CAMPUS DINING

DIETARY GUIDE
Healthy Living on Campus

UAB Campus Dining has a variety of unique options to accommodate dietary restrictions and preferences at all of our locations. We strive to ensure we can meet a wide range of needs and lifestyles.

Resources

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General Inquiries uabdining@uab.edu
Vegetarian Resource Group vrg.org
Vegetarian Nutrition vegetariannutrition.net
Sodexo Mindful Program mindful.sodexo.com

uab.edu/dining  @UABdining
Find a Healthier Choice

Look for these icons to help identify menu items that meet your needs.

**Mindful** All Mindful offerings meet stringent nutritional criteria based on the Dietary Guidelines for Americans. Learn more on the next page.

**Vegetarian** These contain no meat, fish, or poultry or any meat products such as a soup base. Our vegetarian offerings meet the needs of lacto-ovo vegetarians and may include eggs and/or dairy products.

**Vegan** Vegan offerings contain no meat, fish, eggs, milk, or other animal-derived products such as honey.

**Local** This identifies what produce has been sourced within a 250-mile radius.

Blazer Catering Co. can accommodate most dietary needs. Please notify us during your order process and we can make allergy and religious accommodations for anyone in your group.

uab.edu/catering  |  205-996-6565
This is what it takes to be Mindful...

<table>
<thead>
<tr>
<th>PLATES (contain at least 1 serving from each: protein starch, veg/fruit)</th>
<th>ENTRÉES (i.e.: center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch)</th>
<th>SIDES</th>
<th>SOUPS (8 oz.)</th>
<th>DESSERTS &amp; SNACKS (Meet all of the criteria down this column OR 4 of the criteria AND must have at least 10% of the Daily Value of one or more major nutrients, such as Vitamin A, C, E, Iron, Calcium or Protein)</th>
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www.mindful.sodexo.com
THE COMMONS ON THE GREEN
900 16th Street South

Check out the vegan area at the Classics station for daily vegan and vegetarian entrees. Many of our dishes can be made meatless, just ask!

For example, some pasta dishes made in small batches can be made meatless and deli sandwiches can be made meatless. Offerings like cheese and veggie pizza are staples at the Pizza station. Classics and Simple Servings offer a vegetable and starch option at each meal period - typically these are vegan or vegetarian. The Commons has an extensive salad bar which features a wide variety of plant-based protein options. The Grill always has veggie burgers available upon request. Menus available daily on the Bite by Sodexo mobile app.

Our Simple Servings station is free of soy, wheat, shellfish, peanuts, tree nuts, eggs, milk, and gluten. This exclusive kitchen is the safest place for guests with food allergies. Should you have an allergy outside of these, please speak with the Executive Chef of Resident Dining.

Halal chicken is served throughout the Commons but is not prepared in a Halal kitchen. If you are looking for Halal chicken, please visit the Simple Servings station and request a Halal chicken breast to be made for you. This does require additional time since it is made to order but it will be made for you in a pan which has only been used exclusively for Halal chicken.

THE C-STORE
in Camp Hall | 1516 10th Avenue South

Your C-Store offers a variety of vegan and vegetarian options to choose from. This is also a great location to find Kosher and Gluten Free pre-packaged items which have been safely produced by certified manufacturers.

THE DEN BY DENNY’S
900 16th Street South

Items below meet Vegetarian guidelines:

BREAKFAST
Yep...Pancakes
Hearty 9-Grain Pancakes
French Toast Slices
Egg White Ranchero Brioche Melt

BURGERS (sub in a veggie patty)
Breakfast Scramble Burger (without bacon)
Bacon Avocado Club Burger (without bacon)
Den Burger
Double Den Burger
Lil’ Den Burger
Chipotle Bacon Cheeseburger (without bacon)
Veggie Mash Up Burger

ROLLED, PRESSED & MORE
Quinoa Wrap
Veggie Mash Up Burrito

SALADS
Veggie Quinoa Salad

MUNCHIES
Mozzarella Sticks
Fried Green Beans
French Fries
Sweet Potato Fries
Potato Rounds 🍟

SHAKES
Chocolate 🍪
OREO
Cake Batter
Vanilla 🍦
(Maple Bacon) 🍁

BAKERY
Cookies (Oatmeal, S’Mores, Chocolate Chip)

FRUIT
Fruit Cup 🍊
Yogurt Parfait

The Den supplies Allergen Guides at the cashier for allergy information. The guide includes egg, fish, shellfish, milk/dairy, soybean, peanut, tree nut, wheat, and gluten allergy information for each ingredient.

