ARIZONA DINING & NUTRITION GUIDE

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WELCOME TO THE WILDCAT FAMILY!
The purpose of this guide is to provide information on all things dining. Here you will find information about all eateries on campus, meal plan details and nutrition resources. Arizona Dining strives to provide an award-winning dining experience that nourishes the student and campus community’s body & mind while cultivating & mentoring our staff through inclusive experiential learning.

We take great pride in contributing to your student experience, offering nutrition education and providing delicious food. We look forward to serving you!

FROM THE ARIZONA DINING TEAM, Bear Down and dine at Arizona!
The Student Union Memorial Center (SUMC) offers a variety of options from All-You-Care-to-Eat Restaurants, Cafes, Convenience Stores, Vending, Starbucks, Arizona Market, Pangea, Core, LifeLab, Sabor, Chick-Fi-A, On Deck Deli, Papa John’s, Steak ‘n Shake, Einstein Bros. Bagels, UA Gifts & Clothing, General Books, LifeLab, Health & Beauty, UA BookStores, Arizona Room Restaurant, Nrich, Urban Market, IQ Fresh, Kiva, Wildcat Food Court, Gallagher Theater, North Patio, Pangea Core Sabor, Off-Campus Housing Kiosk, The Scoop, Campus Use & Mall Scheduling, Info Desk/Lost & Found, BoxOffice.

Healthier Fare and National Brands. Located off of Mountain & 2nd Street next to your UA BookStores main location.
### Arizona Dining

#### Historic District Locations

*Located on Mountain & 2nd Street*

<table>
<thead>
<tr>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arizona Market</strong></td>
<td>Offering a hot &amp; cold bar, fresh pastries, house-made grab &amp; go sandwiches, salads, snacks, sushi, fresh produce and groceries. Located next to the Canyon on the main level of SUMC.</td>
</tr>
<tr>
<td><strong>Cactus Grill</strong></td>
<td>Featuring freshly made hotline favorites, BBQ and burgers. Available for Grubhub app ordering and Locker Pick-Up located just next to Nrich Urban Market.</td>
</tr>
<tr>
<td><strong>Chick-fil-A</strong></td>
<td>Enjoy your favorites including Chick-fil-A sandwich or nuggets, salads or wraps with a choice of breaded or grilled chicken. Also featured are house brewed tea, freshly squeezed lemonade and sweet treats.</td>
</tr>
<tr>
<td><strong>Einstein Bros. Bagels</strong></td>
<td>Visit your neighborhood bagel shop featuring freshly baked bagels, breakfast and lunch sandwiches and more. Order from Grubhub and pick up from our walk up window.</td>
</tr>
<tr>
<td><strong>IQ Fresh</strong></td>
<td>Choose from freshly made salads, wraps, breakfast bowls, acai bowls and smoothies. Home of the CHAMP smoothie.</td>
</tr>
<tr>
<td><strong>Core</strong></td>
<td>Features build your own salad or brown rice bowl. Select from a variety of leafy greens or brown rice as the base and add fresh vegetables, fruits, cheeses and proteins. Located next to On Deck Deli.</td>
</tr>
</tbody>
</table>

*Located on Mountain & 2nd Street*
**ARIZONA DINING**

**HISTORIC DISTRICT LOCATIONS**

*Located on Mountain & 2nd Street*

### NRICH URBAN MARKET

Featuring fresh pressed juices, seasonal produce, freshly ground nut butters, infused waters, probiotic rich frozen yogurt and grab ‘n go meals, snacks and sushi. Order from Grubhub and pick-up from our walk up window.

### ON DECK DELI

Select from our signature sandwiches or build your own sandwich or salad. Make it a combo by adding fruit or chips. This eatery also features a made without gluten case along with a dedicated gluten-free toaster for gluten free bread and bagels.

### PANDA EXPRESS

Enjoy popular entrees as Orange Flavored Chicken, Sweet and Sour Chicken, and Beef and Broccoli. Combinations include choice of rice or chow mein.

### PANGEA

Offering all you care to eat dining. Choose from Asian, Indian, Mexican, Flatbreads, BBQ, Made to Order Ramen, Pasta or Omelets and Salad Bar.

### PAPA JOHN'S PIZZA

Enjoy pizza by the slice or by the pie along with breadsticks.

