

Angela Nalls

angela.nalls@sodexo.com

Disabilities Office

If you require a dining accommodation or want to discuss food allergies, please contact the Disabilities Office: disabilityoffice@gcu.edu

Campus Dietician

General questions about your health and our healthy eating:

Emily Orvos

Emily.Orvos@gcu.edu