**BENGAL MENU**

Healthy Dining Options on Campus

### Pond Student Union Building

**Amazing Glaze Drinks**
- Smoothie (banana, peach, raspberry, strawberry, wildberry)
- Organic Two Leaves Tea (Earl Grey, Assam, Mountain High Chai, Tropical Green, Green Tea, Herbal Tea)

**Chick-fil-A**
- Grilled Nuggets (8 and 12 ct.)
- Grilled Chicken Entrée
- Grilled Chicken Cool Wrap Entrée
- Market Salad
- Spicy Southwest Salad

**Einstein Bros. Bagels**
- Avocado Veg Out Sandwich
- Egg Turkey-Sausage & Cheddar
- Santa Fe Egg White Sandwich
- Bacon, Avocado, Tomato Egg White Sandwich
- Strawberry Banana Smoothie
- Iced Latte

### Rendezvous Bengal Street

**Burger 208**
- Turkey Burger
- Egg Scramble
- Grilled Chicken Sandwich

**Build Pizza by Design**
- Veggie Lover Pizza

**Mondo Subs**
- Chicken Wrap
- Very Veggie
- Turkey Bacon Avocado

**Mandalay Express**
- Pho Noodle Soup with Tofu (vegetarian)

**Sono**
- Chicken Macho Nachos
- Chicken Bowl (with lime rice and black beans)

**Ikoma Sushi**
- Vegetable Roll
- Nigiri Combo
- California Roll

### Turner Dining Commons

**Pizza Counter**
- BBQ Chicken Pizza (as available)

**Cafeteria Snacks**
- Apples/Fresh Fruit
- Pretzel Mix

**The Kitchen (changes daily)**
- Roasted Vegetable Blend
- Herbed Zucchini
- Zesty Vegetarian Couscous
- Pollo Street Taco

**Salad Bar**
- Greens
- Fruits
- Vegetables

### Starbucks @ Oboler Library

**Starbucks Breakfast**
- Turkey Bacon, Cheddar, and Egg White Sandwich
- Spinach Feta and Egg White Wrap
- Egg Bites: Egg White & Roasted Red Pepper or Kale & Mushroom
- Oatmeal

**Starbucks Lunch**
- Tomato Mozzarella Panini
- Variety of Protein Boxes

**Starbucks Drinks**
- Variety of Green, Black, and Herbal Teas
- Iced Teas (Green Tea, Passion Tea, Black Tea, with or without lemonade)
- Skinny Vanilla Latte (hot or iced, with a variety of milk options)

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ISU Wellness Center  
isu.edu/wellness  
Bengal Dining  
dineoncampus.com/isu