



## THE SERVERY AT THE DINING COMMONS

  **@HornetsDining**

Follow us on social media for themed meals, weekly events and more!

**[hornethospitality.com](http://hornethospitality.com)**

Visit our website for hours, menus, nutrition info, and more!

### About Us

The Servery is Sac State's only all-you-care-to-eat dining hall! Enjoy daily comfort and international dishes at the Global Station, desserts from Sweetest Sting, pizza and pasta at Trattoria, made-to-order weekly varying cuisines at Urban Kitchen, custom sandwiches at Local Loaf, vegan comfort food at Hearth, and more.

For dietary concerns and allergies, True Balance offers everything you want, nothing you can't!

## Meet the Dietitian

Dr. Qiong Chen is our Registered Dietitian and Nutrition Manager. She received her PhD in Public Health at the University of Massachusetts Amherst. Dr. Chen helps students with food allergies and special dietary needs to navigate campus dining and organizes health and wellness events at The Servery.

Connect with Dr. Chen at [qiong.chen@csus.edu](mailto:qiong.chen@csus.edu)



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**Thank you for having Vegan options every day. Having a dedicated station just for people like me makes us feel included.”**

**- Student Comment Be Heard | VOC Survey**

# DINING STATIONS

# ICONS



Global Kitchen serves daily specials featuring Italian, Indian, Chinese, Thai, and more!



Enjoy daily composed salads, fresh greens, veggies, fruits, eggs, cheese, croutons, dried fruits, seeds, yogurt with granola, and vegan proteins like tofu and rotating beans!



Enjoy rotating vegan favorites for breakfast, lunch, and dinner, featuring protein-rich beans, legumes, whole grains, and vegan meat alternatives!



Build your own sandwich with daily meats, cheeses, and rotating protein salads on wheat, white, or multigrain bread. Vegan options include roasted Portobello, peppers, hummus, and fresh veggies! Enjoy a daily selection of house-made chips.



Soup station featuring old-fashioned oatmeal at breakfast, daily broth and cream soups, plus a vegetarian or vegan option!



Dessert station with daily cookies, bars, cake, pie, ice cream, lactose-free soft serve, and rotating frozen drinks.



Trattoria offers classic cheese and pepperoni pizzas, daily specialty pizzas, pasta with marinara, and made-without-gluten pasta!



Allergen-friendly station with daily rotating entrées, starches, and vegetable sides made without the top 9 allergens and gluten. Please consult our registered dietitian for dietary restrictions.



Grill station with made-to-order omelets, daily features like grilled chicken, crispy chicken, burgers, grilled cheese, and quesadillas. Vegan options include Beyond and black bean burgers. Potato options rotate with fries, specialty fries and tots!



Enjoy a rotating menu of diverse, fresh, and health-conscious dishes that keep things fun.

**Our nutrition icons make it easy for you to find the food that fits your personal preferences. Check out what each icon means.**



Certified climate-friendly by the World Resources Institute. They have a low impact on the climate, making them a delicious way to help the planet.



Lower in calories, saturated fat, and sodium AND at least one full serving of nutritionally dense ingredients like vegetables, lean protein, whole grains or fresh greens.



A style of cooking and eating that emphasizes healthy plants at the center of the plate. May contain a proportionally small quantity of animal protein.



Contains no meat, fish, or poultry. Can include dairy products, eggs and honey.



Contains no animal products of any kind.



Whole grains are a leading ingredient in this item.



Made with ingredients that do not contain gluten. IMPORTANT: Foods prepared without gluten containing ingredients may not be 'gluten-free' since recipes are prepared in open kitchens where cross-contact is possible. We rely on manufacturers' ingredient listings in determining whether an ingredient contains gluten.

