

Off-Campus Eats

We know you won't always want to eat on campus. At every restaurant you may go to, there will be good choices that can improve your performance as well as bad choices that can slow you down. Use this *Eat This, Not That* guide to help you!

| Restaurant | <i>Eat This!</i> | <i>Not That</i> |
|---|--|--|
|  | <ul style="list-style-type: none"> • Sizzling Fajitas • Chicken Fajita Rollup • Apple Walnut Chicken Salad | <ul style="list-style-type: none"> ○ Chicken fingers platter ○ Hand Battered Fish and Chips ○ Sizzling Ribeye |
|  | <ul style="list-style-type: none"> • Ham and swiss melt Sandwich • Marthas vineyard salad • Egg and Cheese Sourdough | <ul style="list-style-type: none"> ○ Bacon Beef and Cheddar Sandwich ○ Chicken Cordon Bleu ○ Rubeen ○ Buffalo Chicken Salad ○ Monte Cristo ○ Glazed Baby Back Ribs ○ Blimpie Best |
|  | <ul style="list-style-type: none"> • Oriental Chicken Salad • Turkey O'Toole • Grilled Salmon | <ul style="list-style-type: none"> ○ Fresh Sliced Sub ○ BLT Hot Sub ○ Antipasto Salad |
|  | <ul style="list-style-type: none"> • Roast Beef Fresh sub • Buffalo Chicken • Turkey Italiano Panini | |
|  | <ul style="list-style-type: none"> • Mussels Josephine Starter • Mango Salsa Grilled Fish • Filet Mignon | <ul style="list-style-type: none"> ○ Aji Panca Rubbed Ribeye ○ Bonefish Caesar Salad ○ Coconut Crusted Shrimp |
|  | <ul style="list-style-type: none"> • Boston Chicken Carver • Roasted Turkey • 1/4 White Rotisserie Chicken | <ul style="list-style-type: none"> ○ Boston Meatloaf Carver ○ Pot Pie ○ 3 Piece Dark Meal |
|  | <ul style="list-style-type: none"> • Bravo Chopped Salad • Wood Grilled Chicken Pizza • Spaghettoni Bolognese | <ul style="list-style-type: none"> ○ Sicilian Pizza ○ Shrimp Fra Diavolo ○ Gorgonzola Steak Filet |
|  | <ul style="list-style-type: none"> • Naked Tenders • Grilled chicken Sandwich • Grilled Blackened Chicken Salad | <ul style="list-style-type: none"> ○ Boneless Wings ○ Buffalo Ranch Wrap ○ Black and Bleu Burger |
|  | <ul style="list-style-type: none"> • Grilled Salmon • Tagliarini Picchi Pacchiu (Chicken or Shrimp) • Margherita Italian Chicken Pizza | <ul style="list-style-type: none"> ○ Sirloin Marsala ○ Lobster Ravioli ○ Chicken and Spinach Canneloni |
|  | <ul style="list-style-type: none"> • Grilled Fajita • Seaside Shrimp and Pasta • Traditional Gyros | <ul style="list-style-type: none"> ○ Baby back ribs ○ Premium Bleu Cheeseburger ○ Philly Cheese Steak Hoagie |
|  | <ul style="list-style-type: none"> • Hawaiian Pizza • Lemon-Herb Roasted Chicken • Shrimp and Angel Hair Pasta | <ul style="list-style-type: none"> ○ Big Five Pizza ○ Orange chicken ○ Ranch House Burger |
|  | <ul style="list-style-type: none"> • Grilled Caribbean Salad • Lettuce Wraps • Black Bean Burger • Honey BBQ Sirloin | <ul style="list-style-type: none"> ○ Country Fried Stead ○ Shrimp Alfredo Pasta ○ Crispy Chicken Salad |
|  | <ul style="list-style-type: none"> • chicken tacos on wheat • steak burrito on wheat • carnitas salad *No sour Cream or cheese | <ul style="list-style-type: none"> ○ any entrée with cheese and sour cream or on white flour tortillas |
|  | <ul style="list-style-type: none"> • Grilled salmon and spinach salad • Paddy mac's turkey and slaw • Citrus Chicken | <ul style="list-style-type: none"> ○ Galway Clam chowder ○ Pub Burger ○ Fish and Chips |



- Hummus and veggies
- Salad Bruschetta
- Tuna Sandwich

- oMeatball Pesto Flatbread
- oCosi Cobb Salad
- oRoasted Turkey and Brie Sandwich
- oMeat lasagna
- oHam and Swiss Sub
- oSmoked Turkey Panini



- Spaghetti with meat sauce
- Grilled chicken panini
- Chicken and Fruit Salad



- BBQ Chicken Sandwich
- Ham Burrito
- Black Bean Nachos
- spinach and mushroom omelette
- french toast
- harvest grain and nut pancakes

