Healthy Picks

Updated December 2021

GCU DINING

GF  V  VG

ALSO ON THE GCU MOBILE APP!
Disclaimer:
This guide is an informational piece to help make informed decisions, and to showcase healthy options that might be available to you on campus. While we make every effort to ensure that information is accurate, menus and ingredients do change over time, and thus there might be outdated information present. We strongly recommend that you let the manager or supervisor on duty know if you have food allergies or other dietary restrictions, and to double-check with brand websites to confirm information contained herein. We also encourage you to ask us about ingredients, and how we prepare your food. We follow strict food safety practices, but many of our foods are prepared on shared equipment, and so there is a small risk of cross contamination. If you see something requiring our attention, please contact us and we'll fix it. Contact information can be found on Page 11. We hope this guide is helpful to you! Thank you.
When possible, our dining locations will feature these symbols on their digital menus. Most eateries will have a poster displayed that shows these items. Please ask a server or manager if you have any questions.
### HEALTHY PICKS

#### UNION & THUNDER ALLEY

<table>
<thead>
<tr>
<th>Item</th>
<th>Availability</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Salad (with light/no dressing &amp; Chicken or Turkey)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any Wrap or Flatbread (with light/no dressing &amp; Chicken or Turkey)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrient Dense Ingredients:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Quinoa (Iron)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Spinach (Vitamin A, C, Calcium &amp; Iron)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Bell Peppers (Vitamin C)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Carrots (Vitamin A)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Cheddar Cheese (Calcium)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any Bagel (except Power Protein)</td>
<td>5-6/7</td>
<td></td>
</tr>
<tr>
<td>Bacon Avocado &amp; Tomato Thin</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Cheddar Cheese &amp; 1 Egg Sandwich</td>
<td>6/7</td>
<td></td>
</tr>
<tr>
<td>Avocado Toast</td>
<td>6/7</td>
<td></td>
</tr>
<tr>
<td>Fruit Cup</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Tasty Turkey on Asiago</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Turkey &amp; Cheddar on Plain</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Swiss on Plain</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Grilled Chicken Salad (no dressing)</td>
<td>6/7</td>
<td></td>
</tr>
<tr>
<td>Garden Salad (no dressing)</td>
<td>6/7</td>
<td></td>
</tr>
<tr>
<td>Crispy Chicken Bites (both 10ct /6ct)</td>
<td>5-6/7</td>
<td></td>
</tr>
<tr>
<td>Santa Barbara Cobb</td>
<td>6/7</td>
<td></td>
</tr>
<tr>
<td>Tempura Green Beans</td>
<td>6/7</td>
<td></td>
</tr>
<tr>
<td>Sweet Potato Fries</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Veggie Burger</td>
<td>6/7</td>
<td></td>
</tr>
<tr>
<td>Ahi Tuna Sandwich</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Lettuce Wrap any burger or sandwich!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any Breakfast Burrito (with no Chorizo)</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Veggie Fajita Bowl</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie Fajita Burrito</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie Fajita Tacos</td>
<td></td>
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</tr>
<tr>
<td>Any Bowl with 4 ingredients:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Starch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Salsa</td>
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<td></td>
</tr>
<tr>
<td>Any Medium Smoothie with Whey Protein</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Any Smoothie Bowl</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All Fresh Juices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any Medium Smoothie</td>
<td>5/7</td>
<td></td>
</tr>
<tr>
<td>Chicken Taco</td>
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<td></td>
</tr>
<tr>
<td>Pork Taco</td>
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<tr>
<td>Steak Taco</td>
<td></td>
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<tr>
<td>All Sides</td>
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</tbody>
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## HEALTHY PICKS

### LOPES WAY

- **Falafel Pita** 6/7
- **Lavash Shawarma Wrap** 5/7
- **Hummus Trio** 6/7
- **Any Hummus** 6/7 (add Grilled Chicken) 7/7
- **Southwest Bowl** 5/7
- **Greek Salad** 4/7
- **Spinach & Pesto Pizza** 5/7
- **Garlic New Potatoes** 6/7
- **Coconut Curried Soup** 5/7

