THE FOODIE INSIDER
Monthly Newsletter

WHAT'S NEW

SUPPLY CHAIN & LABOR SHORTAGE IMPACT

SPRING HOURS OF OPERATIONS

NOW HIRING

HEALTH & WELLNESS

RECIPE OF THE MONTH

DINING INFORMATION
@TCU_DINING

@THEHEALTHYFROG
Get your updates and info on health and wellness as well as healthy options on campus.

@TASTEOFFUNKYTOWN
Gameday food central! Get your updates on what are the specials for gameday!

ALL MENUS ARE POSTED ON WWW.DINING.TCU.EDU

EMAIL US AT: DINING@TCU.EDU
WHAT'S NEW??

CALIENTE
mexican. fresh.

- QUESADILLA AND TACO SALAD IS BACK!
- BREAKFAST FROM 8:00 AM - 10:30 AM

MAGNOLIAS ZERO

NOW SERVING BREAKFAST 8:00 AM - 9:30 AM

O'BRIEN'S

- BY POPULAR DEMAND, NOW SERVING SALADS
- NEW BLENDED BURGERS WITH FRESHLY MADE BUNS
- THE FLOATS ARE BACK!

NEW CONCEPT!

THIS SEMESTER'S NEW STUDENT CHOICE RESTAURANT IS THE BLUU BUDDHA BOWLS!

- MONDAY - SUNDAY
- 11:00 AM - 10:00 PM
- LOCATED IN UNION GROUNDS

Chick-fil-A

ADDED GREEK YOGURT PARFAIT AND CHOCOLATE BROWNIE

CHECK OUT THE MENU ON OUR INSTAGRAM @TCU_DINING OR WWW.DINING.TCU.EDU
SPRING HOURS OF OPERATION

KING FAMILY COMMONS BUILDING

MOBILE DINING
Closed

EAST CAMPUS

KINDER CAFE
Monday - Thursday
7:30 am - 9:00 pm
Friday
7:30 am - 3:00 pm
Saturday - Sunday
Closed

MOBILE DINING
Closed

CALIENTE
Monday - Friday
8:00 am - 9:00 pm
Saturday - Sunday
Closed

PERFORMANCE ATHLETIC DINING
1/11 | Open

O’BRIEN’S
Monday - Sunday
11:00 am - 10:00 pm

BLUU & REC CENTER

Monday - Friday
7:00 am - 9:00 pm
Saturday - Sunday
9:00 am - 9:00 pm

Monday - Friday
7:00 am - 11:30 pm
Saturday
9:00 am - 11:30 pm
Sunday
Closed

Monday - Thursday
7:30 am - 12:00 am
Friday
7:30 am - 3:00 pm
Saturday
Closed
Sunday
1:00 pm - 12:00 am

Monday, Wednesday, Friday
7:30 am - 2:35 pm
Tuesday, Thursday
7:30 am - 2:45 pm
Saturday - Sunday
Closed

Monday - Sunday
11:00 am - 10:00 pm

Monday - Friday
7:00 am - 9:00 pm
Saturday - Sunday
9:00 am - 11:00 pm

Monday - Thursday
7:30 am - 12:00 am
Friday
7:30 am - 3:00 pm
Saturday
Closed
Sunday
1:00 pm - 12:00 am

Monday, Wednesday, Friday
7:30 am - 2:35 pm
Tuesday, Thursday
7:30 am - 2:45 pm
Saturday - Sunday
Closed

Monday - Sunday
11:00 am - 10:00 pm

[Breakfast] 8:00 am - 9:30 pm
[Lunch] 11:00 am - 2:00 pm
[Dinner] 5:00 pm - 8:00 pm

*Hours are subject to change*
As we go into the spring semester we would like to remind our fellow Horned Frog family that we are still struggling with labor shortages and supply chain challenges will impact the availability of items. Our goal is to make sure to take care of the needs of our Horned Frogs and this will continue to be our focus as we go through the semester.

