

*Updated August 2021*

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effort to ensure that information is accurate, menus and ingredients do change over time, and thus there might be outdated information present.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

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***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

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- **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



- **More Information Coming Soon!**



- **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 <sup>5/7</sup>
- Egg Salad Sandwich <sup>5/7</sup>
- Corned Beef Reuben <sup>6/7</sup>
- Veggie Sandwich <sup>6/7</sup>
- Lopes Way <sup>5/7</sup>
- Pastrami Melt <sup>5/7</sup>
- Make any Sandwich into a Salad!

## THE RIVERS



- Avoc., Egg White & Spinach <sup>6/7</sup>
- Mediterr. Bowl w/ Chicken <sup>5/7</sup>
- BBQ Chicken Salad <sup>7/7</sup>
- Green Goddess Cobb Salad <sup>6/7</sup>
- Napa Almond Chicken Sandwich <sup>5/7</sup>
- Deli Turkey on Sourdough <sup>6/7</sup>
- Turkey Chili w/ Beans <sup>7/7</sup>
- Mediterr. Veggie Sandwich <sup>6/7</sup>
- Fuji Apple w/ Chicken Salad <sup>6/7</sup>
- 10 Veggie Sprouted Soup <sup>5/7</sup>
- Strawberry Banana Smoothie <sup>5/7</sup>
- Tuna Salad Sandwich <sup>5/7</sup>
- Green Passion Smoothie <sup>5/7</sup>



More Information Coming Soon!



# 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, just let us know!



- 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
- All juices
- Any Fruit & Veggie smoothie



- 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

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- Any pita can be made gluten-friendly with a gluten-free pita or brown rice bowl!
- Gluten-free brownies
- Garlic New Potatoes
- Southwest Bowl



- 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 (no tortilla strips)
- Market Salad



- More Information Coming Soon!

## ARENA

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





# GLUTEN-FRIENDLY

## ARENA

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- Any Base
- Any Protein
- Any Sauce (except Teriyaki)
- Any Vegetable

## ANTELOPE

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Craft any sandwich as a salad!

Shop our aisles of gluten free and gluten-alternative products and produce!

## THE RIVERS

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- 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



More Information Coming Soon!



# VEGETARIAN / VEGAN

## STUDENT UNION

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- Tofu 
- Quinoa 
- Skip the meat and cheese on your creation 



- 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

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 



# VEGETARIAN / VEGAN

## THUNDER ALLEY

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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

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- 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
- 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

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- More Information Coming Soon!

## ARENA

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- 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
- Teriyaki Sauce
- Balsamic Dressing

## ANTELOPE

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- Grilled Cheese
- Veggie Sandwich 
- Lopes Way (no meat)

**Shop our aisles of  
vegan/vegetarian  
products and produce!**



# VEGETARIAN / VEGAN

## THE RIVERS

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- 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) 



More Information Coming Soon!

# MEET YOUR DIETITIAN

## Hello Lopes!

I'm Liz Cook, your GCU 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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