

**Spring
2020**

sodexo



Updated January 2020

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.

2019 Meal Plans

Dining \$\$'s Available	Notes	Cost
\$2,700 Dining Dollars	\$150 bonus dining dollars!	\$2,550
\$2,100 Dining Dollars	\$100 bonus dining dollars!	\$2,000
\$1,800 Dining Dollars	\$50 bonus dining dollars!	\$1,750
\$1,350 Dining Dollars	Resident Hall Minimum	\$1,350
\$1,000 Dining Dollars	Apartment Freshmen	\$1,000
\$750 Dining Dollars	Apartment Minimum	\$750

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 Bar & 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 coupon, but we will occasionally offer specials, such as limited time offers.

Spring 2020 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 (late Apr)	* Daily Average
\$750	\$515	\$282	\$45	\$7.35
\$1,000	\$690	\$380	\$62	\$9.80
\$1,350	\$930	\$510	\$85	\$13.24
\$1,800	\$1240	\$680	\$115	\$17.65
\$2,100	\$1,450	\$790	\$130	\$20.59
\$2,700	\$1,860	\$1,020	\$168	\$26.47



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.
HARVEST KITCHEN
THE HABIT BURGER GRILL
EINSTEIN BROS BAGELS
LOPACELLIS PASTA
GCBC - 2ND FLOOR
JAMBA - WEST EXTERIOR
QDOBA - WEST EXTERIOR