As many of y'all know, there is a nationwide supply chain and labor shortage impacting the foodservice industry. Our team kindly requests patience and flexibility throughout the semester as we find solutions. Students will never lack options, but menu items may change based on product availability. We are very fortunate for our talented chefs and cooks that can adjust menu options and continue to serve the same quality and service in all our campus locations. All menu changes and updates can be found on our social media @TCU_Dining or our website www.dining.tcu.edu. If a student has questions or concerns about a menu item or the changes, please feel free to email us at dining@tcu.edu.
JOIN OUR TEAM!

Marketing
Nutrition Marketing Specialist
Graphic Designer
Foodie Ambassadors

Dining
Cashier
Barista
Mobile Dining Attendants

Please email dining@tcu.edu if interested or have questions
NEW SEMESTER TIPS

The start of a new year and new semester is a great time to reflect and re-evaluate your health goals. Here are some helpful tips to start the semester mindfully.

Eat the rainbow -- Focusing on adding color to your meals is a great way to incorporate plant-based foods like fruits and vegetables into your diet. Try to include at least a serving at each meal and filling at least half of your plate with fruits and vegetables.

Focus on the positive -- Focus on the nutrition and value you can add to your meals rather than what you are taking away. You are serving your body by eating more produce, adding more self-care time to your days, and incorporating joyful movement into your routine. The easiest changes you can make are adding activities and foods you enjoy into your semester routine.

"Improvement, not perfection" -- Focus on improving your diet by adding more whole foods like fruits, vegetables, and heart-healthy fats rather than striving for perfection. Your diet does not have to be "perfect" or "healthy" all of the time! A good rule of thumb is to eat nutritious food 80% of the time and allow yourself to indulge 20% of the time.
EASY PROTEIN PANCAKES

INGREDIENTS:

For the pancakes:
- 1 banana
- 1/3 cup oats
- 3 large eggs
- 2 Tbsp. milk of choice (oat, almond, dairy, soy, cashew, etc.)
- 1 Tbsp. baking powder
- Cinnamon to taste
- 1 scoop protein powder of choice (whey, pea protein, etc.)
- Avocado oil or non-stick spray as needed

For the toppings:
- Sliced pears
- Raspberries
- Vanilla yogurt (Greek or dairy-free yogurt)
- Chopped pecans
- Maple syrup to taste

DIRECTIONS:

1. Blend the banana, oats, eggs, milk, baking powder, cinnamon, and protein powder in a blender until smooth.
2. Heat a tablespoon of oil on a pan or griddle. Ladle batter evenly and allow each pancake to spread.
3. Cook for 2 minutes or until bubbles appear on the surface. Flip over and cook for another minute until pancakes are golden.
4. Add your toppings, drizzle maple syrup, and enjoy!

By: Stephanie Cowart, RD, LD
Looking for vegetarian options around campus? Here is a guide to help you. E-mail dining@tcu.edu about any questions. *Menu items subject to change based on product availability*

**KING FAMILY COMMONS BUILDING**

**CALIENTE**
-mexican. fresh.-
Buttermilk Pancakes
Scrambled Eggs
Potato & Butternut Squash
Vegetarian Tacos,
Nachos, Burrito, Plato
*Build your own - option of rice,
beans, and toppings
Chips and Salsa
Chips and Guacamole
Chips and Queso

**O’BRIEN’S**

Veggie Burger
Grilled Cheese
Onion Rings
French Fries

**Rec Center**

**Marriott**

Build your own bowl to be vegan or vegetarian with options of chickpeas, tofu, and falafels as protein options.

