



Dining Guide

2022-2023



Five Tenets Of Dining

The Five Tenets of Washington University Dining Services can be used to describe who we are, what we stand for, and how we contribute to the WashU Campus Community.

- Freedom to Practice/Develop/Explore one's identity
- Dining as Community-Building
- Access to Quality Food
- Availability at Reasonable Cost
- Responsive Engagement

Welcome

to the award winning Washington University Dining Services! We are excited to have you here. At WashU, your dining experience is our top priority. Our program offers a wide variety of dining options and locations, allowing all students to excel during their time here.

Our team of dedicated chefs create unique and flavorful menus that are focused on high-quality ingredients and dishes prepared from scratch. Throughout campus, you will find a wide variety of offerings, and no two dining locations are the same! We hope you will explore, try new things, and find your favorite spots around our beautiful campus.

Our Dining Program is focused on our Five Tenets of Dining. You will find these tenets throughout everything we do. Whether in our allergen-friendly menu options, our extensive Kosher and Halal food options on campus, or our regular Dining Services Advisory Team meetings, we hope you will find a place with us on campus that you feel welcomed and nourished.

Washington University Dining Services is known for exceptional service and great tasting food. We continue to build on that reputation in our offerings for 2022. This has always been and will always be our commitment to you and your family.

-WashU Dining Services

On behalf of the entire Washington University family, thank you for choosing WashU Dining,



Greg Minner
Executive Director of Dining &
Business Operations



Andrew Watling
Associate Director Dining
Operations



Rebecca Miller, MPH, RDN, CSSD, LD
Assistant Director for Nutrition &
Dietary Wellness



WUSTL Dining





ing Services



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Here's the scoop...

<3 Can't wait to come back
and eat good
- @kimberlybutterflyn

Broo I can't wait for next
year! Food looks great
<3 <3 <3
- @iammawadda



I love Chef Starr!
She's super talented!
- @lynniethefoodie

Arthur is the man!! Miss
being on campus and
seeing his smiling face!
- @kirayralko



Meal Plans Fall 2022

First Year Options

Best

Platinum

Points: 2,841
Price: 3,649

Value

Gold

Points: 2,547
Price: 3,351

Silver

Points: 2,077
Price: 2,886

Bronze

Points: 1,609
Price: 2,412

Apartment

Points: 737
Price: 1,086

Off-Campus

Points: 435
Price: 675

*Meal plans are only valid at Dining Services campus locations.
See pg. 9-10 for Dining map.*



Plan Descriptions

Platinum Plan | This plan is designed with a typical student in mind and allows you to purchase most of your meals on campus as well as any snacks, coffees, sushi, boba teas and items from our convenience stores. It also comes with perks!

FREE Coffee Club Membership* | Coffee giftset | Celebration cake
*at participating locations

Gold Plan | Slightly larger than the Silver Plan, this plan typically provides 12-14 meals per week on campus for the average student. Students lead an active lifestyle and the Gold Plan often suits their lifestyle and needs.

Silver Plan | The Silver Plan is the minimum requirement for first year students and typically provides 10 meals per week for the average student. Depending on your lifestyle and eating habits this may be enough although many students look for more points to purchase snacks and other items between meals.

Not Available to First Year Students

Bronze Plan | This plan is designed for the student who is occasionally off campus, involved in university related activities such as internships or research projects.

Apartment Plan | This plan is designed for the student living in campus apartments. This plan meets the needs of students who prepare some meals for themselves in their apartments.

Off-Campus Plan | This plan is the minimum required for those students residing off-campus.



For more information, please visit
DiningServices.wustl.edu



Ask us anything!

How do I know which meal plan I should buy?

College Students lead active lifestyles and our meal plans are designed to fit around your busy schedules. The **platinum meal plan** is designed to provide the best value and allow you to purchase meals as well as some of the many other great options we have available on campus. Pick up a specialty latte from Peet's Coffee or your favorite smoothie from Jamba Juice in between classes. Grab some sushi and a boba tea for a great snack or stock up your dorm room for movie night with treats from our on-campus convenience stores. If you will be eating off-campus more often or are a light eater you can select the Gold or Silver meal plan which provide less meal points to be used on campus.

Do meal points roll-over?