### SABOR MEXICAN FARE

Choose from quesadillas, burritos, or bowls with proteins including chicken, carne asada, beans or spicy lentils. Make it a combo with our tomatillo rice. Available for Grubhub app ordering and Locker Pick-Up located just inside Pangea restaurant.
ARIZONA DINING
HISTORIC DISTRICT LOCATIONS
*Located on Mountain & 2nd Street

STARBUCKS @ THE BOOKSTORE
Select your favorite coffee beverages along with a pastry or panini. Also featuring nitro brew beverages. Order through Grubhub to skip the line and pick up from our walk up window.

STEAK ‘N SHAKE
Serving hand-crafted, premium Steakburgers and hand-scooped milkshakes.

THE SCOOP
Featuring delicious coffee drinks, house made waffle cones, a wide variety of ice cream and pastries.

ARIZONA DINING
HIGHLAND DISTRICT LOCATIONS
*Located on Highland Ave. & 6th Street

HIGHLAND MARKET & GRILL
Choose from our famous Highland burrito or sandwiches at our Grill, coffee & bagels at Einstein Bros. Bagels or shop for house-made grab & go sandwiches, salads, snacks, sushi, fresh produce and groceries. Order through Grubhub to skip the line and pick up from our walk up window.

SHAKE SMART
Located inside the Campus Recreation Center. Choose from freshly blended protein shakes, organic acai bowls, organic peanut butter and banana sandwiches, oatmeal, cold brew coffee and whole wheat wraps.
**SLOT CANYON CAFÉ**

Located in Environment and Natural Resources 2 (ENR2), choose from a variety of coffee drinks, breakfast & lunch sandwiches, salads, smoothies and grab ‘n go options.

**STARBUCKS @ THE LIBRARY**

Located at the Main Library select your favorite coffee beverages along with a pastry or panini. Order via Grubhub and skip the line.
ARIZONA DINING

PARK DISTRICT LOCATIONS (GLOBAL CENTER)

*Located between Park Ave. & Tyndall Avenue

The Global Center offers a variety of options from International Restaurants, Convenience Store, Healthier Fare and National Brands. Located between Park Ave. & Tyndall Ave. just across from the Tyndall Garage.

SICHUAN KITCHEN

Select from sesame pickled cucumbers, egg rolls, Sichuan spicy cabbage, Ma Pa tofu, or spicy beef noodle soup. Located on the second level inside the Food Court.

NRICH URBAN MARKET EXPRESS

Enjoy your favorites from SUMC Nrich Urban Market including salads, infused water & snacks. Located on the second level inside the Food Court.

GLOBAL MARKET

Choose from house-made grab & go sandwiches, salads & snacks, sushi, fresh produce and select international grocery options.

THE DEN

Featuring breakfast all day, Hand Smashed burgers, sandwiches, burritos and more. Don’t forget to try our Hand Dipped Spun milkshakes.

CORE PLUS

Choose from house made favorites including salads, quesadillas, rice bowls or acai bowls at this dedicated gluten-free location. Also offering dairy-free cheese.

MAS TACOS

Featuring authentic Mexican food including tacos with house made corn tortillas and salsa, delicious sides, salads and more. Located on the second level inside the Food Court.
**ARIZONA DINING**

**NORTH DISTRICT LOCATIONS**

*Located north of Speedway*

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**‘85 NORTH**

Enjoy all-you-care-to-eat at this eatery located in the Honor’s Village. Choose from an extensive salad bar, hotline, pizza station made with whole grain crust, international station and veg-centric station. A dedicated gluten-free toaster for gluten free bread and bagels is also available.

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**CATALYST CAFÉ**

Located just across from the Health Science Center, choose from a variety of coffee drinks, breakfast & lunch sandwiches, salads, smoothies and grab ‘n go options.

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**SHAKE SMART**

Located inside North Rec. Choose from freshly blended protein shakes, organic acai bowls, organic peanut butter and banana sandwiches, oatmeal, cold brew coffee and whole wheat wraps.

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**IKE’S COFFEE & MARKETPLACE**

Enjoy an extension of the longstanding Ike’s Coffee and Tea based in the downtown Tucson. With a full service barista station all patrons can order custom roasted single origin coffee drinks along with a small marketplace component with many convenience store items. Located just next to McClelland Hall.

