Where can I find food that’s good for me at the Student Union?

Searching for nutritious foods among the Student Union’s many restaurants may seem like a challenge, but you’ll get off to a good start with this quick guide to some of the best bets for healthy, delicious meals.

**Cactus Grill**
- Sushi
- Garden omelet or egg white omelet with added vegetables and lean meats like chicken or ham for extra protein
- Noodle bowl: Choose rice noodles with extra vegetables and lean protein choices like shrimp, tofu or chicken. Limit additional sauces and oils.
- Fruit bar: Any
- Salad bar: Choose any variety of fresh vegetables, fruit and added protein including beans, edamame, egg, quinoa or a small portion of nuts or seeds
- Broth-based soups
- Steamed vegetables with baked chicken or fish

**Core & Core Plus (Park Student Union)**
- Salad Option: Fill your bowl with any variety of fresh vegetables, beans (including bean salad or edamame), proteins like sautéed shrimp, marinated tofu, chicken or hardboiled egg, and a drizzle of oil and vinegar dressing
- Sides: Fruit cup, any fresh vegetables, celery with peanut butter
- Core Plus only: Build your own grilled fajitas, noodle bowl, or salad with addition of any fresh vegetables, lean meats or tofu. Limit additional sauces and oils.

**IQ Fresh**
- Build your own breakfast bowl with added vegetables
- Kale or spinach salads (listed as Naked Wraps on menu) or Garden of Eden lettuce wrap
- Smoothies: 12 ounce sized CHAMP, Monster or Back to Basics varieties, or build your own using the following ingredients: any fruit or vegetable, flaxseed, soy milk or vanilla yogurt
- Fruit Whips

**On Deck Deli**
- Multigrain, marble rye or whole wheat sandwich bread or bagel
- Lean meats including roasted turkey or chicken
- Any variety of vegetables and avocado
- Grab n’ Go fruit

**Bear Down Kitchen**
- Steel cut oatmeal, fresh fruit, yogurt, turkey sausage or veggie egg white omelet
- Salad bar, steamed vegetables, baked lean proteins, pizza on whole grain crust, whole grain pasta

**U-Mart**
- Red & Blue Line: Salads, wraps, sandwiches, vegetables with hummus or peanut butter, any variety of fruit, yogurt parfaits