

UPDATED JUNE 2023

sodexo



*Arena Cafe's  
Impossible Burger*



# 2023 DINING GUIDE



# MISSION STATEMENT

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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.

## 2023 Meal Plans

| Dining \$'s Available | Notes                          | Cost    |
|-----------------------|--------------------------------|---------|
| Canyon 2850           | \$150 bonus dining dollars!    | \$2,700 |
| Canyon 2250           | \$100 bonus dining dollars!    | \$2,150 |
| Canyon 1950           | \$50 bonus dining dollars!     | \$1,900 |
| Canyon 1450           | Resident Hall Minimum          | \$1,450 |
| Canyon 1100           | New Student Apt. Minimum       | \$1,100 |
| Canyon 825            | Returning Student Apt. Minimum | \$825   |
| 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 GCBC, convenience stores, pop-ups, 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 **credit and debit**, and most will accept **cash**. Most cannot accept gift cards or brand-specific coupons, but we will occasionally offer specials, and limited time offers.

## Fall 2023 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 Sep) | Week 10 (mid Nov) | Week 15 (mid Dec) | Daily Average* |
|------------------|--------------------|-------------------|-------------------|----------------|
| \$825            | \$550              | \$275             | \$55              | \$7.85         |
| \$1,100          | \$734              | \$368             | \$75              | \$10.45        |
| \$1,450          | \$967              | \$484             | \$95              | \$13.80        |
| \$1,950          | \$1,300            | \$651             | \$130             | \$18.55        |
| \$2,225          | \$1,483            | \$741             | \$145             | \$21.40        |
| \$2,850          | \$1,900            | \$950             | \$190             | \$27.10        |



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

# EATERY LOCATIONS

## 84 JUNIPER

| LOPES MART STORE

## 11 THUNDERGROUND

| SWEET DISCIPLE  
TACO BELL

## ON LOPES WAY

| TACO THUNDER

## 28 ROADRUNNER

| GCBC

## 29 STUDENT UNION

FRESH FUSION  
CANYON PIZZA CO.  
THE HABIT BURGER GRILL  
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LOPES TRAINING TABLE  
GCBC - 2ND FLOOR  
JAMBA - WEST EXTERIOR  
QDOBA - WEST EXTERIOR

## 38 ARENA

PURPLE GREENS  
ARENA CAFE  
HAVOC HOUSE

## 36 PRESCOTT

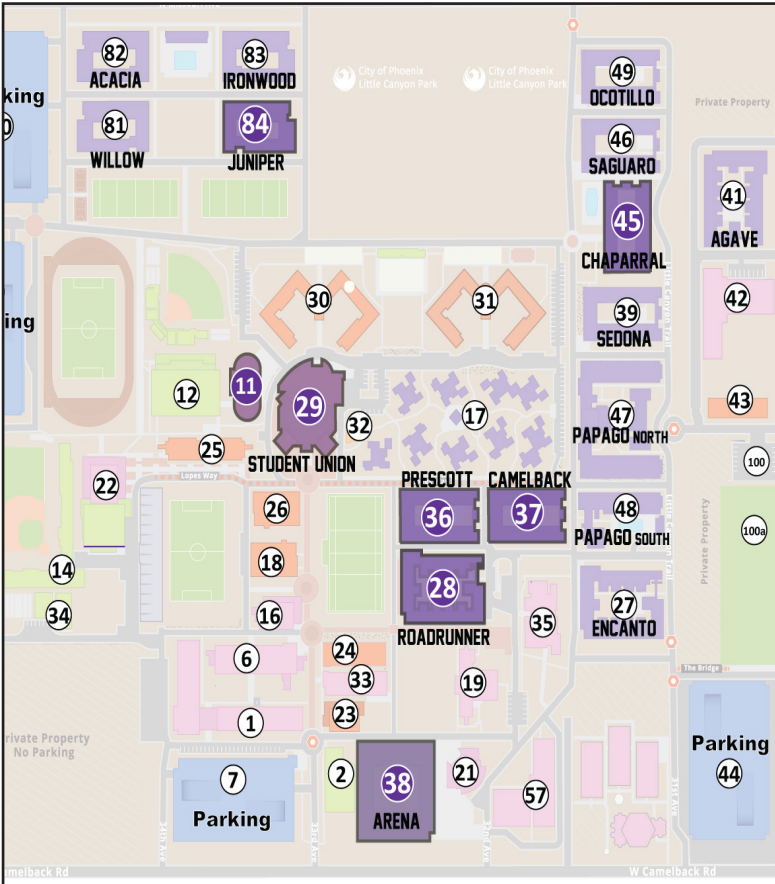
TACO THUNDER  
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THE GRID  
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| PURPLE GREENS & MORE

