

Updated July 2024

# Healthy Picks



# HEALTHY PICKS

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## ***Disclaimer:***

This guide offers information to help students make informed dining decisions and to showcase healthy options available on campus. While we aim for accuracy, please be aware that menus and ingredients may change over time.

If you have food allergies or any dietary restrictions, please notify the manager or supervisor on duty and double-check the information on brand websites. We also encourage you to ask about ingredients and how food is prepared. While we strictly adhere to food safety practices, there is a slight risk of cross-contamination due to shared equipment. If you notice any issues, please contact us. Our contact information can be found on Page 13.

We hope this guide is helpful to you! Thank you.



# EXPLANATION

The following icon indicates a healthy option on campus. Though the list below is an ideal Healthy Pick, and an item may include **most** of the listed criteria, dietary needs are different for everyone. Please reach out to the GCU Campus Dietitian if you need any further information.



**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
  - Spinach
  - Bell Peppers
  - Carrots



- Any Bagel
- Bacon, Avocado & Tomato on Thin Bagel
- Cheddar Cheese & 1 Egg Sandwich
- Avocado Toast
- Hummus Veg Out
- Tasty Turkey on Asiago
- Turkey & Cheddar on Plain
- Ham & Swiss on Plain



- Grilled Chicken Salad with light/no dressing
- Garden Salad with light/no dressing
- Crispy Chicken Bites
- Santa Barbara Cobb
- Tempura Green Beans
- Impossible Burger
- Veggie Burger
- Ahi Tuna Sandwich
- Lettuce Wrap any burger or sandwich



- Any Breakfast Burrito without Chorizo
- Veggie Fajita Bowl
- Grilled Steak Bowl
- Chicken Adobo Bowl
- **Any Bowl with 4 ingredients:**
  - Starch
  - Protein
  - Vegetables
  - Salsa



- Any Medium Smoothie
  - Any Smoothie Bowl
  - All Fresh Juices
- Add Protein to Any Smoothie for a Boost!*



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



# HEALTHY PICKS

## LOPES WAY

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- Falafel Pita
- Lavash Shawarma Wrap
- Hummus Trio
- Any Hummus
- Southwest Bowl
- Greek Salad
- Spinach & Pesto Pizza
- Garlic New Potatoes
- Coconut Curried Soup



- 6" Oven Roasted Chicken
- 6" Tuna Sandwich
- 6" Turkey Breast Sandwich
- 6" Turkey & Black Forest
- 6" Ham Sandwich
- 6" Veggie Delight
- Fresh Chopped Salads
- **Nutrient Dense Ingredients:**
  - 9 Grain Wheat Bread
  - Tomato Basil Wrap
  - Bell Peppers
  - Spinach
  - Banana Peppers



- Chick-n-Minis
- Chick-Fil-A Sandwich
- Grilled Chicken Sandwich
- Grilled Nuggets
- Grilled Cool Wrap
- Market Salad
- Spicy Southwest Salad
- Fruit Cup
- Spicy Chicken Sandwich



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 & TURQUOISE

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
- Egg Salad Sandwich
- Corned Beef Reuben
- Veggie Sandwich
- Lopes Way
- Pastrami Melt

## THE RIVERS



- Avocado, Egg White & Spinach
- Mediterranean Bowl w/ Chicken
- BBQ Chicken Salad
- Green Goddess Cobb Salad
- Almond Chicken Sandwich
- Deli Turkey on Sourdough
- Turkey Chili w/ Beans
- Mediterranean Veggie Sandwich
- Fuji Apple w/ Chicken Salad
- 10 Veggie Soup
- Strawberry Banana Smoothie
- Tuna Salad Sandwich
- Green Passion Smoothie



- Berry Banana Burst
- Popeye's Acai
- Health Nut
- Pineapple Matcha
- Acai Peanut Butter Bowl
- Immunity Bowl
- Acai Superfood Bowl
- Cold Brew
- PB Mocha
- The Greenie



- Any Little John
- 8" Big John
- 8" Totally Tuna
- Turkey Tom Unwich
- Slim #1 Unwich
- Slim #2 Unwich
- Bootlegger Club Unwich



# GLUTEN-FRIENDLY

## UNION & THUNDERGROUND



- Gluten-Free Tortilla Wraps Available
- Build your salad without croutons, tortilla strips or wontons



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 without croutons
- All Dressings



- BYO Cauliflower Crust
- Traditional Wings
- Marinara
- BBQ Sauce
- Buffalo Sauce
- Vegetable Toppings



- Shredded Beef
- Grilled Chicken
- 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



- Cantina Chicken Bowl
- Cantina Chicken Crispy Taco
- Doritos Locos Taco
- Crunchy Taco Supreme
- Loaded Beef Nachos
- All Nachos BellGrande



# GLUTEN-FRIENDLY

## LOPES WAY

Any pita or pizza can be made gluten-friendly with a gluten-free pita or brown rice bowl!



