



Health & Wellness at Arizona State University

Dining on Campus: Fresh, Healthy & Convenient

Health & Wellness at ASU

Finding meals that suit your needs can be intimidating, but here at ASU we do our best to accommodate student needs and provide a variety of dining options for everyone.

This resource will provide information on the following topics:

- Special Diets
- Eating with Allergens FAQ
- Navigating the Dining Halls
- General healthy eating
- Information about M&G Dollars
- Contact information



Eating a Healthy Diet in the ASU Dining Halls

Every dining hall at ASU has healthy options, so eating a balanced diet is a breeze.

Each location contains a salad bar with numerous produce options, a hearty soup station, a fully vegan station called Daily Root, and a home-cooked meal station. Some locations also have specialty stations to give the dining hall additional flair.

Every station in the dining halls focuses on having a protein dish, a carbohydrate dish, and a vegetable dish. Sometimes these are served together as one recipe, while other times as separate dishes. There is always a variety of produce, grains, and proteins at every meal. Each station serves different recipes every day, so you have many options.

Although recipes can rotate, there are key options that remain the same every day for those who enjoy the same items. Each location serves grilled chicken breast, hamburgers, veggie burgers, pizza, and has a deli station for make-your-own sandwiches and wraps. There are also options such as self-serve cereals, toast, bagels, coffee, beverages, pastries, and ice cream available all day.



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Special Diet Definitions

Kosher

The Hebrew word Kosher literally means “fit.” It has come to refer more broadly to anything that is “above board” or “legit.” The laws of kosher define the foods that are fit for consumption for a person of Jewish faith. Certain species of animals (and their eggs and milk) are permitted for consumption, while others are forbidden — notably pork and shellfish

- i. Meat and milk are never combined. Separate utensils are used for each, and a waiting period is observed between eating them.
- ii. Meat must come from animals that are slaughtered in a specific (and painless) manner known as shechitah, and certain parts of the animal (including the blood) must be removed.
- iii. Fruits, vegetables and grains are basically always kosher, but must be insect free. Wine or grape juice, however, must be certified kosher.
- iv. Since even a small trace of a non-kosher substance can render a food not kosher, all processed foods and eating establishments require certification by a reliable rabbi or kashrut supervision agency.

We have two certified Kosher stations at the Tempe campus – under the supervision of Jewish Life Rabbis at ASU. These stations are the Kosher Café at Hassayampa and Chick-In at Tooker House Dining Hall. A certified Rabbi is always present for preparing, cooking and cleaning at both stations.

Flexitarian

A flexitarian diet is one that is more flexible. You may eat vegetarian or vegan the majority of the time; however you might include meat or animal products on other days

We have a wide variety of healthy, wholesome food to meet the needs of everyone that is on a flexitarian diet.

Vegetarian

A vegetarian diet is one where you do not consume any animal flesh but may consume animal products such as dairy and eggs.

You can create Vegetarian meal from many of our stations in all dining halls. If you are avoiding animal product altogether, please dine from our Daily Root Vegan station as that excludes dairy and any animal by-product. Otherwise, you'll find vegetable sides at several stations, you can enjoy the full salad bars, black bean burgers at the grill, and we have vegetarian soup options at our residential dining and select P.O.D. Markets.

Vegan

This style of diet is one where you do not consume any animal meat, fish, or product. A person who is vegan also does not consume any animal byproduct (ie, honey, gelatin, etc). Veganism is solely a plant-based diet.

All eight dining halls at all ASU campuses have a Daily Root station. This station is exclusively vegan and incorporates a hearty entrée and side for breakfast, lunch and dinner.

Halal

Halal foods are foods that are permitted and encouraged by the Qur'an. Two aspects that typically affect whether or not a food is a halal include:

- i. Foods that have been processed, created, or stored using equipment that has been cleansed under Islamic law.
- ii. Foods that do not contain any haram components – haram is an Arabic term that means unlawful and unpermitted.

In general, all foods are halal unless specifically stated to be haram. Some examples of haram foods and products include:

- i. Alcoholic drinks
- ii. Gelatin (excluding fish gelatin)
- iii. Lard
- iv. Non-halal animal fats
- v. Pork products (bacon, ham, etc)
- vi. Enzymes

The grills at Tooker, Hassayampa, Pitchforks, Gordon Commons, Citrus Dining Pavilion and Verde Dining Pavilion use Halal boneless chicken breast for our chicken option. There are instances where substitutions are made due to supply-chain shortages, so please make sure to ask the Grill Cook if the chicken is Halal. If you need further assistance in dining Hall at ASU, please feel free to reach out to the Sun Devil Hospitality Dietitian, Brittany Rodriguez at rodriguezavila-brittany@aramark.com

Pescatarian

Pescatarian diets exclude meat and poultry, dairy, and eggs, but allows fish.

Our residential dining halls offer fish as a protein entrée on rotation. When we have fish on the menu, you can always grab your sides from the station serving fish or mix and match your sides from other stations

Eating with Allergens FAQ

How do you cater towards allergies and intolerances in the dining halls?

- Citrus Dining Pavilion, Verde Dining Pavilion, Gordon Commons, Tooker, Hassayampa, and Barrett dining halls offer True Balance. True Balance is a station where our dining team prepares special selections from ingredients omitting common food allergens. Here you'll find delicious dishes made without the top most common food allergens – egg, milk, peanut, tree nuts, shellfish, sesame, soy and wheat - as well as gluten. Within all of our campuses, True Balance offerings are available at breakfast, lunch and dinner.

What do you do to try to minimize cross contact?

- We use separate cutting boards, cooking equipment, and utensils at the True Balance station for students who have allergies. Look for the purple color! This is used to signify what should be used for those with allergies.
- We intentionally serve our meals deconstructed at the stations to allow our student to choose for themselves what they want and avoid what they cannot have.

