Being a primarily student-run facility, Boston College’s the Loft @ Addie’s has its hand on the pulse of student wants. Featuring fresh and local ingredients, Addie’s is a popular choice for on-the-go breakfast and lunch items. The recent addition of the naturally sweetened acai bowl features trendy acai, tart blueberries blended with bananas and almond milk and a topping of crunchy gluten-free organic granola that is made locally in Maine. Packed with potassium, calcium, and fiber, the acai bowl goes beyond a sweet treat; it’s a nutritional powerhouse! The bowl can easily be made vegan by omitting the honey granola, which makes it a great option for students adhering to a plant-based diet.

Since the bowl’s inception, feedback has been overwhelmingly positive. A few student comments include:

“A great, different, healthier breakfast option!”
“They’re refreshing.”
“Everything about it is good.”

The bowl’s popularity extends beyond BC’s campus as well! A quick google search for acai bowls in Boston reveals Boston College as the 7th most popular result, highlighting the impact Boston College Dining Services has on the greater community’s taste buds. The success of the acai bowl at Addie’s has encouraged other dining facilities on campus to create their own versions. In McElroy on BC’s upper campus, the acai ‘superfruit’ bowl is customizable with toppings of the students’ choice, adding a personalized twist to the healthy creation.

Introduction of the acai bowl is just another way BC Dining is striving to make delicious and healthy dining options available for every meal, at every dining hall, all year round.