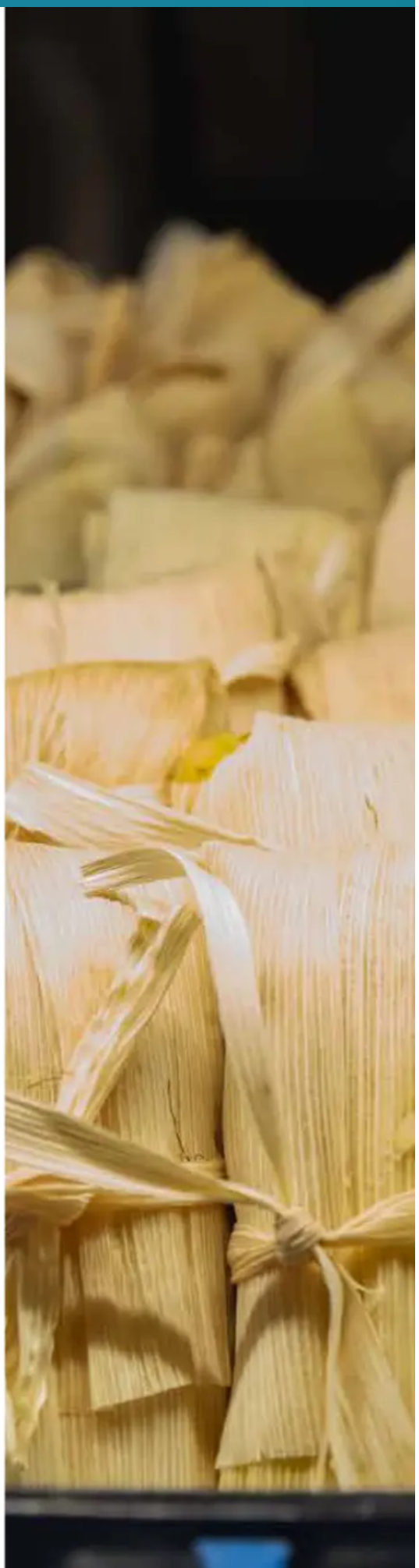
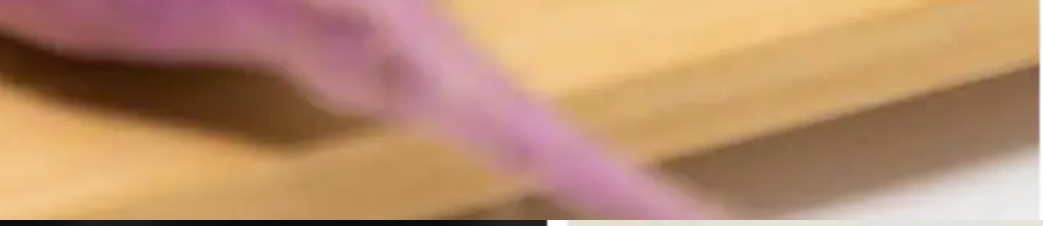
ARIZONA DINING & NUTRITION GUIDE

THE UNIVERSITY OF ARIZONA
Arizona Dining





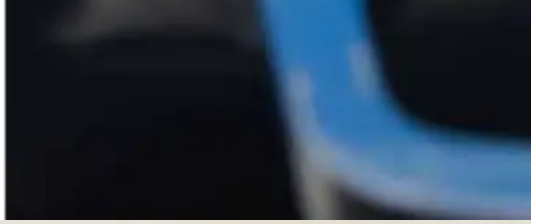


TABLE OF CONTENTS

ARIZONA DINING & NUTRITION GUIDE

2 **WELCOME**

4 **ARIZONA DINING CAMPUS MAP**

6 **DINING DISTRICTS**

Historic District

Highland District

Park District

North District

All Around Campus

TAB

24 MEAL PLANS

38 NUTRITION

2022 Dining Team

DIETARY ACCOMMODATIONS 40

Healthier Habits

Allergen Friendly

Vegetarian Options

NUTRITION PROGRAMMING 46

NUTRITION CALCULATOR 49

TECHNOLOGY 52

DINING & NUTRITION AWARDS 54
DINING STUDENT EMPLOYMENT 58
CONTACTS & INFO 60

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 and mind while cultivating and 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!

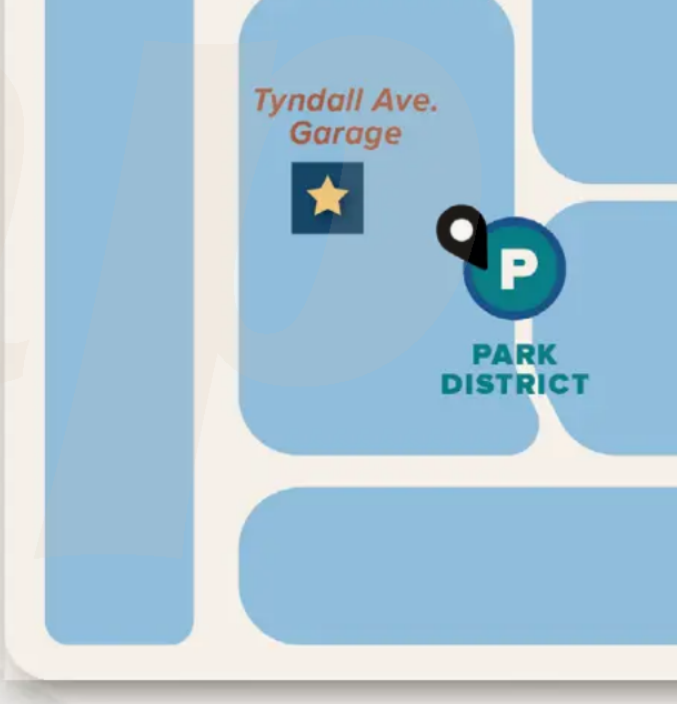
THE UNIVERSITY OF ARIZONA
Arizona Dining

