



A10 Conference Athlete Restaurant Menu Guide
GMU Center For Sports Performance



TABLE OF CONTENTS

Index by School

1. Davidson College
2. University of Dayton
3. Duquesne University
4. Fordham University
5. George Mason University
6. La Salle University
7. U Mass: Amherst
8. University of Rhode Island
9. St. Bonaventure University
10. St. Joseph's University
11. St. Louis University
12. Virginia Commonwealth University & University of Richmond

Popular Options

1. Applebee's
2. Arby's
3. Chili's
4. Chipotle
5. Cosi
6. Jimmy Johns
7. Longhorn Steakhouse
8. McDonalds
9. Olive Garden
10. Outback Steakhouse
11. Panera
12. Potbelly's
13. Qdoba
14. Subway
15. TGI Friday's

**PRE-GAME MEAL
TIPS**

DAVIDSON



Brick House Tavern

Address	Phone Number	Hours of Operation
209 Delburg St.	704-987-2022	11:30am-12am
Best Options	Good Options	Limit
Turkey Club Salmon Grilled Chicken Breast Grilled Chicken Aioli Portabella Mushroom Sandwich All Salads (Tuna Chicken Salmon additions OK)	Blackened Cod Sandwich Mediterranean Pizza Vegetable Pizza	Buffalo Chicken Wings Onion Shreds Calamari Golden Fried Fried Flounder All Other Pizza Bleu Ridge Carolina All-American

The Egg at Davidson

Address	Phone Number	Hours of Operation
231 Griffith St.	704-987-1885	7am-8pm
Best Options	Good Options	Limit
Mexican Omelette Spinach Omelette Cottage Cheese Fruit Plate Plain Eggs Chicken Salad Melt Turkey Melt Full Stack Short Stack	French Toast Belgian Waffle Tomato "Bene" Chicken Melt Club Grilled Cheese	Country Fried Steak and Eggs Eggs Benedict Biscuits and Gravy Tennessee Bene All "Hot Hoagies" Corned Beef Hash with Eggs

Subway

Address	Phone Number	Hours of Operation
Harbour PI Dr.	704-892-0740	7am-1030pm
Best Options	Good Options	Limit
Oven Roasted Chicken Turkey Tuna Veggie Delight Turkey & Ham Chicken Teriyaki Black Forest Ham	Meatball Roast Beef	Turkey Italiano Melt Cold Cut Combo Italian BMT Steak & Cheese Spicy Italian Subway Club Chicken and Bacon Ranch Melt



UNIVERSITY of DAYTON

Panera

Address	Phone Number	Hours of Operation
1203 Brown St.	937-223-6700	6am-9pm
Best Options	Good Options	Limit
Avocado Egg White & Spinach Sandwich Mediterranean Egg White Strawberry Granola Parfait Fresh Fruit Cup Oatmeal Chicken Noodle Soup Bistro French Onion Cream of Chicken and Wild Rice Soup Creamy Tomato Soup Turkey Chili Garden Vegetable with Pesto Bowl All Salad Options Butternut Squash Ravioli Pasta Primavera Tuna Salad Sandwich Napa Almond Chicken Salad-Sandwich Sierra Turkey Sandwich Smoked Turkey Sandwich Southwestern Chicken Sandwich Turkey Cranberry Sandwich Turkey Cranberry Flatbread Breakfast Power Sandwich	Four Cheese Egg Soufflé Pesto Sacchetti Grilled Cheese Frontega Chicken Panini Smoked Ham and Swiss	Bacon Egg and Cheese Sandwich Bacon Egg and Cheese Bagel Mac and Cheese Tortellini Alfredo (with or without chicken) Roasted Turkey BLT Italian Combo Sandwich

Submarine House

Address	Phone Number	Hours of Operation
1137 Brown St.	937-222-7939	10am-10pm
Best Options	Good Options	Limit
Grilled Veggie Turkey and Super Turkey Tuna Ham and Super Ham	Grilled Steak + the works	Nacho Cheese Steak Super Duper Cheese Steak Super Nacho Cheese Steak Pizza and Super Pizza Sub Pepperoni and Super Pepperoni The Pistol

Italian and Super Italian
 American and Super American
 Chicken Cheese Steak
 Italian and Super Italian

Arby's

Address	Phone Number	Hours of Operation
1200 Brown St. Suite 100	937-331-9045	10am-10pm
Best Options	Good Options	Limit
Market Fresh Chopped Salad Prime-Cut Chicken Tenders Turkey and Swiss (both sandwich and wrap)	Roast Chopped Salad Roast Chicken Club Sandwich Roast Turkey (both sandwich and wrap) Jr Chicken Sandwich	Crispy Chopped Salad Three Cheese and Bacon Angus Reuben and Super Reuben All roast beef options Cravin' Chicken Sandwich Philly Angus Mac and Cheese Chicken Cordon Bleu Sandwich Bacon and Swiss Sandwich

Chipotle

Address	Phone Number	Hours of Operation
1211 Brown St.	937-222-2238	11am-10pm
Best Options	Good Options	Limit
1. Chicken 2. Carnitas 3. Steak 4. Barbacoa	<u>Pick 1 or ½ of 2</u> Guacamole Sour Cream Cheese	

