

Florida Fresh

DINING

AT THE UNIVERSITY OF FLORIDA



WELLNESS GUIDE

A COMPLETE GUIDE TO EATING ON CAMPUS
WITH ALLERGIES, INTOLERANCES AND
SPECIFIC DIETARY NEEDS



2025-2026

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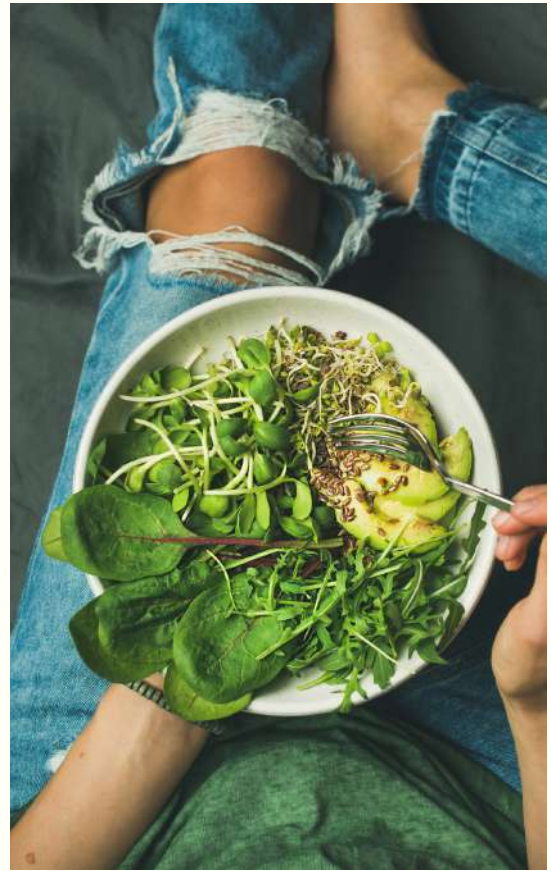
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How to Navigate our Website



Florida Fresh Dining aims to provide our students and guests with the support they deserve by accommodating those with food allergies and intolerances and providing a safe place to eat. From following standardized recipes to avoiding cross contact in all facets of production and service, we do our best to provide safe and balanced options for those with dietary food allergies and intolerances.

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut, sesame, tree nut and other potential allergens in the food production areas in all of our facilities, except Delicious Without Stations. We work to provide nutritional and ingredient information that is as complete and up-to-date as possible. To view, please visit Florida Fresh Dining website at www.floridafreshdining.com and download our Dine on Campus app for convenience. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross contact with ingredients not listed, including allergens. Guests with food allergies or specific dietary concerns should speak with the onsite Registered Dietitian or manager for individualized assistance.



Avoiding Cross Contact

Every year our staff is trained on proper food handling procedures to minimize the risk of cross contact. Associates and staff are also trained on allergies, including the top 9 most common food allergies: **milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame**. Our Interim Registered Dietitian, Sierra James, is a certified Master Trainer by the program FARE Check, and can answer any questions students or associates may have.

Cross Contact : when a food allergen is transferred from an allergen containing food to a non-allergen containing food.

Helpful Menu Icons

VG

Foods that do not contain any animal-derived products at all including honey, dairy or eggs. A variety of vegan options are offered throughout campus.

V

Foods that do not contain any animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a vegetarian diet by offering multiple options in each venue.

AG

Foods that do not include gluten containing ingredients. We avoid cross contact but cannot guarantee they are 100% gluten-free.

PR

These foods contain at least 7 grams of protein per serving. Based on feedback received from students, protein was the number one food group to highlight at meal times. You spoke, we listened!



Our Commitment is to ensure your safety and satisfaction through the following ways:

- Our Florida Fresh Dining Team receives annual training on food allergens and Celiac Disease. Continual education is provided throughout the year.
- We share all recipes, food ingredient labels, and potential risk to cross contact upon request for any and all foods being served.
- We have a team of qualified professionals to best assist you with a safe and healthy dining experience. We work on an individual basis with students with food allergies or intolerances to provide personalized support within our dining halls.
- We maintain working relationships with the Disability Resource Center, Business Services, Residential Life, Student Health Services, and UF Campus Emergency Response Team to best support our guests with food allergies and intolerances.
- Students are recommended to carry their own EpiPen in the case of anaphylaxis. Staff members are trained to recognize anaphylaxis and will call an ambulance immediately if a student or staff member begins to show these signs and symptoms.

Key ways we work as a team to prevent cross contact

- Implementing standard procedures for safe product storage in the back of the kitchen.
- Enforcing proper cleaning and sanitation practices for kitchen equipment and production areas.
- Following standardized recipes.
- Utilizing separate utensils and pans for the production and serving of allergy safe foods.
- Washing hands and changing gloves regularly and upon request.

*To further minimize the risk of cross contact, please speak to an ingredient expert or manager to review your food allergies so we may provide tips and tricks on enjoying a safe and delicious meal.

