

# Navigating Options



**Ray's Pasta Station** is worth a visit with three sauces available daily. Try adding beans from the **Vegan Bar**, *located next to Chef's Table*, onto the pasta for some extra protein.

Check out **Ray's Bar Scene**, *aka the salad bar*, for a fulfilling breakfast or snack!

Build up your Greek yogurt with crunchy granola, chia seeds, and a variety of fruit. Try adding a portion cup of peanut butter for a boost in protein.



Did you know that at **Global** there is typically a meat substitution or plant-based option? You can also try building your own vegetarian burrito, sushi roll, or mac and cheese bowl at **Chef's Table**.