PRO TIPS
• Add avocado to your meal
• Swap out a veggie patty for any burger
• Order any burger on lettuce instead of a bun
Items below meet Vegetarian guidelines:

**BAGELS**  
Plain  
Everything  
Blueberry  
Chocolate Chip  
Cinnamon Raisin  
Sesame Seed  
Power Protein  
Potato Roll  
Multigrain Roll  
Asiago  
French Toast  
Honey Whole Wheat  
Cheesy Hash Brown

**SHMEARS**  
Plain  
Honey Almond Reduced Fat  
(Smoked Salmon)  
Garden Veggie Reduced Fat  
Jalapeno Salsa Reduced Fat  
Strawberry Reduced Fat  
Onion & Chive Reduced Fat  
Garlic & Herb Reduced Fat

**TOPPINGS**  
Butter Blend  
Avocado  
Hummus  
Peanut Butter  
PB&J

**EGG SANDWICHES**  
Spinach, Mushroom & Swiss  
Cheddar Cheese

**SIGNATURE SANDWICHES**  
Hummus Veg Out

**HOT SANDWICHES**  
Roasted Veggie Tostini  
Cheese Pizza Bagel

**DESSERTS**  
Chocolate Chip Cookie  
Blueberry Muffin  
Cinnamon Chip Muffin  
Chocolate Chip Coffee Cake  
Cinnamon Twist  
Chewy Marshmallow Bar  
Lemon Poppy Seed Bread

Einstein Bros. supplies a full menu and allergen guide online at [uab.edu/dining](http://uab.edu/dining). The guide includes egg, fish, shellfish, milk/dairy, soybean, peanut, tree nut, and wheat allergy information for each item. You can also request this info from your cashier.

**FULL MOON BBQ**  
in Hill Student Center | 1400 University Boulevard

Items below meet Vegetarian guidelines:

**BAKER PATCH**  
Broccoli Baker

**STARTERS**  
Homemade Chips & Queso

**SALADS**  
House Salad  
Greek Salad

**TRIMMINGS**  
Famous Slaw  
French Fries  
Corn on the Cob  
Mac & Cheese  
Fried Okra  
Fried Green Tomatoes  
Potato Chips  
Onion Rings  
Chow-Chow

**VEGETABLES**  
Pinto Beans  
Black-Eyed Peas  
Squash Casserole  
Sweet Potato Casserole  
Butter Beans

**PLATES & SANDWICHES**  
Vegetable Plate  
Toasted Kickin’ Pimento Cheese  
Grilled Cheese

**DESSERTS**  
Half Moon Cookies  
Homemade Pies  
Carrot Cake  
Banana Pudding

Be sure to let your cashier know that you are ordering with a dietary preference in mind.

**PROTIPS**  
- Order any egg sandwich without the meat  
- Order any sandwich as a wrap  
- A variety of items are available daily in the Grab & Go Cooler (fresh cut fruit, salads, etc.)

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**DIETARY GUIDE**
JAMBA JUICE
in Collat School of Business | 710 13th Street South

Items below meet Vegetarian guidelines:

CLASSIC SMOOTHIES ➔ GLUTEN
Strawberries Wild
Mango-A-Go-Go
Orange-A-Peel
Caribbean Passion
Razzmatazz

ALL FRUIT SMOOTHIES ➔ GLUTEN
Strawberry Whirl
Mega Mango
Orange Blast
Island Passion
Apple ‘N Greens

BOOSTS GLUTEN
3G Energy ➔
Chia Seeds ➔
Daily Vitamin
Kale ➔
Whey Protein

Jamba Juice offers full nutritional content for their items online at jambajuice.com. It is also available in-store - just ask!

