

Campus Center Bldg. 97

Carl's Jr.

- Carl's Jr. uses zero trans fat oil
- All burgers and sandwiches can be ordered meatless, without dressings/condiments, and wrapped in lettuce
- Salads and low-fat balsamic dressing

Vegetarian:

- Veg It Guacamole Six Dollar Burger
- Veg It Grilled Cheese Sandwich
- Fried Zucchini
- Side Salad

Gluten Sensitive:

- Low Carb Famous Star with Cheese
- Low Carb Six Dollar Burger
- Low Carb Guacamole Bacon Six Dollar Burger
- Double Low Carb Guacamole Bacon Burger
- Low Carb Guacamole Bacon Burger

Low Calories (These products contain 430 or fewer calories):

- Charbroiled BBQ Chicken Sandwich
- Low Carb Charbroiled BBQ Chicken Sandwich
- Trim It Famous Star
- Original Grilled Chicken Salad (order low-fat balsamic dressing)

Taco Bell Express

- Tacos and burritos can be ordered without cheese & sour cream
- Beans can be substituted for meat in tacos
- Beans and/or rice can be used instead of meat in taco salads

Panda Express

- Entrees and sides contain zero grams of trans fat per serving
- No MSG
- Only 100% pure soybean oil is used in preparation
- Mixed vegetables and rice

Fresh Escape

- A variety of vegetables, fruit, and grains can be mixed together to create a personal salad
- Several low fat or non-fat dressing options
- Baked Potato Bar: 14% of daily fiber intake, 30% of daily vitamin intake, 12% of daily carb intake, 610 milligrams of potassium vs. 422 milligrams found in a banana
- Yogurt

Jamba Juice

Jamba Juice Express is located at Campus Center - Bldg. 97
Full-service Jamba Juice is located at The BRIC - Bldg. 42

- 2.5–3.5 servings of fruit in each drink
- Low in sodium and saturated fat
- Whole fruits and juices blended with nonfat yogurt or sherbet
- Classic smoothies are 280-310 calories
- All fruit smoothies are dairy-free, soy-free, and 190-220 calories

Bronco Commons Bldg. 52

The Den by Denny's

- Veggie Fajita Breakfast Burrito
- Veggie Mash Up Burrito and Veggie Mash Up Burger
- Pecan Cranberry Chicken Salad
- Southwestern Chicken Salad
- Yogurt parfait
- Fruit salad

Los Olivos Bldg. 70

Healthy Stations:

- Vegan station featuring curried tofu, dhal, and more
- Gluten-free station
- Mongolian Grill: you can create your own healthy stir fry bowl
- Made-to-order deli
- Two produce bars with an array of vegetables
- Yogurt/parfait bar
- Vegetarian options are available at all stations—just ask server



More Dining Options:

- Meatless Mondays
- Vegetarian and flatbread pizza
- Fat-free frozen yogurt
- Light and gluten-free salad dressings
- You can customize your entrée at the Taqueria
- Every menu includes full nutritional and allergen information

Wellness Center:

- Los Olivos' Wellness Center offers resources for healthy dining and has two touchscreen kiosks with nutritional information
- You can view weekly menus for Los Olivos and create your own menus with complete nutritional analysis at the Wellness Center or by going to CPPDINING.COM/LO/MENU.ASPX

Innovation Brew Works @ CTTi

Gluten Free:

- All pizzas can be made with gluten-free bread

Vegetarian:

- Pesto Mushroom Pizza
- Margherita Pizza
- California Pizza
- The Vegetarian Pizza
- All Gourmet Salads
- Toasted Egg and Cheese Breakfast Sandwich

More:

Customers can craft their own pizza or alter their sandwiches by adding any of our many ingredients. Guests can choose their own sauce, meat, cheese, and veggies. Here are all the veggies available to add:

- | | | |
|--------------------|----------------|-------------|
| • Artichoke Hearts | • Green Pepper | • Pineapple |
| • Avocado | • Jalapeño | • Red Onion |
| • Basil | • Mushroom | • Spinach |
| • Garlic | • Olives | • Tomatoes |
| | | • Zucchini |

www.iBrewWorks.com

Foundation Dining Services Nutritional Food Options



 **Vegan**

 **Gluten-Free**

 **Balanced**

 **Vegetarian**

This brochure is to help you find the healthier dining options on campus. With an array of balanced, vegetarian, vegan, and gluten-free food items available, healthy eating is easy to do.