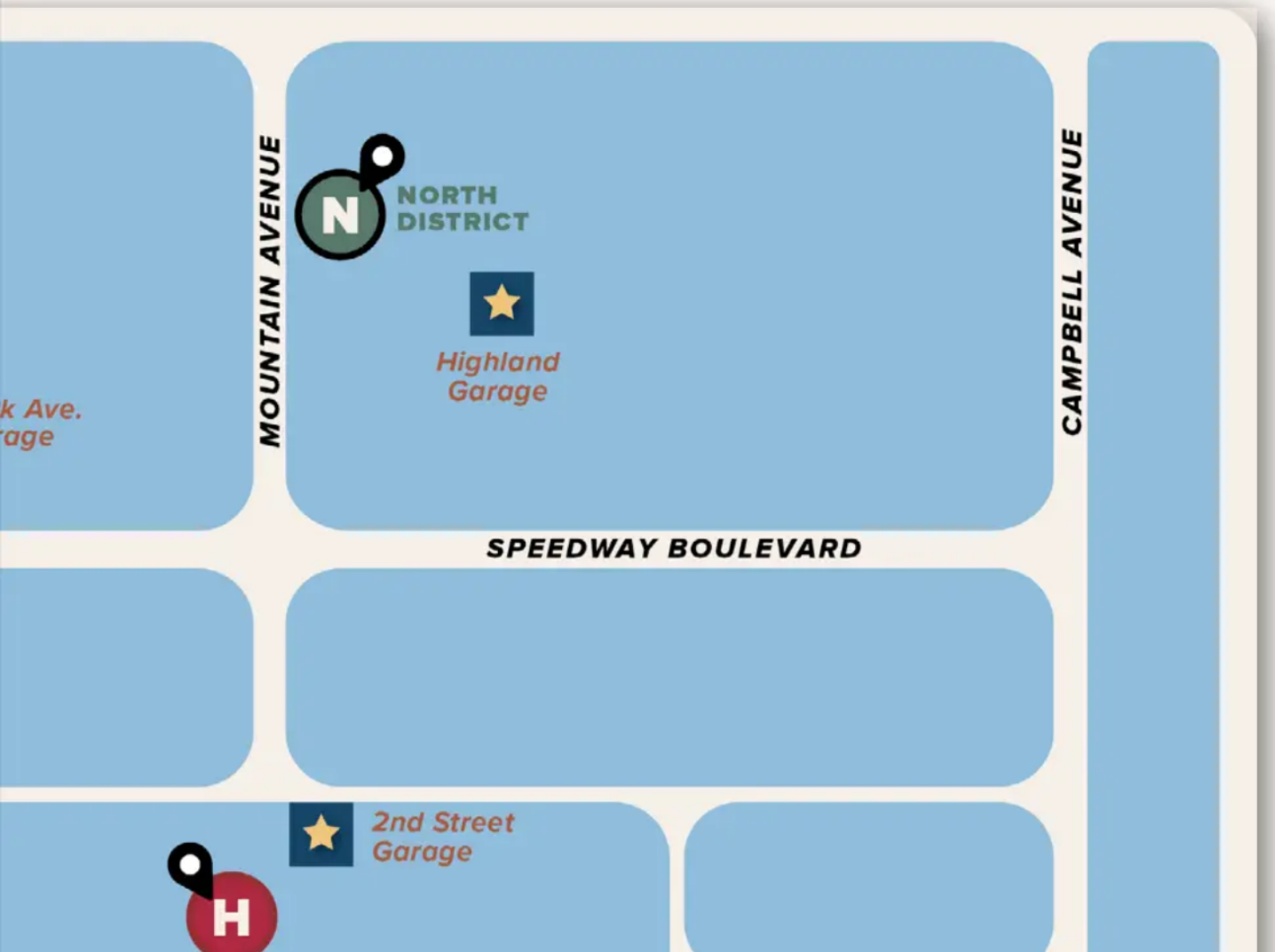
ARIZONA DINING

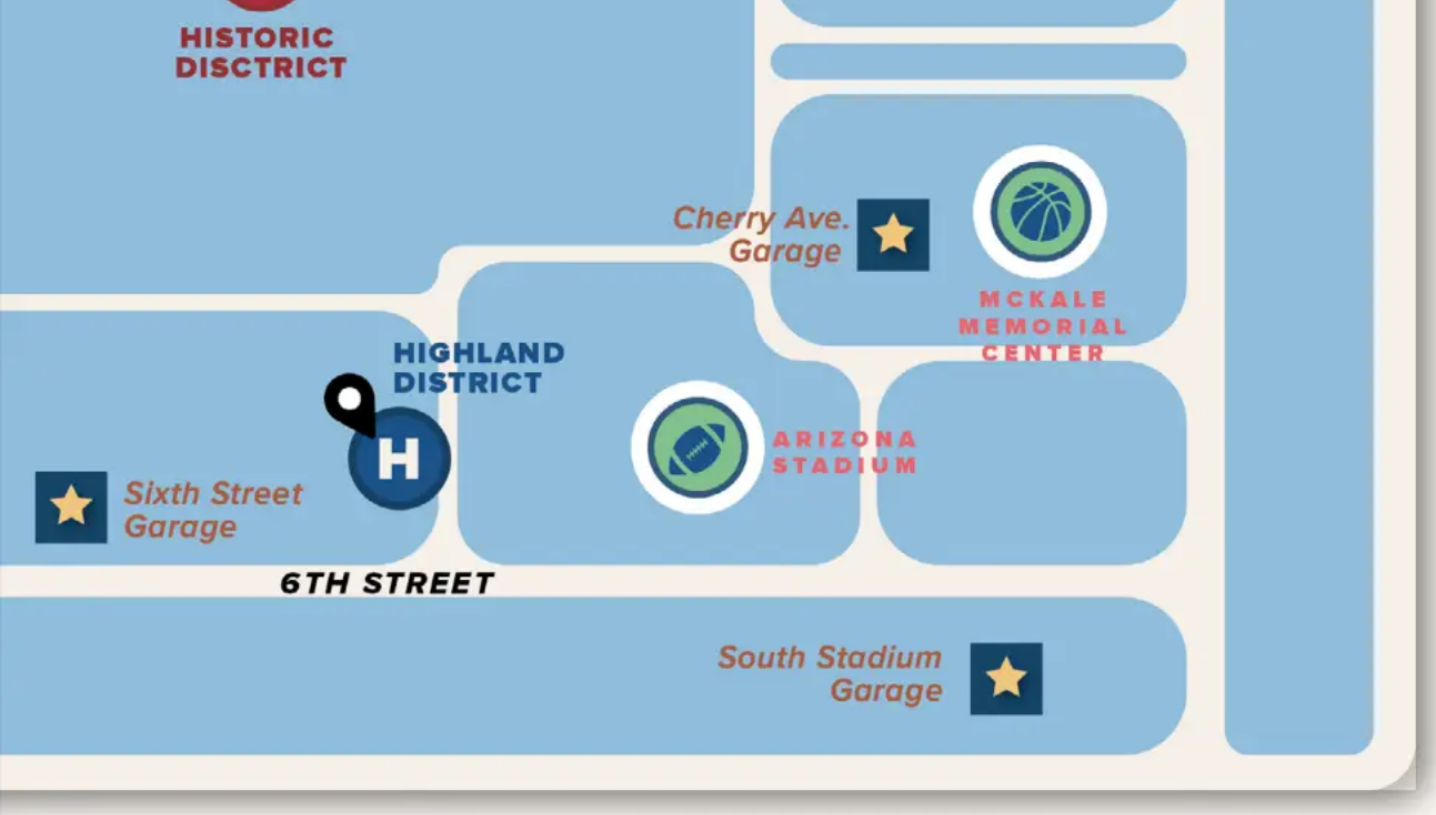
CAMPUS DISTRICT MAP

- H **Historic District**
- H **Highland District**
- P **Park District**
- N **North District**