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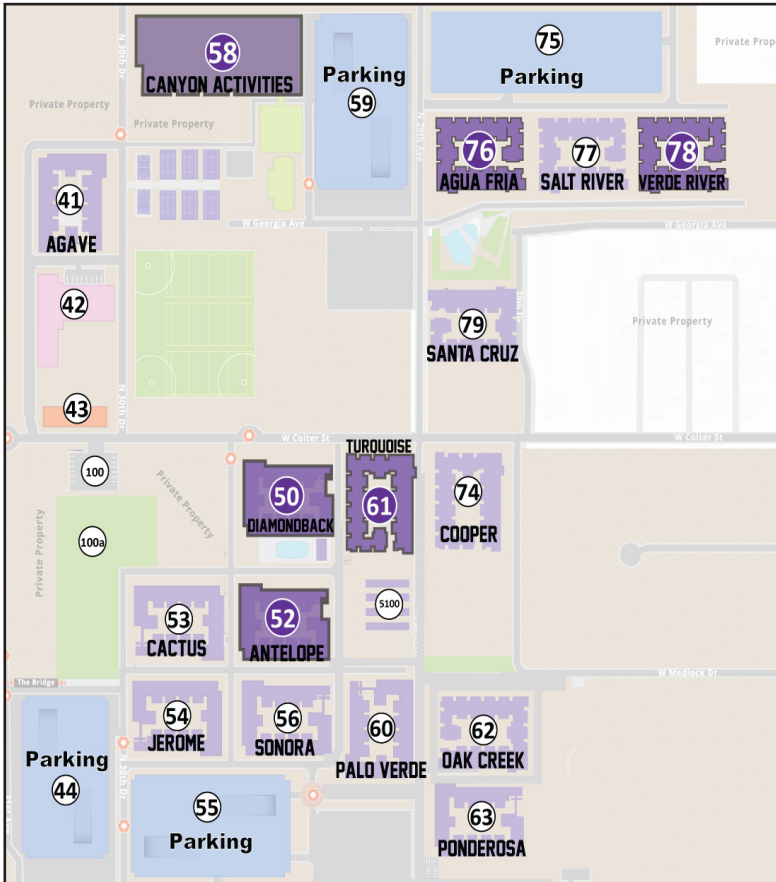
| GCBC  
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## 78 VERDE RIVER

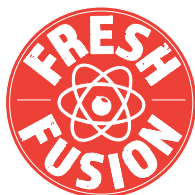
| PANERA BREAD  
| NEKTER JUICE BAR

## 27TH AVE

CAÑÓN 49



# STUDENT UNION



## 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 - Breakfast

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 - Breakfast, Open Late

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 - Breakfast

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 personal pizza options 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 Stamped.



# STUDENT UNION



**Jamba** (*exterior entrance*) - *Breakfast*

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** (*exterior entrance*) - *Breakfast*

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

# THUNDERGROUND



**Sweet Disciple** - *Open Late*

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** - *Breakfast, Open Late*

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 - Breakfast, Open Late

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.