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**ALL AROUND CAMPUS**

Throughout campus you will find Coca-Cola and Tomdra vending machines. Whether you are looking for a Dasani water, healthy snack or something to satisfy your sweet tooth, we have options with vending. Vending machines also accept Meal Plans.
### MEAL PLANS

**SWIPE PLAN**

Visit page for more info

<table>
<thead>
<tr>
<th>PLAN</th>
<th>ANNUAL COST</th>
<th>SWIPES PER WEEK</th>
<th>DINING DOLLARS (included)</th>
<th>CATCA$H VALUE (included—laundry $)</th>
<th>GUEST MEALS (annual)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SABINO</td>
<td>$6510</td>
<td>18</td>
<td>$500</td>
<td>$250</td>
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<tr>
<td>CATALINA</td>
<td>$5480</td>
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<td>$750</td>
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<td>SANTA RITA</td>
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<td>$1000</td>
<td>$250</td>
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<td>RINCON</td>
<td>$3880</td>
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<td>$750</td>
<td>$250</td>
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</tbody>
</table>

**FLEXIBLE USE**

- “Swipe exchange” value of $10 at all retail locations.
- 5 swipes limit per day at dining locations and 5 swipes limit per transaction also available (grocery shopping time)
- Combo usage of swipe, dining dollars and/or CatCa$h available at all dining locations
- Dining dollars are loaded at the beginning of the year and function as a checking account (declining debit) style and can be reloaded anytime online. Unused balance expires at the end of the academic year.
- CatCa$h dollars function as a checking account (declining debit) style and can be reloaded anytime online. Unused balance expires at the end of the academic year.
- Swipes are loaded monthly and unused swipes expire monthly.

### USE YOUR MEAL PLAN

Please visit our website for more details about your Meal Plan active dates, payments, and user policies on the Meal Plan Terms and Conditions page.

### CONTACT US

520.621.7043 | 800.374.7379

@uazunions
union.arizona.edu/mealplans
### NUMBER OF SWIPES LOADED PER MONTH BY PLAN

<table>
<thead>
<tr>
<th>PLAN</th>
<th>AUG</th>
<th>SEPT</th>
<th>OCT</th>
<th>NOV</th>
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<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
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<td>CATALINA</td>
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### NUMBER OF SWIPES LOADED PER MONTH BY PLAN

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<th>DEC</th>
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<th>FEB</th>
<th>MAR</th>
<th>APR</th>
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<td>5/13</td>
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</table>
COMMUTER PLAN
For students living off-campus, in a fraternity or sorority or students who eat on campus occasionally. Save 6.1% on every purchase by not paying state sales tax. Initial minimum deposit: $500, then load more whenever you need. Unused balances expire at the end of the academic year.

PAYMENT OPTIONS
Plans may be paid in full using: Bursar account, check, money order or credit card. You can also split the cost of your Meal Plan into two payments if you pay by Bursar account. Unused balances expire at the end of the academic year.

ADDED SAVINGS
Save AZ State Sales Tax of 6.1% off every food and beverage purchase on campus.

USE YOUR MEAL PLAN
Accepted everywhere on campus at 35+ Student Unions eateries, carts, vending, concessions and more.

CONTACT US
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union.arizona.edu/mealplans
@uazunions

GOLD
COST
$4950
DISCOUNT
7% OFF

SILVER
COST
$3550
DISCOUNT
5% OFF

COPPER
COST
$2150
DISCOUNT
3% OFF

THE UNIVERSITY OF ARIZONA
STUDENT UNIONS
MEAL PLANS

Visit page for more info
### MEAL PLANS

**HONORS PLAN**

Visit page for more info

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>ANNUAL COST</th>
<th>SWIPES PER WEEK</th>
<th>DINING DOLLARS</th>
<th>CATCA$H VALUE</th>
<th>GUEST MEALS</th>
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<tr>
<td><strong>YUCCA</strong></td>
<td>$6510</td>
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<td><strong>SAGUARO</strong></td>
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<td><strong>PRICKLY PEAR</strong></td>
<td>$2100</td>
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<td>$250</td>
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</tbody>
</table>

### FLEXIBLE USE

- “Swipe exchange” value of $10 at all retail locations
- 5 swipes limit per day at dining locations and 5 swipes limit per transaction also available (grocery shopping time)
- Combo usage of swipe, dining dollars and/or CatCa$h available at all dining locations
- Dining dollars are loaded at the beginning of the year and function as a checking account (declining debit) style and can be reloaded anytime online. Unused balances expire at the end of the academic year
- CatCa$h dollars function as a checking account (declining debit) style and can be reloaded anytime online. Unused balances expire at the end of the academic year
- Swipes are loaded monthly and unused swipes expire monthly

### USE YOUR MEAL PLAN

Please visit our website for more details about your Meal Plan active dates, payments, and user policies on the Meal Plan Terms and Conditions page

### CONTACT US

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@uazunions
union.arizona.edu/mealplans
HONORS VILLAGE MEAL PLANS

SWIPES ARE LOADED MONTHLY

Swipes load the first day of the month or the first day they are active.