CPPDINING.COM
909.869.6928

Cal Poly Pomona Foundation Dining Services gives you lots of choices when dining on campus. Whether you choose a vegan, vegetarian, gluten-free, or balanced diet, we've got you covered with our many tasty options.

With 25 venues, your selections are wide-ranging: everything from grab-and-go to an all-you-care-to-eat dining room. To assist you with making the best selection, icons representing specialty diet options are prominently displayed across all locations, so choosing the best food for you is fast and easy!

Bronco Student Center (BSC) Bldg. 35

Round Table

- Personal skinny vegetarian pizzas are less than 300 calories and less than 3.5 grams of fat
- Vegan salads



Freshens Smoothies

Truvia is in all Freshens smoothies

- Truvia is from the stevia plant.
- Truvia is created by steeping (brewing) the leaves to extract the sweet taste from the plant; the extract has zero calories.

Freshens offers the Acai Energy, which has a base made from Acai berries

- Acai berries have plenty of antioxidants, amino acids, and essential fatty acids that are great for the body.
- Each smoothie contains approximately 150 berries.
- Acai pulp has 10 times more antioxidants than red grapes

The Mangosteen Energy is made with a mangosteen extract syrup

- Mangosteen helps improve the immune system, blood circulation, and high essential healthy nutrients.

Thrive is in all Freshens yogurt

- Thrive has Bifidus Probiotics which help strengthen the immune system
- Thrive has probiotics which provide essential health benefits.

Bronco Bowl

- Rice bowls
- Veggie bowls and soups
- Miso soup
- Tofu
- Assorted sushi



Peet's Coffee & Tea

- Soy milk can be used as a substitute for all milk-based drinks
- Sugar-free dark chocolate syrup can be used for espresso drinks
- There are a variety of bagels which can be a healthy breakfast with jelly spread for vegetarians.

BSC Continued...

Qdoba

- Whole wheat tortillas
- Fresh Pico de Gallo (made daily using fresh ingredients)
- Hand-smashed guacamole (made daily using fresh ingredients)
- Fresh Grilled Fajita veggies (green/red peppers and red onion)
- All salsas, black beans, cheese, sour cream, and guacamole are vegetarian, soy-free, and gluten-free
- Rice is vegetarian and gluten-free

Low Calories:

- Chicken and steak are both 190 calories per serving
- Pulled pork is 160 calories per serving
- Naked grilled chicken/steak taco salad, with corn, black bean salsa, fat-free picante ranch, and Pico de Gallo is 310 calories
- Naked pulled pork taco salad with corn, black bean salsa, fat-free picante ranch, and Pico de Gallo is only 280 calories

Subway

- The combination of fiber, complex, carbohydrates, protein, minerals, and vitamins make Subway's low-fat sandwiches ideal for customers looking to make balanced food choices
- All 6" sandwiches made to standard recipe contain:
 - Fresh vegetables—equal to two servings
 - Subway bread has essential nutrients Vitamin A and C, calcium, iron, and fortified with Vitamin D
 - No artificial trans-fat (partially-hydrogenated oil) in any of the food
- The 9-grain Wheat or Honey Oat bread is a fiber powerhouse and ups the fiber content of 6" sandwiches to 5g or 20% of one's daily fiber needs
- 8 SUBWAY FRESH FIT® 6" sandwiches are low in fat, saturated fat, and cholesterol
- A Subway salad is equal to five servings of vegetables

Poly Trolley

- Fruit bowls
- Yogurt parfait
- Evolution juice

Vegan:

- vegan cheddar
- sourdough bread
- Kettle brand chips

Vegetarian:

- soyrizo breakfast burrito,
- tempura avocado taco
- classic grilled cheese sandwich
- Mediterranean sandwich
- classic quesadilla

Gluten-Free:

- Whole grain gluten-free bread
- Home-cooked chips
- Tater tots
- All cheeses



Convenience Stores

Vista Market

(Located at Bronco Commons - Bldg. 52)

