



UChicago Dining

DINING & ALLERGEN GUIDE



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LOVE LOCAL



INVESTING IN SOUTHSIDE COMMUNITIES

UChicago Dining sources hyperlocal foods from the eight zip codes closest to campus. Our goal is to source 35% of all Dining Commons products from local farms and food producers. Sourcing hyperlocal food products from the South Side on a commercial scale demonstrates UChicago's commitment to investing in its surrounding communities. Additionally, procuring locally farmed goods within a 250-mile radius helps lessen UChicago's carbon footprint while supporting the agricultural industry throughout the upper Midwest.

C.A.R.E.S

Community Action Reaching Every Student (C.A.R.E.S.) is UChicago Dining's food-insecurity initiative, developed in partnership with Chartwells Higher Education and supported by students on meal plans. C.A.R.E.S. provides nourishing meals to undergraduate and graduate students who may experience food insecurity or choose to skip meals during Thanksgiving, Winter, and Spring Breaks. By offering sustenance when dining halls are closed, the program ensures no student is left behind during campus closures.

WASTE NOT 2.0

A high priority for UChicago Dining is minimizing the environmental impact of various dining systems. Food is a crucial component in reducing our carbon footprint, conserving water, and minimizing waste. Waste Not 2.0, a program implemented within the University of Chicago Dining System, helps us track food waste to identify areas for improvement. Dining Commons associates can document overproduction, inedible ingredients, and more to help us reduce waste and invest in our planet's long-term health. Food products recovered from Waste Not 2.0 are fed to an anaerobic digester, diverting those food products from landfills.

If you have any questions or want to be part of UChicago's transformative, long-term plans to create a more robust and environmentally friendly food system on campus, reach our Sustainability and Community Department at

dining-sustainability@uchicago.edu

MEAL PLANS

MEAL EXCHANGE

Use designated meal swipes for combo meals at UChicago Dining-run cafés and markets. **Each exchange deducts a combo meal from your total meal swipes**, keeping your Maroon Dollar balance intact. The number of exchanges depends on your plan. Unused exchanges expire quarterly, so make the most of this fantastic program to elevate your dining experience!

GUEST SWIPES

Guest Swipes offer you the perfect opportunity to treat a guest to a delightful meal in any of our Dining Commons. Please note that as the host, you must be present and dine with your guest for the Guest Swipe to be valid. We encourage you to share the exceptional dining experience at UChicago with your visitors while creating cherished memories.

MAROON DOLLARS

Maroon Dollars offer a convenient cashless system, allowing students, faculty, and staff to use their University IDs as a debit card. Maroon Dollars are **accepted at any UChicago Dining location** (see the campus map for details). One Maroon Dollar holds the same value as \$1, making transactions seamless and hassle-free.

	MEAL SWIPES	TO-GO SWIPES	GUEST SWIPES
UNLIMITED	Unlimited	10	5
PHOENIX	150	10	5
APARTMENT	90	10	5
MAROON	75	10	5
QUAD	100	10	5
MIDWAY	25	-	3
TRAVEL	4	-	-
PARK	2	-	-
OFF CAMPUS	10	-	-

Learn More Online at
<https://dining.uchicago.edu>

For More Information on Meal Plans,
 Email Us at dining@uchicago.edu

Follow Us To Stay Up To Date on
 Meal Plan Promotions and Info!



@uchicagodining



OC Students Living On Campus
OFC Students Living Off Campus

G
F/S
ALL

Graduate Students
 Faculty & Staff
 Eligible for Everyone

MEAL EXCHANGES	MAROON DOLLARS		
5	\$100	ALL	Default Plan for 1st Years
5	\$150	ALL	2 nd -4 th Years Eligible for Upgrade
5	\$200	ALL	Default Plan for OC 2 nd - 4 th years
5	\$425	3 rd & 4 th Year OC Students	Default plan for OC 3 rd - 4 th years in single or double housing
5	\$275	3 rd & 4 th Year OC Students	3 rd -4 th Years OC Eligible for Upgrade
4	\$25	OFC, G, F/S	Great Option for Quick Meals
2	\$190	OFC, G, F/S	Great for OFC and Grad Students!
1	\$120	OFC, G, F/S	Great for F/S!
-	-	OFC, G, F/S	Purchase up to 6 packs per quarter