Student & Guest Responsibilities

It is important that, as a student or guest with special dining needs, you are your own advocate. Below are some key steps to assist you while you eat on campus.

Don't Be Shy, Self Identify!

Tell a manager that you have a specific food allergy or dietary restriction so we can provide you with a safe experience.

Review Menu

Review menu and ingredients on our website or download the Dine On Campus app to your smart device.

Register

Register with the Office of Disabilities on campus regarding your food allergy or intolerance in order to receive Americans with Disability Act protection for reasonable accommodation.

Meet the Team

Meet the Florida Fresh Dining Team to ensure an easier time navigating the dining halls and how best to stay safe while dining with us.

Report

Report any dining issues or allergic reactions immediately to a manager, director, or dietitian at: <https://dineoncampus.com/UF/send-us-feedback>

Contact

Contact our dining team early and let us know about your allergies! You can complete our online form by scanning the QR code or send an email to our Interim Registered Dietitian, Sierra James, at Sierra.James@compass-usa.com



Contacts & Resources

The Eatery at Broward

Dan Berben, Director of Dining
danberben.berben@compass-usa.com

Food Hall at Gator Corner

James Vanscoy, Executive Chef
james.vanscoy@compass-usa.com

John Fleming, Executive Chef
john.fleming@compass-usa.com

Jason Lee, Executive Chef
jason.lee@compass-usa.com

Ingredient Experts

Chartwells cares about menu transparency. All Chefs, managers, supervisors, and shift leaders have undergone extensive training in handling food allergies and celiac disease. These associates are your go-to folks if you have questions about served items in any location. They are dedicated to working with our guests who require more information when making dining choices. Ingredient experts can discuss ingredients, recipes, and meal preparation methods in order for our food-allergic guests to dine safely and comfortably.

Delicious Without (Allergy Friendly Stations)

Available at Food Hall at Gator Corner and The Eatery at Broward Hall, Delicious Without is the station dedicated to those with specific dietary needs. The top 9 food allergens (wheat, tree nuts, peanuts, milk, egg, soy, fish, sesame, and shellfish) and gluten are removed from the daily menu.

All food items are prepared and cooked in a designated areas of our kitchen. To reduce the risk of cross-contact, all equipment, cookware, and utensils are specific to the station and not shared with other food preparation areas of our facilities.

The staff working at Delicious Without stations are Ingredient Experts and are trained to answer questions about ingredients and cooking methods. Full ingredient information and package labels are available upon request.

Made to Order for Allergens

Florida Fresh Dining understands that one size does not fit all, and that's why we offer made to order options at our dining halls. Made to order meals are a great option if you need more variety or have food allergies/intolerances that fall outside of the top 9 food allergens. To get access to our alternate Text to Order Menu, you must first set up a consultation with our interim dietitian, which can be done by emailing Sierra.James@compass-usa.com

Once approved, orders will be placed via text message to the specific dining hall most convenient to you. When ordering, you will provide your name, food allergies/intolerances, and your order. We ask that you allow 30 minutes for preparation. Orders will also need to be eaten in the dining hall (no to-go orders).

Please note this service is only offered based on need, and is not available to the general student population



Say hello to our very own Registered Dietitian



Sierra James is our Interim Registered Dietitian Nutritionist. She enjoys the opportunity to help students, faculty and staff gain better insight on nutrition, wellness and sustainability. She is available to all students and staff and would love to connect with you! Please utilize her as a resource to navigate your health and nutrition, and discuss a plan of action. She can help you with debunking food myths that we commonly see through social media, and help you develop eating habits that compliment your lifestyle as a college student, post-college graduate, or faculty/staff member.

I want to avoid putting on weight while in college. What tips do you have?

Weight gain occurs when one increases total caloric intake and/or decreases activity during the day. Below are some tips you can put into practice to help you have a balanced lifestyle.

- 1 Disengage with electronics and any distractions during eating. This will allow you to listen to your body's hunger cues. On a scale of 1-10 (1-extremely starving and 10-extremely stuffed) aim to put your fork down and assess your feeling of fullness around a 5-6 and take a meal or snack when you're feeling 1-4 on the scale.
- 2 Be mindful of portion sizes. Unlimited trips for seconds or thirds in the dining hall or finishing a restaurant portion size will bump up the caloric intake. Connect with Sierra to review easy steps to understanding portion control and fueling your body with an appropriate amount!
- 3 Strive for balance at each meal and snack time. Work to include vegetables, whole grains, lean protein options, and healthy fats during meal times. For snacks try to pick two of the above items, such as protein and carbs (or whole grains) or aim for a combination of protein, fiber, and healthy fats. This will ensure you get the right nutrients and balance energy to keep you going throughout the day while keeping you full and satisfied.
- 4 Reach for water - hydration is extremely important and often overlooked. Even the smallest level of dehydration can affect performance in the classroom and activities of daily living. Carry a water bottle with you on campus and continue to refill it in between classes. Aim to drink a minimum of 90oz of water per day.