UNUSED SWIPES EXPIRE MONTHLY

Swipes expire the last day of the month or the last day they are active.

NUMBER OF SWIPES

The number of swipes loaded for the month depend upon the plan you select and the number of days/weeks in the active time period of the month.

WONDERING HOW MANY SWIPES YOU HAVE? Check online at union.arizona.edu/mealplans

520.621.7043 | 800.374.7379 | @UAZUNIONS
# Meal Plans

## Honors Plan

### Monthly Swipes

Visit page for more info

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### Number of Swipes Loaded Per Month by Plan

<table>
<thead>
<tr>
<th>Plan</th>
<th>Aug</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
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### Number of Swipes Loaded Per Month by Plan

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Arizona Dining is committed to a philosophy that ensures students, faculty and staff are given delicious and nutrient-dense options. *Nrich* (Nutrient-Rich) is Arizona Dining’s nutrition 9 point philosophy.

1. Whole grains are used to increase fiber and nutrients
2. Healthier fats including monounsaturated fats and omega-3 fats are utilized
3. Plant-centered plate using whole foods that are minimally processed are emphasized
4. Natural flavors, spices, herbs and seasonings are used to limit added salt and sugar
5. Variety of foods available to accommodate food allergens and celiac
6. Vegetarian and vegan options are available with plant-based choices always offered where meat-based protein items are served
7. Menus are transparent with nutrition information and ingredients available through our Nutrition Calculator
8. Nutrition education classes and workshops are offered to help students and staff excel with health goals
9. Executive Chef and Registered Dietitian ensure delicious, nutrient-dense foods are offered
ARIZONA DINING

DIETARY ACCOMMODATIONS

Healthier Habits

Looking for healthy dining options on campus? Ever wonder what a nutrition expert would select? Here’s a list of healthier options compiled by our nutrition team. nutrition.union.arizona.edu

ARIZONA DINING

DIETARY ACCOMMODATIONS
Allergen Friendly

Have food allergies, intolerances, or celiac disease? Ever wonder what a nutrition expert would suggest when dining on campus?

Here’s a list of options compiled by our nutrition team. nutrition.union.arizona.edu

For allergy or special diet concerns, please contact the restaurant manager or Culinary Services. Top 9 allergens are used in restaurant menus and there is some risk for cross contact. Please inform the Culinary Services staff when ordering if you have a food allergy or Celiac disease so they may use allergen procedures to reduce risk of reaction.
Vegetarian Options

Looking for vegetarian or vegan options on campus? Ever wonder what a nutrition expert would suggest? Here’s a list of healthier options compiled by our nutrition team. nutrition.union.arizona.edu

- Extensive salad bar with edamame, tofu, fruits, vegetables, and vinaigrettes
- Made-to-order omelets or tofu scrambles
- Veg Centric station with brown rice and steamed vegetables
- Build your own salad with a variety of vegetables, fruits, beans, tofu, nuts, seeds, and vinaigrette
- Build your own brown rice bowl with vegetables, tofu, and beans
- Build your own quinoa, noodle or brown rice bowl or salad with fresh vegetables or tofu
- Build your own omelet
- Açaí bowl
- Smoothies with fruit and vegetables
- Spinach salad
- Vegan wraps
- Açaí bowl
- Fresh pressed juices
- Infused waters
- Freshly ground nut butters
- Grab ‘n Go salads, sandwiches, reimbursesables & snacks
- Fresh produce
- Quinoa and brown rice suki
- Whole-grain bread & bagels
- Vegetables
- Avocados
- Grab ‘n Go fruit
- Vegetable-based soups
- Vegetable and grain salads
- Hummus spread
- Salad bar
- Vegetable flatbread
- Mushroom tacos on house made corn tortillas
- Freshly made salsas
- Tacos, burritos, or bowls with whole beans or spicy lentils
- Steam rice brown rice
- Black or pinto beans
- Salad bar
- Mushroom tacos on house made corn tortillas
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- Tacos, burritos, or bowls with whole beans or spicy lentils
- Steam rice brown rice
- Black or pinto beans
From this philosophy, we have participated and/or developed programs to fuel students.

NATIONAL PROGRAMS
The University of Arizona became one of 12 universities to participate in the Food Allergen Research and Education (FARE) College Food Allergy Pilot. Through this pilot we have trained over 100 culinary staff and 200 residence advisors on food allergens.