- Southwest Bowl
- Falafel Bowl
- Breakfast Bowl
- Roasted Chicken Shawarma Bowl
- Greek Salad
- Gluten-Free brownies
- Garlic New Potatoes
- Southwest Bowl
- Avocado & Garbanzo



- All salads and proteins except Chicken Teriyaki & Meatball Marinara
  - All condiments except croutons and Sweet Onion Sauce
  - Try a Protein Bowl
- Make Any Sandwich into a Salad!*



- Gluten-Free Bun
- Yogurt Parfait
- Fruit Cup
- Cobb Salad, Grilled Chicken
- Spicy Southwest Salad
- Market Salad
- Grilled Nuggets
- Waffle Fries
- Icedream Cup



- Any Base
- Any Plain Protein
- Any Vegetables
- Regular Spicy Proteins except Spicy Mayo
- Any Sauce excluding Teriyaki & Ponzu
- Miso Soup
- Ginger
- Nori
- Seaweed Salad
- Any Boba Tea, Boba Pearls & Crystals

## ARENA



- Gluten-Friendly Pancakes
- Breakfast Bowls
- Gluten-Friendly Buns
- Grilled Chicken Sandwich on gluten friendly bread
- Lettuce-Wrapped Burgers
- Grilled Cheeses on gluten friendly bread
- Impossible Patty
- All Sauces
- French Fries





# GLUTEN-FRIENDLY

## ARENA

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- Any Base
- Any Protein
- Any Sauce except Teriyaki
- Any Vegetables

## TURQUOISE & ANTELOPE

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- Any Base except Ramen
- Any Protein
- Any Sauce except Teriyaki
- Any Vegetable
- Dragon Potato
- Protein & Cheese Potato
- Classic Loaded Potato



Craft any sandwich as a salad!

Shop our aisles of 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



- Any Handcrafted Bowl subbed with GF granola
- Any Functional Bowl subbed with GF granola
- Any Superfood Smoothie
- Any Functional Smoothie
- Any Fresh Juices
- Any Wellness Shot



Craft your sandwich as an Unwich!



# VEGETARIAN / VEGAN

## STUDENT UNION

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- Quinoa
- Tofu
- Skip the meat and cheese on your creation
- Tomato Soup
- Grilled Cheese



- Substitute Almond Milk in Any Coffee Beverage
- All Bagels are Vegetarian & most are Dairy-Free
- Avocado Veg-Out
- Avocado Toast
- Bagel Thins
- Vegetarian Chili Soup
- Cheddar + Egg Bagel
- PB Plain Bagel
- Cheesy Veggie Melt



- Lettuce Wrapped Impossible Burger
- Garden Salad, no dressing
- Veggie Burger on Wheat Bun
- Side Salad
- French Fries
- Tempura Green Beans
- Sweet Potato Fries

Create your bowl or burrito with the following:



- Corn or Flour Tortillas
- Black Beans
- Cilantro-Lime Rice
- Fajita Vegetables
- Pickled Vegetables
- Guacamole
- Most Salsas
- Tortilla Strips



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 with Vegan Cheese
- Cheese Pizza
- 10" Pizza Dough
- Canyon Cookies
- BYO Personal Pizza with Veggies & Vegan Cheese







# VEGETARIAN / VEGAN

## THUNDERGROUND

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Many items can be made vegan by simply requesting them to "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 
- Gordita Flatbread

## LOPES WAY

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- Falafel Rice Bowl 
- Black Bean Burger
- All Hummus 
- Avocado Garbanzo Bowl 
- Walnut Baklava
- Pita Thyme Cheese Crisp
- Coconut Curry Soup 
- Tomato Basil Soup 
- Garlic New Potatoes 
- Spinach Pesto Pizza
- Falafel Southwest Bowl 



- 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 without chicken
- Southwest Salad without chicken
- Fruit Cup 
- Cobb Salad without chicken or bacon
- Greek Yogurt Parfait



# VEGETARIAN / VEGAN

## LOPES WAY

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



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

## 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
- Piccata Sauce
- Dragon Sauce
- Agave Mustard Sauce
- Gochujang Tofu
- Any Vegetables
- Goddess Sauce
- Southwest Sauce
- Teriyaki Sauce
- Balsamic Dressing

## ANTELOPE

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Shop our aisles of vegan/vegetarian products and produce!

- Grilled Cheese
- Veggie Sandwich
- Lopes Way sub no meat
- Egg Salad Sandwich
- Breakfast Burrito sub no meat
- BYO Salad Bar
- BYO Yogurt Bar



# VEGETARIAN / VEGAN

## TURQUOISE

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- Any Base except Ramen
- Gochujang Tofu
- Miso Ginger Sauce
- Chimichurri Sauce
- Sun Dried Tomato Sauce
- Piccata Sauce
- Dragon Sauce
- Agave Mustard Sauce
- Goddess Sauce
- Southwest Sauce
- Teriyaki Sauce
- Balsamic Dressing
- Any Vegetables
- Vegan Chili
- Vegetarian Shoyu Ramen
- Vegetarian Pho
- Classic Loaded Potato
- Vegan Chili & Cheese Potato
- Dragon Potato with Tofu

## 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
- Avocado Egg White & Spinach Sandwich
- Greek Yogurt with Berries
- Mediterranean Veggie Sandwich
- Classic Grilled Cheese
- Seasonal Greens Salad (try it 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



- The Veggie Sandwich
- Classic Jimmy Chips
- Jalapeno Jimmy Chips
- BBQ Jimmy Chips
- Thinny Chips
- Dill Pickle

# 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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