## UBC VILLAGE (INSIDE BASEMENT)

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Choose more often</th>
<th>Choose less often</th>
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</thead>
</table>
| Want Want Hot and Spicy House | • Seafood  
• Choose your own Hotpot  
• Dried Hotpot  
• Prawns with Sichuan Spicy Sauce | • Luncheon meat  
• Braised Pork  
• Braised Beef                                                                 |
| Miyamae Sushi               | • Raw fish (Sashimi, Nigiri and Sushi)  
• Soba  
• Seaweed Salad  
• Ebi Sunomono  
• Edamame  
• Miso Soup  
• Ramen | • Tempura  
• Katsu (Deep fried and breaded items)  
• Foods with a high calorie sauces e.g. Honey BBQ Pork, Ginger Chicken, Ginger Beef, Sweet and Sour Pork, teriyaki |
| Osaka Sushi                 | • Raw fish (Sashimi, Nigiri and Sushi)  
• Soba  
• Seaweed Salad  
• Ebi Sunomono  
• Green Salad  
• Edamame  
• Miso Soup  
• Ramen | • Tempura  
• Teriyaki Chicken/Beef  
• Katsu (Deep fried and breaded items)  
• Curry Don  
• Specialty Sushi with mayo sauces on top |
| Black Pearl Café            | • Stir-fried vegetables  
• Poached and steamed foods  
• Tomato and eggs  
• Green Bean | • Foods with a high calorie sauces e.g. Honey BBQ Pork, Ginger Chicken, Ginger Beef, Sweet and Sour Pork, teriyaki  
• Desserts and Soda |
| Donair Town                 | • Hummus Dip  
• Pita Wraps  
• Greek Salad  
• Tabbouleh | • Fried Potatoes  
• Rice from platters  
• Baklava  
• Sauces  
• All Kebabs |
| Petra                       | • Tabbouleh  
• Greek Salad  
• Chicken Salad  
• Hummus and Pita  
• Wraps  
• Chicken Shawarma  
• Souvlakis | • Spinach Pie  
• Caesar Salad  
• All sauces  
• Donairs |
| Pho Vietnam                 | • Vermicelli Platters  
• Salad rolls  
• Lemongrass Chicken  
• Rice Platters | • Deep fried Spring Rolls  
• Spicy Chicken Wings  
• Noodle soup  
• Fried Rice |