District

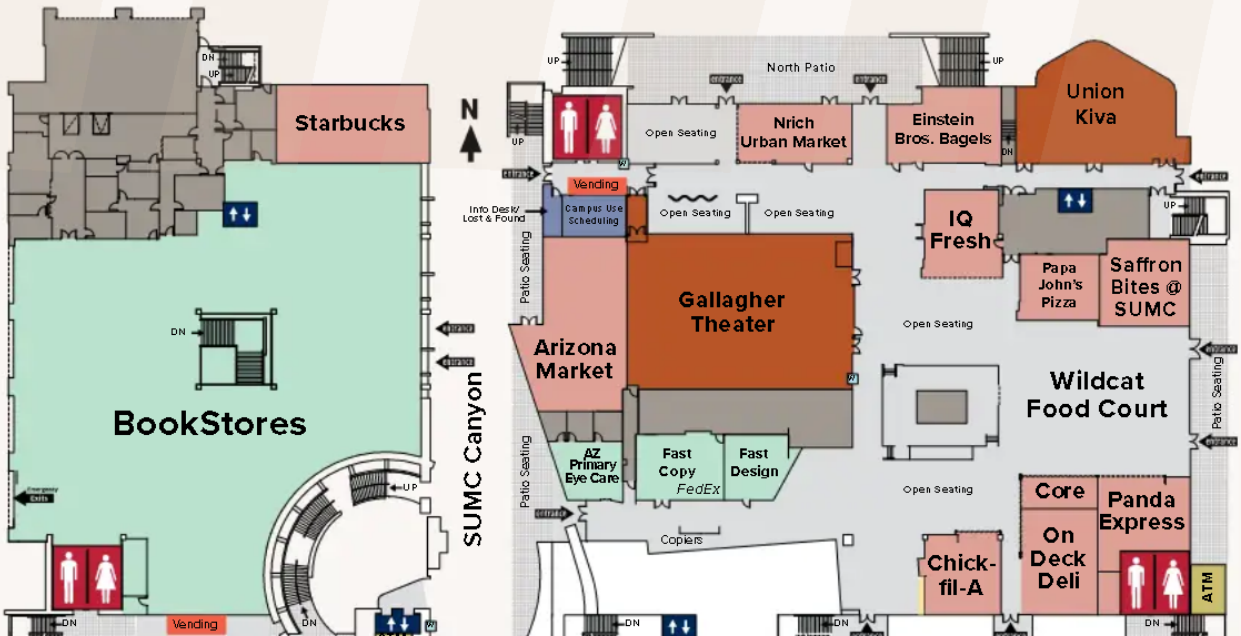

Tyndall Ave.
Garage
P
PARK
DISTRICT

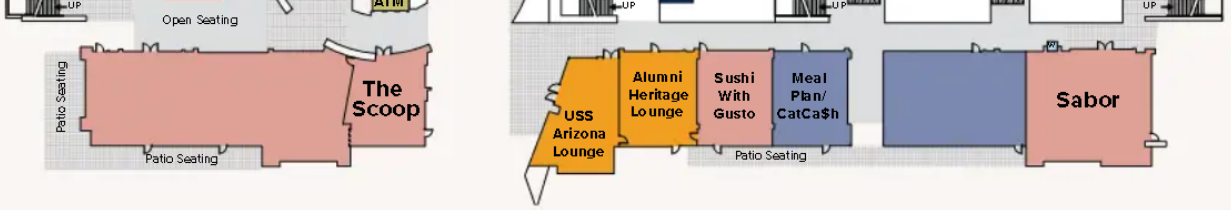

MOUNTAIN AVENUE
N
NORTH
DISTRICT
Highland
Garage
CAMPBELL AVENUE
SPEEDWAY BOULEVARD
2nd Street
Garage
H



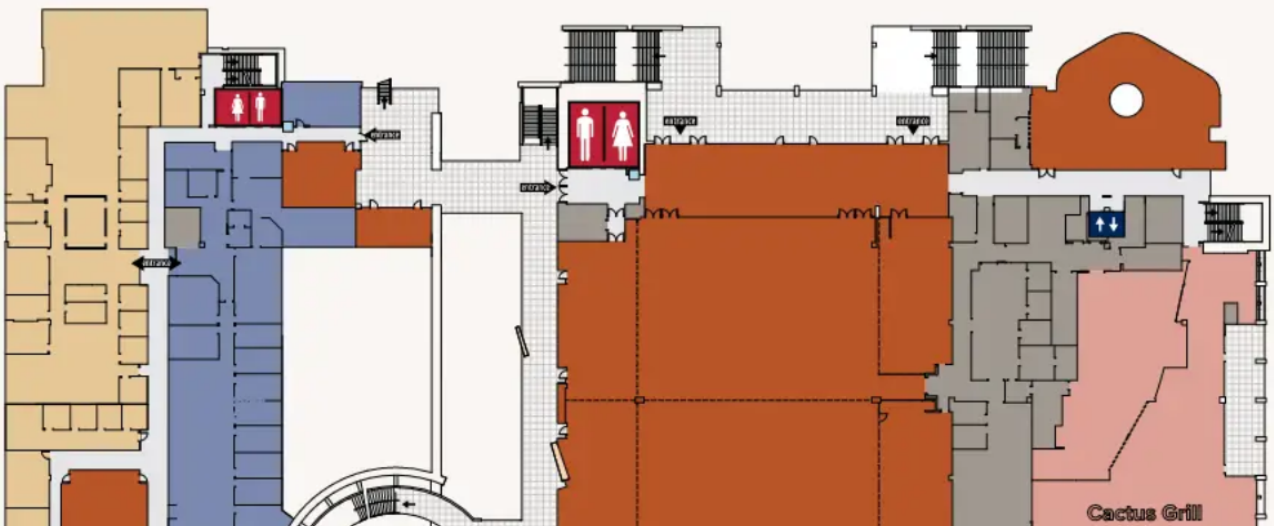
ARIZONA DINING

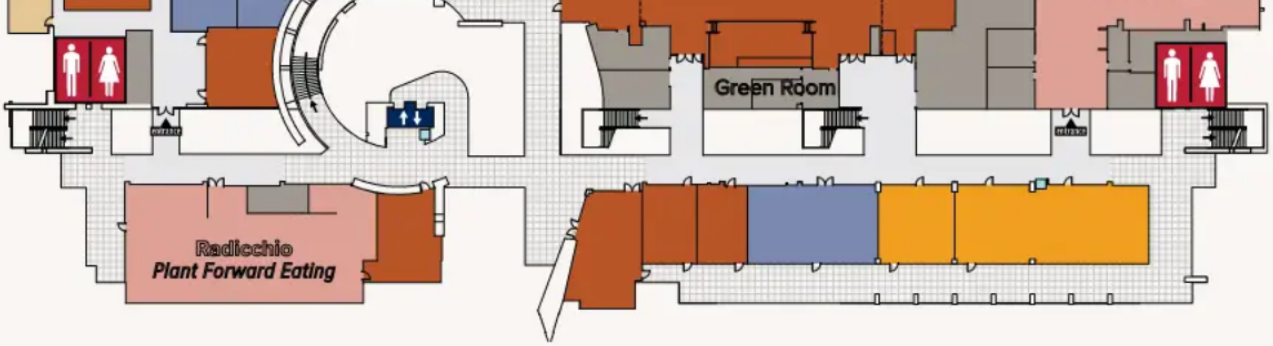
HISTORIC DISTRICT





The Student Union Memorial Center (SUMC) offers a variety of options from All-You-Care-to-Eat Restaurants, Cafés, Convenience Stores,





ARIZONA DINING

HISTORIC DISTRICT LOCATIONS

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

ARIZONA MARKET

Offering a hot and 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

All-you-care-to-eat dining that features different activation stations. Choose from a rotating menu with options including hotline, carving station, wok stir fry, freshly made BBQ, omelets, grill, and an extensive salad, soup, and yogurt bar.

CHICK-FIL-A

Enjoy your favorites including Chick-fil-A sandwich, 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.

ARIZONA DINING

HISTORIC DISTRICT LOCATIONS

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

IQ FRESH

Choose from freshly made

salads, wraps, breakfast bowls, açai bowls, and smoothies. Home of the CHAMP smoothie.

NRICH URBAN MARKET

Featuring fresh pressed juices, seasonal produce, freshly ground nut butters, infused waters, probiotic rich frozen yogurt and grab & 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 such as Orange Flavored Chicken, Sweet and Sour Chicken, and Beef and Broccoli. Combinations include choice of rice or chow mein.

PAPA JOHN'S PIZZA

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

ARIZONA DINING

HISTORIC DISTRICT LOCATIONS

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

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.

SAFFRON BITES @ SUMC

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.

SCENTED LEAF TEA HOUSE

Featuring refreshing teas for every palate. Select from our delicious varieties of tea from all around the world and indulge your senses with our assortments of flavors and signature drinks.

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.

SUSHI WITH GUSTO

Order from Grubhub and enjoy freshly made sushi at the sushi bar or grab your favorite roll to go.

HISTORIC DISTRICT LOCATIONS

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

RADICCHIO

Coming September 2022

Offering all-you-care-to-eat dining that is entirely plant-based. Choose international options from our rotating menu hotline, Mediterranean cold bar, or daily soups. You can create the perfect salad from the extensive salad bar or try something new from the plant-based carving station. Radicchio also offers made without gluten options and does not include peanuts or tree nuts as ingredients.