28 ROADRUNNER

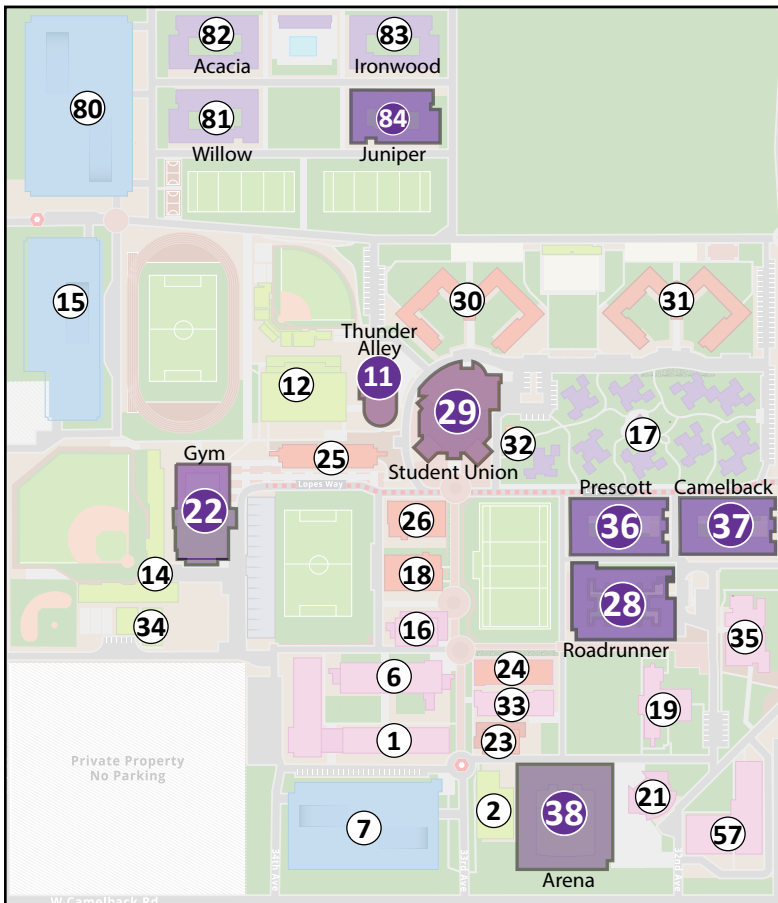
| GCBC

36 PRESCOTT

PITA JUNGLE
SUBWAY
CHICK-FIL-A EXPRESS

37 CAMELBACK

THE GRID
AUNTIE ANNE'S PRETZELS
CANYON CREPE
PANDA EXPRESS



CAMPUS EATERY LOCATIONS

45 CHAPARRAL

| LOPES MART STORE

41 AGAVE

| LOPES MART STORE

58 CANYON ACTIVITIES

| LOPES MART STORE

68 GCU HOTEL

| CANYON 49 BAR & GRILL

50 DIAMONDBACK

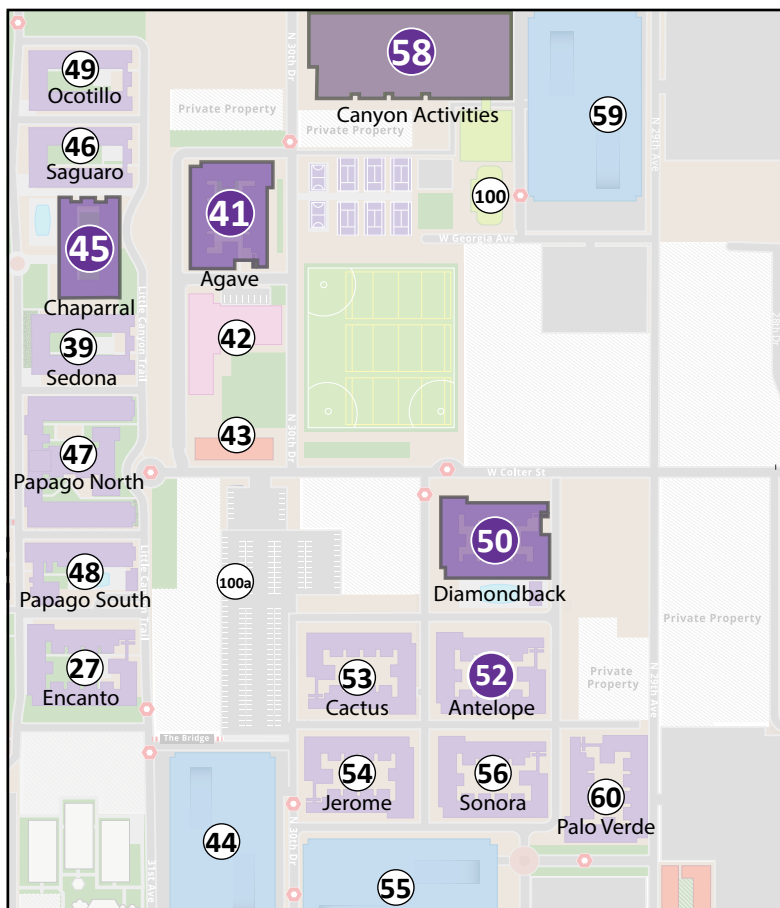
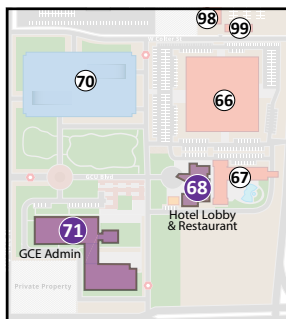
FRESH FUSION
GCBC
CHICK-FIL-A EXPRESS

52 ANTELOPE

| HERD STOP

71 GCE ADMIN

| CANYON CORNER STORE



STUDENT UNION EATERIES



Fresh Fusion

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



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, Caribou espresso and coffee drinks, and desserts!



NEW! Canyon Pizza Company

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



GCBC Coffee @ The Union (2nd Floor)

GCBC features hand-crafted espresso beverages, tea, smoothies, breakfast goodies, and their own energy drink: Stampede.



NEW! Harvest Kitchen (formerly UCC)

Located at the heart of the Student Union, our new all-you-can-take eatery (one-tray pass) provides a wholesome, simple and customizable dining experience.

STUDENT UNION



NEW! Lopacellis Pasta

By popular demand, we are bringing fast, made-to-order pasta to GCU, with affordable and hearty servings of pasta, sauces, proteins, and garlic knots.