Do you carry vegan and vegetarian options?

- Yes! Each of our dining halls has a Daily Root station – which is entirely vegan and served at breakfast, lunch, and dinner. In addition to these options, there is a variety of vegan & vegetarian options such as our salad bars, black bean burgers, and more!

What if I have more questions?

- Every location has a Chef Manager and Food Service Director, if you're in the dining hall and have questions, we are happy to help.
- You can also set up an appointment with our dietitian and talented culinarians by emailing sundevildining@asu.edu.



Specialty Stations at the ASU Dining Halls

All locations host a Daily Root station that serves fully vegan food at breakfast, lunch, and dinner. This station has a rotating variety of vegan proteins, grains, and vegetable dishes to keep you satisfied.

Look for this logo
when you eat at the dining
hall to determine where the
Daily Root station is.

DailyRoot

a plant based menu

Specialty Stations at the ASU Dining Halls

All dining halls have an allergen-friendly station called True Balance
(omitting egg, sesame, shellfish, dairy, wheat/gluten, tree-nuts, peanuts, soy).

Look for this logo when you eat at the dining hall to
determine where the True Balance station is.

true balance
everything you want nothing you can't



Eating in the ASU Dining Halls

Each location has unique features to make each meal different and flavorful.

Pitchforks

Located at the Memorial Union

Location Special Features

- International Station with a variety of different cuisines
- Rotating vegetarian and vegan toppings such as roasted pepper, lentils, tzatziki, falafels, and other fun choices to add to your meal.
- Pho Station daily to customize a bowl of pho or other noodle dishes
- Asian Station with a variety of Asian-inspired dishes
- Limón & Chile Station with daily taco choices
- Halal chicken upon request
- True Balance station

PITCHFORKS €

Tooker House Dining

Located in the Tooker House Residential Area

Location Special Features

- Omelet station for breakfast
- Local dairy flavored milks
(flavors include cotton candy, coffee, banana, and more)
- Chick-In, a Kosher station
Run by ROHR Chabad at ASU
- Halal chicken upon request
- True Balance station



**TOOKER HOUSE
DINING**

Manzanita Dining

Located in the Manzanita Dorm

Location Special Features

- Action Station with build-your-own meals
- Wok Station at Daily Root to create a fried rice or noodle dish
- Sazon Station with daily Latin choices
- Halal chicken upon request
- True Balance station



**Manzanita
Dining**

Hassayampa

Located in the Hassayampa Academic Village

Location Special Features

- Smokehouse Grill with daily specials
- Pizza Oven with gourmet pizza
- Berries at breakfast
- Kosher Station titled Kosher Bistro
Run by ROHR Chabad at ASU
- True Balance station





Barrett Dining Center

Located in Barrett, The Honors College

Location Special Features

- High-end home-cooked meals daily
- Omelet Station at breakfast
- Stir-fry Station daily to customize a rice or noodle dish
- Taco Station with rotating flavors and meats
- Nitro coffee and cold brew
- Gelato bar with rotating flavors
- True Balance station

BARRETT
DINING CENTER

Gordon Commons Residential Restaurant

Located at the Downtown Campus

Location Special Features

- Extensive salad bar with fresh toppings
- Omelet Station at breakfast
- Exhibition Station with rotating cuisines & variety of toppings
- Pastries daily
- True Balance station





Verde Dining Pavilion

Located at the West Campus

Location Special Features

- Stir-fry Station daily for customized noodle and rice dishes
- Pho at the Soup Station
- Action Station to customize your meal
- Daily Deli special
- True Balance station

Verde Dining Pavilion

Citrus Dining Pavilion

Located at the Polytechnic Campus

Location Special Features

- Dal dishes at the Daily Root at all meals
- International Station with rotating cuisines
- Breakfast bar with waffles
- Daily Deli special
- True Balance station



Citrus Dining Pavilion

What are Maroon & Gold Dollars?

All you need to know about M&G!

Maroon & Gold Dollars (M&G) are included with your meal plan and can be used at all campuses and all dining locations. These funds are a declining balance account on your card. They are dollar for dollar, and tax free to purchase and to use! Using M&G is a great way to get what you want, a la carte in retail and the markets, and you can also use M&G to pay the door rate at our residential dining hall locations. Unused M&G that comes with your meal plan must be used by August 1, 2024. If you add additional M&G, those funds are available to you until you graduate! So take advantage of our promotional M&G campaigns!

RUNNING LOW?



Scan here or visit sundevilhospitality.asu.edu
to claim your bonus today!

PURCHASE MORE M&G & Receive Bonus Rewards!

Buy \$100 – \$200 ... get a 5% Bonus

Buy \$201 – \$300 ... get a 10% Bonus

Buy \$301 – \$400 ... get a 15% Bonus

Buy \$401 or more ... get a 20% Bonus

Bonus M&G will automatically be placed on your ASU Student ID and valid until you graduate. You may view your balance on the ASU app. For any questions or concerns, please call the dining office at **480-727-DINE (3463)**



food from home

Student Culinary Series

**We want to share
your favorite recipes
that you and your
family enjoy with the
ASU Community!**

Send in your recipe and information about why you love it. You can also tell us what dining hall you would like your meal to be featured. At the end of the semester, we will create an online cookbook with all of the Student Culinarian recipes included.



**Send your recipe and story to
<https://qrco.de/foodfromhome>.**

**We will work with you on creating
a dish that tastes just like home!**

We will be selecting recipes on a rolling basis,
so keep the submissions coming all semester long!

FOR MORE INFORMATION

Contact sundevildining@asu.edu for additional questions or information.

This email will reach both our Meal Plan teams as well as our Campus Dining Dietitian.