THE SCOOP

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

HIGHLAND DISTRICT LOCATIONS

***Located on Highland Ave. & 6th Street**

HIGHLAND MARKET & GRILL

Choose from our famous Highland burrito or sandwiches at our Grill, coffee and 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 açai 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

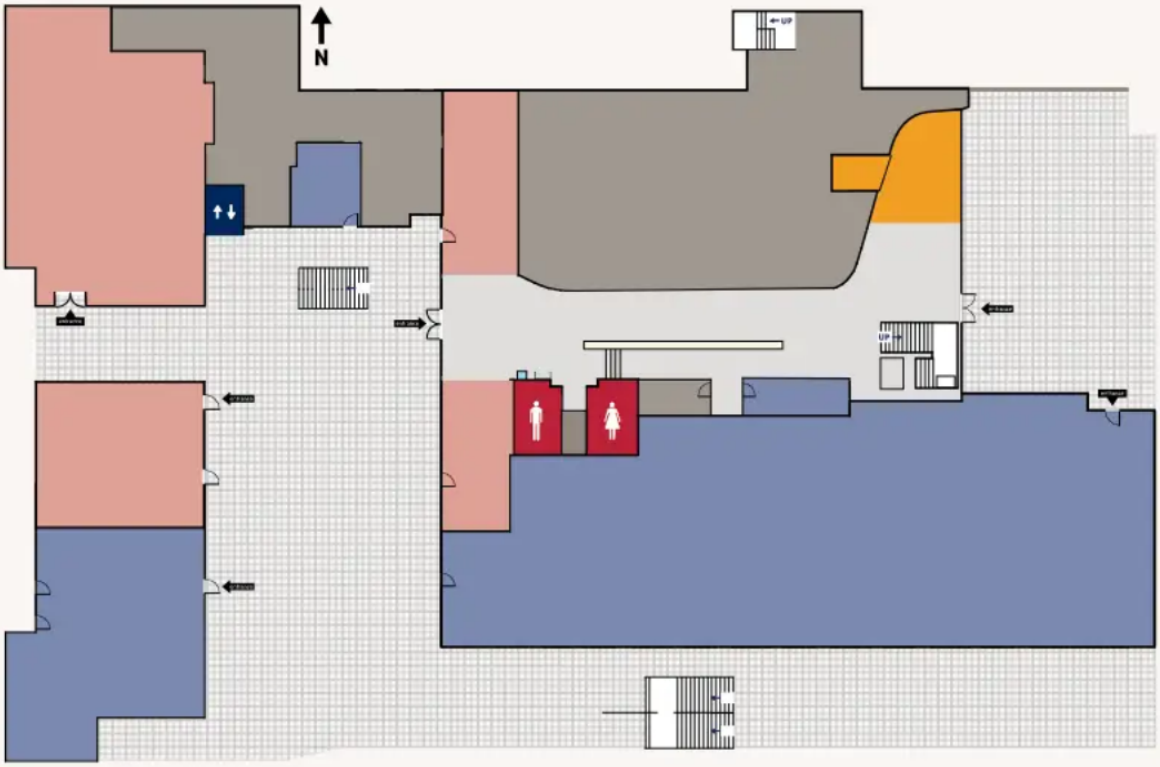
Your favorite grab & go sandwiches, salads, and snacks are available here along with bottled drinks and pre-packaged options. Smart Vending, like Costa Coffee, is also featured here. Located on the 1st floor of Bear Down Gym.

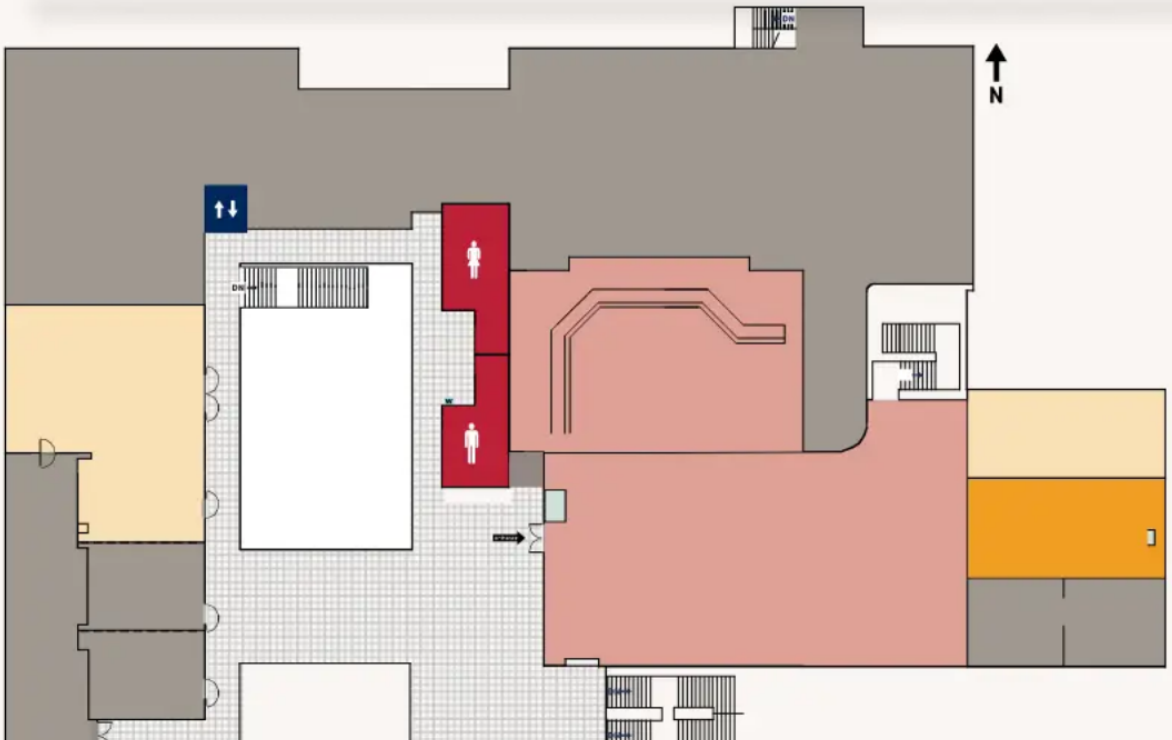
SLOT CANYON CAFÉ

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

STARBUCKS @ THE LIBRARY

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


N
UP
UP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ARIZONA DINING

PARK DISTRICT LOCATIONS (GLOBAL CENTER)

***Located between Park Ave. & Tyndall Ave.**

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.

BÁNH MÌ @ THE ROAD RUNNER

Vietnamese options include small bites such as Vegetarian Eggrolls, Shrimp and Pork Spring Rolls, and sandwiches such as Vietnamese Ham and BBQ Pork Bánh Mì, Chicken Bánh Mì, Veggie Bánh Mì, and Boba Tea.

CORE PLUS

Choose from house-made favorites including salads, quesadillas, rice bowls, smoothies, or açai 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 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.

STARBUCKS @ GLOBAL

Coming September 2022

Located in the Global Center select your

favorite coffee beverages along with a pastry or panini. Order through Grubhub to skip the line.

ARIZONA DINING

PARK DISTRICT LOCATIONS (GLOBAL CENTER)

***Located between Park Ave. & Tyndall Ave.**

GLOBAL MARKET

Choose from house-made grab & go sandwiches, salads, snacks, and 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 @ GLOBAL

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.

Shrimp Taco Plate at Más Tacos

Pork Potstickers at Sichuan Kitchen

Fruit Infused Water at Nrich Express

Taiwanese Beef Noodle Soup at Sichuan Kitchen

Açaí Bowl at Core Plus

Vegetable Korma at Saffron Bites @ Global

ARIZONA DINING

NORTH DISTRICT LOCATIONS

***Located north of Speedway Blvd.**

'85 NORTH

Enjoy all-you-care-to-eat dining in the Honors 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 north of Speedway Blvd. across from the Health Sciences Center, choose from a variety of coffee drinks, breakfast and lunch sandwiches, salads, smoothies,

and grab & 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.

ARIZONA DINING

NORTH DISTRICT LOCATIONS

***Located north of Speedway Blvd**

IKE'S COFFEE & MARKETPLACE

Enjoy an extension of the long-standing Ike's Coffee and Tea based in 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.

ARIZONA DINING

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

BREAKDOWN

Visit page for more info

union.arizona.edu/mealplan

MEAL PLAN

ANNUAL COST

- Total meal plan cost per year.

SWIPES PER WEEK

- Swipe Meal Plans offer a certain number of swipes for

each week.

- Swipes can be used for entrance to all-you-care to-eat locations including '85 North, Cactus Grill, and Radicchio.
- Swipes can also be used at all other dining locations at avalue of $10 per swipe.