MEIN BOWL
in Hill Student Center | 1400 University Boulevard

Items below meet Vegetarian guidelines:

BYO BOWL ➔
Flash Fried Thai Tofu

RICE & NOODLES ➔
Brown Rice ➔
White Rice ➔
Fried Rice
Vegetable Lo Mein

VEGGIE ➔
Seasonal Vegetable

SAUCES ➔
Spicy Garlic Sauce
5 Spice Teriyaki Sauce

TOPPINGS ➔
Pickled Carrots & Cucumbers
Fried Shallots
Asian Slaw
Steamed Broccoli
Edamame Salad with Spicy Garlic Sauce
Jalapeno Slices
Lime Wedge
Spicy Chili Oil

EXTRAS
Egg Roll

Mein Bowl supplies a nutrition information guide online at uab.edu/dining.

PROTIPS
• Add extra protein to any meal
• Order your bowl with no protein and add extra veggies
• Sushi is available daily - see packaging for details
Items below meet Vegetarian guidelines:

**BREAKFAST**
- Steel Cut Oatmeal with Apple Chips & Pecans
- Steel Cut Oatmeal with Strawberries & Pecans
- Steel Cut Oatmeal with Almonds, Quinoa & Honey Greek Yogurt with Mixed Berries Parfait
- Egg & Cheese Sandwich
- Avocado, Egg White & Spinach Sandwich

**BOWLS**
- Soba Noodle Bowl with Edamame

**SOUPS & MAC**
- Vegetarian Autumn Squash Soup
- Vegetarian Creamy Tomato Soup
- Black Bean Soup
- Baja Mac & Cheese
- Mac & Cheese

**SALADS**
- Modern Greek Salad with Quinoa
- Greek Salad
- Seasonal Greens Salad

**SANDWICHES**
- Modern Caprese Sandwich
- Four Cheese Grilled Cheese
- Mediterranean Veggie

**SMOOTHIES**
- Green Passion Smoothie
- Mango Smoothie
- Strawberry Banana Smoothie
- Strawberry Smoothie
- Superfruit Smoothie

**SIDES**
- Apple
- Banana
- Fresh Fruit Cup
- Kettle Chips
- French Baguette

**PROTIPS**
- Sub quinoa for protein in any salad
- Customize anything easily through the Panera app

Panera Bread provides detailed information about their full menu at panerabread.com.
SANDELLA’S FLATBREAD CAFE  
in Collat School of Business | 710 13th Street South

Items below meet Vegetarian guidelines:

BREAKFAST PANINIS
Athenian
Western
South of the Border

WRAPS
Hummus

PANINIS
Provolone & Veggie

QUESADILLAS
California
Southwestern
Cheese

PRO TIPS
• Order any menu item on a Gluten Free flatbread
• Customize to remove meat from any item
STARBUCKS
in Mervyn Sterne Library | 917 13th Street South
in Hill Student Center | 1400 University Boulevard

ORDERING YOUR DRINK
Although all of our drinks our vegetarian, here are some tips on vegan drinks:

- **Sub** any dairy product with soy, almond, or coconut milk
- The following items are not vegan: whipped cream, java chips, protein powder, caramel drizzle, and cinnamon dolce topping - just ask your barista to **hold** these
- **Avoid** pumpkin spice, white mocha, caramel brûlée, and chai lattes - these cannot be made vegan due to milk or honey in the syrups

VEGAN FAVORITE DRINKS 
Freshly Brewed Coffee **Gluten**
Caffè Americano
Caffè Latte (with nondairy milk) **Gluten**
Caffè Mocha (with nondairy milk)
Caramel Macchiato (with nondairy milk/no drizzle)
Chocolate Smoothie (with nondairy milk/no protein)
Strawberry Smoothie (with nondairy milk/no protein)
Ombre Iced Coffee (with nondairy milk)
Flat White (with nondairy milk) **Gluten**
Java Chip Frappuccino (with nondairy milk/no java chips)
Green Tea Latte (with nondairy milk)
Matcha Lemonade
Hazelnut Mocha Coconutmilk Macchiato
Pink Drink
Violet Drink
Almond Protein Blended Cold Brew
Cacao Protein Blended Cold Brew

Items below meet Vegetarian guidelines:

BREAKFAST
Classic Oatmeal 
Hearty Blueberry Oatmeal 
Sous Vide Egg Bites: Egg White & Red Pepper Spinach, Feta & Cage Free Egg White Wrap

