# Teal Meal Options

## No Substitutions or Changes

## Hawks Nest

### Jole Mole

Choice of:
- Burrito, Nachos, Taco Salad, Quesadilla, or Two Tacos w/Rice & Beans + Chips or Whole Fruit + 22 oz. Fountain Beverage/Water

### Smoked

Choice of:
- Pulled Pork, Smoked Chicken, Turkey Breast, or Soy BBQ + Side, Chips or Whole Fruit + 22 oz. Fountain Beverage/Water

### Opa!

Choice of:
- Any Salad, Pita, Wrap, or Flat Bread + Side, Chips or Whole Fruit + 22 oz. Fountain Beverage/Water

### Greenspot

Choice of:
- Blackbean Burger, Tofu Pup or PL T + Side, Chips or Whole Fruit + 22 oz. Fountain Beverage/Water

- Green Spot Burger, Dawg or BLT + Side, Chips or Whole Fruit + 22 oz. Fountain Beverage/Water

- Green Spot House Salad + Chips or Whole Fruit + 22 oz. Fountain Beverage/Water

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We've made some changes!

Your Teal Meals now include healthier, fit-friendly options! Your constant feedback & support is what brought these changes to life. Enjoy!

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Have a suggestion or feedback for the Teal Meals? Email us at tealmeal@uncw.edu
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**Einstein Bros Bagels**
- Classic Breakfast Egg Sandwich +
  - 20 oz. Fountain Beverage, Water,
  - 16 oz. Hot/Iced Coffee or 20 oz. Iced Tea

**Bagels & Shmear**
- 20 oz. Fountain Beverage, Water,
- 16 oz. Hot/Iced Coffee or 20 oz. Iced Tea

**Tasty Turkey, Veg Out or Thintastic Club**
- Chips or Whole Fruit +
  - 20 oz. Fountain Beverage, Water,
  - 16 oz. Hot/Iced Coffee or 20 oz. Iced Tea

**Dunkin' Donuts**
- Any Combo on Menu
  - (Choice of Hot/Iced Coffee or Iced Tea with Combo)

**The Landing**
- Any Sandwich or Salad +
  - Chip or Whole Fruit +
  - Fountain Beverage/Water

**Subway**
- 6-Inch Breakfast Sandwich +
  - Hashbrown or Whole Fruit +
  - 21 oz. Fountain Beverage or Coffee

- Any Simple $6 Sandwich (Gluten-Free Bread Available) +
  - Chips or Whole Fruit +
  - 21 oz. Fountain Beverage/Water

**Port City Java**
- Any Croissant, Muffin or Bagel +
  - Whole Fruit +
  - 16 oz. Espresso Beverage, Water,
  - 16 oz. Hot/Iced Coffee, Water

- Any English Muffin Sandwich +
  - Whole Fruit +
  - 16 oz. Espresso Beverage, Water,
  - 16 oz. Hot/Iced Coffee, Water

**Chick-Fil-A**
- Chick-n-Mini Combo - 3 Count
- Any Breakfast Biscuit Combo
  - (Choice of Small Coffee or 20 oz. Fountain Beverage/Water with Combo)

- Regular or Spicy
  - Chick-Fil-A Sandwich Combo
  - 8 Piece Nugget Combo
  - 8 Piece Grilled Nugget Combo
  - 3 Count Strips Combo
  - (Choice of 20 oz. Fountain Beverage/Water with Combo)

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