BREAKDOWN

DINING DOLLARS

- Dining Dollars work just like a debit card, deducting the amount of a purchase from the student's Dining Dollar balance.
- Dining Dollars can also be used for any vending on campus.

GUEST MEALS

- Guest Meals are a set number of swipes included for family and friends to dine with the swipe plan holder on campus.

CATCA$H

- CatCa$h works like a debit card specifically for non-food purchases on-campus.
- CatCa$h is the only way to pay for laundry in the dorms.
- Select retailers off-campus also accept CatCa$h as a form of payment.

- Combo usage of Swipe, Dining Dollars, and/or CatCa$h available at all dining locations.

MEAL PLANS

SWIPE PLAN

Visit page for more info

union.arizona.edu/mealplans

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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THE UNIVERSITY OF ARIZONA
ARIZONA DINING
Meal Plans

SABINO	
ANNUAL COST	$6510
SWIPES PER WEEK	18
DINING DOLLAR$ *(included)*	$500
CAT CA$H VALUE *(included - laundry)*	$250
GUEST MEALS *(annual)*	15

CATALINA	
ANNUAL COST	$5480
SWIPES PER WEEK	14
DINING DOLLAR$ *(included)*	$750
CAT CA$H VALUE *(included - laundry)*	$250
GUEST MEALS *(annual)*	15

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

SANTA RITA

ANNUAL COST
$5090

SWIPES PER WEEK
12

DINING DOLLAR$
(included)
$1000

CAT CA$H VALUE
(included - laundry)
$250

GUEST MEALS
(annual)
10

RINCON

ANNUAL COST
$3880

SWIPES PER WEEK
9

DINING DOLLAR$
(included)
$750

CAT CA$H VALUE
(included - laundry)
$250

GUEST MEALS
(annual)
10

MEAL PLANS

SWIPE PLAN MONTHLY SWIPES

Visit page for more info

NUMBER OF SWIPES

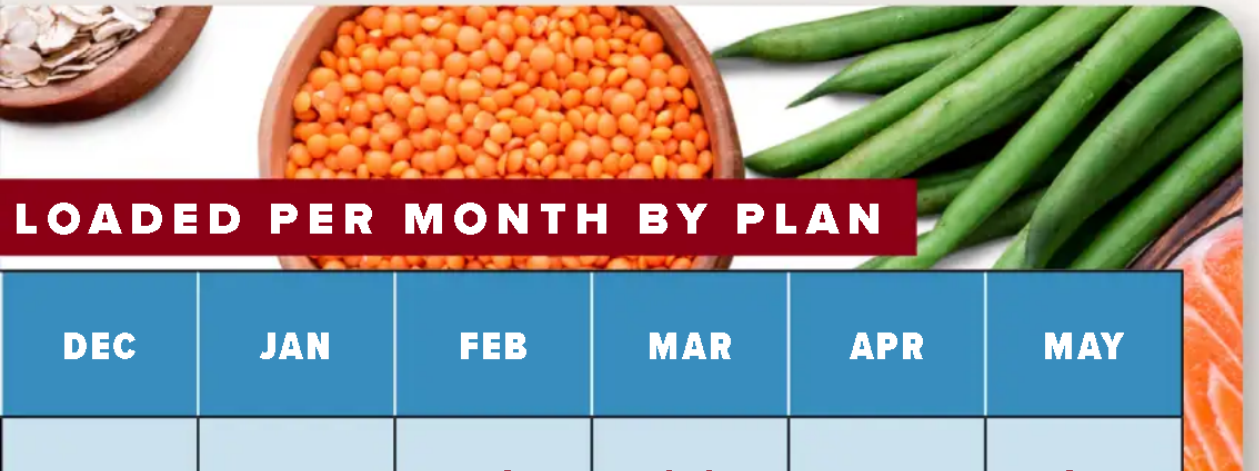
PLAN	AUG	SEPT	OCT	NOV
SABINO	26	77	80	77

union.arizona.edu/mealplans

CATALINA	20	60	62	60
SANTA RITA	17	51	53	51
RINCON	13	39	40	39

SWIPE P

MONTH	AUG	SEPT	OCT	NOV
FIRST ACTIVE DATE	8/16			
LAST ACTIVE DATE				



LOADED PER MONTH BY PLAN

DEC	JAN	FEB	MAR	APR	MAY

41	54	72	80	77	31
32	42	56	62	60	24
27	36	48	53	51	21
21	27	36	40	39	15

LAN ACTIVE DATES

DEC	JAN	FEB	MAR	APR	MAY
	1/9				
12/16					5/12

MEAL PLANS

DEBIT PLAN

Visit page for more info

union.arizona.edu/mealplans

GOLD	SILVER	COPPER
ANNUAL COST/ DINING DOLLARS	ANNUAL COST/ DINING DOLLARS	ANNUAL COST/ DINING DOLLARS
$4,950	$3,550	$2,150
DISCOUNT AT CASHIER	DISCOUNT AT CASHIER	DISCOUNT AT CASHIER
7% OFF	5% OFF	3% OFF

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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THE UNIVERSITY OF ARIZONA
ARIZONA DINING
Meal Plans

'85 North Salad Bar

On Deck Deli Veggie Sandwich

Coffee at The Scoop

Cactus Grill Balanced Plate

Yogurt Bar at Arizona Market

Tacos at Core Plus

MEAL PLANS

HONORS PLAN

FLEXIBLE USE

- "Swipe exchange" value of $10 at all retail locations

HONORS PLAN

Visit page for more info

union.arizona.edu/mealplans

- 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

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THE UNIVERSITY OF ARIZONA
ARIZONA DINING
Meal Plans

PRICKLY PEAR

ANNUAL COST	$2100
SWIPES PER WEEK	5
DINING DOLLAR$ *(included)*	$250
CAT CA$H VALUE *(included - laundry)*	$250
GUEST MEALS *(annual)*	5

YUCCA

SAGUARO

ANNUAL COST
$6510

SWIPES PER WEEK
18

DINING DOLLAR$
(included)
$500

CAT CA$H VALUE
(included - laundry)
$250

GUEST MEALS
(annual)
15

ANNUAL COST
$5480

SWIPES PER WEEK
14

DINING DOLLAR$
(included)
$750

CAT CA$H VALUE
(included - laundry)
$250

GUEST MEALS
(annual)
15

OCOTILLO

ANNUAL COST
$5090

SWIPES PER WEEK
12

DINING DOLLAR$
(included)
$1,000

CAT CA$H VALUE
(included - laundry)
$250

GUEST MEALS
(annual)
10

AGAVE

ANNUAL COST
$3880

SWIPES PER WEEK
9

DINING DOLLAR$
(included)
$750

CAT CA$H VALUE
(included - laundry)
$250

GUEST MEALS
(annual)
10

MEAL PLANS

HONORS PLAN SWIPES 101

Visit page for more info

union.arizona.edu/mealplans

SWIPES ARE LOADED MONTHLY

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

UNUSE EXPIRE

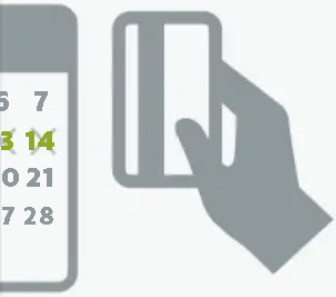
Swipes expir the month o are active.

WONDERING HOW MANY SWIPES YOU HAVE? Check online at

520.621.7043 | 800.374.7379 | @UAZUNIONS

VILLAGE PLANS

D SWIPES MONTHLY



e the last day of
r the last day they

NUMBER OF SWIPES

PLAN SWIPES						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18			

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.