Unused meal points will roll over from fall semester to spring semester, however, you are still required to purchase a new meal plan for the spring. At the end of the spring semester any unused meal points are forfeited. During the semester you will have opportunities to purchase bulk items, or transfer meal points to other students or to the food security fund.

How do the WashU meal plans work?

Meal Plans at WashU are different than most universities. Our meal plans are 100% declining balance meal points. All of our dining centers on campus are al-a-carte so you are only paying for the food you eat. All of our dining centers display the price for each item so you know exactly how much you will be paying for each meal.

Where and when can I use my meal points?

You can use your meal points at any location on campus operated by WashU Dining Services. There is no restriction on when, where, and how many points you can use at one time. See map on pg. 9-10 for Dining Locations or visit our website at diningservices.wustl.edu.

How many meals per week will I be able to eat with my plan?

A declining balance meal plan does not provide a set number of meals per week. Instead, you receive a certain amount of meal points at the beginning of the semester to spend. The number of meals this will get you depends on your specific eating habits and the type of food you like to eat. Larger meal plans will provide you with more meal points to start the semester. Our Silver Meal Plan is our most common plan and is designed to provide the average student with up to 10 meals per week on campus. Many students purchase a larger plan to provide more meals and snacks.

What do I do if I run out of meal points?

If you run out of meal points WashU has Bear Bucks available that you can load to your student account at any time. Bear Bucks can be used in the dining halls just like meal points.

How do I know how many points I have left?

You can check your meal point balance at any time by logging into WebSTAC. You can also request a receipt any time you make a purchase and your balance will be displayed on your receipt.

Are there any meal plan restrictions on where I can eat?

Meal plans are only valid at Dining Services campus locations. See map for details.

Can I use my meal points off-campus?

No. Meal points are designed to be only used on campus in locations operated by WashU Dining Services. Many local businesses have an agreement with WashU to accept Bear Bucks as a method of payment.

How do I access my meal plan?

Your meal plan is loaded onto your student ID. You only need to carry one card with you on campus. This card will give you access to buildings, your meal plan, as well as your Bear Bucks account.

Email your questions to DiningServices@wustl.edu

Nutrition

Our menus are designed with you in mind. We can work with you individually to find allergy-friendly, safe menu items as well as vegan, vegetarian, Halal, and Kosher meals that would best meet your individual needs.

Food Allergies & Intolerances

We encourage any and all students with nutrition and dining needs, especially pertaining to food allergies, to work directly with our dietitians. We can help explain the various menu options so you feel comfortable and safe while dining on campus. We have Top 8 Allergy Friendly menus available at the Bear's Den, DUC, and Village with both a weekly rotation of nutritionally-balanced dishes as well as standard daily options.

Vegetarian & Vegan

We have vegetarian and vegan options available throughout campus, including our dining halls, Ibbey's Bistro, and cafes. In fact, you can find vegetarian or vegan options at every station at the Bear's Den, DUC, and Village.



Kosher

We have Kosher meals available in all of our grab & go coolers as well as a designated Kosher station (L'Chaim) in the Bear's Den for lunch and dinner. Hot Kosher meals are also available at Parkside and the Law Cafe for lunch. We partner with a local deli for weekend dining. Hillel and Chabad also have opportunities for Shabbat meals.



Halal

You can find certified Halal meals at the Bear's Den WU Fusion station daily for both lunch and dinner. We also have Halal prepackaged grab & go meals in our markets. You can also find Halal meals for lunch daily at the DUC's comfort station. The Bear's Den, Village, and Law Cafe will also offer Halal menu options throughout the week.



Connect with your Nutrition Team!



Miller.Rebecca@wustl.edu



diningservices.wustl.edu/nutrition

Here's what to look for!

Allergen icons when contained within a menu item



DAIRY



EGG



FISH



PEANUT &
TREE NUT



SHELL FISH



SOY



WHEAT



indicates an item may be packaged, processed, or manufactured in a facility that contains any of the allergens above.

Top 8 Allergy Friendly Stations

The meals offered here consist only of menu items and ingredients that are made without the top 8 food allergens (milk/dairy, egg, wheat/gluten, soy, shellfish, fish, and peanuts/treenuts). Additionally, we're preventing as much cross contact as possible by enhanced sanitation procedures, dedicated staff & training, as well as process monitoring.

