



# 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

Campus Executive Chef

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Executive Chef of Resident Dining

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Vegetarian Resource Group [vrg.org](http://vrg.org)

Vegetarian Nutrition [vegetariannutrition.net](http://vegetariannutrition.net)

Sodexo Mindful Program [mindful.sodexo.com](http://mindful.sodexo.com)

[uab.edu/dining](http://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](http://uab.edu/catering) | 205-996-6565

# This is what it takes to be Mindful...



	 <b>PLATES</b> (contain at least 1 serving from each: protein starch, veg/fruit)	 <b>ENTRÉES</b> (i.e.: center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch)	 <b>SIDES</b>	 <b>SOUPS</b> (8 oz.)	 <b>DESSERTS &amp; SNACKS</b> (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)
<b>KCAL</b>	less than or equal to <b>600</b>	less than or equal to <b>550</b>	less than or equal to <b>225</b>	less than or equal to <b>225</b>	less than or equal to <b>200</b>
<b>TOTAL FAT</b>	less than or equal to <b>35%</b> of calories from fat OR less than or equal to <b>15g</b>	less than or equal to <b>35%</b> of calories from fat OR less than or equal to <b>15g</b>	less than or equal to <b>35%</b> of calories from fat OR less than or equal to <b>8g</b>	less than or equal to <b>35%</b> of calories from fat OR less than or equal to <b>8g</b>	less than or equal to <b>35%</b> of calories from fat OR less than or equal to <b>8g</b>
<b>SATURATED FAT</b>	less than or equal to <b>10%</b> of calories from saturated fat	less than or equal to <b>10%</b> of calories from saturated fat	less than or equal to <b>10%</b> of calories from saturated fat	less than or equal to <b>10%</b> of calories from saturated fat	less than or equal to <b>10%</b> of calories from saturated fat
<b>TRANS. FAT</b>	<b>TRANS. FAT FREE!</b> (less than <b>0.5g</b> )	<b>TRANS. FAT FREE!</b> (less than <b>0.5g</b> )	<b>TRANS. FAT FREE!</b> (less than <b>0.5g</b> )	<b>TRANS. FAT FREE!</b> (less than <b>0.5g</b> )	<b>TRANS. FAT FREE!</b> (less than <b>0.5g</b> )
<b>CHOLESTEROL</b>	less than or equal to <b>100mg</b>	less than or equal to <b>100mg</b>	less than or equal to <b>5mg</b>	less than or equal to <b>25mg</b>	less than or equal to <b>20mg</b>
<b>SODIUM</b>	less than or equal to <b>800mg</b>	less than or equal to <b>700mg</b>	less than or equal to <b>300mg</b>	less than or equal to <b>700mg</b>	less than or equal to <b>300mg</b>
<b>OTHER</b>	more than or equal to <b>3g Fiber</b>				more than or equal to <b>1g Fiber</b>

  
[www.mindful.sodexo.com](http://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!

Offerings like cheese and veggie pizza are staples at the Pizza station where there is also gluten free cauliflower crust available. 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. At the Grill and the Deli, you can always request a gluten free bun. 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.

As a part of the C-Store Select in this location, you can find pre-packaged Gluten Free and Kosher products.

## THE C-STORE & THE GRID

in Camp Hall | 1516 10th Avenue South  
& 1150 10th Street South

The C-Store and the Grid offer a variety of vegan and vegetarian options to choose from. These are also great locations 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.

### PROTIPS

- Add avocado to your meal
- Swap out a veggie patty for any burger
- Order any burger on lettuce instead of a bun

## EINSTEIN BROS. BAGELS

in the Learning Resource Center | 1714 9th Avenue South

Items below meet Vegetarian guidelines:

### BAGELS

Plain  
Everything  
Blueberry  
Chocolate Chip  
Cinnamon Raisin  
Sesame Seed  
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  
Plain Reduced Fat  
Garlic & Herb Reduced Fat

### TOPPINGS

Butter Blend  
Avocado  
Peanut Butter  
PB&J

### EGG SANDWICHES

Spinach, Mushroom & Swiss  
Cheddar Cheese

### SIGNATURE SANDWICHES

Avocado Veg Out

### HOT SANDWICHES

Roasted Veggie Tostini  
Cheese Pizza Bagel

### DESSERTS

Chocolate Chip Cookie  
Blueberry Muffin  
Cinnamon Chip Muffin  
Chocolate Chip Coffee Cake  
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.

- 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.)