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### LOPES WAY

- **6” Oven Roasted Chicken** 7/7
- **6” Tuna Sandwich** 7/7
- **6” Turkey Breast Sandwich** 7/7
- **6” Turkey & Black Forest Ham Sandwich** 6/7
- **6” Veggie Delight** 5/7
- **Fresh Chopped Salads**
  - **Nutrient Dense Ingredients:**
    - 9 Grain Wheat Bread
    - Tomato Basil Wrap
    - Bell Peppers
    - Spinach
    - Banana Peppers

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</tr>
<tr>
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### LOPES WAY

- **Chick-n-Minis** 5/7
- **Chick-Fil-A Sandwich** 5/7
- **Grilled Chicken Sandwich** 6/7
- **Grilled Nuggets** 6/7
- **Grilled Cool Wrap** 6/7
- **Market Salad** 6/7
- **Spicy Southwest Salad** 5/7
- **Fruit Cup** 5/7
- **Spicy Chicken Sandwich** 5/7

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</tbody>
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Most items can be made into a Healthy Pick!

- **Any Base**
- **Any Protein**
- **Any Sauce**
- **Any Veggie**

### Most Nutritious Bowl:
- Medium Bowl (3 proteins)
  - Any Base
  - Any Sauce
  - Any Protein
  - Kale, Green Onion, Carrots

### Healthy Pick Proteins:
- Grilled Teriyaki Chicken
- Grilled Asian Chicken
- Black Pepper Angus Steak

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### Healthy Pick Proteins:
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Most items can be made into a Healthy Pick!

- **Any Base**
- **Any Protein**
- **Any Sauce**
- **Any Veggie**

### Healthy Pick Proteins:
- Grilled Teriyaki Chicken
- Grilled Asian Chicken
- Black Pepper Angus Steak
HEALTHY PICKS

ARENA

- Grilled Chicken Sandwich
- Breakfast Burrito
- Veggie Burrito
- Impossible Burger

Most menu items can be made into a Healthy Pick!

- Any Base
- Any Protein
- Any Sauce
- Any Vegetable
- Most Nutritious Bowl:
  - Quinoa
  - Shrimp
  - Any Sauce
  - Spinach
  - Kale
  - Red Bell Peppers

ANTELOPE

- Tuna Melt 5/7
- Egg Salad Sandwich 5/7
- Corned Beef Reuben 6/7
- Veggie Sandwich 6/7
- Lopes Way 5/7
- Pastrami Melt 5/7
- Make any Sandwich into a Salad!

THE RIVERS

- Avoc., Egg White & Spinach 6/7
- Mediterr. Bowl w/ Chicken 5/7
- BBQ Chicken Salad 7/7
- Green Goddess Cobb Salad 6/7
- Napa Almond Chicken Sandwich 5/7
- Deli Turkey on Sourdough 6/7
- Turkey Chili w/ Beans 7/7
- Mediterr. Veggie Sandwich 6/7
- Fuji Apple w/ Chicken Salad 6/7
- 10 Veggie Sprouted Soup 5/7
- Strawberry Banana Smoothie 5/7
- Tuna Salad Sandwich 5/7
- Green Passion Smoothie 5/7

More Information Coming Soon!
GLUTEN-FRIENDLY

UNION & THUNDER ALLEY

- Gluten-Free Tortilla Wraps
- Build your salad without croutons, tortilla strips or wontons
- Simply To Go cooler items (check labels)

We will happily lettuce-wrap your burger or sandwich!

**Lettuce Wrapped:**
- Burgers
- Ahi Tuna Sandwich
- Grilled Chicken

**All Ice Cream in a Cup**
- All Salads *(no croutons)*
- All Dressings

**BYO Cauliflower Crust**
- Traditional Wings
- BBQ Sauce

**Buffalo Sauce**
- All Salads *(no croutons)*

**Impossible Meat**
- Shredded beef
- Grilled chicken
- Marinated pulled pork
- Grilled steak

- Black beans
- Cilantro lime rice
- Pinto beans
- Corn chips

- All items are gluten-friendly.

- Any All-Fruit smoothie
- All juices

- Any Fruit & Veggie smoothie

- Chips & guacamole or salsa
- Nachos Bell Grande
- Power Bowls (Chicken, Steak & Veggie)
- Crunchy Taco (chicken)

- Crunchy Taco Supreme *(chicken)*
- Any Doritos Locos
- Nacho Cheese Tacos
LOPES WAY

Any pita or pizza can be made gluten-friendly with a gluten-free pita or brown rice bowl!