You can find Bear's Top 8 Allergy Friendly meals at:

- DUC for lunch and dinner Monday- Friday
- Village for breakfast, lunch, and dinner Monday-Friday and brunch and dinner on the weekends
- Bear's Den for breakfast, lunch, and dinner 7 days a week



We also have an allergy friendly menu, Simply Made, available on Grubhub for BD, DUC, and Village daily. Students will need to meet directly with one of the dietitians to learn more.

Bear Balance Menu Items

Our Bear Balance program is designed to highlight the quality, availability, and access of nutrient-rich foods across campus. It focuses on wholesome foods with nutrients that provide fullness, satisfaction, and sustained energy throughout the day.

Our Bear Balance meals include lean proteins, heart-healthy fats, whole grains, fruits, and vegetables.



Try our Bear Balance dishes by looking for this icon on menus across campus..

Apply Now!



A lucky few who apply will be provided with a pre-loaded card to use in the dining halls while completing a mystery shop, all you have to do in return is provide your honest opinion about the food, service and spaces.

Do you have a strong attention to detail? Do you love to eat? Being a WashU mystery shopper might be a great fit for you!



Let your voice be heard! The Dining Services Advisory Team (DSAT) meets monthly with Dining Services leadership to voice their opinions on dining on campus. Be a part of all of the exciting changes coming to WashU Dining.

DSAT members also get to participate in the mystery shopper program and get free food for their opinion!

Get Involved!

Can confirm as a WashU alum that DSAT was my favorite student group to be a part of!
- @lynniethefoodie

Students interested should apply at diningservices.wustl.edu/get-involved



Food Security Fund



FEED THE BEARS

Dining Services is tackling food insecurity...here's how.

During each semester, students will be able to donate up to 25 meal points to the fund to help WashU students in need.

Any WashU student who finds themselves in need of assistance should email diningservices@wustl.edu. WUSTL Dining believes that all students should have access to high quality and nutritious food on campus.

Additionally, at the end of each year, you will have the opportunity to support the on-campus food pantry by using meal points to purchase items from our on-campus convenience stores Paws & Go and Millbrook Mart.



Dining Locations

Village House



Millbrook Market | Local & house-made groceries, Grab & Go

Village Cafe | Chameleon Coffee, grill, comfort food, vegetarian, soup, salad, deli, stir fry, mobile ordering, Bear's Top 8 Friendly

Anheuser Busch Hall

PARTNERED WITH



Law Cafe | Kaldi's coffee and espresso, carvery, salads, and, Sally the Salad Robot

Lopata Hall



Stanley's Sushi & Tea House | Sushi, poke bowls, and boba tea

Schnuck Pavilion

PARTNERED WITH



Parkside Cafe | Kaldi's coffee and espresso, pastries, soup, carvery wraps, paninis, Grab & Go



Enjoy a local favorite restaurant at Parkside every Monday & Wednesday at 4:30pm!

McKelvey Hall



Bytes Cafe | Proudly serving Starbucks coffee, Grab & Go, pastries, Kolaches

Steinberg Hall

Etta's Micro-Mart | Self-service micro mart

Hillman Hall

Grounds for Change | Reopening Spring 2022!

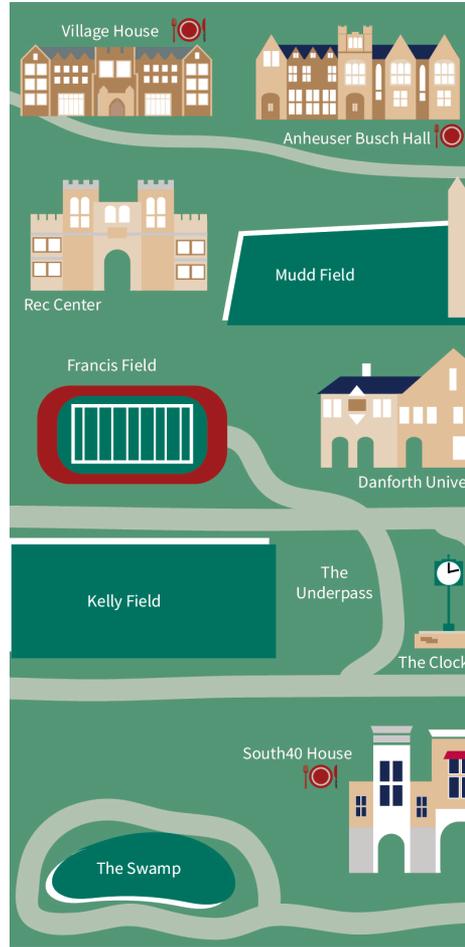
Danforth University Center



Cafe Bergson | Peet's coffee and espresso, pastries, Jamba Juice, Grab & Go

Ibby's Bistro | Counter service restaurant with dine in seating

The Servery | Grill, vegetarian, soup, pizza, salad, Bear's Top 8 Friendly



Enjoy award-winning WashU Dining

on every corner!