**Please see “Stocking Up Your Cupboard” and “Eating Out” for further information**
**UBC VILLAGE (INSIDE - SECOND FLOOR)**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Choose more often</th>
<th>Choose less often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suga Sushi</td>
<td>• Raw Fish (Sashimi, Nigiri and Sushi)</td>
<td>• Deep fried Gyoza</td>
</tr>
<tr>
<td></td>
<td>• Bibimbap</td>
<td>• Chicken Wings</td>
</tr>
<tr>
<td></td>
<td>• Chirashi Don</td>
<td>• Tempura</td>
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<tr>
<td></td>
<td>• Udon/Soba</td>
<td>• Foods with a high calorie sauces e.g. teriyaki</td>
</tr>
<tr>
<td></td>
<td>• Miso Soup</td>
<td>• Chicken Karaage</td>
</tr>
<tr>
<td></td>
<td>• Assorted seafood Bibimbap</td>
<td>• Katsu (Deep fried and breaded items)</td>
</tr>
<tr>
<td></td>
<td>• Kimchi</td>
<td>• Japchaebap</td>
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</tbody>
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**UNIVERSITY VILLAGE**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Choose more often</th>
<th>Choose less often</th>
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</thead>
<tbody>
<tr>
<td>The Boulevard Coffee Roasting Company</td>
<td>• Sandwiches, baguettes, panini’s</td>
<td>• Croissants</td>
</tr>
<tr>
<td></td>
<td>• Yogurt cups</td>
<td>• Scones</td>
</tr>
<tr>
<td></td>
<td>• Arugula, tomato &amp; egg breakfast Sandwich</td>
<td>• Loaves</td>
</tr>
<tr>
<td></td>
<td>• Turkey Havarti Sandwich</td>
<td>• Cookies</td>
</tr>
<tr>
<td></td>
<td>• Roasted vegetable sandwich</td>
<td>• Bacon &amp; egg breakfast sandwich</td>
</tr>
<tr>
<td></td>
<td>• Quinoa salad</td>
<td>• Cranberry Brie Arugula Sandwich</td>
</tr>
<tr>
<td></td>
<td>• Yam and Kale Salad</td>
<td>• Jalapeno pulled pork sandwich</td>
</tr>
<tr>
<td></td>
<td>• Chicken pasta salad</td>
<td>• Cranberry pesto prosciutto baguette</td>
</tr>
<tr>
<td></td>
<td>• Arugula, tomato &amp; egg breakfast Sandwich</td>
<td>• Pear, brie and walnut baguette</td>
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<tr>
<td>Blenz</td>
<td>• Chicken Sundried Tomato Spinach Tortilla</td>
<td>• Capicolo and salami Panini</td>
</tr>
<tr>
<td></td>
<td>• Tuna salad sandwich</td>
<td>• Bocconcini Panini</td>
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<tr>
<td></td>
<td>• Cranberry Apricot Oat Bar</td>
<td>• Cobb salad</td>
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<td></td>
<td>• Traditional Date Square</td>
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<tr>
<td></td>
<td>• Protein Shake</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Yogurt Parfait</td>
<td></td>
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<tr>
<td>McDonald’s</td>
<td>• Kale and Feta More-Ning McWrap</td>
<td>• Croissants</td>
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<tr>
<td></td>
<td>• Egg McMuffin with Ham</td>
<td>• Loafs (Banana, carrot, Cranberry Multigrain, Lemon)</td>
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<tr>
<td></td>
<td>• Egg LT Bagel on Multigrain</td>
<td>• Signature Chillos</td>
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<tr>
<td></td>
<td>• Bran Muffin</td>
<td>• Peanut Butter Banana Chocolate Protein Shake (very high calorie)</td>
</tr>
<tr>
<td></td>
<td>• Oatmeal</td>
<td>• Cream based beverages</td>
</tr>
<tr>
<td></td>
<td>• Fruit ‘N Yogurt Parfait</td>
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</tr>
<tr>
<td></td>
<td>• Grilled Chicken Snack Wrap</td>
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<tr>
<td></td>
<td>• All salad with dressing on the side</td>
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<tr>
<td></td>
<td>• Sweet Chili or Mediterranean Veggie McWrap</td>
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<tr>
<td></td>
<td>• Country Chicken</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Sausage &amp; Hash Brown More-Ning McWrap</td>
<td>• Sausage McMuffin with Egg</td>
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<tr>
<td></td>
<td></td>
<td>• Bacon Egg and Cheese McGriddles</td>
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<tr>
<td></td>
<td></td>
<td>• Bacon ‘N Egg Bagel, BLT Bagel</td>
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<tr>
<td></td>
<td></td>
<td>• Breakfast Burritos</td>
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<tr>
<td></td>
<td></td>
<td>• Low fibre muffins</td>
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<td></td>
<td></td>
<td>• Big Breakfast</td>
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<tr>
<td></td>
<td></td>
<td>• Hotcakes and Sausage</td>
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<tr>
<td></td>
<td></td>
<td>• Hash Browns</td>
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<td></td>
<td></td>
<td>• Angus Classic – Bacon and Cheese</td>
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</tbody>
</table>
| Pita Pit | Morning Glory Breakfast Pita on whole wheat  
|         | Non cream-based soup  
|         | Choose whole wheat pitas with turkey breast, tuna, chicken breast, roast beef, falafel, or vegetarian.  
|         | Choose hummus, tzatziki, mustard, or honey mustard sauce.  
|         | Salads with any meat above and dressing on the side  
|         | All desserts  
|         | White pitas  
| Only U Cafe | Fruit bowl and bagel  
|         | Eggs and toast  
|         | Veggie and cheese omelette w/ avocado  
|         | Spicy veggie and cheese frittata w/ avocado  
|         | Grilled Chicken Breast Burger  
|         | Macaroni and Cheese  
|         | Bacon Cheddar Burger  
|         | Hash Browns  
| Omio Japan | Donburi  
|         | Sushi rolls  
|         | Deep Fried dishes, tempura  
|         | Noodle dishes  
| Starbucks | Paninis  
|         | Salads  
|         | Whole grain oatmeal  
|         | Egg and cheese English muffin  
|         | Protein box  
|         | Yogurt  
|         | Yogurt and Granola  
|         | Baked goods and cookies  
|         | Sugar syrups  
|         | Cream  
| One More Sushi | Robata  
|         | Donburi with brown rice  
|         | A La Carte dishes with brown rice  
|         | Tempura  
| Granville Island Produce | Fruit, vegetables  
|         | Triscuits  
|         | Natural peanut butter  
|         | Greek yogurt  
|         | Rice cakes  
|         | Instant noodles  
| Red Burrito | Red burrito (any protein)  
<p>|         | Tortilla soup |</p>
<table>
<thead>
<tr>
<th>Location</th>
<th>Options</th>
<th>Options</th>
</tr>
</thead>
</table>
| Freshslice Pizza                 | • Super Veggie Feast  
• Greek Feast                                                                              | • Garlic Chicken Feast  
• All Meat Feast                                                           |
| Subway                           | • Egg and cheese on whole wheat bread with veggies  
• Any tuna, oven-roasted chicken, roast beef, turkey breast, or veggie delight on whole wheat or honey oat bread  
• Salads with any meat above and dressing on the side  
• Italian B.M.T.  
• Chicken Breast  
• Chicken Teriyaki (No dressing)  
• Apple slices  
• Non cream-based soup  
• Extra Avocado | • Breakfast B.M.T. Melt  
• Korean BBQ Pulled Pork  
• Chicken and Bacon Ranch Melt or BBQ Melt  
• Cold Cut Combo  
• Meatball Marinara  
• Pizza Sub  
• Prime Rib Swiss Melt  
• Steak and Cheese  
• Cream-based soup  
• Chips  
• Cookies and other baked goods |
| 5 Tastes Chinese Bistro          | • Meat/tofu dishes with vegetables and rice  
• Vegetable-based dishes                                                                 | • Noodle-based dishes  
• Soups  
• Salty dishes                                                                 |
| A&W                              | • Mama Burger  
• Chicken Grill Deluxe                                                                 | • Grandpa Burger  
• Maple Chipotle Grandpa Burger                                                                 |
| Maurya Express                   | • Tandoori Chicken  
• Combo picks (Vegetarian, lamb)                                                                 | • Butter chicken                                                                 |
| Bubble Waffle Cafe               | • Teppanyaki Rice dishes                                                                 | • Twisted Potato  
• Waffle Cake                                                                 |

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