Potbelly's

Address	Phone Number	Hours of Operation
1200 Brown St. Suite 130	937-220-9510	11am-10pm
Best Options	Good Options	Limit
Uptown Salad Turkey Sandwich Grilled Chicken Sandwich	Farmhouse Salad Chicken Salad Ham and Swiss Roast Beef Sandwich Chicken Salad Sandwich	A Wreck Salad Italian Sandwich A wreck sandwich Pizza Sandwich



DUQUESNE UNIVERSITY

Red Ring

Address	Phone Number	Hours of Operation
1015 Forbes Ave.	412-396-3550	1130am-10pm
Best Options	Good Options	Limit
Broccoli Mac Veggie Stack Turkey Cobb Sandwich Buffalo Chicken Wrap Chicken Club Buffalo Chicken Sandwich (Grilled not hand breaded) Cajun Chicken Sandwich		Loaded Baked Potato Mac Caribbean Mac Buffalo Chicken Mac Pulled Pork Mac Tater Tot Grilled Cheese All Day Grilled Cheese Cheesesteak Four Cheese Mac Loaded Mac Italian Sandwich Pulled Pork Chicken Parmesan Sandwich All Burger Options

TGI Friday's

Address	Phone Number	Hours of Operation
185 Waterfront Dr. E	412-462-8443	11am-12am
Best Options	Good Options	Limit
Balsamic Glazed Chicken Salad Pecan-Crusted Chicken Salad Chipotle Yucatan Chicken Salad Chicken Florentine Pasta Dragonfire Chicken		Jack Daniel's Ribs Jack Daniel's Ribs and Shrimp Chicken Fingers Cajun Chicken & Shrimp Pasta Jack Daniel's Chicken and Shrimp Jack Daniel's Sirloin and Shrimp Jack Daniel's Grilled Salmon and Shrimp Parmesan-Crusted Chicken

Ten Penny

Address	Phone Number	Hours of Operation
960 Penn Ave.	412-318-8000	11am-12am
Best Options	Good Options	Limit
Mango Molasses Glazed Salmon Portobello Burger Porcini Amish Chicken Breast		Sausage Platter Steak & Fries Ten Penny Burger

Pecan Crusted Mahi

Kielbasa Sandwich
Smoked Salmon BLT
Brawt Burger
Beer Battered Fish Sandwich
Chicken Parmesan Burger
Crab Cake Sandwich
Pasta Primavera

Subway

Address	Phone Number	Hours of Operation
700 Forbes Ave.	317-536-1695	7am-10pm
Best Options	Good Options	Limit
Oven Roasted Chicken Turkey Tuna Veggie Delight Turkey & Ham Chicken Teriyaki Black Forest Ham	Meatball Roast Beef	Turkey Italiano Melt Cold Cut Combo Italian BMT Steak & Cheese Spicy Italian Subway Club Chicken and Bacon Ranch Melt

Chipotle

Address	Phone Number	Hours of Operation
211 Forbes Ave.	412-224-5586	11am-10pm
Best Options	Good Options	Limit
1. Chicken 2. Carnitas 3. Steak 4. Barbacoa	<u>Pick 1 or ½ of 2</u> Guacamole Sour Cream Cheese	

Jimmy John's

Address	Phone Number	Hours of Operation
501 Grant St.	412-281-3474	11am-10pm
Best Options	Good Options	Limit
Slim 3 Slim 4 #3 Totally Tuna #4 Turkey Tom #6 Vegetarian #12 Beach Club #13 Veggie Club #15 Club Tuna #7 Gourmet Smoked Ham Club #1 Pepe Slim 1	#11 Country Club	Slim 2 Slim 5 Slim 6 J.J BLT #16 Club Lulu #2 Big John #5 Vito #8 Smoked Billy Club #9 Italian Night Club #10 Hunter's Club #14 Bootlegger's Club

#17 Ultimate Porker
JJ's Gargantuan



FORDHAM UNIVERSITY

THE JESUIT UNIVERSITY OF NEW YORK

Cosi

Address	Phone Number	Hours of Operation
441 E. Fordham Rd.	718-817-0196	7:30am-10pm
Best Options	Good Options	Limit
TBM- Tomato, Basil, Mozzarella Chicken TBM Turkey Avocado Tuscan Pesto Chicken Turkey Brie Adobe Chicken Bowl Caribbean Chicken and Spaghetti Bowl	Buffalo Bleu All other melt Brazilian Steak Bowl Thai Curry	Pork Belly Banh Mi Steakhouse Melt All Pizza options Mac & Cheese Cosi Club Mediterranean Prosciutto



Chipotle

Address	Phone Number	Hours of Operation
11062 Lee Jackson Memorial Hwy	(703)-934-7099	11am-10pm
Best Options	Good Options	Limit
1. Chicken 2. Carnitas 3. Steak 4. Barbacoa	<u>Pick 1 or ½ of 2</u> Guacamole Sour Cream Cheese	Chips

Subway

Address	Phone Number	Hours of Operation
4400 University Dr (On-Campus)	(703)-993-6196	11am-3pm
Best Options	Good Options	Limit
Oven Roasted Chicken Turkey Tuna Veggie Delight Turkey & Ham Chicken Teriyaki Black Forest Ham	Meatball Roast Beef	Turkey Italiano Melt Cold Cut Combo Italian BMT Steak & Cheese Spicy Italian Subway Club Chicken and Bacon Ranch Melt

Olive Garden

Address	Phone Number	Hours of Operation
12980 Fair Lakes Shopping Center	(703)-631-4840	11am-10pm