SANDWICHES
Tomato & Mozzarella

SNACKS
Classic Almond Butter **Gluten**
Chocolate Hazelnut Butter **Gluten**
Organic Chickpea Puffs
Organic Coconut Cookies **Gluten**
Sea Salt Potato Chips **Gluten**

BAKERY
Apple Cider Doughnut
Banana Nut Bread
Bantam Bagels
Blueberry Muffin
Blueberry Scone
Butter Croissant
Caramelized Apple Pound Cake
Cake Pops
Cheese Danish
Chocolate Chip Cookie
Chocolate Croissant
Chocolate Hazelnut Croissant
Cinnamon Morning Bun
Cinnamon Raisin Bagel **Gluten**
Classic Coffee Cake
Double Chocolate Chunk Brownie
Everything Bagel with Cheese
Marshmallow Dream Bar **Gluten**
Iced Lemon Pound Cake
Kitchen Sink Cookie
Macadamia Oat Cookie **Gluten**
Maple Pecan Muffin
Morning Muffin
Old-Fashioned Glazed Doughnut
Petite Vanilla Bean Scone
Plain Bagel **Gluten**
Pumpkin Bread
Sprouted Grain Vegan Bagel **Gluten**
Strawberry Yogurt Scone
Sugar Cookies
WOW CAFE
1000 14th Street South

Items below meet Vegetarian guidelines:

**STARTERS**
- Mozzarella Sticks
- Side Salad
- Spinach Dip
- Chips & Queso

**HANDHELDs**
- Cheese Quesadilla
- Veggie Quesadilla
- California Veggie Burger
- West Coast Veggie Wrap

**SALADS** (without chicken)
- Covington Salad
- Buffalo Salad

**SIDES**
- French Fries
- Sweet Waffle Fries
- Tater Tots
- Honey Mustard Slaw
- Mac & Cheese

**DESSERTS**
- Milkshakes
- Brownie à la Mode
- Ice Cream Sundae

WOW Cafe offers detailed nutritional information on their website at wowcafe.com/nutrition

ZIME
1150 10th Street South

Items below meet Vegetarian guidelines:

**BREAKFAST**
- Grilled Ratatouille with Egg White Flatbread
- Egg & Cheese Sandwich
- Oatmeal

**LUNCH**
- Vegetarian Flatbread
- Tomato & Mozzarella Flatbread
- Grilled Vegetable Sandwich
- Four Cheese Sandwich
- Mac & Cheese
- Garden Salad

**GRAB & GO**
- Yogurt Parfaits
- Fresh Fruit Cups

Detailed Zime nutritional information is available at uab.edu/dining.

PROTIPS
- One soup everyday is vegetarian
- Espresso beverages can be made with nondairy milk

**PROTIPS**
- WOW’S best vegan option is a Covington Salad without chicken and served with balsamic
- Order any burger without a bun for a lower carb option
KNOW BEFORE YOU GO

Bite tells you everything

Bite... the new app that tells you what's on the menu today in your café and anywhere else – what's for breakfast, lunch or dinner. Know what the specials and new items are, their ingredients, and more – including calories and nutritional info.

The more you know, the better it tastes.

TO CONNECT TO YOUR MENU, ENTER THIS CODE:

E26N7

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY.
Search “Bite by Sodexo”
Disability Support Services at the University of Alabama at Birmingham provides an accessible university experience through collaboration with UAB partners. These partnerships create a campus where individuals with disabilities have equal access to programs, activities, and opportunities by identifying and removing barriers, providing individualized services, and facilitating accommodations.

DSS serves as the university-appointed office charged with providing institution-wide advisement, consultation, and training on disability-related topics which include legal and regulatory compliance, universal design, and disability scholarship.

Sometimes students with food allergies and dietary restrictions require accommodations in their residence hall. Accommodations could include access to a personal refrigerator, private bedroom, or a nut free living space. Accommodation requests are received by Disability Support Services. The process to register for accommodations is:

1) complete the DSS online application,
2) submit documentation of your disability to DSS,
3) attend an accommodation planning meeting,
4) and complete an accommodation orientation.

You can always access more information about DSS by going to uab.edu/dss.