

Arizona Dining News



New year, new goals, and a whole lot of colorful food coming your way! 🖋 Ever wonder why your plate needs more hues and what that means? Colorful Ways To Wellness has the answers. From brain boosts to heart love, check out the color categories below to choose healthy and balanced nutritional food items that suit your taste buds!



Fuel your brain, amp up your vision, and help prevent cancer.

Check out the Blueberry Parfait at Arizona Market, Global Market, and Highland.

> to include meals with blueberries, blackberries, red or purple cabbage, eggplant, and grapes.



take steps to prevent cancer.

Choose the Sauteed Spinach & Tomatoes at 85' North or Chana Masala at Saffron Bites to cover your reds!

Show some love to your heart and

eating more beets, tomatoes, bell peppers, cranberries, cherries, raspberries, strawberries, and pomegranates.



Fight inflammation like a superhero.

Find the Kung Pao Broccoli at Radicchio or What's Up Doc Salad

TRY more broccoli, spinach, kale, and kiwi for that extra punch.



Can't get easier and more delicious than the Square Root Juice at Nrich or the delicious Stir Fry Vegetable

at Cactus Grill.

TRY more orange, carrot, squash, cantaloupe, pumpkin, mango, apricot, and yam are all over the Unions restaurants and cafés.

Keep that cholesterol and blood pressure in check.

Have you tried the Mushroom Tacos at Más Tacos or the Tacos at Más Tacos or the Cauliflower Rice at Radicchio?

IRY adding a little extra garlic, onion, cauliflower, mushroom, potato, and parsnip.

Never Hangry

Brace your taste buds for whole new flavors at Sabor with our

Limited-Time Offers (LTO's) starting now through the end of the semester! Keep your eyes open for LTO's at other restaurants.

imited TIme Offers now at Sabor!

POSOLE

MONDAY

Try the traditional Mexican soup during this cold

weather.

TORTA

Take your pick

TUESDAY

from carne asada, chicken, or carnitas stuffed between buns.

WEDNESDAY **ENCHILADAS**

cheesy celebration, available in chicken or cheese options.

Enjoy a delicious

THURSDAY CHIMIS

Dreams come true with the Chimi, starring carne asada, carnitas, or chicken - your call!

FRIDAY GREEN CHILE TAMALE

Wrap up your week with our green chile tamale sensation.

Meal Plan Reminder

Monthly Swipe Expiration Welcome back Wildcats! Just a friendly reminder that your Swipes expire monthly and January only has a few weeks left. Make sure to get the best bang for your buck by using your swipes at our

All-You-Care-To eat locations or by buying groceries. Find these locations below. Radicchio 85' North **Highland Grocery Cactus Grill**

side of the building.

Student Unions 3rd

level on the south west

side of the building.

Student Unions 3rd

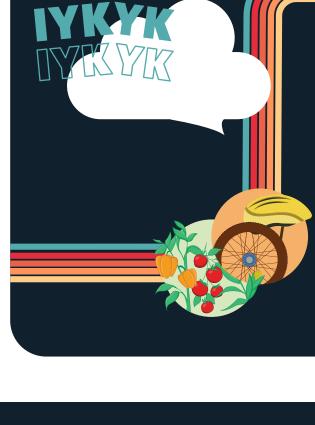
level on the south east

found inside the Honors Village ground level.

Open to everyone and

Corner of Highland and

6th St.



by you! Ordering from one of our dining locations in the Student

ZERO WASTE

Unions Food Court? Sort waste to build sustainable habits at the new Zero Waste station, located near IQ Fresh. Plastic containers can be rinsed and recycled, while food scraps,

paper napkins, and wooden utensils can be composted to

The Student Unions has become a beacon of sustainability on campus, with initiatives and eco-friendly practices driven

keep waste out of the landfills. Fun Fact: Did you know the Student Unions Rooftop Garden, designed and run by students, supplies fresh produce all around campus? This includes Campus Pantry which uses this produce and more to tackle food insecurity in the Wildcat Community. #IYKYK

Happy Hour at Cork & Craft Looking for a midweek pick-me-up? Look no further than Cork & Craft's Happy Hour, where the good times roll from Monday to Friday, 3 - 6 PM and enjoy discounted shareables!

Living like a ROCK STAR

Shoestring Brussels & Jam Oversized Pretzel Cauliflower & & Smoky Eggplant Corn Fritters

Gather your friends and make your way to Cork & Craft to enjoy a Happy Hour that won't break the bank

KIN Remember, you can use your swipes and dining dollars at Cork & Craft (just not for alcohol).



This month's giveaways will include all new Coca-Cola bikes!

2023 TOUR DATES

Bánh Mì @ the Roadrunner Cactus Grill Catalyst Café Chick-Fil-A Core Core+ Cork & Craft Einstein Bros. Bagels

'85 North

Arizona Market

Global Market

Highland Grocery

Ike's Coffee & Marketplace Saffron Bites @ SUMC IQ Fresh Scented Leaf Más Tacos Shake Smart @ Campus Rec Nrich Urban Market Shake Smart @ North Rec Nrich Urban Market Express On Deck Deli Panda Express

Sichuan Kitchen Slot Canyon Café Starbucks Bookstore Papa Johns Pizza Starbucks Global Starbucks Library Red & Blue Market Sushi with Gusto Sabor Mexican Fare The Den By Denny's

Over 30 Kitchens Cooking Just For You

Saffron Bites @ Global

Radicchio