Best Options	Good Options	Limit
Citrus Chicken Sorrento Ravioli de Portobello Garlic Rosemary Chicken		Tour of Italy Fettuccini Alfredo Lasagna de Classico Chicken and Gnocchi Shrimp Alfredo 5-Cheese Baked Ziti Chicken Alfredo Chicken Scampi

Qdoba

Address	Phone Number	Hours of Operation
10338 Main St	(703)-273-8202	11am-10pm
Best Options	Good Options	Limit
<ol style="list-style-type: none"> 1. Chicken 2. Steak 3. Shredded Beef <ol style="list-style-type: none"> 1. Burrito Bowls 2. Burritos No Queso Sauce No 3-cheese nachos		

Potbelly's

Address	Phone Number	Hours of Operation
3955 Chain Bridge Rd.	(703)-267-6095	11am-9pm
Best Options	Good Options	Limit
Uptown Salad Turkey Sandwich Grilled Chicken Sandwich	Farmhouse Salad Chicken Salad Ham and Swiss Roast Beef Sandwich Chicken Salad Sandwich	A Wreck Salad Italian Sandwich A wreck sandwich Pizza Sandwich

Panera

Address	Phone Number	Hours of Operation
Johnson Center (On-Campus)	(703)-251-0069	7am-10pm
Best Options	Good Options	Limit
Avocado Egg White & Spinach Sandwich Mediterranean Egg White Strawberry Granola Parfait Fresh Fruit Cup	Four Cheese Egg Soufflé Pesto Sacchetti Grilled Cheese Frontega Chicken Panini Smoked Ham and Swiss	Bacon Egg and Cheese Sandwich Bacon Egg and Cheese Bagel Mac and Cheese Tortellini Alfredo (with or without chicken)

Oatmeal
 Chicken Noodle Soup
 Bistro French Onion
 Cream of Chicken and Wild Rice Soup
 Creamy Tomato Soup
 Turkey Chili
 Garden Vegetable with Pesto Bowl
 All Salad Options
 Butternut Squash Ravioli
 Pasta Primavera
 Tuna Salad Sandwich
 Napa Almond Chicken Salad-Sandwich
 Sierra Turkey Sandwich
 Smoked Turkey Sandwich
 Southwestern Chicken Sandwich
 Turkey Cranberry Sandwich
 Turkey Cranberry Flatbread
 Breakfast Power Sandwich

Roasted Turkey BLT
 Italian Combo Sandwich

Chick-Fil-A

Address	Phone Number	Hours of Operation
SUB-1 (On-Campus)	(703)-993-9259	8am-9pm
Best Options	Good Options	Limit
Chargrilled Chicken Sandwich Chicken Burrito Grilled Chicken Sub (no bacon) Grilled Nuggets Chicken Salad Sandwich		Sausage Biscuit Fried Chicken Sandwich Chicken Deluxe Chicken Strips Spicy Deluxe Fries Milkshakes

Noodles & Company

Address	Phone Number	Hours of Operation
10296 Main St	(703)-218-4400	11am-10pm
Best Options	Good Options	Limit
Pesto Cavatappi Penne Rosa Pad Thai Bangkok Curry Whole Grain Tuscan Fresca All Salad Options Spaghetti W/ Meatballs	Buttered Noodles	Wisconsin Mac & Cheese Alfredo MontAmore Steak Stroganoff

Einstein Bagel Bros

Address	Phone Number	Hours of Operation
Merten Hall (On-Campus)	(703)-593-7084	8am-8pm
Best Options	Good Options	Limit
Turkey Sausage & Cheddar Southwest Egg White Garden Egg White Santa Fe Ham and Swiss		Applewood Bacon & Cheddar Bacon and Spinach Bagel Dog Pepperoni Pizza Bagel Cheese Pizza Bagel Italian Chicken Panini

Zoe's

Address	Phone Number	Hours of Operation
10955 Fairfax Blvd.	(703)-359-2542	11am-9pm
Best Options	Good Options	Limit
Chicken Salad Sandwich Greek Chicken Pita Tuna Pita Turkey Pita Turkey Stack Hummus Plate Mediterranean Chicken Chicken Roll-Ups Greek Chicken Marinara Chicken Kabobs Shrimp Kabobs Salmon Kabobs Rosemary Ham	Pimento Cheese Sandwich Gruben Steak Kabobs Steak Roll-Ups Steak Stack	

Red Lobster

Address	Phone Number	Hours of Operation
10325 Fairfax Blvd	(703)-691-1011	11am-10pm
Best Options	Good Options	Limit
Wild-Caught Flounder Wood-Grilled Shrimp, Lobster & Salmon Rock Lobster Tail Snow Crab Legs Garlic Grilled Shrimp Lighthouse Chicken	Salmon New Orleans Bar Harbor Lobster Bake	Fish and Chips Crab Linguini Alfredo Admiral's Feast Parrot Isle Jumbo Shrimp Walt's Favorite Shrimp Ultimate Feast Parmesan Crusted Tilapia

Freshens

Address	Phone Number	Hours of Operation
Johnson Center		1pm-9pm
Best Options	Good Options	Limit
The Greek Grilled Chicken Caesar Cajun Rice Bowl Mediterranean Florence Rice Bowl Chipotle Flatbread Southwest Chipotle Chicken Salad	Spicy Korean Roadhouse BBQ Chicken Salad Mexican Rice Bowl California Club (No Bacon)	KC BBQ Rice Bowl All Mac & Cheese Bowls All Stuffed Baguettes Protein Power BBQ Chicken Flatbread Buffalo Chicken Salad



