

This handy guide will help you identify **healthy options** that are available on campus. Eateries are listed in alphabetical order and display menu items that fall under the following categories:

healthy OPTIONS



vegan: (●) *n*
fruit, grains, vegetables & nuts (does not contain milk products, eggs)



low-carb: (●) *c*
less than 20 grams of carbohydrates



low-fat: (●) *f*
less than 15 grams of fat



vegetarian: (●) *v*
fruit, grains, vegetables & nuts (may contain milk products, eggs)



All foods listed in this guide are part of a balanced diet.

The Arizona Student Unions strive to offer healthy food options and 100% trans fat free foods at all of its dining locations.

n c f v

3 Cheeses & a Noodle (SUMC, Main Level)

- Chicken caesar salad or side caesar salad
- ● Low-fat, low-carb, vegetarian special
- ● Meatless sauce
- ● Pasta w/marinara sauce (no bread)
- ● Veggie panini without cheese

Bookend Café (Main Library)

- ● Bagel or sandwich
- ● Fresh fruit
- ● Juice
- ● Protein bar
- ● Sushi
- ● V-8, milk, IQ juice, bottled water

Bruegger's Bagels (PSU)

- ● Bagel sandwich
- ● Egg and cheese bagel
- ● Fresh salad
- ● Low-carb wrap

Burger King (SUMC, Food Court)

- ● BK Chicken fries (6 pc., no sauce)
- ● Garden salad
- ● Hamburger
- ● Juice
- ● Tendergrill chicken sandwich
- ● Tendergrill chicken salad
- ● Veggie burger
- ● Whopper Jr. (w/o mayo)

Cactus Grill (SUMC, 3rd Level)

- ● Baked potato bar w/veggies & salsa
- ● Betty's Buffet (select protein & steamed vegetables)
- ● Eggs & meat (breakfast)
- ● Egg sandwich
- ● Hard boiled egg (at salad bar)
- ● IQ smoothie bar (make your own)
- ● Salad bar and fruit bar

Location key:

SUMC: Student Union Memorial Center
(located on the mall, center of campus)

PSU: Park Student Union
(located on University Blvd. & 4th)

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Cactus Grill (Continued)

- (request no bun or extra lettuce)
- ● Bagel
- ● Garden veggie burger
- ● IQ juice, skim milk
- ● Low-carb wrap
- ● Make your own wrap
- ● Omelet bar (made w/fresh egg, can make w/egg whites, ask for light on the oil)
- ● Soup (non-cream based)
- ● Sushi
- ● Vegetarian wrap
- ● WOX stir-fry noodles & veggies
- ● Yogurt

Café Sonora (SUMC, Main Level)

- ● Build your own salad (no shell)
- ● Chicken soft taco
- ● Fresh sautéed veggies
- ● Bean & cheese burrito
- ● Chicken burrito
- ● Spanish rice, refried beans, empanadas
- ● Vegan tacos

Canyon Café (SUMC, Main Level)

- (omit sugar & flavor syrups)
- ● Black coffee
- ● Café au lait (w/low fat or skim milk)
- ● IQ juice
- ● Latte or cappuccino (low fat or skim milk)
- ● Soy based latte, soy chai tea, pastries
- ● Teas

Cellar (SUMC, Lower Level)

- (request no bun or extra lettuce)
- ● Black bean burgers
- ● Chicken pita
- ● Chicken sandwich
- ● Egg and cheese breakfast burrito
- ● Veggie pita

Chick-fil-A (SUMC, Food Court)

- ● Chargrilled chicken salad
- ● Chargrilled chicken sandwich (hold the mayo, no fries)
- ● Fresh squeezed lemonade



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Core (SUMC, Main Level)

- White rice
- Custom salads
- Fresh juices
- Steamed vegetables
- Sweet potatoes

Eller Deli (McClelland Hall)

- Fresh fruit cup
- Low-carb wraps
- Pre-made salads
- Sandwiches (see menu)
- Yogurt

Food Stops/Coffee Carts

Vending Machines

- Granola bars
- Hard or soft pretzels
- Milk, juice, V-8, bottled water
- Nuts
- Slim Fast
- Turkey hot dogs

Highland Market (Highland & 6th St.)

- Highland rotisserie chicken
- Salad bar/veggie sandwich on wheat
- Smoked turkey sandwich on 9-grain
- Vegetarian groceries

IQ Fresh (SUMC Food Court)

- Caesar wrap
- Chinese grilled chicken salad
- Couscous salad
- Greek salad wrap
- Grilled chicken greek wrap
- Grilled veggie wrap
- Oriental noodle wrap
- Portobello mushroom wrap
- Side salad
- Smoothies (vegan w/no yogurt)
- Southwest grilled chicken salad
- Tequila lime shrimp wrap
- Thai chicken lettuce wrap
- Tropical salad
- Waldorf chicken salad
- Wraps (see menu)

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On Deck Deli (SUMC & PSU)

- Chicken or tuna salad
- Citrus chicken salad
- Fresh fruit or yogurt
- Green salad/Build your own salad
- Hard-boiled egg
- Lettuce wraps
- Low-carb wraps
- Whole-wheat sandwich (choice of lean protein, lettuce, tomato, mustard, avocado, egg, plus many other veggies)

Oy Vey Café (2nd Street & Mountain)

- Bagel or low-fat muffin
- Hummus & pita or eggplant salad & pita
- Israeli plate
- Juice and V-8
- Salads
- Side of tuna
- Veggie burger
- Wrap, sandwich, or fresh fruit

Panda Express (SUMC & PSU)

- Beef broccoli
- Black pepper chicken
- Mandarin chicken bowl
- Mixed vegetables
- Spicy chicken with peanuts
- Stir fry & steamed rice

Papa John's Pizza (SUMC, Food Court)

- Bread sticks
- Buffalo wings
- Cheese sticks
- One slice of cheese pizza
- One slice of Garden Fresh pizza

Park Avenue Market (PSU)

- Protein bar
- V-8, milk, juice, IQ juice, bottled water
- Vegetarian groceries

PSU Food Court (PSU)

- IQ smoothie bar: bottled smoothies
- Juice
- On-Deck Deli (make your own sandwich)
- Salad bar, fruit bar, or pasta bar

n c f v

PSU Food Court (Continued)

- Route 66 Grill: black bean burger or Santa Ana sandwich
- Sunset Strips: teriyaki & lo-carb/lo-fat wraps

Rec. Center Food Stop

(Highland & 6th)

- Fruit
- Juice and bottled water
- Protein bar
- Sandwiches
- Smoothies and protein shakes
- Yogurt

Redington Restaurant (SUMC 3rd Level)

(all you can eat – choose moderate portions)

- Salad bar
- Salad, lean protein entrée, & veggies
- Soup

U-Mart (SUMC Main Level)

- V-8, bottled water
- Beef jerky, sliced turkey
- Canned tuna or chicken w/crackers
- Frozen yogurt
- Fruit cup or fresh fruit
- Granola bars and high fiber cereal
- Hard or soft pretzels
- IQ smoothie & juice
- Lean Cuisine
- Nuts & peanut butter
- Protein bar
- Slim Fast
- String cheese
- Sushi
- Tuna or chicken salad
- Turkey hot dog
- Turkey or tuna sandwich
- Vegetarian sandwich

This is a diet guideline. If you have special nutritional needs, please consult a physician.



www.union.arizona.edu/healthy



THE UNIVERSITY OF ARIZONA
healthy
OPTIONS