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THE UNIVERSITY OF ARIZONA
ARIZONA DINING
Meal Plans

MEAL PLANS

HONORS PLAN MONTHLY SWIPES

Visit page for more info

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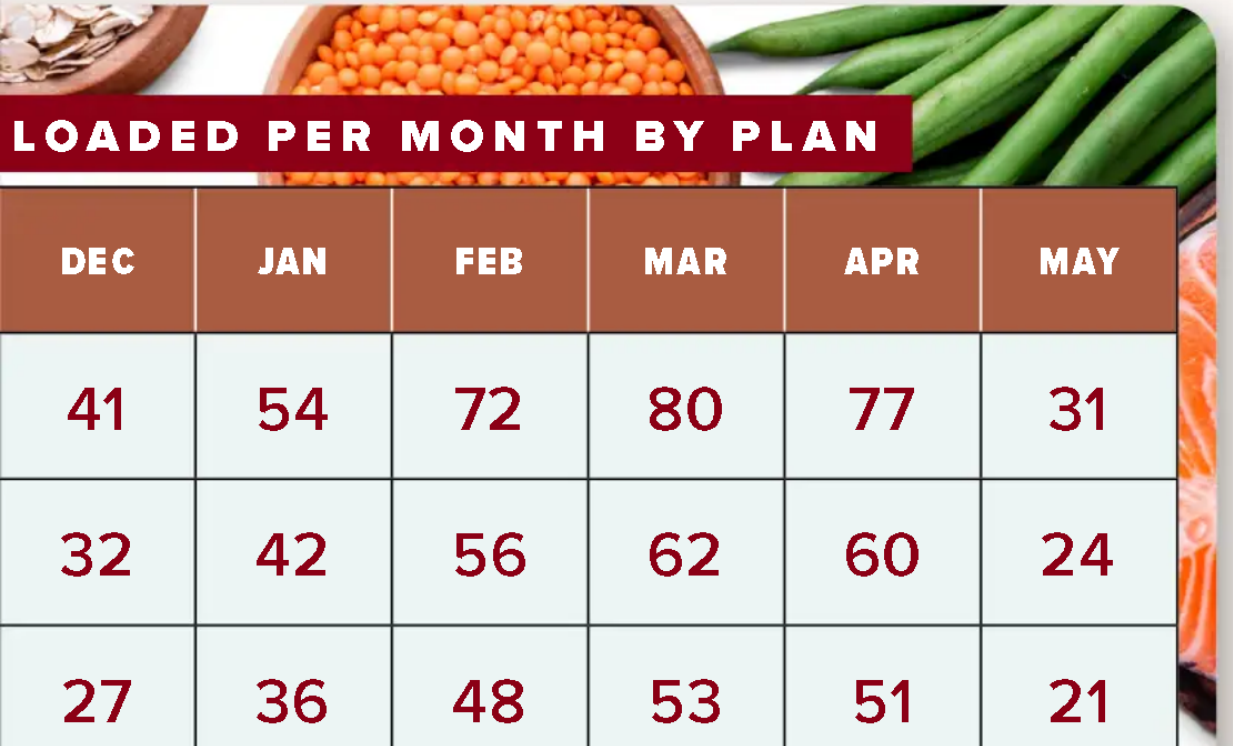
NUMBER OF SWIPES

PLAN	AUG	SEPT	OCT	NOV
YUCCA	26	77	80	77
SAGUARO	20	60	62	60
OCOTILLO	17	51	53	51
AGAVE	13	39	40	39
PRICKLY PEAR	7	21	22	21

SWIPE P

MONTH	AUG	SEPT	OCT	NOV
FIRST ACTIVE DATE	8/16			
LAST ACTIVE DATE				



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DEC	JAN	FEB	MAR	APR	MAY
41	54	72	80	77	31
32	42	56	62	60	24
27	36	48	53	51	21
21	27	36	40	39	15
11	15	20	22	21	9

LAN ACTIVE DATES

DEC	JAN	FEB	MAR	APR	MAY
	1/9				
12/16					5/12

ARIZONA DINING
NUTRITION

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 nine-point nutrition 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 is a list of healthier options compiled by our nutrition team. Visit *nutrition.union.arizona.edu* for more information.

'85 NORTH

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

ARIZONA MARKET

- Red & Blue product line including salads, wraps, sandwiches, vegetables

CACTUS GRILL

ALL YOU CARE TO EAT KITCHEN

- Steamed vegetables and rice
- Extensive salad bar with lean meats, vegetables, and vinaigrettes
- Wok station with variety of vegetables and lean protein options
- Carving station

core

food your body loves

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

with hummus or peanut butter, and yogurt parfaits

- Salad bar with vegetables, lean meats, edamame, seeds, and vinaigrettes
- Yogurt bar with fresh and dried fruits, granola, seeds, and nuts
- Fresh fruit and produce
- Sushi made fresh daily

- Build-your-own brown rice bowl, salad, or stir fry with fresh vegetables, lean meats, or tofu
- Açai bowls
- Customizable smoothies

- Red & Blue product line including salads, wraps, sandwiches, vegetables with hummus or peanut butter, and yogurt parfaits
- Fresh fruit and produce
- Sushi made fresh daily

- Whole grain bread and bagels
- Build-your-own salads
- Lean meats
- Vegetables
- Avocado
- Grab & go fruit

- Kale or spinach salads
- Breakfast bowls with vegetables
- Whole wheat or lettuce leave wraps
- Açai bowls
- Customizable smoothies

- Plant-based hot line
- Extensive salad bar with fruits, vegetables, beans, and vinaigrettes
- Action station
- Carving station
- Freshly made oat milk

- Mushroom, shrimp, or chicken tacos with house-made corn tortillas
- Cilantro salad with the addition of proteins
- Freshly made salsas

- Salads, tacos, burritos, or bowls with whole beans or lean meats
- Tomatillo brown rice
- Black or pinto beans

- Fresh pressed juices, and infused waters, Freshly brewed teas and botanicals
- Freshly ground nut butters
- Grab & go salads, sandwiches, reheatables, and snacks
- Fresh produce, overnight oats,
- Quinoa and brown rice sushi made fresh daily
- Freshly made plant-based milk of the month

- Find a refreshing tea for every palate with our delicious selection of teas from all around the world.
- Variety of milk alternatives available

ARIZONA DINING

NUTRITION

Allergen Friendly

Have food allergies, intolerances, or celiac disease? Ever wonder what a nutrition expert would suggest when dining on campus? Here is a list of allergen friendly options compiled by our nutrition team. Visit *nutrition.union.arizona.edu* for more information.

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

'85 NORTH

- Gluten-free buns, breads, wraps, and pasta
- Veg-centric station with brown rice and steamed vegetables
- Extensive salad bar with lean meats, fruits, vegetables, and vinaigrettes
- Carving station

CACTUS GRILL
ALL YOU CARE TO EAT KITCHEN

- Steamed vegetables and rice
- Extensive salad bar with lean meats, fruits, vegetables, and beans
- Wok station with brown rice and a variety of vegetables and proteins options

core

- Tofu scrambles and plant-based egg options
- Dairy-free sorbet

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

- Red & Blue product line including salads, gluten-free options including sandwiches, soy nut butter & jelly sandwich, vegetables with hummus
- Steamed vegetables, oatmeal, brown rice, lean meats fresh fruit and produce
- Salad and yogurt bar
- Plant-based yogurts

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

- Red & Blue product line including salads, gluten-free options including sandwiches, soy nut butter & jelly sandwich, vegetables with hummus
- Fresh fruit and produce
- Plant-based yogurts
- Gluten-free breads and wraps at the grill

- Gluten-free bread and bagels with dedicated gluten-free toaster and deli case
- Lean meats
- Vegetables
- Grab & go fruit
- Hummus spread
- Grain and vegetable side salads

- Smoothies with fruits, vegetables, and pea protein
- Soy and almond milk available
- Salads with dressing on the side or lettuce wrap option
- Açai bowls with pea protein

- Plant-based hot line, salad bar, and action station
- Made without gluten options readily available
- Ingredients do not contain peanuts or tree nuts
- Freshly made oat milk

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

NRICH urban market

- Fresh pressed juices,infused waters freshly brewed teas and botanicals
- Grab & go salads and snacks
- Fresh produce
- Dairy-free sorbet
- Freshly made plant-based milk of the month
- Plant-based yogurts
- Gluten-free case

A Shamrock Farms Creamery

- Coffee drinks with soy milk, oat milk, and almond milk options
- Sorbet and non-dairy treats
- Nitro coffee and botanicals

Additional Information

- Nutrition Calculator website to view ingredients and top nine allergens
- Registered Dietitian is Master Trainer for Food Allergen & Celiac
- One of twelve universities to participate in FARE Pilot

ARIZONA DINING

NUTRITION

Vegetarian Options

Looking for vegetarian or vegan options on campus? Ever wonder what a nutrition expert would suggest? Here is a list of vegetarian options compiled by our nutrition team. Visit *nutrition.union.arizona.edu* for more information.