LASALLE UNIVERSITY

Green Soul

Address	Phone Number	Hours of Operation
8229 Germantown Ave.	215-242-2300	11am-8pm
Best Options	Good Options	Limit
All Farm Fresh Salads Portabella Mushroom and Veggie Gulf Shrimp Cajun Salmon BLT (turkey bacon) Roasted Herb Chicken Black Bean Veggie Burger Country Sweet Potato Chili Down Home Turkey Chili		BBQ Pulled Chicken Sandwich Island Black Bean Chowder

Subway

Address	Phone Number	Hours of Operation
1900 W. Olney Ave.	215-951-1388	7:30am-10pm
Best Options	Good Options	Limit
Oven Roasted Chicken Turkey Tuna Veggie Delight Turkey & Ham Chicken Teriyaki Black Forest Ham	Meatball Roast Beef	Turkey Italiano Melt Cold Cut Combo Italian BMT Steak & Cheese Spicy Italian Subway Club Chicken and Bacon Ranch Melt

Chipotle

Address	Phone Number	Hours of Operation
4030 City Ave	215-878-0452	11am-10pm
Best Options	Good Options	Limit
1. Chicken 2. Carnitas 3. Steak 4. Barbacoa	<u>Pick 1 or ½ of 2</u> Guacamole Sour Cream Cheese	

Explorer's Den

Address	Phone Number	Hours of Operation
2160 W. Olney Ave.	215-621-6572	10am-10pm
Best Options	Good Options	Limit
Grilled Chicken Hoagie Turkey Hoagie Tuna Hoagie Turkey Club Tuna Club Grilled Chicken Club Grilled Chicken Wrap Ham Hoagie	American Hoagie Buffalo Chicken Wrap	Sausage Hoagie Meatball Hoagie BLT Club Roast Beef w/ Bacon All Pizza options Roast Beef Wrap Cheesesteak Wrap Turkey and Bacon Wrap Italian Hoagie American Hoagie



UMASS AMHERST

Bertucci's

Address	Phone Number	Hours of Operation
51 E. Pleasant St.	413-549-1900	11am-10pm
Best Options	Good Options	Limit
All entrée salads Brick Oven Roasted Chicken Salmon (grilled) Rigatoni <u>Broccoli & Chicken</u> 1. Wine Sauce		Jambalaya Fettuccini Four Cheese Ravioli Rigatoni Abruzzi Chicken Parma Chicken Piccata Lasagna Chicken Gratinati Grilled chicken marsala Shrimp Scampi

Subway

Address	Phone Number	Hours of Operation
4 Main St.	413-256-1919	7am-12am
Best Options	Good Options	Limit
Oven Roasted Chicken Turkey Tuna Veggie Delight Turkey & Ham Chicken Teriyaki Black Forest Ham	Roast Beef Meatball	Turkey Italiano Melt Cold Cut Combo Italian BMT Steak & Cheese Spicy Italian Subway Club Chicken and Bacon Ranch Melt

Chipotle

Address	Phone Number	Hours of Operation
334 Hadley St.	413-587-9888	11am-10pm
Best Options	Good Options	Limit
1. Chicken	<u>Pick 1 or ½ of 2</u>	

- 2. Carnitas
- 3. Steak
- 4. Barbacoa

Guacamole
Sour Cream
Cheese

Greeno Sub Shop

Address	Phone Number	Hours of Operation
120 Greenough Hall Basement	413-545-2380	5pm-11pm
Best Options	Good Options	Limit
No-Moo Bae	The Dagger	Gut-Buster Nasty Nolan Victory Heartbreaker Parmtastic Italiano Jibwich Oral Experience

Crazy Noodles

Address	Phone Number	Hours of Operation
36 Main St.	413-253-3287	11am-10pm
Best Options	Good Options	Limit
Sesame Street Crazy Pesto Pasta Roma Ocean Spaghetti Sunshine Noodles		Spicy Glass Noodle Salad Teriyaki Noodles Penne de Crème

The Local

Address	Phone Number	Hours of Operation
243 Stockbridge Rd.	413-545-2551	11am-9pm
Best Options	Good Options	Limit
Farmhouse Turkey Burger Northampton Burger		Westhampton Burger Local Burger Juicy Lucy



THE UNIVERSITY OF RHODE ISLAND

The Flatbread Company

Address	Phone Number	Hours of Operation
161 Cushing Street	401-273-2737	1130am-10pm
Best Options	Good Options	Limit
Mopsy's Chicken Pie Jimmy's Free Range Chicken	Cheese and Herb Jay's Heart	Homemade Sausage

Subway

Address	Phone Number	Hours of Operation
1 Keany Rd.	401-874-2400	11am-10pm
Best Options	Good Options	Limit
Oven Roasted Chicken Turkey Tuna Veggie Delight Turkey & Ham Chicken Teriyaki Black Forest Ham	Roast Beef Meatball	Turkey Italiano Melt Cold Cut Combo Italian BMT Steak & Cheese Spicy Italian Subway Club Chicken and Bacon Ranch Melt