INTERNAL PROGRAMS
Nrich Urban Market brings our nutrition philosophy to life. This award winning location offers healthier options with most costing less than $5. Its so great, we added an Nrich Urban Market Express at our Global Center.
ARIZONA DINING
NUTRITION PROGRAMMING

Eat Like a CHAMP™ is a nutrition program designed to help identify food choices for a winning performance. Physically active students can quickly choose foods to aid in their specific training and performance goals. You can also find the CHAMP smoothie at IQ Fresh and CHAMP Bars at Nrich Urban Market.

PlantEd is our award winning culinary cultivation series designed to provide with cooking skills along with nutrition education.

ARIZONA DINING
NUTRITION CALCULATOR

Learn about nutrition facts, ingredients, and foods that are available for dietary restrictions. Visit the Arizona Dining Nutrition Calculator and choose your foods well! Check back often as we add more restaurants. Use our mobile app or kiosks for quick and easy access to nutrition information.

You can view icons including vegetarian, vegan, made without gluten and top 9 allergens. We also have icons to indicate something is a Healthier Habit (healthier option) or is a healthier option AND costs less than $5 known as WellSpent.

Look for the Healthier Habits icon to identify foods that contain less than 700 calories, less than 10% calories from saturated fat, no trans fat, & less than 800 mg sodium.

WellSpent is another icon that identifies food options that is a healthier choice but is also less than $5 to purchase.
Wondering about nutrition information, ingredients, and ways to quickly identify healthier options?

Visit page to access our web-based Nutrition Calculator and mobile app.
**ARIZONA DINING TECHNOLOGY**

**GRUBHUB PICK-UP WINDOWS**
Grubhub allows you to order ahead and skip the line or pick up at some locations, delivery.

Order at Arizona Market, Einstein’s Bagels, Highland Market & Grill, Nrich Urban Market or Starbucks Bookstores and pick-up from our walk up window.

**SMART LOCKERS**
Order Cactus Grill, Sabor, Mas Tacos, On Deck Deli or Sichuan Kitchen and pick-up from our smart lockers.

Load the app today on your phone by searching for Grubhub.

**SMART VENDING**
Sally the Salad Making Robot allows you to order salads or grain bowls or compose your own!

**COSTA COFFEE**
Costa Coffee prepares hot or cold espresso drinks along with blended drinks and hot chocolate.

**YOKAI RAMEN**
Yokai Ramen prepares pho and ramen dishes.
ARIZONA DINING

DINING & NUTRITION AWARDS

Dining team with the AllerTrain Award in 2020 for Best Overall Food Allergy Program for Universities

Chef Omo and Christine Carlson receiving the Gold Award in 2018 for Most Innovative Wellness & Nutrition Program for plantEd
ARIZONA DINING
DINING & NUTRITION AWARDS

2020
BEST OVERALL
FOOD ALLERGY
PROGRAM FOR
UNIVERSITIES

2019
#5 BEST DINING
HALLS
FOR PEOPLE
WITH ALLERGIES

2018
GOLD AWARD FOR
MOST INNOVATIVE
WELLNESS & NUTRITION
PROGRAM FOR
PLANTED

2018
HEALTHIER FUTURE
AWARD FOR
COMPLETION OF ALL
23 HEALTH
COMPETENCIES
We are the largest employer of students on campus.
Learn more by visiting our site.
ARIZONA DINING
CONTACTS & INFORMATION

MEAL PLANS OFFICE
520-621-7043
800-374-7379

NUTRITION WEBSITE

DINING SERVICES
520-621-7038

DINING LOCATION HOURS OF OPERATION

STUDENT UNION INFORMATION DESK:
(520) 621-7755

ARIZONA DINING
HOURS & LOCATIONS QUICK GUIDE

HISTORIC DISTRICT
Arizona Market
Cactus Grill
Chick-fil-A
Core
Einstein Bros. Bagels
IQ Fresh
Nrich Urban Market
On Deck Deli
Panda Express
Pangea
Papa John’s Pizza
Sabor Mexican Fare
Starbucks @ the BookStore
Steak ‘n Shake
The Scoop

HIGHLAND DISTRICT
Highland Market & Grill
Shake Smart @ Campus Rec
Slot Canyon Café
Starbucks @ the Library

Visit page for a location’s current hours
ARIZONA DINING
HOURS & LOCATIONS QUICK GUIDE

PARK DISTRICT
Core Plus
Mas Tacos
Sichuan Kitchen
Nrich Urban Market Express
Global Market
The Den

NORTH DISTRICT
‘85 North
Catalyst Café
Ike’s Coffee & Marketplace
Shake Smart @ North Rec.

Visit page for a location’s current hours

Follow us on social media to learn more about dining locations on campus, Coca-Cola sponsored giveaways, event announcements, and more!

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THANK YOU FOR VISITING US!