Olin Library PARTNERED WITH  **KALDI'S COFFEE**
ESTABLISHED 2010

Whispers Cafe | Kaldi's coffee & espresso, pastries, Grab & Go, and paninis

Mallinckrodt Center  **SUBWAY**

Subway | Made-to-order sandwiches, fountain drinks

South40 House



Bear's Den | Grill, vegetarian, pizza, pasta, stir-fry, Halal, Kosher, Bear's Top 8 Friendly

Cherry Tree Cafe | Kaldi's coffee and espresso, pastries, desserts, soup, deli

Paws & Go | Local produce, groceries, soup, sweet treats, Grab & Go, Sally the Salad Robot

Sustainability

Our goal is to have the most sustainable dining operation. We cook our meals from scratch, using any leftover ingredients in new dishes. We work with local farms who can give us animal welfare certifications, instead of huge factories. We are proud of our work with the Monterey Bay Aquarium and their Seafood Watch program to ensure we provide sustainably sourced seafood options. We work with our sustainability office to promote reusable to go containers and cups instead of single use packaging, like plastic water bottles.



Our plant-forward menus also offer an exciting and delicious path towards sustainability. Try out a Green Monday, where you don't eat any meat for at least one day of the week. You'll be surprised at how tasty it can be. When we do use meat, it is part of a well-balanced meal, rather than the only focus of the dish.

All our sustainability efforts can be categorized as SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound). This ensures that we have a direct way of determining our targets, implementing new ideas, and measuring success. Doing so makes it easier to keep up with new and exciting sustainability campaigns all over campus.



Request  Return  Repeat

REUSABLE

eco2go Container



Here's how this **REUSABLE** eco2go container works

1 Request

Request a **REUSABLE** eco2go container from a Dining Associate or through Grubhub

2 Return

Return the **REUSABLE** eco2go container to the designated bins located in all dining facilities.
DO NOT throw in the waste or recycling

3 Repeat

Repeat every time you dine!



CONNECT

Let's

CONNECT!



@WUSTLDining



**Washington University
Dining Services**



@WUSTLdining



@WUSTLDiningServices



WUSTL Dining



Sign up for our newsletter!
Make sure to enter your
birthday for a free treat from
Dining Services during your
birthday month!

diningervices.wustl.edu

Brands for Every Coffee Drinker



A local favorite! Kaldi's Coffee has delicious blends, seasonal beverages, tea, and more.



Cherry Tree Cafe in the South40, Whispers, and Parkside

PARTNERED WITH



KALDI'S COFFEE
ROASTING CO



A cult favorite. Bytes Cafe is one of our newest additions and will be serving Starbucks coffee & frappes.



Bytes Cafe in McKelvey Hall



A national brand from the West Coast. Now introducing their own line of frappes!



Bergson Cafe in the DUC



A new brand in town. Chameleon coffee is best known for their delicious iced beverages!



Village Cafe



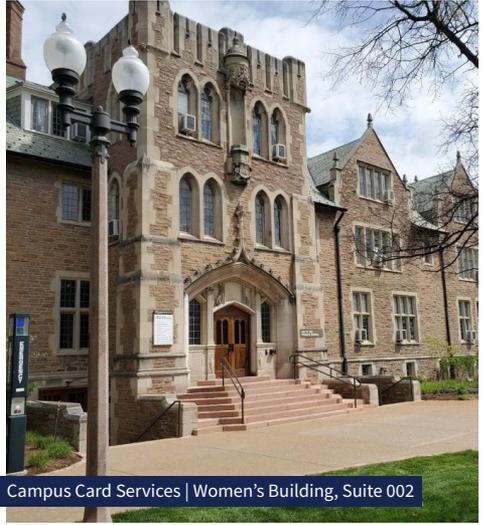
Bear Bucks

From campus, to the Delmar loop

Bear Bucks is a cashless system on the WashU ID card that can be used to make purchases on and off campus.