I want to eat healthy. Which items should I select when eating in the dining hall?

Eating healthy is a great opportunity to try the many menu options that Florida Fresh Dining has to support a balanced lifestyle. When eating in the dining halls, look for the Balanced icon (posted on the menu options within the dining halls, and also found on dineoncampus.com/uf or the DOC app). The icon indicates that the meal or side dish meets specific nutrition criteria; specifically for total calories, fat and sodium content.

Beyond using the menu icons, I recommend checking each dining menu in advance and seeing what is available. Piecing together a meal by selecting lots of color through fruits and vegetables, whole grains, and lean proteins you like provides great variety. Eating "healthy" doesn't have to happen each meal, but selected routinely with about an 80/20 rule can help you find great variety, satisfying taste, foods you enjoy, and can result in a healthier overall relationship with food.

Want to learn more? Schedule a one-on-one session with Sierra the Interim Dietitian!

Email: Sierra.James@compass-usa.com

I have a new fitness routine and my goal is to increase muscle mass. What should I do?

In gaining muscle, many people know that protein is important, but total energy intake in the form of calories and macronutrients lay a great foundation. Without extra energy provided for the exercise program and enough support, an increase in muscle mass it will be tough to accomplish!

- 1 Increase caloric intake by 300-500 extra calories a day depending on your workouts. This can be accomplished through additional snacks throughout the day or increasing servings at designated meal times.
- 2 Include sources of complex carbohydrates during breakfast, lunch, dinner, pre- and post-workout so your body will have the fuel sources for sustaining the exercise program. Reach for a variety of whole grains, fresh fruits, starchy vegetables, or fast-digesting snacks for a great source of carbohydrates.
- 3 Take protein after your workout (15-35g) within 30-45 minutes and routinely throughout the day (breakfast, lunch, dinner, snacks, and before bedtime). Protein Powder supplements are not always necessary to meet your protein needs, but can be mixed into smoothies for an easy-to-digest post-workout drink. Foods rich in protein to consume include Greek yogurt, milk, nuts, seeds, cheese, lean meats, poultry, fish, beans, soy products, and much more, If eating meat after working out, try to eat 2-5 oz to appropriately refuel your body.

I'm interested in becoming vegetarian or vegan. What nutrition concerns should I consider?

Vegetarian and Vegan dining is an option that can be utilized to improve your wellness by increasing general plant consumption. However, not having a balanced vegan/vegetarian diet – like any diet – can lead to nutritional deficiencies. Some key nutrients of concerns include iron, calcium, zinc, iodine, Vitamin B12, Vitamin D and omega 3 fatty acids. Be sure to consult with your doctor and with a dietitian when starting out on this journey.

Vegetarian eating has different subsets based on one's type and style of eating. Therefore not all vegetarians may be at risk for deficiency for all of the above nutrients of concern. Learning how to find balance and to eat a variety of plant-based foods is vital to the success of one's vegetarian diet and overall health. To learn more about being a vegetarian or vegan, check out the chart below or schedule a meeting with Syd.

	DAIRY	EGGS	HONEY	VEGGIES	FRUIT	PULSES	LEGUMES	WHEAT
LACTO-OVO-VEGETARIAN	✓	✓	✓	✓	✓	✓	✓	✓
OVO-VEGETARIAN		✓	✓	✓	✓	✓	✓	✓
LACTO-VEGETARIAN	✓		✓	✓	✓	✓	✓	✓
VEGAN				✓	✓	✓	✓	✓



Avoiding Gluten in the Dining Halls

Our staff is trained yearly by our Registered Dietitian on proper food handling protocols to minimize the risk of cross-contamination. At every station, our staff is trained to change gloves for the handling and serving of avoiding gluten meals when requested by the guest. Additionally, we have separate utensils for preparing and serving avoiding gluten and allergen-free meals when requested by the guest. The Avoiding Gluten self-serve station, located in each dining hall, contains a separate toaster and waffle maker to be used with avoiding gluten breads and waffle mix only. It also contains individually packaged condiments to limit cross contamination as well as a refrigerator of avoiding gluten pre-packaged products such as bagels, muffins, etc.

EVERYDAY OPTIONS

-  **Pizza Crust** Avoiding gluten pizza crust is available every day upon request. The avoiding gluten pizza crust is cooked on a designated pizza pan within the general pizza oven.
-  **Soup** There is at least one avoiding gluten soup available daily in each dining hall on the menu, or upon request. All of our soup stocks are avoiding gluten; our soup is thickened with cornstarch.
-  **Cereal and Oats** Avoiding gluten oats, cereal, and housemade granola are available every day in both dining halls.
-  **Bakery** Our bakery will always offer at least one avoiding gluten item daily such as cookies based on request
-  **Toaster** We have a separate toaster at both dining halls to be used with avoiding gluten breads only. Please ask associates if you are wanting to have your gluten-free bread toasted!
-  **Pasta** Avoiding gluten pasta is available upon request. It is cooked in a separate pot on a shared stovetop.
-  **Bread** We have various types of breads at both dining halls. We also have avoiding gluten corn tortillas as an option at our taco bars.
-  **Grill** Both dining halls have vegan and avoiding gluten burgers cooked fresh daily as well as avoiding gluten buns, available upon request.

