

Get creative with items from the salad bar to create a delicious grilled sandwich or wrap.

PANINI PRESS



These beverages can be high in sugar, so mix half with coffee or limit to occasional consumption.

SPECIALTY COFFEE



DRINKS



TIP: Fill half of your glass with skim milk and top it off with chocolate milk for a balanced treat.

Please see our new access fridge located at the Gluten Free Station.

THE GRILL

A variety of spices can be found here. Use these to add flavour to your meals. TIP: Grab a chicken patty to add to a salad or wrap.

ENTREES

You can find homestyle meals, as well as vegetarian options, here. TIP: Grab a dish of steamed vegetables to compliment any meal.

BREAKFAST BAR

Choose from an assortment of dry cereals, including granola and gluten free options. Toasters are also located here.

DRINKS

Juices, soda, water, and milk can be found here. TIP: Choose low fat milk or water more often than juice or soda.

STIR FRY STATION

TIP: Try your stir fry with brown rice or whole grain pasta and ask for half the sauce.

SOUP STATION

Hot cereal makes a filling breakfast and can be found here every morning.

PIZZA CORNER

Create a personal pizza with a variety of toppings. TIP: Load up your personal pizza with vegetables from the salad bar too.

Gluten Free Station

DRINKS



Dish Drop Off

CONDIMENTS

Find mustard, ketchup, and relish here.

ICE CREAM BAR

Don't forget to enjoy "Sundae Sunday" every once in a while. Add your favorite toppings for a personalized dessert.

DESSERT STATION

TIP: Combine yogurt, fruit, and granola for a healthy and satisfying dessert. For a special treat, split a decadent dessert with a friend.

TEA AND COFFEE

TIP: Add a splash of honey and cinnamon for extra flavour.

NUTRITION TIP: Build a better salad!

- Mix different types of lettuce for a variety of textures
- Load up on your favorite veggies
- Try a vinaigrette instead of a creamy salad dressing
- Add some protein with chicken, tuna, or beans
- Include a small amount of fat using olive oil, olives, or cheese to make your salad more filling

Salad Station

Salad Station

YOUR GUIDE TO MORRISON HALL: Follow these tips to enjoy healthy and delicious meals.