Bear Bucks are accepted on all four Washington University in St. Louis campuses as well as at select off-campus businesses.

You can now also use Bear Bucks on Grubhub! Whether you're on campus or at home, you can use your remaining balance or add money to use Grubhub delivery.



Scan the QR code below for more information about your Bear Bucks and how to get started on Grubhub!



Bear Bucks 
card.wustl.edu

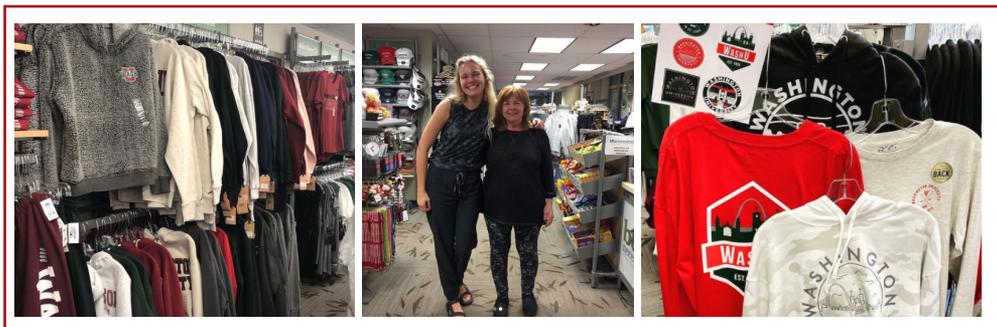
HUNGRY?

Grubhub now accepts your Bear Bucks anywhere, anytime!

GRUBHUB

Bear Necessities

A non-profit helping students just like you!



Bear Necessities is a not-for-profit gift store on campus, operated by the Women's Society of Washington University in St. Louis. All Proceeds from our store fund the Elizabeth Gray Danforth Scholarship Endowment. We carry a variety of dorm and office supplies as well as a large selection of WUSTL apparel and souvenirs. Many of our best sellers are available to buy in our online shop, but we look forward to seeing you in our campus store when you visit.

Remember Your Student's Special Day!

In partnership with Dining Services, we offer birthday cakes and balloons for any special occasion. Dining Services uses the finest ingredients and customizes each layer cake with hand decorations to insure a unique, flavorful cake. We also make balloon bouquets which may be added to your cake or gift purchase upon request.

In addition to a free coffee giftset and a free membership into the Dining Services coffee club, Platinum Plan holders will also receive a free celebration cake to redeem in the 2022/2023 academic year!



Avoid the line!

Order from your favorite on-campus restaurants for pickup with Grubhub campus dining.

Scan the QR code to find out how to start your mobile order or visit dining.wustl.edu



GRUBHUB[®]

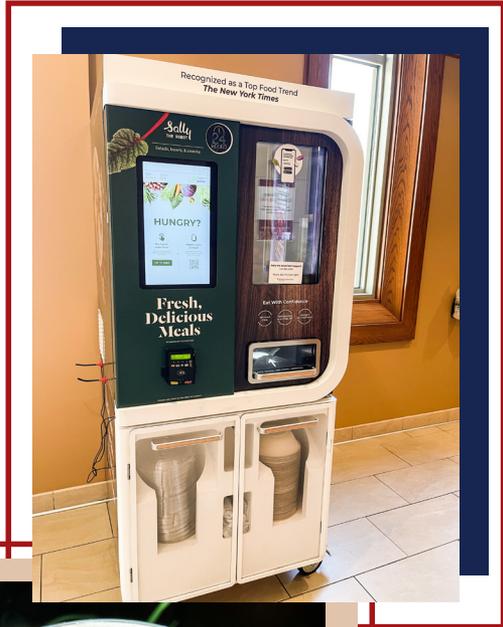


Sally the Robot

the salad bar reinvented

- 1 Select a chef-inspired recipe or create your own
- 2 Pay at time of order
- 3 Eat and enjoy!

Scan the QR code to watch Sally the Robot in action!





Washington University in St. Louis

DINING SERVICES





The
**Princeton
Review**[®]

BEST CAMPUS FOOD

Healthy Starts Here!

INTRODUCING

GRILLED CHICKEN & VEGGIE BOWL



Available in:
Paws & Go, Millbrook Market,
Bear's Den, Whispers, Law Cafe