

eat well at CPP



Cal Poly Pomona Foundation Dining Services gives you lots of choices when dining on campus. Whether you choose a vegan, vegetarian, gluten-free or balance 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!



CONVENIENCE STORES

VISTA MARKET



Located at Bronco Commons - Bldg. 52

Gluten Free

- Fresh produce
- Tofu
- Daiya cheese products
- FYH Vegenaise
- 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
- Quaker Rice cakes
- Jyoti canned and ready-to-eat meals and sauces
- Annie Chun's seaweed snacks and mai fun rice noodles
- Mahatma white rice
- Springfield brown rice
- Tinkyada brown rice pastas
- Francesco Rinaldi pasta sauce
- Prego pasta sauces
- Barney Butter almond butter
- Skippy roasted honey nut peanut butter
- Udi's bread
- Bob's Red Mill
- KIND bars and granola pouches
- Kettle brand kettle chips
- AND MUCH MORE!

Organic

- Organic fruits and veggies
- Amy's Organic Soups
- Natural Direction
- Diced peaches
- Pear slices
- Unsweetened apple sauce
- Various beans
- Sweet peas
- Cut green beans
- Diced tomatoes
- Mild vegetarian chili
- Albacore
- Soups
- Chicken broth
- Penne rigate
- Tomato basil marinara
- Mac n' Cheese
- Shells & white cheddar
- Olive oil
- Whole wheat flour
- Frozen broccoli cuts
- Frozen blueberries, strawberries & raspberries
- AND MUCH MORE!

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 Marketplace - Bldg. 97

Bars and Cereals

- Clif Bars: no trans-fat, low sodium and whole grain
- Kind Bars: gluten and wheat free, dairy free and low sodium
- Kellogg's special K cereal

To-Go Food

- Various pre-made salads
- Halal frozen meals
- Vegan noodles, rice and salads

Snacks

- Fresh fruit
- Ready Pac veggie snacks
- Lenny and Larry's assorted cookies: gluten-free and organic

Drinks

- Naked Juice
- Kombucha drinks: gluten free and vegan
- Various drinks with Vitamin B and Vitamin C



Vegetarian



Vegan



Gluten Free

CONVENIENCE STORES CONTINUED ...

POLY FRESH MARKET



Located at the BSC - Bldg. 35

Drinks:

- Califia lemonade, orange juice and 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

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

Snacks

- Fresh fruit
- Various healthy bars, such as Luna Bars (kosher/organic) and Quest Bars (gluten-free)



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
- Packaged salads
- Reduced-fat cinnamon swirl coffee cake
- Strawberry or chocolate smoothie with protein and a fresh banana blended in
- Various gluten-free and vegan packaged snacks
- Dairy replacement options: soy, almond and coconut milk
- Evolution Juices

THE BRIC, BLDG. 42

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 STUDENT CENTER (BSC) BLDG. 35

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 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



FRESHENS SMOOTHIES



- Various smoothies can be made with low cal sorbet, which runs between 130 and 320 calories for a 20 oz serving
- Gluten-free cookie dough

Truvia is in all Freshens smoothies

- Truvia is from the stevia plant and is created by steeping 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 has around 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 strengthens the immune system
- Thrive has probiotics that provide essential health benefits

PEET'S COFFEE & TEA



- Dairy replacement options: soy and almond milk
- Various vegan items
- Green tropical iced tea, black iced tea and various hot teas

ROUND TABLE



- Personal skinny vegetarian pizzas are less than 300 calories and less than 3.5 grams of fat
- Vegetarian sandwich and vegetarian salads
- Vegan salad: garden salad with balsamic vinaigrette

BRONCO STUDENT CENTER Continued ...