Gluten-Free Products

- All fresh produce
- Tofu (Firm, Extra Firm)
- Daiya cheese products
- FYH Vegenaize
- All Rockview Farms
- Silk Soymilk
- Rice Dream rice milk
- Almond Dream almond milk
- Sambazon juices and sorbet
- Aloe drinks
- Celestial Seasons hot tea
- Gourmantra Indian meal kits
- Ocean Spray Craisins
- Springfield raisins
- Wonderful Pistachios
- Traina California fruit mix
- Jyoti canned and ready-to-eat meals and sauces
- Annie Chun's Seaweed snacks & Maifun Rice Noodles
- Mahatma white rice
- Springfield brown rice
- Tinkyada brown rice pastas
- Francesco Rinaldi pasta sauce
- Prego pasta sauces
- Barney Butter Almond Butter Peanut Butter
- Skippy Roasted Honey Nut
- Udi's Bread
- Bob's Red Mill
- Quaker Rice cakes
- KIND bars and granola pouches
- Kettle brand kettle chips
- **AND MUCH MORE!**

Organic

- Amy's Organic Soups
- Natural Direction
 - Diced peaches
 - Pear slices
 - Unsweetened apple sauce
 - Variety of beans
 - Sweet peas
 - Cut green beans
 - Diced tomatoes
 - Mild vegetarian chili
 - Albacore
- **AND MUCH MORE!**

Healthy Meats

- Ground turkey
- Turkey burgers
- Turkey sausage, franks, bacon
- Soy chorizo
- Farmer John smoked sausage
- Farmer John cured chicken bratwurst

Pony Express

(Located at the CBA - Bldg. 164, CLA - Bldg. 98, and Campus Center - Bldg. 97)

Healthy bars

- That's It: gluten-free, kosher, and vegan
- Cliff Bars: no trans-fat, low sodium, and whole grain
- Kind Bar: gluten and wheat free, dairy free, and low sodium

Healthy breakfast choices

- Kellogg's special K cereal

To-go food

- Pre-made salads
- Vegan noodles, rice, and salads

Healthy drinks

- Hint water: vegan, sugar, and gluten-free, no MSG or preservatives
- Naked Juice in various flavors
- Drinks with Vitamin B and Vitamin C

Convenience Stores Continued...

Poly Fresh Market

(Located at the BSC - Bldg. 35)

Healthy bars

- CLIF Kid Z Bars: kosher/organic
- Luna Bars: kosher/organic
- Promax: gluten-free
- Think Thin Bars
- Lenny & Larry's
- Quest Bars: gluten-free
- Health Warrior Chia Bars

Healthy to-go options

- Pre-made vegetarian salads
- Veggie and cheese plate
- Multigrain sandwiches
- Low sodium pastas
- Gluten-free frozen food
- Safford Road: a Halal product
- Glutenfreeda pizza wraps
- Luvo chicken chile verde and whole grain pilaf
- Fage Total Greek Yogurt

Healthy drinks:

- Califa lemonade, orange juice, almond milk
- Guayaki: a caffeine-free, healthier alternative to coffee
- Dry Soda: gluten-free and caffeine-free
- Honest Ade
- ITO EN Tea
- New Leaf
- Sambazon Acai Drinks
- Synergy drinks: known to help with the immune system



College of Business Administration Bldg. 164

Einstein Bros Bagels

Einstein's Smart Choices under 350 calories and 15g fat:

Bagel Thin Sandwiches:

- Asparagus, mushroom, and swiss bagel thin sandwich
- Southwest turkey sausage bagel thin sandwich
- Buffalo chicken bagel thin sandwich

Other:

- Turkey chili
- Strawberry banana smoothie
- Ultimate blueberry smoothie
- Yogurt parfait
- Fruit salad

University Library Bldg. 15

Starbucks

- Sugar-Free Syrups, Nonfat Milk, and Soy Milk
- Starbucks fruit medley
- Nonfat Greek Yogurt Parfaits
- Vegetarian breakfast sandwiches
- Reduced fat turkey bacon breakfast sandwich
- Oatmeal (steel-cut) with fresh blueberries
- Reduced Fat Very Berry Coffee Cake
- Strawberry or chocolate smoothie with protein and a fresh banana blended in
- Evolution Juice