Outback Steakhouse

Address	Phone Number	Hours of Operation
1000 Division St.	401-886-4543	11am-10pm
Best Options	Good Options	Limit
Alice Springs Chicken Grilled Salmon Grilled Chicken on the Barbie Grilled Tilapia Aussie Chicken Tacos Simply Grilled Mahi Hearts of Gold Mahi Parmesan Crusted Chicken	Outback Sirloin Ribeye Victoria Filet Sirloin	Baby Back Ribs Chicken Tender Platter Crispy Chicken Sandwich Crab Cakes Parmesan Pasta

Longhorn Steakhouse

Address	Phone Number	Hours of Operation
400 Bald Hill Rd.	401-737-6943	11am-10pm
Best Options	Good Options	Limit
Salmon Grilled Tilapia Grilled Shrimp Napa Grilled Chicken Grilled Chicken Strawberry Salad	Sirloin Filet Ribeye Flank New York Strip 7-pepper sirloin Salad	Prime Rib Porterhouse Baby Back Ribs Pork Chops Steak and Bacon Melt Primetime Burger

Applebee's

Address	Phone Number	Hours of Operation
349 W Main Rd.	401-849-5676	11am-10pm
Best Options	Good Options	Limit
Strawberry and Avocado Salad Fiesta Chicken Chopped Salad Seasonal Berry Salad Shrimp Salad Cedar Salmon Chicken Freshcado Grilled Chicken Ciabatta Classic Turkey Breast Cedar Grilled Chicken Bourbon Street Chicken & Shrimp	Grilled Chicken Caesar Salad House Sirloin Roma Pepper Sirloin New York Strip Parmesan Shrimp	Oriental Chicken Salad Crosscut Ribs Riblets Double-Glazed Baby Back Ribs Shrimp Scampi Linguini Queso Chicken and Shrimp Chicken Tenders Platter Quesadilla Burger Shrimp N Parmesan Sirloin Triple Bacon Burger American BLT Chicken Pasta Alfredo Three Cheese Chicken Penne Hot Whiskey Chicken Fiesta Lime Chicken Clubhouse Grille American Standard Burger Blackened Tilapia

ST. BONAVENTURE UNIVERSITY

Brother's Bistro

Address	Phone Number	Hours of Operation
188 N Union St.	716-379-8656	11am-10pm
Best Options	Good Options	Limit
Chili Rubbed Grilled Salmon Chicken Pita Tandoori Chicken Wrap Cilantro Lime Chicken Pasta Chicken Kabob Pasta Marinara Brothers Bistro Wrap Chicken Souvlaki Pita	Flat Iron Steak Chicken Marsala Greek Pita Beef Souvlaki Pita	Beef Curry Chicken Parmesan Panini Bistro Burger

Subway

Address	Phone Number	Hours of Operation
3015 NY-417	716-372-1415	7am-10pm
Best Options	Good Options	Limit
Oven Roasted Chicken Turkey Tuna Veggie Delight Turkey & Ham Chicken Teriyaki Black Forest Ham	Roast Beef Meatball	Turkey Italiano Melt Cold Cut Combo Italian BMT Steak & Cheese Spicy Italian Subway Club Chicken and Bacon Ranch Melt

Applebee's

Address	Phone Number	Hours of Operation
3067 W. State St.	716-372-2828	11am-12am
Best Options	Good Options	Limit
Strawberry and Avocado Salad Fiesta Chicken Chopped Salad Seasonal Berry Salad Shrimp Salad Cedar Salmon Chicken Freshcado Grilled Chicken Ciabatta Classic Turkey Breast	Grilled Chicken Caesar Salad House Sirloin Roma Pepper Sirloin New York Strip Blackened Tilapia Parmesan Shrimp	Oriental Chicken Salad Crosscut Ribs Riblets Double-Glazed Baby Back Ribs Shrimp Scampi Linguini Queso Chicken and Shrimp Chicken Tenders Platter Quesadilla Burger

Cedar Grilled Chicken
Bourbon Street Chicken & Shrimp

Shrimp N Parmesan Sirloin
Triple Bacon Burger
American BLT
Chicken Pasta Alfredo
Three Cheese Chicken Penne
Hot Whiskey Chicken
Fiesta Lime Chicken
Clubhouse Grille
American Standard Burger



SAINT JOSEPH'S UNIVERSITY

Landmark Americana

Address	Phone Number	Hours of Operation
2481 N 54 th St.		11am-12am
Best Options	Good Options	Limit
Chicken Tortilla Soup Ahi Tuna Bean Burger Pesto Salmon Sesame Tuna Taco	Landmark Sunny	Short-Rib Chili Seafood Bisque Southwest Burger Main Street Burger Short-Rib Cheesesteak Pulled Pork French Dip South Philly Chicken Fried Chicken Fish and Chips Carne Asada Salmon BLT All Buffalo Wings Landmark Combo Roasted Chicken Quesadilla Roasted Chicken Club

Qdoba

Address	Phone Number	Hours of Operation
33 E City Ave.	610-664-2906	11am-11pm
Best Options	Good Options	Limit
1. Chicken 2. Steak 3. Shredded Beef 1. Burrito Bowls 2. Burritos No Queso Sauce No 3-cheese nachos		

Chipotle

Address	Phone Number	Hours of Operation
4030 City Ave.	215-878-0452	11am-10pm
Best Options	Good Options	Limit
1. Chicken 2. Carnitas 3. Steak 4. Barbacoa	<u>Pick 1 or ½ of 2</u> Guacamole Sour Cream Cheese	