DINING COMMONS

- 1 Baker Dining Commons**
5500 S University Ave
- 2 Bartlett Dining Commons**
5640 S. University Ave.
- 3 Cathey Dining Commons**
6025 S Ellis Ave
- 4 Woodlawn Dining Commons**
1156 E 61st St

MARKET LOCATIONS

- 5 Market @ Gordon**
927 E 57th St
- 6 Maroon Market**
5640 S University Ave
- 7 Midway Market**
6031 S Ellis Ave

RETAIL LOCATIONS

- 8 Café Logan** GH
915 E 61st St
- 9 Midway Café** GH
6031 S Ellis Ave
- 10 Peach's @ Law**
1111 E 60th St
- 11 Harris Café**
1307 E 60th St
- 12 Press Café**
1427 E 60th Street
- 13 Tiffin Café** GH
1414 E 59th St
- 14 Starbucks** 
5757 S University Ave
- 15 Pret A Manger**
5706 S University Ave
- 16 Hutchinson Commons** GH
5706 S University Ave
- 17 Cà Phê Dá @ Quantum** GH
5640 S Ellis Ave
- 18 Peaches @ University**
5730 S Ellis Ave
- 19 Chicago French Press** GH
970 E 58th St

GH GrubHub Mobile
Ordering Available

 Starbucks Mobile
Ordering Available

M All Chicago Dining
Locations Accept
Maroon Dollars &
Phoenix cASH

OUR PHILOSOPHY

INCLUSIVE DINING

We are proud to cater to the diverse dietary needs and preferences of our students at UChicago Dining. All four of our dining commons are equipped with **Kosher Kitchens**, certified by the Chicago Rabbinical Council. We offer a robust **Halal Station** at each dining common, certified by the Islamic Food and Nutrition Council of America (IFANCA).

For those with vegetarian and vegan preferences, UChicago Dining offers a wide variety of options. Our **Rooted Station** is a haven for those following a strict vegan diet, serving up a delicious array of plant-based dishes.

If you have specific dietary requirements or need personalized assistance, we encourage you to engage with us at dining@uchicago.edu. We are here to ensure your dining experience is enjoyable, inclusive, and aligned with your unique needs.

INGREDIENT EXPERTS

Our Ingredient Experts are highly trained chefs, managers, and our Campus Dietitian. These individuals can answer your questions about recipes, preparation methods, and even provide you with original packaging for items. You can find these team members on the "Meet the Team" Wall located in each dining commons.

FOOD ALLERGIES

Our dining program adheres to a principle of ingredient transparency. This means that there are no secret ingredients here, and that all ingredients for recipes can be found on digital signage throughout the dining commons. **Ingredients with this symbol ^ may contain additional ingredients.** If you avoid certain foods, we encourage you to contact an ingredient expert.

Creating a safe dining experience for guests who avoid gluten is a top priority. Our associates undergo yearly training on Celiac Disease, with consistent reinforcement from our Campus Dietitian and Managers. Our Pure Eats station located at each dining common avoids the top 9 food allergens and is gluten-avoidant. Foods made at this station are prepared in areas without gluten-containing ingredients. The **Avoiding Gluten Pantry**, also available at all four of our dining commons, features a separate toaster, waffle iron, refrigerator, and a variety of avoiding gluten items, including breads, cereals, and snacks. Additional gluten-avoidant options can be found throughout the dining commons; however, we cannot guarantee that preparation is free from cross-contact in these areas. Please ask an Ingredient Expert if you have questions about a specific menu item and how it was prepared.

All managers and associates who handle food undergo food allergy and celiac training, certified by FARE. This training is reinforced regularly throughout the year by our Campus Dietitian and other Managers.

UChicago Dining follows a limited exposure peanut and tree nut dining policy in all our residential dining commons. Products and ingredients that contain peanuts and tree nuts will not be brought into any food service area. Products or ingredients that state the following on packaged labels will not be purchased or brought into any food preparation area:

- Contains Peanuts, Contains Nuts, or Contains Tree Nuts
- May Contain Peanuts or Tree Nuts
- Made on Shared Equipment that also processes Peanuts or Tree Nuts

For the safety of all our patrons, outside food and beverages may not be consumed in the residential dining spaces.



