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Healthy Picks



HEALTHY PICKS GUIDE

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Disclaimer:

This guide is intended to as an informational piece to help make informed decisions, and to showcase available 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to ensure that information is accurate, menus and ingredients do change over time, and thus there might be old or outdated information present.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.

EXPLANATION



**HEALTHY
PICK**

- 1 550 OR FEWER CALORIES**
- 2 35% OR FEWER CALORIES FROM FAT**
- 3 UNDER 800 MG OF SODIUM**
- 4 TRANS-FAT-FREE**



**GLUTEN-
FRIENDLY**



VEGETARIAN



VEGAN

When possible, our dining locations will feature these symbols on their digital menus. Most eateries will have a flyer displayed that shows these items. Please ask a server or manager if you have any questions.



HEALTHY PICKS

UNION & THUNDER ALLEY —



- All Mindful menu items —
- Mediterranean Spinach & Quinoa Salad



- Strawberry Basil & Grilled Chicken
- Southwest Chicken
- Caesar Salad
- Chinese Chicken Salad



- Any bagel with schmear (except power protein)
- Southwest Egg White Sandwich, 1-Egg
- Thintastic Buffalo Chicken
- Hummus Veg Out
- All bagels except Asiago
- Cheese, Cinnamon Sugar, and French Toast



- Grilled Chicken Salad without dressing
- Chargrilled Tuna Sandwich
- Lettuce Wrapped Char Burger
- Char Burger with Side Salad
- Veggie Burger with Side Salad



- Spinach & Ricotta Ravioli Bowl



- Veggie Fajita Bowl
- Veggie Fajita Burrito
- Veggie Fajita tacos
- Chips and Salsa
- Hold the cheese and meat on your creation



- All juices
- Fruit & Veggie smoothies
- Small-sized smoothies
- All-Fruit smoothies



Many menu items can be made into a Healthy Pick by making them “Fresco Style”. We will substitute the sour cream and cheese with Pico De Gallo.



HEALTHY PICKS

LOPES WAY



- Mediterranean Roasted Chicken - Schwarma
- Greek Salad Classic and Cilantro
- Jalapeno Hummus Classic and Cilantro
- Jalapeno Hummus



- 6" Oven Roast Turkey Breast sub
- 6" Oven Roasted Chicken Sub
- 6" Tuna Sandwich
- Veggie Delight Spinach Wrap
- Fresh Fit Chopped Salads
- 6" Oven Roast Beef Sub



- Egg White Grill
- Cobb Salad
- Grilled Chicken Nuggets
- Grilled Chicken Sandwich
- Grilled Market Salad

Wok Smart items make up half of our menu, and contain more protein and less calories.



- Broccoli Beef
- Grilled Teriyaki Chicken
- Mushroom Chicken
- Kung Pao Chicken
- Black Pepper Chicken
- String Bean Chicken
- Mixed Vegetables
- White Steamed Rice
- Brown Steamed Rice
- Orange Chicken
- Honey Walnut Shrimp
- Beijing Beef
- Sweetfire Chicken Breast
- Shanghai Angus Steak
- Chow Mein
- Fried Rice
- Chicken Egg Roll
- Vegetable Spring Rolls



HEALTHY PICKS

ARENA



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



Most menu items can be made into a Healthy Pick based on how you craft your perfect bowl! Choose a lighter sauce like Piccate, Miso Ginger, or Southwest and pile on the veggies.



GLUTEN-FRIENDLY

UNION & THUNDER ALLEY —



- Gluten-Free Tortilla Wraps
- Vanilla Creme Broulet (Diamondback location)
- Tomato soup
- 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, just let us know!