Gluten Friendly Specialty Brands in the Dining Halls



Eating Vegan or Vegetarian in the The Food Hall at Gator Corner

Breakfast

We have 8 varieties of cereal available daily as well as whole milk, 2% milk, chocolate milk, vanilla or chocolate Silk Soy milk, and Ripple Pea milk. You will also find a selection of breads for toast, muffins, bagels, and waffle flavors. A parfait bar is available with two varieties of yogurt and a full selection of toppings and fruits. The Food Hall also has a BYO omelet station, and vegetarian sausage options served daily

Greens & Things

The salad bar at Gator Corner offers a variety of fresh fruits and vegetables to make your own salad creation. Other stations in the dining hall serve a plant-based protein option for pairing, so you are able to meet all of your plant-based needs. In this section you will always find plant-based protein sources like tofu, edamame, black beans, as well as a plant-based soup.

Deli

Carved and Crafted at Gator Corner is open for lunch and dinner daily, offering a completely customizable way to build a sandwich or wrap that is 100% veg-friendly! We have the following vegan options available daily:

Roasted Vegetables, Tomatoes, Hummus, Peppers, Bell Peppers, Lettuce, Onions, Pickles, Jalapeños, Black Olives, and Avocado Spread

Grill

Our grill station offers a variety of options such as Plant-Based Burgers, Chickenless Nuggets, Fishless Filets, and more! Upon request, each made-to-order item usually take 6-9 mins to cook. Students can utilize the tapin2 mobile ordering system to place their customized order ahead of time!

tapin2

Pizza

At least one vegetarian pizza option is available daily at our pizza station. We also have rotating options of calzones and pasta dishes available at this station as well, so make sure to stop by and check out availability daily or view ahead of time using your dine on campus app!

Roots & Seeds

In response to student feedback, we have designated one of our dining hall stations to be fully plant-based. While most dishes at this station are vegetarian, we also rotate a selection of vegan entrees. Be sure to look for the below icons to see what options are being served!

VG
Vegan



Eating Vegan or Vegetarian in The Eatery at Broward

Breakfast

We have 8 varieties of cereal available daily as well as whole milk, 2% milk, chocolate milk, vanilla or chocolate Silk Soy milk, and Ripple Pea milk. You will also find a selection of breads for toast, muffins, bagels, and waffle flavors. A parfait bar is available with two varieties of yogurt and a full selection of toppings and fruits. Additionally, The Eatery at Broward serves tofu scramble daily alongside home fries, tater tots, eggs and much more!

House of Greens

Enjoy a fresh and vibrant variety of salads, greens, and toppings at the House of Greens. Our salad bar serves a wide selection of crisp vegetables, flavorful dressings, and plant-based protein options during lunch and dinner. Other stations in the dining hall may serve a plant-based protein option for pairing, so you are able to meet all of your plant-based needs. this station will also feature ready-made composed salads.

Carved & Crafted

Carved and Crafted at Broward is open for lunch and dinner daily, offering a completely customizable way to build a sandwich or wrap that is 100% veg-friendly! We have the following vegan options available daily:

Roasted Vegetables, Tomatoes, Hummus, Peppers, Bell Peppers, Lettuce, Onions, Pickles, Jalapeños, Black Olives, and Avocado Spread

Grill

Our grill station offers a variety of options such as Plant-Based Burgers, Chickenless Nuggets, Fishless Filets, and more! Upon request, each made-to-order item usually take 6-9 mins to cook. Students can use our new mobile-order system, tapin2, to place their order ahead of time and have their food ready upon arrival.



Brick & Basil

At least one vegetarian pizza option is available daily at our pizza station. We also have rotating options of calzones and pasta dishes available at this station as well, so make sure to stop by and check out availability daily. Cucina at Cravings Kitchen offers vegan cheese with any choice of pizza.

Rooted

Dive into a world of vegan goodness with dishes that celebrate the natural flavors of vegetables and grains at Rooted. Our vegan station features innovative and satisfying meals that highlight the best of plant-based cuisine, from hearty grain bowls to vibrant vegetable stir-fries





Starbucks has a number of sandwiches, protein packs, salads, and pastries available that are meat and/or dairy free. They also have soy, oat, and almond milk available for you. Additionally, Peta has a great guide to ordering vegan at Starbucks.



A local favorite, Opus is known for having some of the best coffee in town, available with plant-based milk options, and lemonade. Opus also offers a variety of snacks that are protein-packed for students who are studying or just taking a break from class.



Einstein Bros. Bagels does not only have great coffee (that you can order with soy milk) and fresh bagels; they also have a number of vegetarian food items. We recommend the Avocado Veg Out Signature Sandwich or the Garden Avocado Egg Sandwich.



