



# EATING 101

## RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### The Atri-Yum

In case you have not heard, Brower Dining Hall has stepped down after 62 years of serving all of College Avenue's hungry students. In the meantime, it is being replaced with a new dining concept, The Atrium. This modernized food court resides in the lower level of the College Avenue Student Center and is a grab and go style as opposed to an all you care to eat facility. For one meal swipe you can order a hot entrée using one of the many kiosks paired with a choice of side and drink. In a rush? Walk right inside to grab a to-go entrée such as a wrap, salad, or sushi with your favorite side and beverage. Have a minute to relax? Be our guest and enjoy your meal from one of the concepts below at the seating available in the Atrium or the Red Lion Café.

#### Scarlet Ginger

Scarlet Ginger offers Asian-style cuisine with classic flavors to satisfy your taste buds. Check out some of the popular items such as, General Tso's chicken or tofu, cooked salmon or tofu poke bowls, sushi rolls, vegetable egg rolls, and chicken or tofu teriyaki. Scarlet ginger is welcoming a new Ramen noodle bar and an Indian-style entrees on rotation coming soon.

#### Pi Pizza

Pi Pizza (as you may have guessed from its name), is a pizza bar offering a variety of personal sized pizzas including, cheese, meat lover, veggie, vegan, chicken bacon ranch, and buffalo chicken. New menu offerings include a variety of stromboli's (pepperoni, chicken & broccoli, vegetarian), and coming soon are baked pasta entrees, and vegetarian/vegan friendly breakfast pizzas.

#### Mezze

Mezze is a Mediterranean food concept that includes options such as gyros, kebabs, chicken souvlaki, stuffed grape leaves and much more. Mezze offers a choice of two sides, brown/white rice, Greek-style potato wedges, and fresh grilled vegetables. Coming soon to Mezze is a build-your-own grain bowl with your choice of grain, protein, and multiple toppings. Lastly, be sure to check out breakfast at Mezze, offering platters of eggs, pancakes, waffles, and French toast and hot breakfast sandwiches.

#### Three Chilies

You may have seen their truck making stops on the Rutgers campus, but Three Chilies is now a permanent fixture within The Atrium. Three Chilies offers various Southwestern Tex-Mex options such as nachos and tacos with choices of chicken, beef brisket, shrimp and vegan Beyond Meat.

#### King's Hawaiian Grill

This station offers delicious wraps, beef and chicken sliders with coleslaw, chicken and vegetarian wings and more! Their tasty sandwiches are perfect for on the go. King's Hawaiian also offers breakfast egg white wraps in the morning for an easy and quick bite to start your day the aloha way.

#### Operating Information:

The Atrium operates Monday to Thursday 7am-11pm, Friday 7am-9pm, and Saturday and Sunday 9:30am-8pm and accepts meal swipes, cash, credit, debit, and RU Express. Check out [food.rutgers.edu](http://food.rutgers.edu) for menu offerings, ingredients, and nutrition information.

*The Atrium: a new chapter in Dining Services.*

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References: *Introducing the Atrium!* Available at: <http://food.rutgers.edu/atrium/>

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