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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!
ARIZONA DINING
CAMPUS DISTRICT MAP

Historic District
Highland District
Park District
North District
The Student Union Memorial Center (SUMC) offers a variety of options from All-You-Care-to-Eat Restaurants, Cafes, Convenience Stores, Healthier Fare, and National Brands. Located off of Mountain Ave. & 2nd Street next to your UA BookStores main location.
ARIZONA DINING

HISTORIC DISTRICT LOCATIONS

*Located on Mountain Ave. & 2nd Street

ARIZONA MARKET
Offering a hot & cold bar, fresh pastries, house-made grab & go sandwiches, salads, snacks, sushi, fresh produce, and groceries. Located next to the Canyon on the main level of SUMC.

CACTUS GRILL
Featuring freshly made BBQ. Available for Grubhub app ordering and Locker Pick-Up located just next to Nrich Urban Market.

CHICK-FIL-A
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.

CORE
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.

EINSTEIN BROS. BAGELS
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.

IQ FRESH
Choose from freshly made salads, wraps, breakfast bowls, acai bowls, and smoothies. Home of the CHAMP smoothie.
**ARIZONA DINING**

**HISTORIC DISTRICT LOCATIONS**

*Located on Mountain Ave. & 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, tacos, or bowls with proteins including chicken, carne asada, carnitas, beans, or spicy lentils. Make it a combo with our tomatillo rice. Available for Grubhub app ordering and locker Pick-Up inside Sabor.

---

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

HISTORIC DISTRICT LOCATIONS
*Located on Mountain Ave. & 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.
ARIZONA DINING

HIGHLAND DISTRICT LOCATIONS

Located on Highland Ave. & 6th Street

RED & BLUE MARKET

Your favorite Red & Blue grab and go sandwiches, salads, and snacks are available here along with bottled drinks and pre-packaged options. Smart Vending is also featured here including Sally the Salad Making Robot, Costa Coffee, and more. Located on the 1st floor of Bear Down Gym.

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.

PARK DISTRICT LOCATIONS (GLOBAL CENTER)

Located between Park Ave. & Tyndall Ave.

Global Market

Main Courtyard (seating)

International Student Services

International Admissions

International Faculty and Scholars

Global Travel Services

Global Lounge

East Courtyard (seating)

Global Market

Main Courtyard (seating)

International Student Services

International Admissions

International Faculty and Scholars

Global Travel Services

Global Lounge

East Courtyard (seating)

Global Market

Main Courtyard (seating)

International Student Services

International Admissions

International Faculty and Scholars

Global Travel Services

Global Lounge

East Courtyard (seating)
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.

### CORE PLUS

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

### THE DEN

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

### 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.

### SICHUAN KITCHEN

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

PARK DISTRICT LOCATIONS (GLOBAL CENTER)

*Located between Park Ave. & Tyndall Ave.

GLOBAL MARKET

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

NRICH URBAN MARKET EXPRESS

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

SAFFRON BITES

Enjoy a rotating menu of authentic Indian favorites. Appetizers include Vegetable Samosas and Dahi Kabab. Entrees include dishes such as Chicken Tikka, Chana Masala, and Saag with Basmati Rice. Vegetarian and meat based options are available each day.
ARIZONA DINING

NORTH DISTRICT LOCATIONS

*Located north of Speedway

‘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.

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.

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.

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.

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.

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.
### 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

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<th>School</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>
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Visit page for more info
# MEAL PLANS

## SWIPE PLAN

MONTHLY SWIPES

Visit page for more info

### NUMBER OF SWIPEs LOADED PER MONTH BY PLAN

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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
520.621.7043 | 800.374.7379
union.arizona.edu/mealplans
@uazunions
### Meal Plans

**HONORS PLAN**

Visit page for more info

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**FLEXIBLE USE**
- “Swipe exchange” value of $10 at all retail locations
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- Swipes are loaded monthly and unused swipes expire monthly

**APARTMENT MEAL PLAN**

**PRICKLY PEAR**

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**Contact Us**

520.621.7043 | 800.374.7379

@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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Visit page for more info
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

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

**Healthier Habits**

- NORTHERN
  - Extensive salad bar with lean meats, fruits, vegetables and vinaigrettes
  - Made to order omelets
  - Steamed fish, grilled vegetables
  - Veg Centric station with brown rice and steamed vegetables

- CORE
  - Build your own salad or brown rice bowl with a variety of vegetables, fruits, beans, lean proteins, salad greens, nuts or seeds, vinaigrette
  - Açaí bowl

- RICH
  - Fresh pressed juices
  - Infused waters
  - Freshly ground nut butters
  - Fresh produce
  - Quinoa and brown rice sushi
  - Overnight oats
  - Freshly brewed teas and botanicals
  - Sushi made fresh daily

- WHOLE
  - Whole grain bread & bagels
  - Lean meats
  - Vegetables
  - Avocados
  - Greek yogurt fruit

- MÉTIS
  - Kale or spinach salads
  - Breakfast bowls with vegetables
  - Whole wheat wraps
  - Açaí bowl
  - Customizable smoothies