- Avocado & Garbanzo Southwest Bowl
- Falafel Bowl
- Breakfast Bowl
- Roasted Chicken Shawarma Bowl
- Greek Salad
- Gluten-free brownies
- Garlic New Potatoes
- Southwest Bowl
- Any Pizza on Gluten Friendly Crust

- All salads and proteins (except Sweet Onion Chicken Teriyaki, Seafood Sensation, & Meatball Marinara)
- All condiments (except croutons)
- Make any sandwich into a salad
- Black Bean Soup
- Broccoli & Cheddar Soup

- Gluten-Free Bun
- Yogurt parfait
- Fruit cup
- Grilled Cobb Salad
- Grilled Spicy Southwest Salad (no tortilla strips)
- Market Salad

- Any Base
- Tofu
- Shrimp
- Tuna (plain)
- Salmon (plain)
- Any Vegetable
- Masago
- Spicy Crab
- Dragon Sauce
- Nori
- Sriracha
- Sambal

ARENA

- Gluten-free pancakes
- Gluten-free quesadilla
- Gluten-free hot dog buns
- Gluten-free bread
- We will happily lettuce-wrap your burger
GLUTEN-FRIENDLY

ARENA
- Any Base
- Any Protein
- Any Sauce (except Teriyaki)
- Any Vegetable

ANTELOPE
Craft any sandwich as a salad!
Shop our aisles of gluten free and gluten-alternative products and produce!

THE RIVERS
- Mediterranean Grain Bowl
- Caesar Salad (without croutons)
- Greek Salad
- Seasonal Greens
- Fuji Apple Salad
- Green Goddess Cobb Salad
- Turkey Chili w/ Beans
- Tomato Soup (without croutons)
- Greek Yogurt with Berries
- All Smoothies
- All Coffee, Cold Brew, Tea, Latte, Espresso & Frozen Drinks

More Information Coming Soon!
Most smoothies can be made vegan by substituting frozen yogurt for a juice or almond milk.

- All smoothies
- Fruit & Veggie smoothies
- All-Fruit smoothies
- All juices

**STUDENT UNION**

**FRESH FUSION**
- Quinoa
- Tofu (*Available Upon Request*)
- Caprese Panini
- Skip the meat and cheese on your creation
- Tomato Soup
- Grilled Cheese

**EINSTEIN BROS. BAGELS**
- Substitute almond milk in any coffee beverage
- All bagels are vegetarian, and most are dairy-free
- Avocado Veg-Out
- Avocado Toast
- Bagel Thins
- Vegetarian Chili Soup
- Cheddar + Egg Bagel
- PB Plain Bagel
- Cheese Pizza Bagel
- Cheesy Veggie Melt

**Habit BURGER GRILL**
- Impossible Burger
- Garden Salad (*without dressing*)
- Veggie Burger
- French Fries
- Tempura Green Beans
- Sweet Potato Fries
- Onion Rings

Create your bowl or burrito with the following:

- Impossible Meat
- Corn or flour tortillas
- Black beans
- Cilantro-lime rice
- Fajita vegetables
- Grilled vegetables
- Guacamole
- Most salsas
- Tortilla soup

Most salsas
- Guacamole
- Most salsas
- Tortilla soup

- Impossible Meat
- Corn or flour tortillas
- Black beans
- Cilantro-lime rice
- Fajita vegetables
- Grilled vegetables
- Guacamole
- Most salsas
- Tortilla soup

**QDOBA**

- Veggie Pizza
- Cheese Pizza
- 10” Pizza Dough
- Canyon Cookies
- BYO Personal Pizza *with Vegan Cheese + Veggies*
- Breadsticks
VEGETARIAN / VEGAN

THUNDER ALLEY

Many items can be made vegan by simply requesting them "add tomato + onion, no dairy," removing sour cream and cheese.