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



NEW! Sweet Disciple

We are proud to announce GCU's first candy shop, complete with frozen yogurt and gelato selections. More information will be coming soon.



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.



Auntie Anne's Pretzels

Auntie Anne's serves their famous, delicious hand-made soft pretzels, nuggets, pretzel dogs, dips, and lemonade drinks.



NEW! Canyon Crepe

Canyon Crepe offers savory and sweet crepes made with upscale ingredients, at an affordable price.



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.

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!



NEW! Purple Greens (2nd floor)

Formerly Lean Canteen, this new healthy eatery offers a build-your-own-bowl menu, plus a selection of high-quality pressed juices.



GCBC Coffee @ Roadrunner

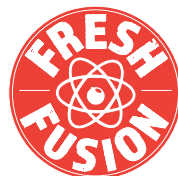
GCBC's Roadrunner location is an ideal place to grab all of the GCBC classics while on the go!

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.



Fresh Fusion

This healthy dining location has become a student favorite. Fresh Fusion is now bringing its hot breakfast sandwiches, salad and wrap lineup to Diamondback.



GCBC

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

One of the most popular campus stores, The Grid is located in the heart of Lopes Way. This store packs a lot of convenience and value 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 brand-new AFC sushi, and much more.



NEW! Herd Stop (Building 52)

Our new 5,000 square foot community market will open January 2019. It features a Boar's Head Deli, our largest produce selection yet, sushi, and more!

CANYON 49 GRILL



Canyon 49 Grill

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

KEEP UP WITH THE HERD

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.

Aside from fueling the Lopes with much-needed energy, GCBC supports local businesses and the local economy. Our coffee beans are locally sourced here in Arizona from Cult Coffee, and we have partnered with charity groups to improve the area around campus. We are firm believers that our brand can provide much more than just a source of caffeine; we can use our energy and influence to improve the lives of those around us.

We currently have 3 campus locations. Our largest location is on the 2nd floor of the Student Union. We have an extensive menu, including pastries and GCU's signature energy drink: Stampedede. Make sure to like us on Twitter or Instagram at [@GCBC49](https://www.instagram.com/GCBC49) and reach out if you have any comments or questions. We're always here to help you #KeepUpWithTheHerd.



HEALTHIER EATING



Mindful Dining

Sodexo is committed to creating healthy environments for our customers. 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 new Healthy Picks guide. If you'd like to talk about your healthy options, please contact our Campus Dietician, Liz Cook: liz.cook@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. Additionally, as a worldwide quality of life provider, there are many opportunities for advancement, especially for those seeking culinary positions. To see open job positions and to apply, visit: **sodexo.balance-trak.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 possible. 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 will allow students and faculty to get some face-to-face time with the Sodexo General 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

Dining Survey

We will host a campus-wide survey once per Semester. This will be emailed, texted, posted on Twitter, and available at an interactive table along with games and candy. We feature random prize giveaways for participants. We have given out skateboards, iPads and airplane tickets in past surveys.



Mobile 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 gcu dining@gcu.edu.

GCU Today

Keep your 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 at various locations. Be sure to take a look to see what's going on.

Social Media

Twitter and Instagram are the best social media sites to leave feedback and to see information on dining. Our handle is **GCUdining**. Social Media is handy for checking hours of operation, seeing daily menus at Harvest Kitchen, and viewing upcoming events. We also have fun food days and announce free food giveaways there!



#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's 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:

Jessica Maichel

jessica.maichel2@gcu.edu

Catering

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

Kody Linsacum

kody.linsacum@sodexo.com

Sodexo HR

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

Ashley Ortiz

ashley.ortiz@sodexo.com

Retail Dining Director

General dining-related questions and comments:

Samantha Snyder

samantha.snyder@sodexo.com

Store Director

For feedback for any of our seven convenience stores:

Scott Ralston

scott.ralston@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:

Liz Cook

liz.cook@gcu.edu