TGI Friday's

Address	Phone Number	Hours of Operation
4000 City Ave.	215-878-7070	11am-12am
Best Options	Good Options	Limit
Balsamic Glazed Chicken Salad Pecan-Crusted Chicken Salad Chipotle Yucatan Chicken Salad Chicken Florentine Pasta Dragonfire Chicken		Jack Daniel's Ribs Jack Daniel's Ribs and Shrimp Chicken Fingers Cajun Chicken & Shrimp Pasta Jack Daniel's Chicken and Shrimp Jack Daniel's Sirloin and Shrimp Jack Daniel's Grilled Salmon and Shrimp Parmesan-Crusted Chicken

Olive Garden

Address	Phone Number	Hours of Operation
83 City Ave.	610-664-4720	11am-10pm
Best Options	Good Options	Limit
Chicken Scampi Citrus Chicken Sorrento Ravioli de Portobello Garlic Rosemary Chicken		Tour of Italy Fettuccini Alfredo Lasagna de Classico Chicken and Gnocchi Shrimp Alfredo 5-Cheese Baked Ziti Chicken Alfredo

Chili's

Address	Phone Number	Hours of Operation
175 E City Ave.	610-667-4444	11am-11pm
Best Options	Good Options	Limit
Fajitas (Only chicken or shrimp) Grilled Fish Tacos Chicken Tacos Margarita Chicken Bowl Chipotle Fresh Mex Bowl	Spicy Shrimp Tacos Grilled Chicken Burrito	Southern Smokehouse Burger Sweet and Smoky Burger Classic Bacon Burger Prime Rib Tacos Prime Rib Fresh Mex Bowl

Cajun Pasta

All Enchiladas
All other burritos
Baby back Ribs
Chicken Crispers
Guacamole Burger

Jimmy John's

Address	Phone Number	Hours of Operation
3925 Walnut St.	215-222-7827	11am-10pm
Best Options	Good Options	Limit
Slim 3 Slim 4 #3 Totally Tuna #4 Turkey Tom #6 Vegetarian #12 Beach Club #13 Veggie Club #15 Club Tuna #1 Pepe #7 Gourmet Smoked Ham Club Slim 1	#11 Country Club	Slim 2 Slim 5 #16 Club Lulu Slim 6 J.J BLT #2 Big John #5 Vito #8 Smoked Billy Club #9 Italian Night Club #10 Hunter's Club #14 Bootlegger's Club #17 Ultimate Porker JJ's Gargantuan



SAINT LOUIS UNIVERSITY

Subway

Address	Phone Number	Hours of Operation
2255 S Grand Blvd.	631-265-5516	7:30am-10pm
Best Options	Good Options	Limit
Oven Roasted Chicken Turkey Tuna Veggie Delight Turkey & Ham Chicken Teriyaki Black Forest Ham	Roast Beef Meatball	Turkey Italiano Melt Cold Cut Combo Italian BMT Steak & Cheese Spicy Italian Subway Club Chicken and Bacon Ranch Melt

Applebee's

Address	Phone Number	Hours of Operation
4680 Chippewa Ave.	314-352-3700	11am-10pm
Best Options	Good Options	Limit
Strawberry and Avocado Salad Fiesta Chicken Chopped Salad Seasonal Berry Salad Shrimp Salad Cedar Salmon Chicken Freshcado Grilled Chicken Ciabatta Classic Turkey Breast Cedar Grilled Chicken Bourbon Street Chicken & Shrimp	Grilled Chicken Caesar Salad House Sirloin Roma Pepper Sirloin New York Strip Blackened Tilapia Parmesan Shrimp	Oriental Chicken Salad Crosscut Ribs Riblets Double-Glazed Baby Back Ribs Shrimp Scampi Linguini Queso Chicken and Shrimp Chicken Tenders Platter Quesadilla Burger Shrimp N Parmesan Sirloin Triple Bacon Burger American BLT Chicken Pasta Alfredo Three Cheese Chicken Penne Hot Whiskey Chicken Fiesta Lime Chicken Clubhouse Grille American Standard Burger



VCU

UNIVERSITY OF RICHMOND

VIRGINIA COMMONWEALTH UNIVERSITY

Panda Express

Address	Phone Number	Hours of Operation
900 W. Grace St.	804-354-6818	1030am-10pm
Best Options	Good Options	Limit
Grilled Teriyaki Chicken Eggplant Tofu Brown Rice Mixed Veggies Broccoli Beef	Orange Chicken String Bean Chicken Sweetfire Chicken Kung Pao Chicken Mushroom Chicken Black Pepper Chicken Beijing Beef White Rice	Honey Walnut Shrimp Fried Rice

Village Cafe

Address	Phone Number	Hours of Operation
1001 W. Grace St.	804-353-8204	8:30am-2:00am
Best Options	Good Options	Limit
Turkey Burger Black Bean Burger Turkey Sub Tuna/Chicken Salad Sub Open Faced Turkey Spaghetti Marinara Pesto Pasta Pesto Chicken Hummus Pita	White Pizza Ribeye Sandwich	Fried Rockfish Platter & Po boy Country Fried Steak BBQ Plate Village Spaghetti All Stuffed Pizza All Burritos Fried Chicken Club Italian Baked Sub Italian Sausage Baked Sub Emmy's Spicy Buffalo Chicken The Joshua BLT The Sailor Italian Sausage Spaghetti

Jersey Mike's

Address	Phone Number	Hours of Operation
927 W. Broad St.	804-340-5563	10:00am-9:00pm
Best Options	Good Options	Limit