- RED & BLUE
  - Salads
  - Wraps
  - Sandwiches
  - Vegetables with hummus or peanut butter
  - Fruit
  - Yogurt Parfaits

- SUSHI
  - Sushi made fresh daily

- SALADS
  - Salad bar
  - Red & Blue Line
    - Salads
    - Wraps
    - Sandwiches
    - Vegetables with hummus or peanut butter
    - Fruit
    - Yogurt Parfaits

- NUTRITION
  - Yogurt Parfaits

- STRONGER
  - Black or pinto beans
  - Mushroom, shrimp or chicken tacos with house-made corn tortillas
  - Freshly made salsas

- WELLSPENT
  - Ramen station with miso broth
  - Salad bar
  - Veggie bar
  - Salads, tacos, burritos or bowls with whole beans or lean meats

- IQ MÉTIS
  - Freshly made salsas

- MULTICULTURAL
  - Multicultural: kimchi or chicken tacos with house-made corn tortillas

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### 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.

<table>
<thead>
<tr>
<th>Allergen Friendly</th>
<th>Additional Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Gluten-free buns</td>
<td>✔️ Nutrition Calculator website to view ingredients &amp; top 9 allergens</td>
</tr>
<tr>
<td>• Veg centric station with brown rice and steamed vegetables</td>
<td>✔️ Registered Dietitian is Master Trainer for Food Allergens &amp; Celiac</td>
</tr>
<tr>
<td>• Extensive salad bar with lean meats, fruits, vegetables, and dressings</td>
<td>✔️ One of 12 universities participating in FARE Pilot</td>
</tr>
<tr>
<td>• Carving station</td>
<td>✗</td>
</tr>
<tr>
<td>• Tofu Scrambles</td>
<td>✗</td>
</tr>
<tr>
<td>• Gluten-free pasta</td>
<td>✗</td>
</tr>
<tr>
<td>• Dairy-free sauce</td>
<td>✗</td>
</tr>
</tbody>
</table>

**Core**

- Açaí bowl
- Dedicated gluten-free facility
- Ingredients do not contain peanuts, tree nuts or shellfish
- Dairy-free cheese
- Build your own quesadillas, rice, or brown rice bowl or salad with fresh vegetables or tofu
- Corn tortillas

**Pangea**

- Gluten-free vegetables & rice
- Veggie bar
- Skillet bar
- Smoothie bowls with fruit and vegetables
- Soy milk & almond milk available
- Salads with dressing on side
- Açaí bowl

**Marcus Tacos**

- Mushroom or chicken tacos with house made corn tortillas
- Freshly made salsas

**iScoop**

- Fresh pressed juices
- Infused waters
- Freshly ground nut butters
- Grilled / Go salads & steces
- Fresh produce
- Dairy-free sauce
- Freshly brewed teas and botanicals
- Plant based yogurts
- Fresh produce

**Nich**

- Gluten-free bread & bagels with dedicated gluten-free toaster
- Lean meats
- Vegetables
- Avocados
- Grilled / Go fruit
- Hummus spread
- Grain and vegetable side salads

**NORTH**

- Soy milk & almond milk available
- Blue & Blue Line
- Salads
- Gluten-free options including sandwiches
- Soy nut butter & jelly sandwich
- Vegetables with hummus
- Fruit
- Fresh produce
- Plant based yogurts

<table>
<thead>
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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
From this philosophy, we have participated and/or developed programs to fuel students.

**NATIONAL PROGRAMS**
The University of Arizona became one of 38 universities to participate in the Partnership for a Healthier America’s Healthier Campus Initiative. Arizona Dining, in partnership with campus partners.

Food Forward is a national plant-based cooking training. Culinary Services and Arizona Dining were one of 15 universities to participate.

The University of Arizona is 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 or 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 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.

**KELLOGG’S BOWL BOT**
Our Kellogg’s Bowl Bot allows you to order a composed cereal bowl or parfait, or create your own bowl.

**GRUBHUB PICK-UP WINDOWS**

**SMART LOCKERS**

**SMART VENDING**

**COSTA COFFEE**

**YOKAI RAMEN**

**KELLOGG’S BOWL BOT**
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

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

2019
#5 BEST DINING HALLS FOR PEOPLE WITH ALLERGIES

2018
HEALTHIER FUTURE AWARD FOR COMPLETION OF ALL 23 HEALTH COMPETENCIES
ARIZONA DINING

DINING & NUTRITION AWARDS

2017 SILVER AWARD FOR BEST RETAIL CONCEPT FOR NRICHE URBAN MARKET

2015 FARE UNIVERSITY PILOT AWARDED AS ONE OF 12 UNIVERSITIES TO PARTICIPATE

ARIZONA DINING

DINING STUDENT EMPLOYMENT

ARIZONA DINING
IS HIRING!

✦ ✦ ✦

We are the largest employer of students on campus. Learn more by visiting our site.
ARIZONA DINING

DINING STUDENT EMPLOYMENT
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
Red & Blue Market
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
- Saffron Bites
- 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.

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**ARIZONA DINING**

**SOCIAL MEDIA**

@UAZUNIONS

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!