MEET THE DIETITIAN



**Mackenzie Musch
MS, RDN, LDN**

UChicago Dining provides complimentary nutrition counseling via Mackenzie Musch, the Campus Registered Dietitian. She offers counseling on a variety of topics including:

- Food Allergies and Celiac
- Plant-Based Nutrition
- General Healthy Eating

Mackenzie is here to understand your unique dietary needs and assist you with any dining or ingredient questions.



FOR MORE INFORMATION

Email your campus dietitian at

dining-dietitian@uchicago.edu

View daily menu information online at

<https://dineoncampus.com/uchicago>



DINING WITH A FOOD ALLERGY

If you have a food allergy, connect with our campus dietitian and the UChicago Dining team to help you best navigate the Dining Commons.

See below for a list of steps you can take to manage your food allergy and enjoy your dining experience.

- Carry your prescribed epinephrine auto-injector at all times.
- Be proficient in managing your food allergy(ies) and avoid allergenic foods.
- Read Station signage and ingredient information.
- Ask to see ingredient labels for non-housemade products.
- Know how to use medications for allergic reactions and keep emergency contact information with you.
- Request glove changes or fresh utensils/pans at made-to-order stations.
- Recognize and address allergic reaction symptoms promptly.
- Exercise caution with deep-fried and bakery items for potential cross-contact.
- If you notice an issue, inform a manager or executive chef on duty.
- Feel free to ask questions anytime for a safe dining experience.

For ingredient inquiries, ask your Ingredient Expert (*learn more on pg 6*)

MANAGING AN ALLERGY

If you are at risk of anaphylaxis, please keep in mind the info below:

If you have been prescribed an epinephrine auto-injector, keep it with you at all times! Wear medical alert identification at all times. If you are having a reaction get help immediately!

- Administer your medication (e.g., epinephrine auto-injector)
- Call 911 or ask someone to call for you. Let them know you are having a food allergic reaction.
- Do not go back to your room alone after eating.

HOW CAN WE HELP YOU

1. Reach out to dining-dietitian@uchicago.edu to initiate your food allergy management planning process. We'll schedule an initial meeting with our UChicago Dining team and our skilled dietitian. This meeting is essential for gathering information about your individual dietary needs and understanding how you've managed them in the past. If necessary, you might be asked to provide medical documentation to Student Disability Services (SDS), which will collaborate with us in devising a comprehensive plan to manage your individual dietary needs effectively.
2. Once we clearly understand your dietary requirements, we will communicate your specific needs to the residential dining commons manager to ensure that everyone involved knows your unique situation and can provide the necessary support.
3. For further personalization, the UChicago Dining team, which includes the executive chef, dining commons manager, and our dietitian, are all available to meet with you for a second time. Together, we will develop a personalized plan to help you navigate your residential dining commons successfully. Throughout the year, these dedicated individuals will be available as valuable resources, guiding you to find safe and suitable food options.

We're committed to ensuring you have a fulfilling dining experience while addressing your dietary needs. Feel free to contact us anytime at dining-dietitian@uchicago.edu for assistance or to start the process. Let us take care of your dining journey so you can focus on thriving academically and socially at UChicago!



RESIDENTIAL DINING

KITCHEN

Your one-stop shop, the Kitchen Station, makes up a complete, balanced meal. Grab your protein, carbs, and veggies right here with rotating themes each meal period.

BUILD YOUR OWN

All DCs feature a BYO omelet station in the mornings. Baker has a BYO Pasta Station for lunch and dinner, and Cathey showcases a BYO stir-fry wok station inside Pure Eats.

DELI & SALAD BAR

The Deli allows guests to customize their deli sandwiches or wraps with a variety of breads, proteins & toppings to choose from! The salad bar provides farm-fresh lettuce blends, toppings, and homemade dressings.

ROOTED

Discover delicious, plant-based cuisines at our rooted station. Experience the flavors of vegan cooking with every bite. Not vegan? Not a problem! Try something new at Rooted.

SWEET SHOPPE

Satisfy your sweet tooth with handmade delights made by our very own pastry chef and two-time Jean Banchet Awards nominee, Claire Crenshaw.

GRILL/FLAME

A go-to station for a quick bite, the Grill/Flame Stations offer a steady selection of hamburgers, grilled chicken, hot dogs, french fries, and a rotating selection of Vegan and Vegetarian proteins.

HALAL

All four dining commons feature an IFANCA certified Halal Station. We work closely with the Muslim Student Association to ensure our offerings meet specific dietary restrictions.

