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Healthy Picks



HEALTHY PICKS GUIDE

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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every effort to ensure that information is accurate, menus and ingredients do change over time, and thus there might be outdated information present.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.

EXPLANATION

Rating is a count of how many tests an item passes. The higher the rating, the more healthy it is, overall!



**Healthy
Pick**

- 700 or fewer Calories
- 5 or fewer grams of Saturated Fat
- 1 or fewer grams of Trans-Fat
- 750 or fewer milligrams of Sodium
- 15 or fewer grams of Added Sugar
- 5 or more grams of Fiber
- 15 or more grams of Protein



Gluten-Friendly



Vegetarian



Vegan

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



- **Any Salad** (with light/no dressing & Chicken or Turkey)
- **Any Wrap or Flatbread** (with light/no dressing & Chicken or Turkey)
- **Nutrient Dense Ingredients:**
 - Quinoa (Iron)
 - Spinach (Vitamin A, C, Calcium & Iron)
 - Bell Peppers (Vitamin C)
 - Carrots (Vitamin A)
 - Cheddar Cheese (Calcium)



- **Any Bagel** (except Power Protein) 5-6/7
- **Bacon Avocado & Tomato Thin** 5/7
- **Cheddar Cheese & 1 Egg Sandwich** 6/7
- **Avocado Toast** 6/7
- **Fruit Cup** 5/7
- **Tasty Turkey on Asiago** 5/7
- **Turkey & Cheddar on Plain** 5/7
- **Ham & Swiss on Plain** 5/7



- **Grilled Chicken Salad** 6/7 (no dressing)
- **Garden Salad** 6/7 (no dressing)
- **Crispy Chicken Bites** 5-6/7 (both 10ct /6ct)
- **Santa Barbara Cobb** 6/7
- **Tempura Green Beans** 6/7
- **Sweet Potato Fries** 5/7
- **Veggie Burger** 6/7
- **Ahi Tuna Sandwich** 5/7
- **Lettuce Wrap** any burger or sandwich!



- **Any Breakfast Burrito** 5/7 (with no Chorizo)
- **Veggie Fajita Bowl**
- **Veggie Fajita Burrito**
- **Veggie Fajita Tacos**
- **Any Bowl with 4 ingredients:**
 - Starch
 - Protein
 - Vegetables
 - Salsa



- **Any Medium Smoothie** 5/7
- **Any Medium Smoothie with Whey Protein** 6/7
- **Any Smoothie Bowl**
- **All Fresh Juices**



- **Chicken Taco**
- **Steak Taco**
- **Pork Taco**
- **All Sides**



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*



- 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



- 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*



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



- Bowl with White Rice & Teriyaki Chicken
- Super Greens Entree
- Side of Any Protein
- 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*



- Berry Banana Burst (32oz) *6/7*
- Popeye's Acai (24oz/32oz) *6/7*
- Health Nut (16oz) *6/7*
- Pineapple Matcha (24oz/32oz) *6/7*
- Acai Peanut Butter Bowl *6/7*
- Immunity Bowl *6/7*
- Acai Superfood Bowl *6/7*
- Cold Brew (24oz/32oz) *6/7*
- PB Mocha (16oz) *6/7*
- The Greenie (16oz/32oz) *5/7*



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



- 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
- Any Fruit & Veggie smoothie
- All juices



- 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



GLUTEN-FRIENDLY

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 Shawrma 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
- Market Salad



- Any Base
- Any Plain Protein
- Any Vegetable
- Regular Spicy Proteins (non-spicy mayo)
- Sesame Seeds
- Masago
- Seaweed Salad
- Boba Teas
- 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



- Any Handcrafted Bowl (sub with GF granola)
- Any Functional Bowl (sub with GF granola)
- Any Superfood Smoothie
- Any Functional Smoothie
- Any Fresh Juices
- Any Wellness Shot



VEGETARIAN / VEGAN

STUDENT UNION



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



- 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



- 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 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



- Veggie Pizza
- Cheese Pizza
- 10" Pizza Dough
- Canyon Cookies
- BYO Personal Pizza *with Veggies + No Meat*



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 Baklava
- 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



VEGETARIAN / VEGAN

LOPES WAY



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



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

ARENA



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



Create your bowl with any of the following:

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

ANTELOPE



- Grilled Cheese
 - BYO Salad Bar
 - Veggie Sandwich
 - BYO Yogurt Bar
 - Lopes Way (sub no meat)
 - Egg Salad Sandwich
 - Breakfast Burrito (sub no meat)
- Shop our aisles of vegan/vegetarian products and produce!**



VEGETARIAN / VEGAN

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)



- All Handcrafted Bowls
- Protein Power Bowl
(sub with Pea Protein)
- Immunity Bowl
- Acai Superfood Bowl
- Any Superfood Smoothie
- Any Functional Smoothie
(sub with Pea Protein)
- Any Fresh Juice
- Any Wellness Shot

MEET YOUR DIETITIAN

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!

CONTACTS

We're here to help!

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