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 bread and honey oat bread are fiber powerhouses; they up the fiber content of 6" sandwiches to 5g or 20% of one's daily fiber needs
- Subway Fresh Fit® 6" sandwiches are low in fat, saturated fat and cholesterol
- Fresh Fit options are all 370 calories or lower
- A Subway salad is equal to five servings of vegetables
- Subway chicken has no hormones or antibiotics



HIBACHI-SAN



- All entrées are prepared on-site with the freshest ingredients
- Brown rice, sushi rice and salad bowls
- Hot proteins include grilled chicken, steak and salmon
- Cold proteins include crab mix, salmon, scallops, poke tuna, yellowtail, kimchi shrimp, tofu and more
- Fresh toppings include seaweed, edamame, avocado and more
- Fresh sushi
- Boba teas

COLLEGE OF BUSINESS ADMINISTRATION BLDG. 164

EINSTEIN BROS. BAGELS



Bagel Sandwiches:

- Asparagus, mushroom and Swiss bagel thin sandwich (390 cal)
- Southwest turkey sausage bagel thin sandwich (390 cal)
- Buffalo chicken bagel thin sandwich (410 cal)
- Veg Out sandwich (460 cal)

Salads:

- Garden market (vegetarian and vegan) (180 cal)
- Deluxe Chef (220 cal)
- Strawberry chicken (210 cal)
- Chicken Caesar (180 cal)

Smoothies and More:

- Strawberry banana smoothie (380 cal)
- Mixed berry smoothie (390 cal)
- Yogurt parfait (200 cal)
- Greek yogurt parfait (270 cal)
- Fruit cups (120 cal)

CAMPUS CENTER MARKETPLACE BLDG. 97

FRESH ESCAPE



- A variety of vegetables, fruit and grains for a personal salad
- Soup rotation includes a daily vegetarian option
- Hummus and low fat cottage cheese
- Several low-fat or non-fat dressing options
- Gluten-free personal pita pizzas
- Baked Potato Bar: 14% of daily fiber intake, 30% of daily vitamin intake, 12% of daily carb intake, 610 milligrams of potassium
- Yogurt



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
- All-natural, antibiotic-free turkey, chicken and beef burgers

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

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

Gluten Sensitive:

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

Vegetarian:

- Veg It Guacamole Six Dollar Burger
- Veg It Grilled Cheese Sandwich
- Side salad and fried zucchini

TACO BELL EXPRESS



- 75% of the menu items are less than 500 calories
- Most meals can be ordered "fresco style," which replaces mayo-based sauces, cheeses, reduced-fat sour cream and guacamole with fresh pico de gallo.
- By ordering your menu item fresco style, you can reduce fat by up to 25%
- Meals can be ordered without cheese and 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



- Entrées 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

POLY TROLLEY



Vegetarian:

- Soyrizo breakfast burrito
- Tempura avocado taco
- Seasoned fries

Other

- Items can be made lower fat by removing cheese and tortilla
- Dairy replacement options: soy, almond and coconut milk

BRONCO COMMONS BLDG. 52



THE DEN BY DENNY'S

- Egg White Ranchero Melt (390 calories)
- Veggie Mash Up Burrito and Veggie Mash Up Burger
- Veggie patty can be substituted for meat in entrée salad, sandwich or burger. Veggie patty is gluten-free.
- Pecan Cranberry Chicken Salad and Southwestern Chicken Salad
- Bruschetta chicken wrap and bruschetta chicken salad
- Fruit salad
- Yogurt parfait



INNOVATION BREW WORKS



Located at Innovation Village - 3650 W. Temple Ave.

- Gluten-free pizza
- Vegetarian signature pizzas
- Salads
- Everything can be customized and made vegetarian
- Customers can add a variety of veggies to pizzas or sandwiches

CENTERPOINTE DINING COMMONS



Healthy Stations:

- Salad Bar consists of three produce bars filled with an array of proteins and produce. (Seasonal produce from Cal Poly Pomona's very own Spadra Farm available all year round)
- Global station offers a world of flavors with well-balanced meal geared towards MyPlate standards.
- Deli offers 3 vegan proteins and gluten friendly options daily. Keto friendly bread is also available daily.
- Mongolian Grill: healthy stir fry
- Vegan/Vegetarian options are available daily at all stations

More Dining Options:

- Vegan Sushi Offered Daily.
- Vegan & GF pizza offered Daily.
- Breakfast egg white omelets are part of a high protein breakfast offered daily.
- Every menu includes full nutritional and allergen information

Wellness:

- Wellness Wednesdays offers resources for healthy dining where students can connect with the nutritionist.
- You can view daily menus for Centerpointe and create your own menus with complete nutritional analysis at our Eat Well Nutrition Tool.
- Students can meet with in house nutritionist to create meal plans, specialized diets, and much more.
- Peer nutrition educators available for student consultations via zoom or in person.