

healthy choice



Making the campus community healthier...

Healthy choice options for all food service locations at the University of Louisville.

Garden Toss

Create Your Own Salad
Mediterranean Tuna Salad
Chicken Greek Salad
Flat Bread Cracker
Light and Fat Free Dressings

Tsunami Sushi

Vegetarian Rolls
Assorted Raw & Cooked Sushi

Smart Market

Yogurt/Fruit Parfaits
Whole Fruit
Fruit Cup
Garden Salad
Chef Salad
Chicken Caesar
Caesar Salad
99% Fat Free Deli Meats
Assorted Naked Juice

Global Market

Create Your Own Pasta
Create Your Own Burrito
Create Your Own Omelets*
Egg Beaters
Turkey Sausage
*egg whites option

Tulip Tree

Asian Chicken Wrap
Chicken Caesar Wrap
Vegetable Hummus Wrap
Mozzarella and Tomato on Ciabatta
Chicken Caesar Wrap
Chefs Salad
Caesar Salad
Garden Salad
Yogurt Parfait
Tsunami Sushi
Chicken Salad Sandwich
Tuna Salad Sandwich
Carrots and Celery
Fruit Cup

Quick Zone

Power Bar/Performance Bar
Clif Bar/Organic Bar
Balance Bar
Assorted Naked Juice
Sobe Life Water
V8 Vegetable Juice
Fat Free & 2% Milk (pints)
Lean Cuisine Frozen Meals
Tsunami Sushi
Quaker Oatmeal
Whole Grain Cereal
Yogurt/Fruit Parfaits
Garden Salad*
Chef Salad*
Chicken Caesar*
*fat free dressings available

Sub Hub

Wheat Bread Option
Tortilla Wrap Option (Assorted)
Light Dressing Option
99% Fat Free Meats
Veggie Sub

Chick-fil-a

Chargrilled Chicken Sandwich
Fruit Cup
Chargrilled Chicken+
Caesar Chicken+
Spicy Chicken+
Chargrilled Chicken Salad*
+multi-grain wraps
*light/fat free dressing

Mein Bowl

Chef's Signature Tofu
California Vegetable Medley
Zucchini Stir Fry
Yokisoba Noodles
Veggie Fried Rice

Café a la Cart

Yogurt Parfait
99% Fat Free Deli Meats
Fruit Cup
Fat Free & 2% Milk (pints)
Tsunami Sushi
Carrots and Celery
Whole Fruit

Subway

Ham*
Turkey Breast*
Sweet Onion Chicken Teriyaki*
Roast Beef*
Subway Club*
Oven Roasted Chicken Breast*
Turkey Breast*
Make Your Own Salad
* six grams or less fat

Wendy's

Grilled Chicken Go Wrap
Mandarin Chicken Salad
Chicken Caesar Salad
Southwest Taco Salad
Mandarin Orange Cup
Caesar Side
Garden Side

Halftime Grill

Breakfast
Made to Order Omelets
Whole Grain Cereal
Whole Grain Breads
Low Fat Muffins
Fat Free & 2% Milk
Orange Juice
Whole Fruit
Fresh Cut Fruit
Oatmeal*
Yogurt
Fat Free Cream Cheese
Sugar Free Maple Syrup
Nutri-Grain Cereal Bars
Egg Beaters
*with almonds, walnuts, or granola

Lunch

Grilled Chicken Sandwich
Vegetarian Quesadillas
Roasted Veggie Wrap
Full Salad Bar
Fat Free & 2% Milk
Vegetarian Entrée Daily
Chef's Veggie Choice

Jazzman's

Strawberry Smoothie
Wild Berry Smoothie
Banana Smoothie
Jazzman's Salad
Roasted Chicken Caesar Salad
Spinach Salad
Low Fat Muffins
Tomato and Mozzarella Panini
Roasted Veggie Wrap
Fruit Parfaits
Assorted Naked Juice

Freshens

Fruit Juice Smoothies
Caribbean Craze
Strawberry Shooter
Peach Sunset
Berry Breeze
Maui Mango
Pineapple Paradise
Orange Juice Smoothies
Mystic Mango
OJ Sunrise
Yogurt Smoothies
Yogurt Smoothies
Jamaican Jammer
Strawberry Squeeze
All That Razz
Peachy Pineapple
Acai Energy Smoothie
Acai Energy
Low Calories Smoothies
Strawberry Oasis
Strawberry Sunrise
Mango Beach
Orange Passion
MET-Rx Lifestyle Boosters
Focus
Sports Performance
MET-Rx Protein
Green Tea
Superfoods