Turkey Breast & Provolone
Tuna Sub
Meatball (No Cheese)
The American Classic
The Veggie

Grilled Chicken Parm

Club Sub
Club Supreme
Famous Philly
All Cheesesteaks
Big Kahuna
Original Italian
Cancro Special
Stickball Special
Jersey Shore's Favorite
Grilled Pastrami
The Super Club

Panera

Address	Phone Number	Hours of Operation
810 W. Grace St.	804-340-5252	7:30am-10pm
Best Options	Good Options	Limit
Avocado Egg White & Spinach Sandwich Mediterranean Egg White Strawberry Granola Parfait Fresh Fruit Cup Oatmeal Chicken Noodle Soup Bistro French Onion Cream of Chicken and Wild Rice Soup Creamy Tomato Soup Turkey Chili Garden Vegetable with Pesto Bowl All Salad Options Butternut Squash Ravioli Pasta Primavera Tuna Salad Sandwich Napa Almond Chicken Salad-Sandwich Sierra Turkey Sandwich Smoked Turkey Sandwich Southwestern Chicken Sandwich Turkey Cranberry Sandwich Turkey Cranberry Flatbread Breakfast Power Sandwich	Four Cheese Egg Soufflé Pesto Sacchettini Grilled Cheese Frontega Chicken Panini Smoked Ham and Swiss	Bacon Egg and Cheese Sandwich Bacon Egg and Cheese Bagel Mac and Cheese Tortellini Alfredo (with or without chicken) Roasted Turkey BLT Italian Combo Sandwich

Subway

Address	Phone Number	Hours of Operation
30 N 8 th St.	804-648-8782	7:30-10pm
Best Options	Good Options	Limit
Oven Roasted Chicken	Roast Beef	Turkey Italiano Melt

Turkey
 Tuna
 Veggie Delight
 Turkey & Ham
 Chicken Teriyaki
 Black Forest Ham

Meatball

Cold Cut Combo
 Italian BMT
 Steak & Cheese
 Spicy Italian
 Subway Club
 Chicken and Bacon Ranch Melt

Chipotle

Address	Phone Number	Hours of Operation
810 W. Grace St.	804-254-9425	11am-10pm
Best Options	Good Options	Limit
1. Chicken 2. Carnitas 3. Steak 4. Barbacoa	<u>Pick 1 or ½ of 2</u> Guacamole Sour Cream Cheese	

Popular Options

Applebee's

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Strawberry and Avocado Salad Fiesta Chicken Chopped Salad Seasonal Berry Salad Shrimp Salad Cedar Salmon Chicken Freshcado Grilled Chicken Ciabatta Classic Turkey Breast Cedar Grilled Chicken Bourbon Street Chicken & Shrimp	Grilled Chicken Caesar Salad House Sirloin Roma Pepper Sirloin New York Strip Blackened Tilapia Parmesan Shrimp	Oriental Chicken Salad Crosscut Ribs Riblets Double-Glazed Baby Back Ribs Shrimp Scampi Linguini Queso Chicken and Shrimp Chicken Tenders Platter Quesadilla Burger Shrimp N Parmesan Sirloin Triple Bacon Burger American BLT Chicken Pasta Alfredo Three Cheese Chicken Penne Hot Whiskey Chicken Fiesta Lime Chicken Clubhouse Grille American Standard Burger

Arby's

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Market Fresh Chopped Salad Prime-Cut Chicken Tenders Turkey and Swiss (both sandwich and wrap)	Roast Chopped Salad Roast Chicken Club Sandwich Roast Turkey (both sandwich and wrap) Jr Chicken Sandwich	Crispy Chopped Salad Three Cheese and Bacon Angus Reuben and Super Reuben All roast beef options Cravin' Chicken Sandwich Philly Angus Mac and Cheese Chicken Cordon Bleu Sandwich Bacon and Swiss Sandwich

Chilli's

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Fajitas (Only chicken or shrimp)	Guacamole Burger	Southern Smokehouse Burger

Grilled Fish Tacos
 Chicken Tacos
 Margarita Chicken Bowl
 Chipotle Fresh Mex Bowl
 Cajun Pasta

Spicy Shrimp Tacos
 Grilled Chicken Burrito

Sweet and Smoky Burger
 Classic Bacon Burger
 Prime Rib Tacos
 Prime Rib Fresh Mex Bowl
 All Enchiladas
 All other burritos
 Baby back Ribs
 Chicken Crispers

Chipotle

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
5. Chicken 6. Carnitas 7. Steak 8. Barbacoa	<u>Pick 1 or ½ of 2</u> Guacamole Sour Cream Cheese	

Cosi

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
TBM Chicken TBM Turkey Avocado Tuscan Pesto Chicken Turkey Brie Adobe Chicken Bowl Caribbean Chicken and Spaghetti Bowl	Buffalo Bleu All other melt Brazilian Steak Bowl Thai Curry	Pork Belly Banh Mi Steakhouse Melt All Pizza options Mac & Cheese Cosi Club Mediterranean Prosciutto

Jimmy John's

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Slim 3 Slim 4 #3 Totally Tuna #4 Turkey Tom #6 Vegetarian #12 Beach Club #13 Veggie Club #15 Club Tuna #1 Pepe #7 Gourmet Smoked Ham Club Slim 1	#11 Country Club	Slim 2 Slim 5 Slim 6 J.J BLT #2 Big John #5 Vito #8 Smoked Billy Club #9 Italian Night Club #10 Hunter's Club #14 Bootlegger's Club #17 Ultimate Porker