- o Coney Island sandwich
- ogrilled vegetable burger
- o Chips and Cheese
- o t-bone steak and eggs
- o chocolate chip pancakes
- o international passport crepes



- Vito Sub
- Turkey Tom Sub
- Pepe Sub
- *No Mayo

- o Vegetarian Sub
- oItalian night club
- o JJ Gargantuan Plain Slim
- *Any White bread sub- go for wheat



- Chicken Greek Salad
- Italian Veggie Hoagie
- Mediterranean Pita

- oTuna Scoop Greek Salad
- o Italian Hoagie
- o Thanksgiving Turkey Sandwich



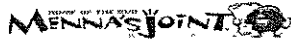
- The Patriot Sandwich
- Greek Chicken wrap
- Justaspud w/side of chili

- oThe Chicken Grill salad
- oThe rubeen sandwich
- oCorned Beef Sandwich



- Super Dub
- Chicken & Cheddar EZ Dub
- Chili

- oClub Dub
- oLoaded Dub
- oPotato and Sausage EZ Dub



- Premium grilled chicken classic w/ no mayo
- Premium Grilled Chicken Ranch BLT
- Asian Salad with Grilled Chicken

- o Premium Crispy Chicken Club
- o Big Mac
- o Quarter Pounder with Cheese
- oChicken McNuggest



- Art Vandalay Burrito on wheat
- Joey Bag of Donuts Burrito (Fish or Chicken)
- Personal Trainer Salad
- *Skip the Sour Cream

- o Triple Lindy Burriot
- o Full Monty Tacos
- o Nachos
- oChips and Queso



- Pasta Fresca
- Pad Thai
- Tomato Marinara

- o Mushroom Stroganoff
- o Wisconsin Mac and Cheese
- o Caesar Salad



- Grilled chicken
- Teriyaki chicken
- Key West Citrus Chicken

- oRoast Beef
- oTortilla Chicken Salad
- oAtlantic Grilled Salmon



- Spaghetti with meatballs
- Pork Filetino
- Shrimp Primavera

- oChicken Alfredo Pizza
- oEggplant Parmigiana
- oStuffed Chicken Marsala



- Mediterranean Veggie
- Power Hummus Bowl with Chicken
- smoked turkey breast on sourdough
- Bacon Turkey Bravo

- oTurkey Artichoke Panini
- oItalian Combo
- oTuna Salad on Honey Wheat
- oMac and Cheese



- Turkey Pesto Panini
- Whole Wheat Fajita Wrap
- Roma Pomodoro Pizza with chicken

- o Buffalo Chicken Wrap
- o Peppino's Deluxe Pizza
- o The Big Peppino Burger





- Almond Cashew Chicken
- Lemon Scallops
- Chow Mein

- o Oriental Chicken Salad
- o Beef with Broccoli
- o Lemon Pepper Shrimp



- Philly Steak Pita
- Black forest Ham Pita
- Hummus Pita

- o BLT Pita
- o Chicken Caesar Pita
- o Gyros Pita



- Spaghetti and Meatballs
- original chipati with chicken
- chicken salsa pizza on wheat dough

- o manicotti
- o taco salad
- o house salad pizza



- turkey breast sandwich
- pizza sandwich
- roast beef sandwich

- o italian sandwich
- o meatball sandwich
- o salad with ranch dressing



- Grilled veggie burrito
- chicken tacos
- naked steak taco salad

- o all queso nachos
- o all quesadillas
- o steak ranchero burrito



- Philly cheesesteak
- roman chicken salad
- Turkey ranch and swiss sub

- o mesquite chicken
- o classic italian sub
- o antipasto salad



- turkey pretzel melt
- hat trick grinder
- mushroom swiss garden burger

- o three cheese chicken sizzler
- o rajun cajun wrap
- o the italian stallion



- Honey Glazed Salmon
- Sierra Chicken
- smoked turkey sandwich

- o portobello chicken
- o pulled pork sandwich
- o Steak and rib combo



- Subway club
- steak and cheese hot sub
- turkey breast or ham sandwich

- o classic tuna sub
- o spicy italian hot sub
- o cold cut combo sub



- spicy chicken soft taco
- fresco burrito supreme
- steak or chicken grilled taquitos

- o beef soft taco supreme
- o gordito supreme
- o nachos bell grande



- bruschetta chicken pasta
- steak fajitas
- california turkey burger

- o grown up mac and cheese
- o jack daniels glazed ribs
- o bacon cheese burger



- jr. hamburger
- ultimate chicken grill
- roasted turkey and basil pesto frescata

- o frescata italiana
- o crispy chicken
- o bacon cheeseburger



- Chicken Sandwich
- 3 piece white/dark chicken
- chicken salad w/ lowfat dressing

- o mashed potatoes with gravy
- o Potato salad
- o pita bread with honey