

*The housemade falafel sandwich with tzatziki sauce is the dining hall's most popular vegetarian sandwich.*

At Loyola, a little bit healthier goes a long way

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Parkhurst also sought to incorporate more of the food trends that are big with younger customers. At the Sunny Side egg bar, students can get breakfast-inspired meals all day long. That includes standards like build-your-own omelets, along with less expected options like shrimp and cheese grits with a fried egg; quinoa bowls with kale, ham, avocado and a fried egg; breakfast sandwiches with turkey bacon and guacamole; breakfast tacos; huevos rancheros; and the ever-popular avocado toast. The Med Bar, which highlights popular Mediterranean flavors and whole grains, is a fresh take on the typical salad bar serving up a variety of composed salads—including barley, kale, and apple salad; faro, beet and feta salad; and shrimp, asparagus and quinoa salad. There's also a bevy of dips that go beyond the usual hummus—like curried sweet potato hummus, black bean hummus, and garlic and white bean dip.

*Tuna nicoise salad with balsamic reduction (left) and the Chobani Creation with low-fat Greek yogurt.*

But opening Boulder 20 wasn't just about offering lighter options and trendier ingredients. It also meant giving a diverse student body more ways to personalize their food and meet their individual dietary needs. "Making it customizable allows for more flexibility. It's how this generation eats," says Winn. Most of the offerings are made to order, so it's easy for customers to request things like gluten-free bread or no cheese. Some of the other stations go the DIY route. The self-serve trail mix bar offers a range of rotating ingredients like gluten-free cereal, dried fruit, banana chips, nuts and M&M's. "If you want to add the chocolate to your trail mix, you