All smoothies, bowls, and oatmeal have vegetarian options available. Some smoothies are made with yogurt, so be sure to look at the ingredients when ordering if you're vegan. Plant and soy based protein options are also available, and you can substitute milk in a number of other smoothies to make them dairy-free.



Ace Sushi is available to you at United Table, and also as a grab and go option in the Market. Try a signature Crunchy Vegetarian Roll, Avocado Salad Roll, as well as other options that can be made upon request.



The Market is your go-to for vegan and vegetarian snacking on campus! Kosher meals and snack packs are also available for chase. Also, be sure to check out our grab-and-go brand, Sprig & Sprout, for fresh vegan and vegetarian salads, sandwiches, snack packs, and more!



Customize your own Vegetariano Bowl, typically made with black beans, white rice, and maduros to keep you fueled and satisfied. Mi Apa also has other vegetarian options such as: black bean soup, vegetable stew, vegetarian arepas, and another customizable dish known as the Plato Vegetariano.



Grab a Veggie Delight or craft your own meatless sandwich at Subway. You can even go vegan! Pile your sandwich high with vegetables and add any of their vegan-friendly sauces - yellow or deli mustard, vinegar, sweet onion sauce, Italian dressing, or buffalo sauce.



When building your plate at The Nosh Spot, you have the choice of falafel for your protein and house garden salad as your base. These options are a great choice for a vegetarian, fast & fresh meal!





Chick-Fil-A provides vegetarian meal options at every meal.

For breakfast, try a whole-grain English muffin, a biscuit, or a Greek yogurt parfait. For lunch and dinner, any of their delicious salads, such as the Cobb Salad or Spicy Southwest Salad, can be ordered without chicken. For sides, they have several options ranging from waffle fries to side salads.



Cabo Mexican Grill makes it very easy to create your own plant-based options. Try the veggies and beans in a burrito, in a bowl, in a taco, or on a quesadilla. To make these vegan, request no cheese and no sour cream! The sides offer made without gluten, flavorful spread, of classic Mexican cuisine. Chips with guac, salsa, or queso i as well as Mexican Street Corn go great with your entree. End your meal with Flan to sweeten the meal without gluten.



Choolaah, your unconventionally authentic Indian BBQ, features vegan, vegetarian and gluten free protein and topping options. From spicy mango sauce to pickled onions, you can brighten your build-your-own power bowl or power wrap. End your meal with a gluten free and vegetarian samosa paired with a chai, mango lassie, or lemonade drink.



Panda Express' easily customizable bowls and plates make your meal suite your taste.

The super greens steamed vegetables, and white rice is our favorite combo for a dairy free option. Add some veggie spring rolls if you're feeling really hungry.

Enhance your meal with Honey Sesame Chicken to incorporate more vegetables and protein.



All smoothies and smoothie bowls at Blenz are vegetarian or vegan. Smoothies that are blended with almond milk are marked with an asterisk (*) - if vegan, avoid the Power Smoothies as the Whey protein contains dairy. All smoothie bowl toppings are vegan, and they even have dairy-free caramel and vanilla creamer to add to your cold brew!



Experience The Halal Shack, where Middle Eastern and Mediterranean flavors unite, offering plenty of vegan and vegetarian options. Build your own bowl with vegetarian protein like chickpea kafta or vegan protein like Impossible Meat and falafel. Enhance it with vegetarian and vegan-friendly toppings—fresh vegetables, beans, creamy hummus, and delectable sauces!

true burger.

True Burger offers a vegan black bean patty as an alternative to beef. Make sure to avoid the Brioche bun and request a vegan one, as Brioche buns contain dairy. Vegetarians can try the black bean patty on their Classic Americana Burger or Mac n' Cheese Burger! Make sure to add a side of french fries or onion rings, also vegetarian, or try their delicious milkshakes.



Baba's Pizza makes it effortless to cater to your vegetarian and vegan preferences with their customizable options. Both the gluten-free and regular crusts are vegan, ensuring a perfect base for your pizza creation.

Their sauces are vegetarian-friendly, including classic red and pesto, while their BBQ and garlic sauces are vegan-friendly. Vegan cheese is available upon request. Top your pizza off with an array of fresh vegetable toppings and flavorful drizzles!



Both the wheat and white bread are vegan and then endless options to create your own veggie sub. For added flavor add the Italian dressing, Balsamic dressing, or Oil & Vinegar on your sub which are vegan friendly!



Whether it's a hot summer day or the coldest day of the year, Bz Gelati offers the ultimate sweet treat. Blended to perfection, the milkshake is made with Bz's homemade ice cream. The homemade Italian ice is a great dairy free, refreshing, option.



Banana Sandwich / Banana Split

Toast two pieces of whole wheat bread and spread on a tablespoon of your favorite nut butter. Then slice up a banana, top with honey, and put the two slices together for a satisfying breakfast. For a healthy banana split, slice the banana in half long ways, spread with nut butter, and top with Greek yogurt and your choice of fruits.