KOSHER

Woodlawn, Baker and Cathey each have a Kosher Kitchen, while Bartlett boasts a Kosher Dairy Kitchen that also serves breakfast. During Holiday closures, boxed Kosher meals are still available for pickup. Each Kosher Station is certified through the Chicago Rabbinical Council.

CUCINA PIZZA/PASTA

Featuring fresh, hand-made dough prepared on-site. Guests can choose from 3 different pizza creations and a new rotating pasta. Take it one step further at Baker DC with a made-to-order pasta station!

PURE EATS

Our allergen-friendly station, certified by Gluten Intolerance Group, features food prepared without the top 9 allergens or gluten.

VG

VEGAN

No Animal Products (Including Honey, Dairy, Eggs). Daily Vegan Entrees at Rooted Stations.

V

VEGETARIAN

No Meat, but May Include Dairy or Eggs. Daily Options at Various Stations.

PR

PROTEIN

This icon indicates that an item has a good source of protein.

PURE EATS ENTRÉE AND SIDES

	Calories	Portion
Seasoned Grilled Chicken PR	140 cal	4 oz
<small>chicken served on an bun with</small>		
Steamed Broccoli VG	50 cal	½ cup
<small>broccoli, salt, black pepper</small>		
Roasted Zucchini And Yellow Squash V	40 cal	4 oz
<small>zucchini, yellow squash, olive oil, salt, black pepper</small>		
Red Roasted Potatoes VG	120 cal	½ cup
<small>potatoes, olive oil, salt, black pepper</small>		

THE KITCHEN

	Calories	Portion
Korean Beef Tacos PR	370 cal	2 each
<small>beef, corn tortilla, cilantro, cheddar cheese, kimchi, chives, onion, soy sauce, ketchup, mayo, sugar, lime juice, white cheddar, paprika, salt, pepper, and black pepper</small>		
Edamame Fried Rice VG	140 cal	4 oz
<small>water, edamame, brown rice, carrots, green onions, cheddar, canola oil, Asian ginger garlic, chili rub, vegetable base, garlic, garlic, sesame, sesame seeds, sesame oil, salt, black pepper</small>		
Squash, Zucchini, Peppers And Carrots VG	40 cal	3 oz
<small>squash, zucchini, carrots, red bell pepper, olive oil, salt, black pepper</small>		

VG | Vegan **V** | Vegetarian **PR** | Good Source of Protein

🌱 | Climate Friendly
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

PR | Good Source of Protein

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

PURE EATS

Pure Eats Stations feature foods that are prepared without gluten or the following Top 9 allergens.



MILK

Non-dairy milk is available daily. Many items contain milk or milk-based products, including those with butter or margarine. Check with a manager or chef for details.



EGG

Many baked goods and desserts contain eggs. Check ingredient labels and ask a manager or chef if you're unsure if an item contains eggs.



PEANUT

Peanuts are not used in our kitchen, but some bakery items may come from facilities that handle peanuts. Sunflower butter is available as a substitute for peanut butter.



TREE NUT

Tree nuts are not used in our kitchen, but some bakery items may come from facilities that handle tree nuts.



SOY

Soy is found in many products. Check with a manager if you have a severe allergy.



WHEAT

Wheat is found in common foods like bread, pasta, cereals, baked goods, and less obvious items such as hot dogs and some sauces.



FISH

Fish may be in gravies, barbecue sauces, Worcestershire sauces, Caesar salads, sushi, and some dressings. Always check menus and ingredient lists.



SHELLFISH

Shellfish allergies include shrimp, crab, lobster, crayfish, and prawns.



SESAME

Sesame can be found in hummus, baba ganoush, breads, bagels, sushi, falafel, tempeh, veggie burgers, and dressings. Always check the ingredient list on



GLUTEN

We use the term "**Avoiding Gluten**" to identify dishes made without gluten-containing ingredients. Gluten can be found in wheat, rye, and barley and is often hidden in soups, sauces, and gravy.

RESIDENTIAL EVENTS



Ch(ART)WELLS

THE CONNECTION BETWEEN FOOD, ART & CULTURE

The Ch(ART)wells Cultural Series fosters inclusivity and acceptance in the dining commons by highlighting various cultures. This initiative features the connection between Food, Art, & Culture through educational, entertaining, and engaging experiences, including Station Takeovers, DIY events, and other food-forward activities. Examples of Cultural Series celebrations include Diwali, Lunar New Year, and Black History Month, to name a few.