# LOPES WAY EATERIES



## **Pita Jungle** - *Breakfast, Open Late*

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

# THE ARENA & QUAD



## **Arena Cafe** - *Breakfast*

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**

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



## **The Quad Kitchen**

The outside dining option that serves up serious BBQ, links, sandwiches and more!



## **Havoc House**

Feel the GCU spirit at Lope Nation's new favorite stomping grounds and dine-in destination featuring brick oven pizza. Havoc House serves modern American fare with an Italian flare and a twist on classic favorites.

# DIAMONDBACK & TURQUOISE



**Chick-fil-A** - *Breakfast, Open Late*  
GCU's second Chick-fil-A location!



**Grand Canyon Beverage Company** - *Open Late*  
GCBC's third full-service location!



**Purple Greens & More** - *Open Late*  
Purple Greens has expanded! Stop by the Turquoise Apartments to grab a fresh built rice or noodle bowl with a focus on healthy eating.

# CONVENIENCE STORES



the grid

**The Grid** - *Breakfast, Open Late*

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.



**Lopes Mart Campus Stores** - *Breakfast, Open Late*

Lopes Mart stores are located throughout campus for your convenience. You can find all your campus life essentials here, sandwiches and salads, our Wild Blue sushi, and much more.



**The Herd Stop (Building 52)** - *Breakfast, Open Late*

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

# 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** - *Breakfast*

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.



## **Nekter Juice Bar**

At Nékter Juice Bar, we believe that healthy should taste good and feel good, too.



## **Grand Canyon Beverage Company** - *Open Late*

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



## **Jimmy John's** - *NOW OPEN*

Freaky Fast® sandwiches using high quality ingredients built onto fresh-baked bread using premium meats and fresh veggies, sliced by hand daily.

# 27TH AVE COMPLEX



## **Cañón 49**

Cañón 49 is serving delicious Mexican-style favorites with daily specials and house-made tortilla chips at 27th Ave!

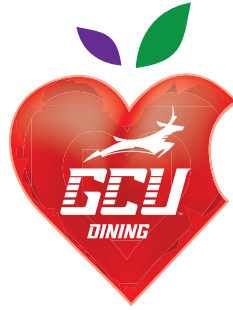
# HEALTHIER EATING



## 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. For more information, visit [mindful.sodexo.com](http://mindful.sodexo.com).

- 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](http://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.orvos@gcu.edu](mailto:emily.orvos@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](https://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, scan the QR or visit:  
<https://jobs.us.sodexo.com/hourly-jobs> & 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 (*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 [gcludining@gcu.edu](mailto:gcludining@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 Dining Managers, along with 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 [gcludining@gcu.edu](mailto:gcludining@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! GCU Dining introduces a new way for students to purchase food on campus.

Order ahead from Lope Favorites like: Pita Jungle, Canyon Pizza Co., GCBC, Herd Stop, Panda Express and more!

*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](mailto:gcludining@gcu.edu).

## GCU News

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 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 **@GCUdining**. 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 by our Food Service office. We are located next to Einstein Bagels in the Student Union, Building 29.

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**General email address: [gcludining@gcu.edu](mailto:gcludining@gcu.edu)**

Contact us with general questions.

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### V.P. of Operations

General dining-related questions & comments:

**John Milleson**

*john.milleson@sodexo.com*

### Communication Office

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

**Jessica 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:

**Destany Effing**

*destany.effing@sodexo.com*

### Directors of Operations

General dining-related questions & comments:

**Kody Linsacum**

*kody.linsacum@sodexo.com*

**Aubrey Braithwaite**

*aubrey.braithwaite@sodexo.com*

### Store Managers

For feedback for any of our campus convenience stores:

**Stephen Donovan**

*stephen.donovan@sodexo.com*

**Dori Bridgett**

*dori.jarome@sodexo.com*

### Disabilities Office

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

### Campus Dietician

General questions about your health and our healthy eating:

**Emily Orvos**

*Emily.Orvos@gcu.edu*