**EAST CAMPUS**

**BISTRO BURNETT**

Vegetarian Sandwich
Build Your Own Sandwich

**KINDER CAFE**

Mediterranean Flatbread
Hummus, Feta Cheese, Red Onion,
Roasted Red Pepper, Black Olive,
Cucumbers, Roasted Tomato
Avocado Toast
Avocado, Roasted Tomatoes, Radish,
Pickled Onion, Feta, Arugula,
Sourdough
Mushroom Toast
Garlic Mushrooms Roasted Tomato,
Parmesan, Pesto, Sour Cream,
Arugula, Sourdough
Za’tar Toast
Hummus, Cucumber, Roasted
Tomato, Black Olive, Feta, Za’tar,
Mint, Arugula, Sourdough
Margherita Panini
Tomato, Mozzarella, Parmesan, Basil,
Pesto
Vegetarian Panini
Hummus, Garlic Mushrooms, Roasted
Tomato, Mozzarella, Red Peppers,
Avocado, Arugula

**REC CENTER**

**Super Monkey Bowl**
**Train Your Dragon Bowl**
**Coco Loco Bowl**
**Let That ManGo Bowl**
**Guac My World Bowl**
**The Banana Stand**
**Smoothie**
**Don't Kale My Vibe**
**Smoothie**
**Loaded Avocado Toast**
**Nuts for Nanners Toast**

**BLUU**

Southwest Salad
Market Salad
Side Salad
Hash Browns
Fruit Cup
Greek Yogurt Parfait
Waffle Fries
Frosted Lemonade
Ice Cream Cone
Milkshake

Salad Bar
Mindful
Grill (black bean burger, vegetarian philly sandwich)
Pizza
Veggie Toss
Smoothies
Shuffles (build your own)
Cereal
Bagel with cream cheese

**BLUU BOWLS**

Build your own bowl to be vegan or vegetarian with options of chickpeas, tofu, and falafels as protein options.
**MEAL PLAN**

**King Family Commons Building (KFCB)**
- **O’Brien’s**
  - Entrée + fries + fountain drink
  - = MS
- **Caliente**
  - Breakfast + side + Ozarka bottled water or fountain drink
  - Lunch + fountain drink or Ozarka Bottled Water
  - = MS
- **The Press**
  - Entrée + Ozarka Bottled Water
  - = MS
- **Magnolias**
  - Entrée + 2 sides + fountain drink
  - = MS

**East Campus**
- **Kinder**
  - Entrée + Ozarka Bottled Water
  - = MS
- **Bistro**
  - 6 inch + chips + fountain drink or Ozarka Bottled Water
  - Salad + fountain drink or Ozarka Bottled Water
  - = MS
- **A La Cart**
  - Campus cash
- **Tuk Tuk**
  - Campus cash

**Brown Lupton University Union (BLUU)**
- **Fortellini at Union Grounds**
  - Entrée + Ozarka Bottled Water or fountain drink
  - = MS
- **Chick-fil-A**

**Campus Wide**
- **Simply to go**
  - CC
- **Sushi Mama**
  - CC

**Rec Center**
- **Rollin n Bowlin**
  - ER

**FAQ**
- **How many swipes can I use in a day?**
  - 6 swipes per day maximum
- **Do my swipes roll over if I don’t use them all?**
  - Meal swipes do not rollover.
- **When is the last day I have to use my 19 swipes?**
  - Meal swipes must be used between Monday - Sunday. The 19 swipes reset Monday morning.
- **What happens if my meal is over the $7.50 value?**
  - Menus items have been designed to the $7.50 exchange value, so students are able to get a complete meal.
  - In an effort not to exclude our partners and give true exchangeability across campus, we created a true dollar-for-dollar exchange up to $7.50 at Chick-fil-A and Rollin n’ Bollin. You have two options:
    - use campus cash, frog bucks, credit, debit, or cash for the remaining balance
    - use a second meal swipe
- **I want to self-isolate or quarantine due to COVID, can I get my meal to-go?**
  - Yes! All retail units offer a to-go option. The only location that does not have a to-go option is Market Square.
  - If you want to stock up you can also grab our Simply To Go options in our coolers at Union Grounds, Bistro, Kinder, or the press for a later meal.
- **Is coffee considered a meal swipe?**
  - No - Starbucks, Peet’s, and Community Coffee locations are campus cash, frog bucks, credit, debit, or cash only
- **Can we use a meal swipe for Simply To Go or Sushi?**
  - Both options are campus cash, frog bucks, credit, debit, or cash only.