JJ's Gargantuan
16 Club Lulu

Longhorn Steakhouse

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Salmon Grilled Tilapia Grilled Shrimp Napa Grilled Chicken Grilled Chicken Strawberry Salad	Sirloin Filet Ribeye Flank New York Strip Primetime Burger 7-pepper sirloin Salad	Prime Rib Porterhouse Baby Back Ribs Pork Chops Steak and Bacon Melt

McDonald's

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Artisan Grilled Chicken Southwest Salad with Grilled Chicken Yogurt Parfait Egg White McMuffin Hot Cakes Fruit and Maple Oatmeal		Big Mac Quarter Pounder W/ Cheese Bacon Clubhouse Double Quarter Pounder McDouble Filet O Fish Crispy Chicken Deluxe McRib McChicken Chicken Nuggets Bacon Ranch Salad Bacon Egg and Cheese Biscuit Sausage Biscuit Sausage McMuffin Sausage Egg and Cheese Biscuit Steak Egg and Cheese Biscuit All McGriddles Sausage Burrito

Olive Garden

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Chicken Scampi Citrus Chicken Sorrento Ravioli de Portobello Garlic Rosemary Chicken		Tour of Italy Fettuccini Alfredo Lasagna de Classico Chicken and Gnocchi

Shrimp Alfredo
 5-Cheese Baked Ziti
 Chicken Alfredo

Outback Steakhouse

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Alice Springs Chicken Grilled Salmon Grilled Chicken on the Barbie Grilled Tilapia Aussie Chicken Tacos Simply Grilled Mahi Hearts of Gold Mahi Parmesan Crusted Chicken	Outback Sirloin Ribeye Victoria Filet Sirloin Parmesan Pasta	Baby Back Ribs Chicken Tender Platter Crispy Chicken Sandwich Crab Cakes

Panera

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Avocado Egg White & Spinach Sandwich Mediterranean Egg White Strawberry Granola Parfait Fresh Fruit Cup Oatmeal Chicken Noodle Soup Bistro French Onion Cream of Chicken and Wild Rice Soup Creamy Tomato Soup Turkey Chili Garden Vegetable with Pesto Bowl All Salad Options Butternut Squash Ravioli Pasta Primavera Tuna Salad Sandwich Napa Almond Chicken Salad-Sandwich Sierra Turkey Sandwich Smoked Turkey Sandwich Southwestern Chicken Sandwich Turkey Cranberry Sandwich Turkey Cranberry Flatbread Breakfast Power Sandwich	Four Cheese Egg Soufflé Pesto Sacchetti Grilled Cheese Frontega Chicken Panini Smoked Ham and Swiss	Bacon Egg and Cheese Sandwich Bacon Egg and Cheese Bagel Mac and Cheese Tortellini Alfredo (with or without chicken) Roasted Turkey BLT Italian Combo Sandwich

Potbelly's

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Uptown Salad Turkey Sandwich Grilled Chicken Sandwich	Farmhouse Salad Chicken Salad Ham and Swiss Roast Beef Sandwich Chicken Salad Sandwich	A Wreck Salad Italian Sandwich A wreck sandwich Pizza Sandwich

Qdoba

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
<ol style="list-style-type: none"> 1. Chicken 2. Steak 3. Shredded Beef <ol style="list-style-type: none"> 1. Burrito Bowls 2. Burritos No Queso Sauce No 3-cheese nachos		

Subway

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Oven Roasted Chicken Turkey Tuna Veggie Delight Turkey & Ham Chicken Teriyaki Black Forest Ham	Roast Beef Meatball	Turkey Italiano Melt Cold Cut Combo Italian BMT Steak & Cheese Spicy Italian Subway Club Chicken and Bacon Ranch Melt

TGI Friday's

Address	Phone Number	Hours of Operation
Best Options	Good Options	Limit
Balsamic Glazed Chicken Salad Pecan-Crusted Chicken Salad		Jack Daniel's Ribs Jack Daniel's Ribs and Shrimp

Chipotle Yucatan Chicken Salad
Chicken Florentine Pasta
Dragonfire Chicken

Chicken Fingers
Cajun Chicken & Shrimp Pasta
Jack Daniel's Chicken and Shrimp
Jack Daniel's Sirloin and Shrimp
Jack Daniel's Grilled Salmon and Shrimp
Parmesan-Crusted Chicken

PRE-WORKOUT NUTRITION

- Eat a combination of foods high in carbs and moderate in protein.
- Focus on foods low in fat and fiber.
- Length and intensity of workouts matter.
- 6 a.m. workout? Fuel well the night before and eat something small in the morning.
- Experiment in practices to figure out what works best.



• C • P • S • D • A •
FUELING VICTORY

NDC
NATIONAL DAIRY COUNCIL™

For advice on customizing a nutrition plan, consult a sports dietitian.

3-4 HOURS BEFORE EXERCISE



- Turkey and Swiss sandwich, apple and low-fat chocolate milk
- Peanut butter and jelly sandwich with banana slices and low-fat milk
- Low-fat Greek yogurt with berries and small salad with chicken
- Always remember to hydrate with at least 16-20 oz. of fluid

30-60 MINUTES BEFORE EXERCISE



- Sports drink
- Fruit, apple sauce, or fruit snacks
- Small granola bar, pretzels, or graham crackers