Veggie Bagel

You can make your own veggie bagel right here in the dining hall. Grab a bagel from the bagel case and toast it. Smear with hummus (located in Innovation Kitchen and/or Global Chips & Dip). Then, top with arugula and other veggies from the salad bar such as tomatoes, red onions, and olives. Yum!



Apple Cinnamon Oatmeal

Grab a cup of oatmeal, an apple, 2 tsps of honey, and some cinnamon. Cut up your apple slices small enough to top your oatmeal off, add a dash of cinnamon, and drop the honey over the top for a sweet and delicious breakfast. You can also add some granola as well.



Avocado Toast

Grab some avocado spread from the deli and toast bread of choice. Use a knife to spread the avocado onto the toast. Season with salt and pepper and drizzle with olive oil. Note: to add a bit more protein to the mix, add a hard boiled egg (sliced on top) and/or nutritional yeast!



Deviled Eggs

Grab a few hard boiled eggs from the salad bar and take the yolks out. Mix the yolk with mayo, mustard, relish, and salt and pepper. Then, put the mixed yolk back in the eggs. Throw some salad-bar bacon bits on top and voila!



Design-Your-Own Waffles

There are so many different things you can do with waffles. For example, you can make a waffle Patty Melt, Waffle Ice Cream Sandwich, Waffle Chicken BLT, and much more! Our favorite is probably the Chicken and Waffle mini sandwich. Grab chicken from the grill, fried or grilled. Cut a waffle in half and put chicken inside, smother with syrup, and enjoy! Also try a Waffle Parfait by grabbing yogurt, granola, and fresh fruit from the salad bar.

We are here to make a long-lasting impact!

"Here at our dining halls, it makes me proud to be a part of the student's life, and to supply their minds and bodies with fresh and local products to help them achieve their next level of success in life!"

-Chef Marc Cruz

CHEF SPOTLIGHT:



Our Director of Culinary, Chef Marc Cruz, has been working in the Food & Beverage industry for over 20 years. His passion for creating nutritious, exciting meals is experienced through American fare, food from countries around the world, and vegan dishes that everyone on campus will love. Marc has been a champion for local farms so that we have access to some of the freshest seasonal produce available. You will see Marc at all of our locations and when you do, he's always happy to discuss our menu options and food trends that you'd like to see here at Florida Fresh Dining.

Tuna Salad Lettuce Wrap

You can find tuna salad at the Deli in either dining hall. Simply ask the associate for few pieces of lettuce. Season with salt and pepper and top with your favorites such as tomatoes, avocado, hard boiled eggs, etc. Finally close the lettuce leaf and enjoy!

Note: this can also be a very yummy bowl or salad combo!



Burrito Bowl

You can make an awesome burrito bowl any night in the dining halls. Start by mixing rice with your choice of protein such as tofu, garbanzo beans, or cut-up grilled chicken. Then add your toppings; lettuce, tomatoes, beans, and shredded cheese which all can be found at the salad bar!



Fruit Parfait

Make your own fruit parfait! This is simple beyond simple. First grab some greek yogurt and then top with our housemade granola or avoiding gluten oats (upon request) and then add your favorite fruit. Repeat with another layer of greek yogurt, granola, and fruit until you've got your desired amount of parfait.



DID YOU KNOW:

When following a vegan/vegetarian diet, you need to be mindful of the different types of protein you are eating to ensure you are getting enough complete proteins throughout the day. Complete proteins are necessary for growth, nutrient transport, muscle development, and muscle repair and maintenance. You may need to mix and match protein sources to form complete proteins in your diet. Examples of complete proteins are: quinoa, soy, rice & beans, hummus & pita, peanut butter (& jelly) sandwich, and apples & nut butter.



All hacks can be done at both The Eatery at Broward and The Food Hall at Gator Corner Dining Halls.





Banana Nut Overnight Oats

In a jar or container, combine 1/2 cup of oats, 1/2 cup of milk (dairy or plant-based), 1 mashed banana, 1 tablespoon of nut butter, and sweetener if desired. Stir well, cover, and refrigerate overnight. In the morning, give it a good stir, top with chopped nuts, and enjoy!



Veggie Stir-fry

Sauté a mix of colorful vegetables like bell peppers, broccoli, carrots, and snap peas. Add a protein source like tofu, chickpeas, or chicken and season with soy sauce or your favorite stir-fry sauce. Serve over brown rice or noodles.



Sweet Potato and Black Bean Tacos

Roast sweet potato cubes with olive oil and spices like cumin and paprika. Warm up corn tortillas and fill them with the roasted sweet potatoes, canned black beans, and your favorite taco toppings like salsa, avocado, and shredded lettuce. For a protein boost, substitute sour cream for plain greek yogurt!



