Buy • Eat • Live BETTER

University of Colorado Denver
Your dining experience is more than great food. It is a community experience centered on culinary expertise, fresh ingredients, healthy options, and a shared sense of environmental and social responsibility. Join us to experience the comfort, convenience, outstanding food, and inviting atmosphere designed especially for you.

Welcome
Meet the Team

Lisa Danser
Operations Manager

Crisitan Donis
Executive Chef

Cara Friedman
Marketing & Sustainability Manager
Mindful Update

We are committed to creating healthy environments for our guests. Central to this effort is providing **healthy, nutritious foods**. We’ve listened to our customers. We’ve researched marketplace trends.

Our executive chefs and registered dietitians work together to create an exciting collection of recipes. The result is Mindful - an approach that focuses on **transparency of ingredients, delicious food, satisfying portions** and clarity in message so that making Mindful choices becomes second nature.
Bite for Universities

The App You’ll Use Everyday

• Transparent and accurate menus at your fingertips
• Filters to highlight or hide menu items based on your specific dietary need
• Never miss one of our great events
• Exclusive sweepstakes and contests
**Classics:** Missing a good home cooked meal? Stop by the Classics Station for some homestyle cooking!

**International:** Enjoy cuisines found around the world, not only through recipes and techniques, but also through coverage of the history, culture, geography, religion and locally grown ingredients that influence these various cuisines.

**Salad Bar:** Enjoy a complete salad bar with all your favorite fixings along with fresh, daily made soups.

**Grill:** All your staple foods in one place! Enjoy burgers, hot sandwiches, chicken tenders, French fries and much more!

**Bakery:** Need something sweet after your meal? Enjoy an array of sweet treats made fresh daily!
Natural!
Enjoy fresh-squeezed fruit juices and blended smoothies to nourish your mind and body.

Eat Food Market at Lynx Crossing offers a variety of exciting grab-and-go dining options. Enjoy convenient food and beverage options while on the run!

Starbucks
Offers roasted high quality, whole bean coffee along with fresh, rich-brewed, Italian style espresso beverages and a variety of pastries and confections. Not a coffee drinker? Starbucks also offers a line a premium Teavana teas.

Grilled
Chicken tenders, build your own burger, fries, & more!
Local, Sustainable.

Local, Sustainable. We purchase locally whenever possible for the freshest ingredients in our recipes. We source 100% sustainable seafood, eggs from cage-free chickens, ethically and responsibly sourced coffee, and fresh milk from local dairy farms.

Click this link to link to the Local Farm Maps.
All foods served at this station are prepared exclusively with ingredients which do not contain the following food allergens.

- MILK
- EGGS
- SOY
- PEANUTS
- SHELLFISH
- TREE NUTS
- WHEAT
- SOY
- GLUTEN

They are prepared in a facility which uses these ingredients in the production of other dishes. Although we take measures to ensure against this, the possibility of cross-contamination through contact with other foods does exist.

#SIMPLE
### RESIDENT PLANS

<table>
<thead>
<tr>
<th>MEAL PLAN</th>
<th>MEALS PER WEEK</th>
<th>FLEX CASH PER MONTH</th>
<th>COST</th>
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<tbody>
<tr>
<td>Broncos</td>
<td>19</td>
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<tr>
<td>Nuggets</td>
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<tr>
<td>Rockies</td>
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<td>Avalanche</td>
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### COMMUTER PLANS

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<td>Plan A</td>
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<tr>
<td>Plan C</td>
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### FACULTY/STAFF PLANS

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<tr>
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How to Purchase a Meal Plan.

[Campus Store, Dining Plans (sodexomyway.com)]
SEE SOMETHING different

Connect With Us on MYDTXT!
STUDENTS/PARENTS
text LynxDining to 82257
Experiences Matter

The student dining experience matters to us which is why all of our teams go through an award-winning training twice a year to ensure that the experiences that students have with us go above and beyond. Our team is excited to see you and have you dine with us.
A birthday is not complete without a cake! Our 9" round, 2-layer, decorated, carrot cake with cream cheese icing or vanilla or chocolate cake with choice of chocolate or vanilla frosting. Gluten free options available!

An assortment of snacks to get you through the crunch time of exams! Gluten free options available!

Two dozen delicious cookies in a jar! Gluten free options available!
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