

sodexo 



DINING GUIDE



MISSION STATEMENT

PROVIDE QUALITY FOOD AND

outstanding

SERVICE THAT CREATES A ⁿ

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 dining locations and five convenience stores available across campus, you can find what you want, 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 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 Dollars 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 and BUDGETING

Dining Dollars come with your meal plan, which is required for on-campus students. They're accepted at **any dining location** including 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 accept **cash, credit and debit**. Most cannot accept gift cards or brand-specific coupons, but we will occasionally offer specials such as limited time offers.

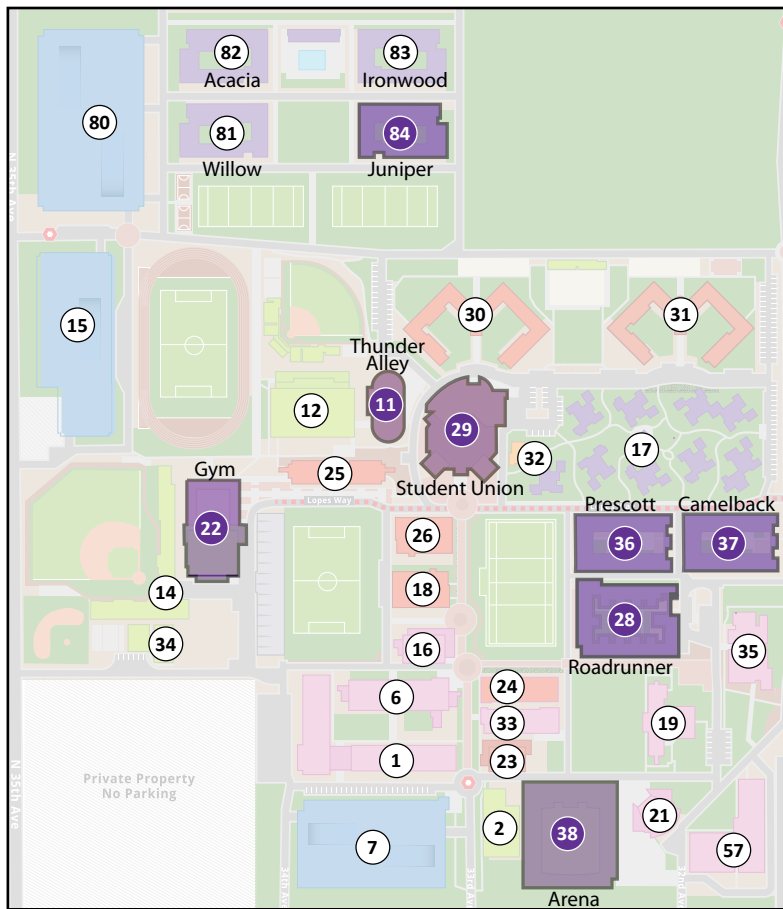
Fall 2019 Meal Plans: Week-By-Week Balances

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!

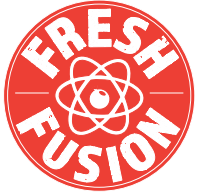
Week 1 (move-in)	Week 5 (mid Sept.)	Week 10 (late Oct.)	Week 15 (early Dec.)	* Daily Average
\$750	\$515	\$282	\$45	\$7.35
\$1,000	\$690	\$380	\$62	\$9.80
\$1,350	\$930	\$510	\$85	\$13.24
\$1,800	\$1,240	\$680	\$115	\$17.65
\$2,100	\$1,450	\$790	\$130	\$20.59
\$2,700	\$1,860	\$1,020	\$168	\$26.47

CAMPUS EATERY LOCATIONS

- 84 JUNIPER**
LOPES MART STORE
- 11 THUNDER ALLEY**
SWEET DISCIPLE
TACO BELL
- 22 ANTELOPE GYM**
ANTELOPE GYM SNACKS
- 38 AREN**
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



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, Caribou espresso and coffee drinks, a large variety of bagels, fresh pre-made salads and desserts.



NEW! Canyon Pizza Company

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



GCBC Coffee (Student Union, 2nd Floor)

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



NEW! Harvest Kitchen

Located at the heart of the Student Union, our new all you can eat platform (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, Lopacellis has something for everyone.



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 including 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.



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 and ROADRUNNER



Arena Cafe (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 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!

APARTMENTS



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 sandwich, salad and wrap lineup to Diamondback.



GCBC (Diamondback)

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 geared towards GCU administration and faculty but it's also open to students. It offers Qdoba burritos, a full salad bar, a seating area and more.



Lopes Mart Campus Stores

Lopes Mart stores are located throughout campus for your convenience. You can find all of your essentials there including toiletries, drinks, snacks, sandwiches, salads, sushi and more.



COMING SOON!

The Herd Stop (Building 52)

Our new 5,000-square-foot community market will open fall 2019. Stay tuned for exciting announcements about the grand opening!

CANYON 49 GRILL



Canyon 49 Grill

GCU Hotel's full-service restaurant located on 27th Avenue and Camelback Road features student discounts! Visit Canyon49.com

KEEP UP WITH THE HERD

Much more than coffee!

Grand Canyon Beverage Company is your source for GCU's premier beverages. We provide the energy that powers all of campus life and we make appearances at nearly all Lope events. "By students, for students" is our philosophy and all of our locations are high-energy, casual and fun. We pride ourselves on making GCBC an all-inclusive atmosphere for Lopes and visitors alike.

Aside from fueling Lopes with much-needed energy, GCBC supports local businesses and the economy. Our coffee beans are locally sourced 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 three campus locations. Our largest location is on the second floor of the Student Union. We have an extensive menu including pastries and GCU's signature energy drink, Stampede. Make sure to follow 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](https://www.instagram.com/GCBC49).



HEALTHIER EATING



Mindful Dining

Sodexo is committed to creating healthy environments for our customers. Central to this effort is providing healthy, nutritious foods that our executive chefs and registered dietitians work together to create. 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. You can also take a look at our new Healthy Picks guide. If you'd like to talk about our healthy options, please contact our campus dietician, Liz Cook at 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. As stated on the website, there are specific requirements which must be maintained. You must:

- Be local; all jobs are located on or near GCU's main campus in Phoenix
- 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, also known as the Mystery Munchers, ensure we are constantly achieving the best possible quality and customer satisfaction possible. Committee members conduct monthly mystery shopper visits and report their experiences in meetings with Sodexo managers. This is a great way to help our dining department keep an eye on our quality and help direct future dining options. For information on joining the committee, please contact us at GCUDining@gcu.edu.



Meet 'N Greet Lunch

Our new lunch program, which takes place once a month, allows students and faculty to meet with the Sodexo general manager and a guest retail manager over a free meal. For more information on this program, please email GCUDining@gcu.edu.

Please note: Emailing us does not guarantee you a spot. A manager must issue an invitation.

STAY CONNECTED

Dining Survey

We will host a campus-wide survey once a semester. This will be emailed, texted, posted on Twitter and available at an interactive table along with games and candy. We will feature random prize giveaways for participants.



Mobile App

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

GCU Today

Keep an eye out for the Monday Campus Digest! We feature a weekly food news section with spotlights on specials and events.

Social Media

Follow us on Twitter and Instagram @GCUDining to stay up to date on all things dining-related. You can also find our hours of operation, various menus and upcoming events.



#FeedTheHerd

CONTACT US

Visit Our Retail Manager Office

If you have urgent concerns, 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 specific feedback regarding our six 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 healthy eating:

Liz Cook

liz.cook@gcu.edu