Omelette with Spinach and Feta

Whisk eggs with a handful of fresh spinach leaves, crumbled feta cheese, and salt and pepper to taste. Cook the eggs with some olive oil on a non-stick pan. Serve with whole wheat toast and a side of mixed greens, sliced tomatoes, or fruit of choice.



Lentil Soup

Cook lentils with vegetable broth, diced vegetables (carrots, celery, onion), and herbs like thyme and bay leaves. To enhance the protein content, include other legumes such as kidney beans or chickpeas, or consider adding shredded chicken. Season with salt and pepper, and serve with a side of whole-wheat bread, quinoa, or brown rice.



Chickpea Salad Sandwich

Combine mashed chickpeas, diced vegetables (such as cucumbers, tomatoes, and bell peppers), lemon juice, mustard, mayo (substitute with Greek yogurt for a protein boost), and salt and pepper in a large bowl. Stir well to thoroughly incorporate all the ingredients, and serve on whole-wheat bread, lettuce leaves, or whole-grain crackers!

No-Cook Greek Tuna Salad Wraps

Fill a whole-grain wrap with tuna salad (canned tuna, greek yogurt or mayo, salt and pepper), chopped cucumbers, tomatoes, bell peppers, feta cheese, olives, and a drizzle of olive oil and lemon juice. Enjoy a refreshing and easy-to-make meal!



Instant Noodle Upgrade

Enhance instant noodles by adding chopped vegetables (spinach, corn, mushrooms, green onion) cooked shrimp or tofu, and a beaten egg. Cook everything together in a microwave-safe bowl or an electric kettle for a quick and flavorful meal.



Microwave Mug Omelette

Beat eggs, and then add chopped vegetables (such as bell peppers, spinach, and green onions), cheese, and seasonings to a microwave-safe mug. Microwave in 20 to 30 second increments, stirring in between, until the eggs are cooked. Serve the omelette with whole-grain toast or a side of fresh fruit.



Buddha Bowl

Whisk together a simple dressing using Greek yogurt, lemon juice, honey, and a pinch of salt and pepper. In a bowl, assemble a bed of greens and top it with microwavable brown rice or quinoa, canned black beans or chickpeas, shredded carrots, sliced tomatoes, cucumber, and avocado. If desired, add some extra protein by including pre-cooked chicken, canned tuna, tofu, or tempeh. Drizzle the bowl with the dressing and enjoy!



Tropical Chia Pudding

In a jar or container, mix 1/2 cup of milk (dairy or plant-based) with 2 tablespoons of chia seeds and your choice of sweetener. Mix thoroughly and let it settle for 2-3 minutes, then mix again very well until there are no clumps. Cover the jar and refrigerate overnight. When you are ready to enjoy this fiber-rich and tasty pudding, top it off with your favorite tropical fruits like sliced mango and pineapple, as well as coconut shavings.



Simple Caprese Pasta

Cook pasta according to package instructions, drain, and toss with cherry tomatoes, fresh mozzarella cheese, chopped basil, olive oil, salt, and pepper. Enjoy this easy and delicious pasta dish.





Mason Jar Salads

Layer your favorite salad ingredients in mason jars, starting with dressing at the bottom and adding sturdier ingredients like cucumbers, carrots, or bell peppers. Then add leafy greens, and top with protein like grilled chicken, ground beef or turkey, or chickpeas and lentils. Seal the jars and refrigerate. When ready to eat, simply shake the jar to distribute the dressing and enjoy.



Sheet Pan Meals

Prepare a complete meal by roasting a variety of vegetables, along with protein sources like chicken, salmon, or tofu, on a sheet pan. Season with herbs, spices, and a drizzle of olive oil. Once cooked, divide into meal-sized portions and refrigerate or freeze. Reheat when needed for a quick and nutritive meal!



Pre-portioned Smoothie Packs

Prepare individual smoothie packs by portioning out frozen fruits, spinach or kale, and any additional add-ins like chia seeds or protein powder. Store the packs in the freezer, and when ready to make a smoothie, simply blend the contents of one pack with your choice of liquid (water, milk, or juice).



Make-Ahead Wraps or Burritos:

Prepare wraps or burritos with your choice of ingredients like grilled chicken, beans, rice, vegetables, and cheese. Wrap them tightly in foil or plastic wrap and store in the refrigerator or freezer. When needed, simply reheat in the microwave for a quick and satisfying meal.



Energy Balls or Bars

Make a batch of homemade energy balls or bars using a combination of oats, nut butter, honey or maple syrup, and add-ins like dried fruits, nuts, or seeds. Store them in the refrigerator or freezer for a convenient and nutritious snack.