'85 NORTH

- Extensive salad bar with edamame, tofu, fruits, vegetables, and vinaigrettes
- Plant-based egg option for made-to-order omelets or tofu scrambles
- Veg-centric station with brown rice and steamed vegetables

core food your body loves

- Build-your-own salad with a variety of vegetables, fruits, beans, tofu, salad greens, nuts or seeds, vinaigrettes
- Build-your-own brown rice or cauliflower rice bowl with vegetables, tofu, and beans

- Soy milk available

ARIZONA MARKET

- Salad bar with vegetables, edamame, seeds, and vinaigrettes
- Yogurt bar with fresh and dried fruits, granola, seeds, and nuts
- Grab & go fresh produce
- Plant-based yogurts
- Steamed vegetables and brown rice

CACTUS GRILL
ALL YOU CARE TO EAT KITCHEN

- Steamed vegetables and rice
- Extensive salad bar with a variety of vegetables, fruits, beans, and vinaigrettes
- Wok station with a variety of vegetable options and tofu

core+
food your body loves

- Build-your-own quesadilla, noodle bowl, brown rice bowl, or salad with fresh vegetables, beans, or tofu
- Dairy-free cheese

IQ fresh

- Smoothies with fruits, vegetables, pea protein, or whey protein
- Acai bowls with pea protein or whey protein
- Spinach salad
- Vegetarian wraps

más TACOS

- Cilantro salad
- Mushroom tacos on house-made corn tortillas
- Freshly made salsas

NRICH
URBAN MARKET

- Fresh pressed juices
- Infused waters
- Freshly ground nut butters
- Grab & go salads, sandwiches, reheatables, and snacks
- Quinoa and brown rice sushi made fresh daily
- Plant-based yogurts and milks
- Fresh produce

radicchio
PLANT-FORWARD EATING

- Plant-based hotline
- Plant-based carving station
- Extensive salad bar with vegetables, fruits, beans, and tofu
- Action station with flatbreads and soups

Saffron bites

- Authentic Indian dishes including chana masala, saag, naan, and basmati rice

the SCOOP
A Shamrock Farms Creamery

- Coffee drinks with soy milk, oat milk, and almond milk options
- Sorbet and non-dairy treats

ON DECK DELI

- Build-your-own salads
- Vegetable and grain salads
- Whole grain bread and bagels
- Vegetables
- Avocado
- Grab & go fruit
- Vegetable based soups
- Hummus spread

- Nitro coffee and botanicals

ARIZONA DINING

NUTRITION PROGRAMMING

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.

Eat Like A CHAMP
Food Choices for Winning Performance

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

plantED

ARIZONA DINING
NUTRITION CALCULATOR

THE UNIVERSITY OF ARIZONA
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.

- V Vegetarian
- VG Vegan
- G Made Without Gluten
- M Allergy: Milk
- E Allergy: Egg
- PN Allergy: Peanut
- TN Allergy: Treenut
- M Allergy: Fish
- SF Allergy: Shellfish
- S Allergy: Soy
- W Allergy: Wheat
- SE Allergy: Sesame

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 $5 known as Well$pent.

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.

HealthierHabits H²

W$ *WellSpent is another icon that identifies food options that are healthier choices and less than $5 to purchase*

ARIZONA DINING
NUTRITION CALCULATOR

Wondering about nutrition information, ingredients, and ways to quickly identify healthier options?

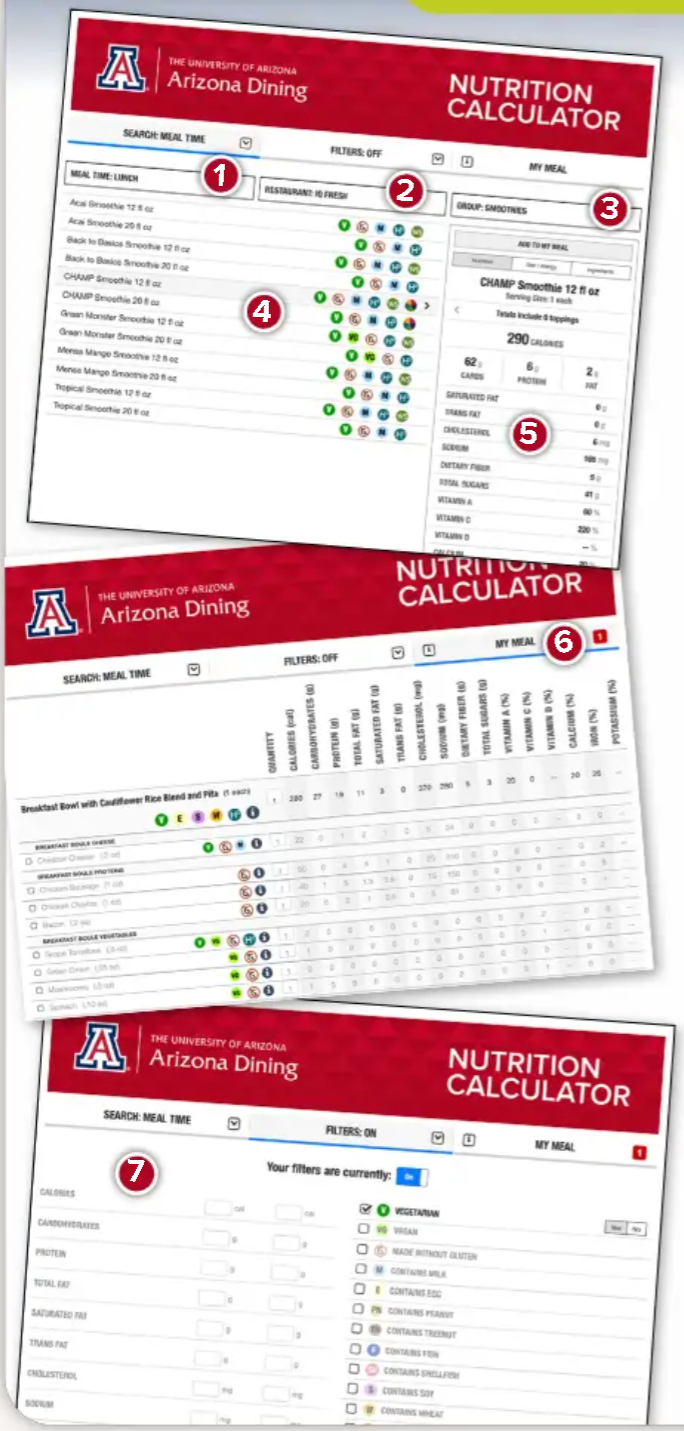
nutrition.union.arizona.edu/nutrition-calculator

Visit page to access our web-based Nutrition Calculator and mobile app

CHOOSE YOUR

FOODS WELL

nutrition.union.arizona.edu



Wondering about nutrition information, ingredients and ways to quickly identify healthier options?

Visit nutrition.union.arizona.edu to access our web-based Nutrition Calculator and mobile app.

How it works:

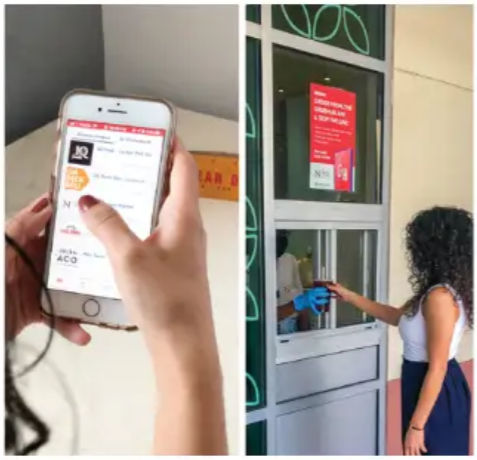
1. Select your meal — *breakfast, lunch, or dinner*
2. Select your dining location
3. Select the type of food or food group
4. Select a food
5. View nutrition facts and icons
6. Add it to your meal to determine nutrition information for an entire meal instead of one food or to add custom options

Want to narrow it down?