- Gluten-friendly pasta
- Vegetables
- Grilled chicken



- Impossible Meat
- Shredded beef
- Grilled chicken
- Marinated pulled pork
- Grilled steak
- Black beans
- Cilantro lime rice
- Pinto beans
- Corn chips



- Any All-Fruit smoothie
- All juices
- Any Fruit & Veggie smoothie



- Chips & guacamole, salsa, or pico
- Nachos Bell Grande
- Nachos Supreme
- Triple Layer Nachos
- Power Bowls (Chicken, Steak & Veggie)
- Spicy Tostada
- Crunchy Taco (chicken)
- Crunchy Taco Supreme (chicken)
- Any Doritos Locos
- Nacho Cheese Tacos



GLUTEN-FRIENDLY

LOPES WAY



- Any pita can be made gluten-friendly
- Gluten-free brownies
- Garlic New Potatoes



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



- Grilled Chicken Sandwich with gluten-free bun
- Fruit cup
- Grilled Market Salad
- Grilled Chicken Nuggets
- Yogurt parfait



- Steamed rice

ARENA



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



Create your bowl with the following:





- Any Base
- Any Sauce
- Any Protein
- Any Vegetable



VEGETARIAN / VEGAN

STUDENT UNION







- Mediterranean Spinach & Quinoa Salad 
- Tofu 
- Quinoa 
- Egg & Cheese Croissant (Diamondback)
- Skip the meat and cheese on your creation 
- Mac 'N Cheese (Diamondback)



- Substitute almond milk in any coffee beverage 
- All bagels are vegetarian, and most are dairy-free
- Bagel Thins 
- Vegetarian Chili Soup
- Vegan Cream Cheese 
- Veg Out Sandwich



- Super Food Salad
- Garden Salad without dressing 
- Veggie Burger 
- French Fries 
- Tempura Green Beans
- Sweet Potato Fries 
- Onion Rings



- Skip the protein and we'll add a side salad!
- Garlic Knots
- Side Salad

Create your bowl or burrito with the following:



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



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 



VEGETARIAN / VEGAN

THUNDER ALLEY

Many items can be made vegan by simply requesting them "fresco style," removing sour cream and cheese.



- Cinnamon Twists 
- Grilled Fiesta Potato
- Breakfast Burrito
- Hash Brown
- Mini Skillet Bowl
- Bean burrito
- Cheesy Potato Griller
- Cheesy Bean &
- Rice Burrito
- Cheese Quesadilla
- Cheesy Fiesta Potatoes
- Cheesy Roll-Up
- Veggie Power Bowl
- Spicy Tostada
- Spicy Potato Taco
- Fresco-Style Crunchwrap 
- Chips & Salsa 
- 7-Layer Burrito 
- Black Beans & Rice 

LOPES WAY








- Falafel Pita 
- Black Bean Burger 
- All Hummuses 
- Avocado Garbanzo Bowl 
- Coconut Curry Soup 
- Tomato Basil Soup 
- Garlic New Potatoes 



- Apple Slices 
- Oven-Baked Lay's 
- Breads: Hearty Italian, Italian, Sourdough, Wraps 
- 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 
- Cool Wrap (without chicken, cheese, or dressing) 
- Fruit Cup 
- Grilled Market Salad (without chicken or cheese) 



VEGETARIAN / VEGAN


LOPES WAY



- Original Pretzel 
- Sweet Almond Pretzel 
- Cinnamon Sugar Pretzel 
- Jalapeno Pretzel 
- Nuggets
- All dips

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

MEET YOUR DIETITIAN

Hello Lopes!

I'm Liz Cook, your new campus dietitian! I am excited to connect with you here at GCU. I moved to Arizona from Pennsylvania, where I completed my undergrad at Penn State University. I studied both nutrition and marketing. I then completed my dietetic internship with Aramark in Philadelphia, before going on to complete my Master's degree in nutrition, concentrating in nutrition and fitness, at Northeastern University.



Prior to coming to GCU, I was working at a corporate wellness firm in Philadelphia, and helping clients improve their overall health. I was also meeting virtually with clients all over the country to develop personalized nutrition plans!

At GCU my role is to help you be your healthiest self! My office is in the health center, and I spend most of my days working individually with students. If you're interested in getting some more information or meeting with me one-on-one feel free to schedule an appointment by calling the health center.

Thank you, and I look forward to meeting you!

CONTACTS

We're here to help!

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