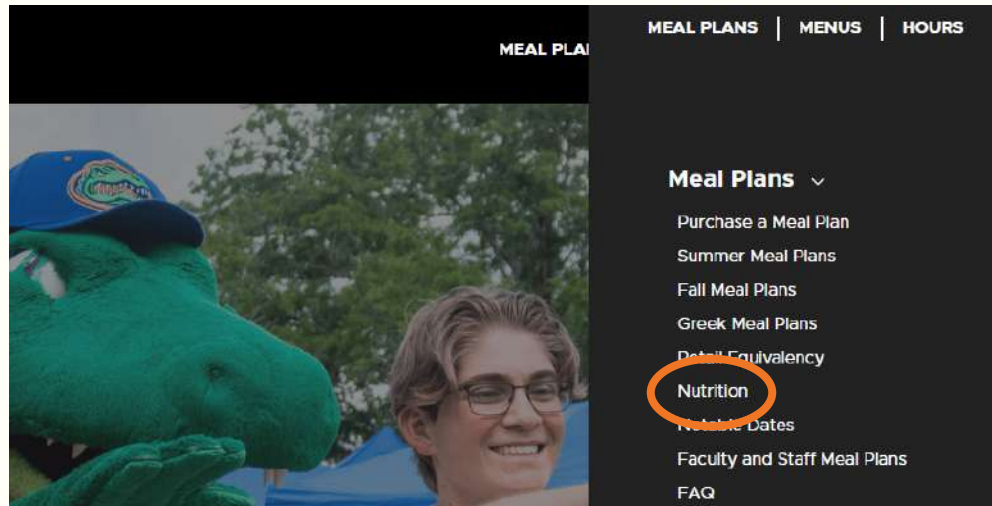
Veggie Egg Muffins

Whisk eggs with chopped vegetables and seasonings, then pour the mixture into muffin tins. Bake until set and store them in the refrigerator for a protein-rich grab-and-go breakfast.

Our Florida Fresh Dining website, www.floridafreshdining.com, has all the information you need! Find menus, meal plans, dining service hours, and event information all in one place. Here are a few features we would like to highlight to make it easier for you to find the information you are looking for.

Nutrition

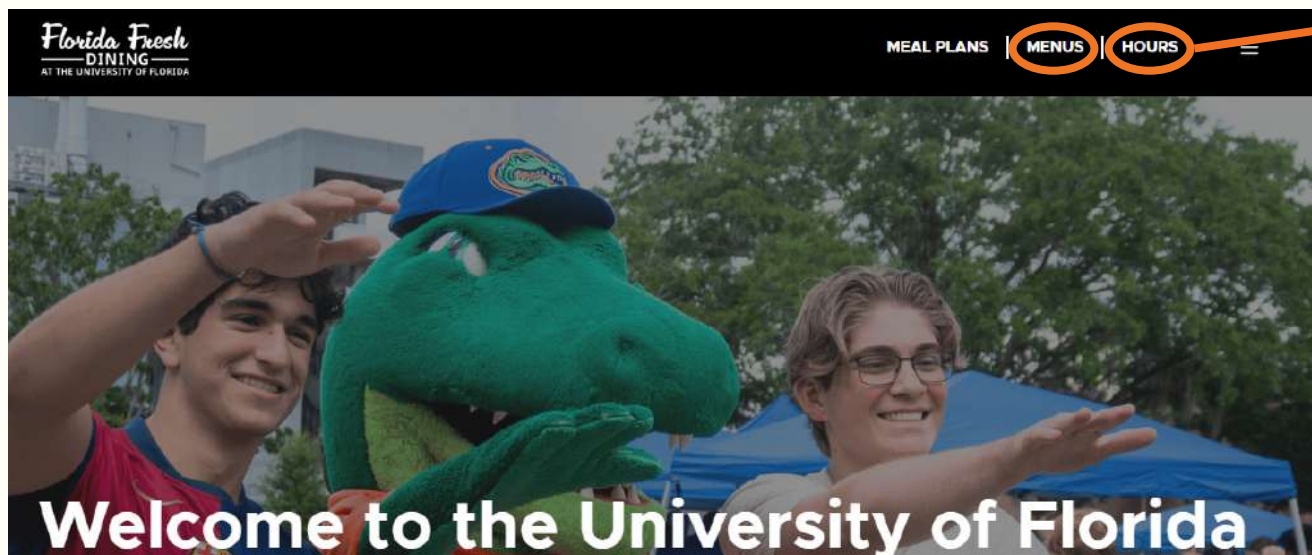
Be sure to also check out our Nutrition page under the “Meal Plans” tab. This page can be used to schedule appointments with our dietitian and also tell you everything you need to know about our accommodations for special dietary needs across campus!



Hours of Operation

This is where you can find the dining service hours for all of our locations on campus. These hours can also be found on the doors of each location.

You can also see what's open at any given time right on the home page, or on the Dine on Campus app. Find it on the App Store or Google Play Store today!



What's on the Menu?

The majority of our location menus are listed right on our website! See menus and full nutritional information in this tab. You can also view this on your smartphone by downloading the Dine On Campus App!

Did you know that you can use this filtering tool under "What's on the Menu" tab to find vegan and vegetarian options in the dining hall? It tells you exactly what items are vegan, vegetarian, avoiding gluten, and allergen-friendly.

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