7. Select the Filters tab to help quickly filter based on your nutrient needs.
   You can filter based on a certain nutrient such as fat, carbohydrate, vegetarian, allergens, or healthier options

ARIZONA DINING

TECHNOLOGY



GRUBHUB PICK UP WINDOWS

Grubhub allows you to order ahead and skip the link for pick up, or at some locations, delivery

✦ ✦ ✦

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

SMART LOCKERS

Order Sabor, Mas Tacos, On Deck Deli, IQ Fresh, Scented Leaf, or Sichuan Kitchen and pickup from our smart lockers.

✦ ✦ ✦

Load the app on your phone by searching for Grubhub.

GRUBHUB ROVERS

Have your Grubhub order delivered by our new rovers. Delivering Einstein Bros. Bagels, IQ Fresh, On Deck Deli, Sabor and more!

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.

ON TRACK CART

Stay On Track with healthier options to brought to you whether studying or socializing on campus

ON TRACK TRIKE

Choose smart nutrition beverages or food from the traveling Trike

ARIZONA DINING

DINING & NUTRITION AWARDS

★ ★ ★

2022

BRONZE AWARD FOR RESIDENTIAL DINING SPECIAL EVENT FOR '85 NORTH

NACUFS
NATIONAL ASSOCIATION OF COLLEGE & UNIVERSITY FOOD SERVICES
The Resource for Campus Dining Professionals

★ ★ ★

2022

BRONZE AWARD FOR BEST RETAIL CONCEPT FOR ARIZONA MARKET

NACUFS
NATIONAL ASSOCIATION OF COLLEGE & UNIVERSITY FOOD SERVICES
The Resource for Campus Dining Professionals

★ ★ ★

2021

OUTSTANDING DIETITIAN OF THE YEAR

ARIZONA ACADEMY OF NUTRITION & DIETETICS

★ ★ ★

2020

BRONZE AWARD FOR BEST RESIDENTIAL DINING FACILITIE FOR '85 NORTH

NACUFS® NATIONAL ASSOCIATION OF COLLEGE & UNIVERSITY FOOD SERVICES
The Resource for Campus Dining Professionals

★ ★ ★

2020

BEST OVERALL FOOD ALLERGY PROGRAM FOR UNIVERSITIES

AllerTrain™

ARIZONA DINING

DINING & NUTRITION AWARDS

★ ★ ★

2019

#5 BEST DINING HALLS FOR PEOPLE WITH ALLERGIES

Best Colleges

★ ★ ★

2018

GOLD AWARD FOR MOST INNOVATIVE WELLNESS & NUTRITION PROGRAM FOR PLANTED

NACUFS
NATIONAL ASSOCIATION OF COLLEGE & UNIVERSITY FOOD SERVICES

★ ★ ★

2018

HEALTHIER FUTURE AWARD FOR COMPLETION OF ALL 23 HEALTH COMPETECIES

PARTNERSHIP FOR A HEALTHIER AMERICA

★ ★ ★

2017

SILVER AWARD FOR BEST RETAIL CONCEPT FOR NRICH URBAN MARKET

NACUFS
NATIONAL ASSOCIATION OF COLLEGE & UNIVERSITY FOOD SERVICES
The Resource for Campus Dining Professionals

★ ★ ★

2015

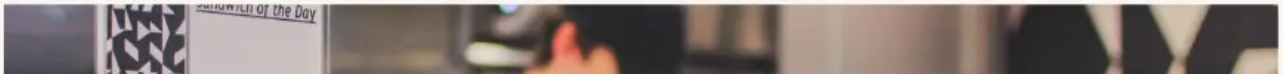
FARE UNIVERSITY PILOT AWARDED AS 1 OF 12

UNIVERSITIES TO PARTICIPATE

FARE
Food Allergy Research & Education

ARIZONA DINING

DINING STUDENT EMPLOYMENT



ARIZONA DINING

DINING STUDENT EMPLOYMENT

ARIZONA DINING IS HIRING!

✦ ✦ ✦

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

union.arizona.edu/
employment

ARIZONA DINING

CONTACTS & INFORMATION

MEAL PLANS OFFICE

520-621-7043
800-374-7379

union.arizona.edu/mealplans

NUTRITION WEBSITE

nutrition.union.arizona.edu

DINING SERVICES

520-621-7038

union.arizona.edu/dining

DINING LOCATION HOURS OF OPERATION

union.arizona.edu/infodesk/hours

STUDENT UNION INFORMATION DESK:
(520) 621-7755

ARIZONA DINING

HOURS & LOCATIONS QUICK GUIDE

Visit page for a location's current hours

union.arizona.edu/infodesk/hours

HISTORIC DISTRICT

- Arizona Market
- Cactus Grill
- Chick-fil-A
- Core
- Einstein Bros. Bagels
- IQ Fresh
- Nrich Urban Market
- On Deck Deli
- Panda Express
- Papa John's Pizza
- Radicchio
- Sabor Mexican Fare
- Saffron Bites @ SUMC
- Starbucks @ the BookStore
- Sushi with Gusto

Sushi with Gusto

The Scoop

HIGHLAND DISTRICT

Highland Market & Grill

Red & Blue Market

Shake Smart @ Campus Rec

Slot Canyon Café

Starbucks @ the Library

ARIZONA DINING

HOURS & LOCATIONS QUICK GUIDE

Visit page for a location's current hours

union.arizona.edu/infodesk/hours

PARK DISTRICT

Bánh Mì @ the Road Runner

Core Plus

Global Market

Mas Tacos

Nrich Urban Market Express

Saffron Bites @ Global

Sichuan Kitchen

Starbucks @ Global

The Den

NORTH DISTRICT

'85 North

Catalyst Café

Ike's Coffee & Marketplace

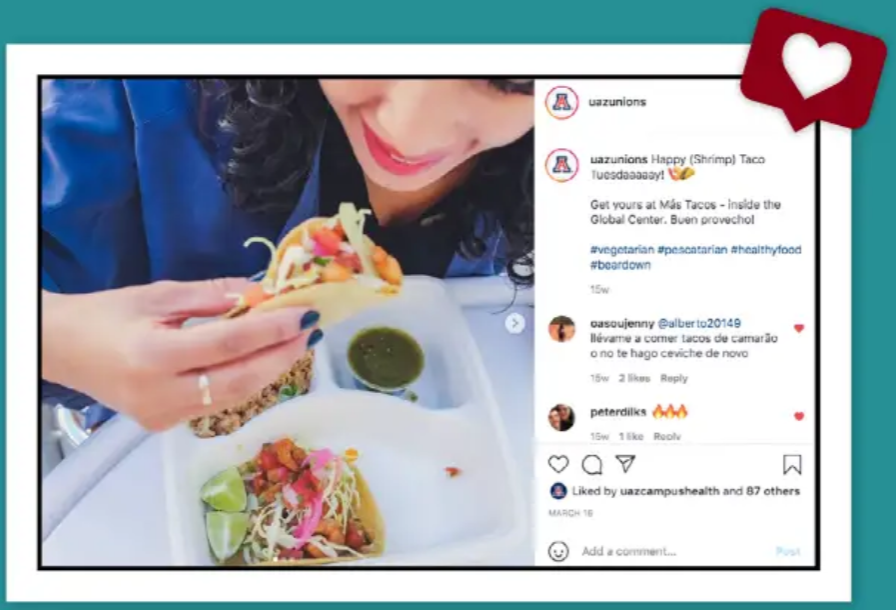
Shake Smart @ North Rec

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!

announcements, and more!



THE UNIVERSITY OF ARIZONA
Arizona Dining