Teaching KITCHEN

LEARN • COOK • ENJOY

What better way to learn how to cook than from chefs themselves?! UChicago students can hone their kitchen skills when they sign up for chef-led cooking classes. Learn how to make quick meals and add exciting new flavors to your meals at home. UChicago's Teaching Kitchens are located throughout campus, and you can sign up by scanning the QR codes and checking our social media throughout the academic year.

JOY•FUL

CREATING MOMENTS OF JOY THROUGH FOOD

Joy-Ful is Chartwells Higher Education's award-winning campaign designed to foster community and joy among students. Each year, over 300 Chartwells' campuses nationwide host 4 themed events throughout the school year. Themes include ThankFUL, DelightFUL, and more! These events help students connect with each other and the dining staff, give back to the community, and enjoy delicious food.

First Year EATS

This program is designed to engage and connect first-year students to dining services, with the understanding that we are a 'home away from home' for many students. First Year Eats allows first year students to connect with their upper-level counterparts, chefs, and other key dining staff.

MYSTERY DINER

Mystery Diner gives UChicago students, staff, and faculty the opportunity to improve campus dining. Participants dine at select locations, provide feedback through short surveys, and receive Maroon Dollars and a meal swipe—no meal plan required. Help shape the dining experience while enjoying flexible scheduling and great food.



WHAT DO
UCHICAGO STUDENTS
SAY ABOUT THE EVENTS?

FOLLOW US FOR
EVENTS, UPDATES
& MORE

f @ UChicagoDining



SCAN TO WATCH

RETAIL DINING

At UChicago Dining, Good Food Matters, and having access to good food is equally important. That's why we partnered with Grubhub to bring you mobile ordering at various UChicago Dining locations (see map on page 4-5 for all locations that have mobile ordering available). Simply affiliate your current GH account to The University of Chicago, load your UC ID, and place your order with Meal Exchanges, Maroon Dollars, or a Credit Card!

Ordering Your Faves Just Got Easier



*Terms apply. <https://fp.grubhub.com/campuslega2022/>

GRUBHUB



Dining on campus doesn't end with our Residential Locations. We have over 15 retail concepts & locations across campus! Check out our campus map on Pages 4 & 5 to view them all!

★ **PRET A MANGER** ★ **PRET A MANGER** at UChicago is one of just 2 Chicago locations. Pret's mission is simple; "To serve freshly made food and good organic coffee". You can find this location nestled in the center of campus near Hutchinson Commons.



STARBUCKS on UChicago's campus accepts maroon dollars and now features mobile ordering! That means you and your friends can rack up Starbucks points all year long.



GOOD FOOD

HUTCHINSON COMMONS

HUTCHINSON COMMONS features six different cuisines ranging from Mediterranean to Mexican. This robust food hall, located at the center of our campus, showcases several local partners. Place your order today with Grubhub.



CHICAGO FRENCH PRESS is UChicago Dining's newest location, boasting freshly ground coffee and fair trade sourced beans. Owner & Founder Kris Christian brings her Chicago Coffee Staple to UChicago's campus. Stop by for your daily brew or order ahead on Grubhub and try something new!

CAFÉ LOGAN

CAFÉ LOGAN is located on Level One of the Logan Arts Center and features an eclectic local menu, including wraps, sandwiches, salads, small plates and rotating seasonal offerings. Coffee, espresso, wine, and craft beer are also available. For more information on Cafe Logan, check out the website www.logancenter.uchicago.edu/cafelogan



Cà Phê Đà Vietnamese is an award winning casual concept by Chef Thai & Danielle Dang, specializing in Vietnamese coffee culture, street food, bánh mì's, phở, WINGS, and more!



CAPRIOTTI'S at Midway Café is an award winning national sandwich chain known for handcrafted subs and unique sandwiches. Located just across from Cathey Dining Commons and within Midway Market, this is a great late night option for when a snack bar alone just won't do.



BAHAMA SHACK is UChicago Dining's premiere food truck and Bahamian cuisine concept! With treats like Steamed Fish, Crack Conch, and Smashburgers to Rum Cake and Goombay Punch, Bahama Shack is sure to delight!



FOOD MATTERS

Dine

www.dining.uchicago.edu
www.dineoncampus.com/uchicago