- Cinnamon Twists
- Grilled Fiesta Potato
- Breakfast Burrito
- Hash Brown
- Mini Skillet Bowl
- Bean Burrito
- Cheesy Bean & Rice Burrito
- Cheese Quesadilla
- Cheesy Fiesta Potatoes
- Cheesy Roll-Up
- Veggie Power Bowl
- Cinnabon Delights
- Black Bean Crunchwrap
- Chips & Salsa
- Black Beans & Rice
- Cinnamon Twists
- Gordita Flatbread

LOPES WAY

- Falafel Rice Bowl
- Black Bean Burger
- All Hummuses
- Avocado Garbanzo Bowl
- Walnut Baklawa
- Pita Thyme Cheese Crisp
- Coconut Curry Soup
- Tomato Basil Soup
- Garlic New Potatoes
- Spinach Pesto Pizza
- Southwest Bowl (make it with Falafel to be)

- Apple Slices
- Oven-Baked Lay's
- Breads: Hearty Italian, Italian, Sourdough, Wraps
- Veggie Patty
- Toppings: All Veggies
- Sauces: Yellow Mustard, Deli Brown Mustard, Oil, Vinegar, Sweet Onion Sauce, Fat-free Italian Dressing, Subway Vinaigrette, Buffalo

- Waffle Fries
- Hash Browns
- Market Salad (no chicken)
- Southwest Salad (no chicken)
- Fruit Cup
- Cobb Salad (without chicken, bacon, eggs or cheese)
- Greek Yogurt Parfait
LOPES WAY

- Impossible Meat
- Pickled Veggies
- Cheese
- Corn Tortilla
- Salsas
- Guacamole

- Any Rice
- Mixed Greens
- Tofu
- All Veggies
- Crispy Onions
- Wonton Strips
- All Sauces
- Sesame Seeds
- Boba Drinks

ARENA

- Veggie Burrito
- Pancakes
- Quesadilla
- French Fries
- Grilled Cheese Sandwich
- Lettuce-Wrapped Impossible Burger (hold the cheese)
- Mozzarella Sticks

Create your bowl with any of the following:

- Any Base
- Miso Ginger Sauce
- Chimichurri Sauce
- Sun Dried Tomato Sauce
- Piccate Sauce
- Dragon Sauce
- Agave Mustard Sauce
- Gochujang Tofu
- Any Vegetable
- Goddess Sauce
- Southwest Sauce
- Teriyaki Sauce
- Balsamic Dressing

ANTELOPE

- Grilled Cheese
- Veggie Sandwich
- Lopes Way (sub no meat)
- Egg Salad Sandwich
- Breakfast Burrito (sub no meat)
- BYO Salad Bar
- BYO Yogurt Bar

Shop our aisles of vegan/vegetarian products and produce!
THE RIVERS

- Mediterranean Grain Bowl (without feta or yogurt)
- Fresh Fruit Cup
- Green Passion Smoothie
- Fuji Apple Salad (without cheese)
- Greek Salad (without cheese)
- 10 Veggie Soup
- Tomato Soup

- Avo. Egg White & Spinach Sandwich
- Greek Yogurt with Berries
- Mediterr. Veggie Sandwich
- Classic Grilled Cheese
- Seasonal Greens Salad (try with avocado and quinoa)

More Information Coming Soon!
Hello Lopes!

My name is Emily Orvos, and I’m your GCU Campus Dietitian! I’m excited to work with you and get to know you all.

Originally, I’m from Kansas City, Missouri and moved to Phoenix after I finished college. I love all the hiking and fun outdoor activities Arizona has to offer! I attended the University of Missouri, where I studied both nutrition and exercise physiology.

I stayed at Mizzou for grad school and my dietetic internship as well. My background is predominantly sports and exercise nutrition, but I’m also passionate about helping everyone improve their relationship with food and with their bodies.

My goal is to help you achieve YOUR goals related to health and nutrition, and this will look different for each one of you! Feel free to call the health center and schedule an appointment if you’re interested in working with me one-on-one.

Lopes Up!
We're here to help!

**GENERAL DINING EMAIL**
GCUDINING@GCU.EDU

**CAMPUS DIETITIAN**
EMILY ORVOS
EMILY.ORVOS@GCU.EDU

**HEALTH & WELLNESS**
GENERAL QUESTIONS:
HEALTHCENTER@GCU.EDU