## 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.

## BLENZ

in Collat School of Business | 710 13th Street South

Items below meet Vegetarian and Dairy-Free guidelines:

### BOWLS

Beach Bum  
Zen Zone  
Sunset  
Happy Hippie  
Oasis  
Ocean Bowl  
Acai Bowl  
Pitaya Bowl

### BULLET COFFEE

Coconut Bullet  
Almond Bullet

### POWER SMOOTHIES

Super Green  
Magic Berry  
Blueberry PB&J  
Strawberry PB&J  
Cinnamon Coffee

### SUPER SMOOTHIES

Chocolate Almond  
Ginger Turmeric  
Greenie  
Power Brew  
Ocean Smoothie

### OG SMOOTHIES

Beach Bum  
Happy Hippie  
Oasis  
Sunset  
Zen Zone

Blenz offers full nutritional content for their items online at [blenzbowls.com](http://blenzbowls.com). It is also available in-store - just ask!

### TOPPINGS

Granola  
Chia Seeds  
Coconut Flakes  
Almond Flakes  
Strawberry  
Raspberry  
Banana  
Blueberry  
Kiwi  
Peanut Butter  
Nutella  
Honey

### ADD INS

Whey Protein   
Collagen Protein

## 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](http://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

## PANERA BREAD

in Hill Student Center | 1400 University Boulevard

Items below meet Vegetarian guidelines:

### BREAKFAST

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

### BOWLS

- Soba Noodle Bowl with Edamame **VG**

### SOUPS & MAC

- Vegetarian Autumn Squash Soup
- Vegetarian Creamy Tomato Soup **GLUTEN**
- Black Bean Soup
- Baja Mac & Cheese **VG** **GLUTEN**
- Mac & Cheese

### SALADS

- Modern Greek Salad with Quinoa **GLUTEN**
- Greek Salad **GLUTEN**
- Seasonal Green Salad **GLUTEN** **ad** **VG** **GLUTEN**

### SANDWICHES

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

### SMOOTHIES

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

### SIDES

- Apple **VG**
- Banana
- Fresh Fruit Cup
- Kettle Chips
- French Baguet **GLUTEN**

Panera Bread provides detailed information about their full menu at [panerabread.com](http://panerabread.com).

### PROTIPS

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



## 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

Caffè Americano

Caffè Latte (with nondairy milk)

Caffè Mocha (with nondairy milk) **VC**

Caramel Macchiato (with nondairy milk/no drizzle) **NO DAIRY** **GLUTEN**

Chocolate Smoothie (with nondairy milk/no protein)

Strawberry Smoothie (with nondairy milk/no protein) **NO DAIRY** **GLUTEN**

Ombre Iced Coffee (with nondairy milk)

Flat White (with nondairy milk)

Java Chip Frappuccino (with nondairy milk/no java chips)

Green Tea Latte (with nondairy milk)

Matcha Lemonade

Hazelnut Mocha Coconutmilk Macchiato **NO DAIRY** **GLUTEN**

Pink Drink

Violet Drink

Almond Protein Blended Cold Brew

Cacao Protein Blended Cold Brew

Items below meet Vegetarian guidelines:

### BREAKFAST

Classic Oatmeal **VC**

Hearty Blueberry Oatmeal **VC**

Sous Vide Egg Bites: Egg White & Red Pepper

Spinach, Feta & Cage Free Egg White Wrap

## SANDWICHES

Tomato & Mozzarella

## SNACKS

Classic Almond Butter **NO DAIRY** **GLUTEN**

Chocolate Hazelnut Butter **NO DAIRY** **GLUTEN**

Organic Chickpea Puffs

Organic Coconut Cookies **VC** **NO DAIRY** **GLUTEN**

Sea Salt Potato Chips **NO DAIRY** **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 **VC**

Classic Coffee Cake

Double Chocolate Chunk Brownie

Everything Bagel with Cheese

Marshmallow Dream Bar **NO DAIRY** **GLUTEN**

Iced Lemon Pound Cake

Kitchen Sink Cookie

Macadamia Oat Cookie **VC**

Maple Pecan Muffin

Morning Muffin

Old-Fashioned Glazed Doughnut

Petite Vanilla Bean Scone

Plain Bagel **VC**

Pumpkin Bread

Sprouted Grain Vegan Bagel **VC**

Strawberry Yogurt Scone

Sugar Cookies

## WOW CAFE

1000 14th Street South

Items below meet Vegetarian guidelines:

### STARTERS

Mozzarella Sticks  
Side Salad  
Chips & Queso

### HANDHELDS

Cheese Quesadilla  
Veggie Quesadilla  
Beyond Burger  
Beyond 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](http://wowcafe.com/nutrition)

### 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



# THE BEYOND BURGER

Beyond Burger™ patty topped  
with lettuce, tomato & spicy mayo





## CAMPUS DINING

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The University of Alabama at Birmingham



**FOLLOW  
US ON  
ALL OUR  
SOCIAL  
MEDIA  
TO STAY  
UPDATED!!!**



[uab.edu/dining](https://uab.edu/dining)

    @UABdining



## DISABILITY SUPPORT SERVICES

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The University of Alabama at Birmingham

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](http://uab.edu/dss).





