



UChicago Dining

DINING & ALLERGEN GUIDE



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TABLE OF CONTENTS

LOVE LOCAL 1

MEAL PLANS 2

CAMPUS DINING MAP. 4

OUR PHILOSOPHY. 6

MEET THE DIETIAN 7

MANAGING AN ALLERGY. 8

RESIDENTIAL EVENTS 9

PURE EATS 10

RESIDENTIAL PROGRAMMING 11

RETAIL DINING. 12



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.

WASTE NOT 2.0

A high priority for UChicago Dining is lessening the impact of various dining systems on the planet. Food is an essential component of reducing our carbon footprint, conserving water, and eliminating waste. Waste Not 2.0, a program implemented within the UChicago Dining System, helps us track food waste to identify areas of improvement. Dining Commons associates are able to 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 Engagement Manager, Amreh Hopkins at amreh.hopkins@compass-usa.com

MEAL PLANS

UNLIMITED

\$2,660/per quarter

Default meal plan for 1st years & 2nd years not living in an apartment.

Dining Commons Benefits:

- Unlimited Swipes
- 10 To-Go Swipes
- 5 Guest Swipes

Additional Benefits:

- 3 Meal Exchanges
- \$100 Maroon Dollars

PHOENIX

\$2,660/per quarter

Available to purchase by 2nd-4th year students & Grad students.

Dining Commons Benefits:

- 150 Swipes
- 10 To-Go Swipes
- 5 Guest Swipes

Additional Benefits:

- 15 Meal Exchanges
- \$150 Maroon Dollars

APARTMENT

\$1,885/per quarter

Default meal plan for 2nd-4th year students living in an on-campus apartment

Dining Commons Benefits:

- 90 Swipes
- 10 To-Go Swipes
- 5 Guest Swipes

Additional Benefits:

- 8 Meal Exchanges
- \$200 Maroon Dollars

NEW MEAL PLANS

UChicago Dining introduces new meal plans for rising 3rd and 4th-year students living in on-campus housing. The brand-new Maroon and Quad Meal Plans are approximately 20-30% less than the Unlimited and Phoenix Meal Plans.

MAROON MEAL PLAN

\$1,886 /per quarter

Default meal plan for all 3rd and 4th year students living in on-campus housing.

Dining Commons Benefits:

- 75 Swipes
- 10 To-Go Swipes
- 5 Guest Swipes

Additional Benefits:

- 8 Meal Exchanges
- \$425 Maroon Dollars

QUAD MEAL PLAN

\$2,128 /per quarter

Eligible upgrade for 3rd and 4th year students living in on-campus housing.

Dining Commons Benefits:

- 100 Swipes
- 10 To-Go Swipes
- 5 Guest Swipes

Additional Benefits:

- 20 Meal Exchanges
- \$275 Maroon Dollars

MEAL PLANS

These meal plans are available for purchase for Faculty & Staff, Graduate and Off-Campus Students.

MIDWAY

\$527/per pack

- 25 Swipes + 1 Free Specialty Event Swipe*
- 3 Guest Swipes
- 4 Meal Exchanges
- \$25 Maroon Dollars

*Specialty Event Swipe to be announced at the beginning of each Quarter.

PARK

\$168/per pack

- 2 Swipes
- 1 Meal Exchange
- \$120 Maroon Dollars

TRAVEL

\$280/per pack

- 4 Swipes
- 2 Meal Exchanges
- \$190 Maroon Dollars

OFF CAMPUS

\$171/per pack

- 10 Swipes Per Pack
- Students Can Purchase Up To 6 Packs Per Quarter

MEAL EXCHANGE



Experience the convenience of our Meal Exchange Program. Use designated meal swipes for combo meals at cafés, markets, and Hutchinson Commons.

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. Enjoy diverse dining options, with one exchange allowed per meal period. Unused exchanges expire quarterly, so make the most of this fantastic program to elevate your UChicago 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 provide a convenient cashless system, enabling students, faculty, and staff to use their University IDs like a debit card. Maroon Dollars are accepted at any UChicago Dining location (see the campus map for details), as well as at most cafés and markets on campus. Each time you purchase using Maroon Dollars, the corresponding amount will be deducted from your personal account. Rest assured, one Maroon Dollar holds the same value as \$1, making transactions seamless and hassle-free.

For More information on Meal Plans,
email us at dining@uchicago.edu

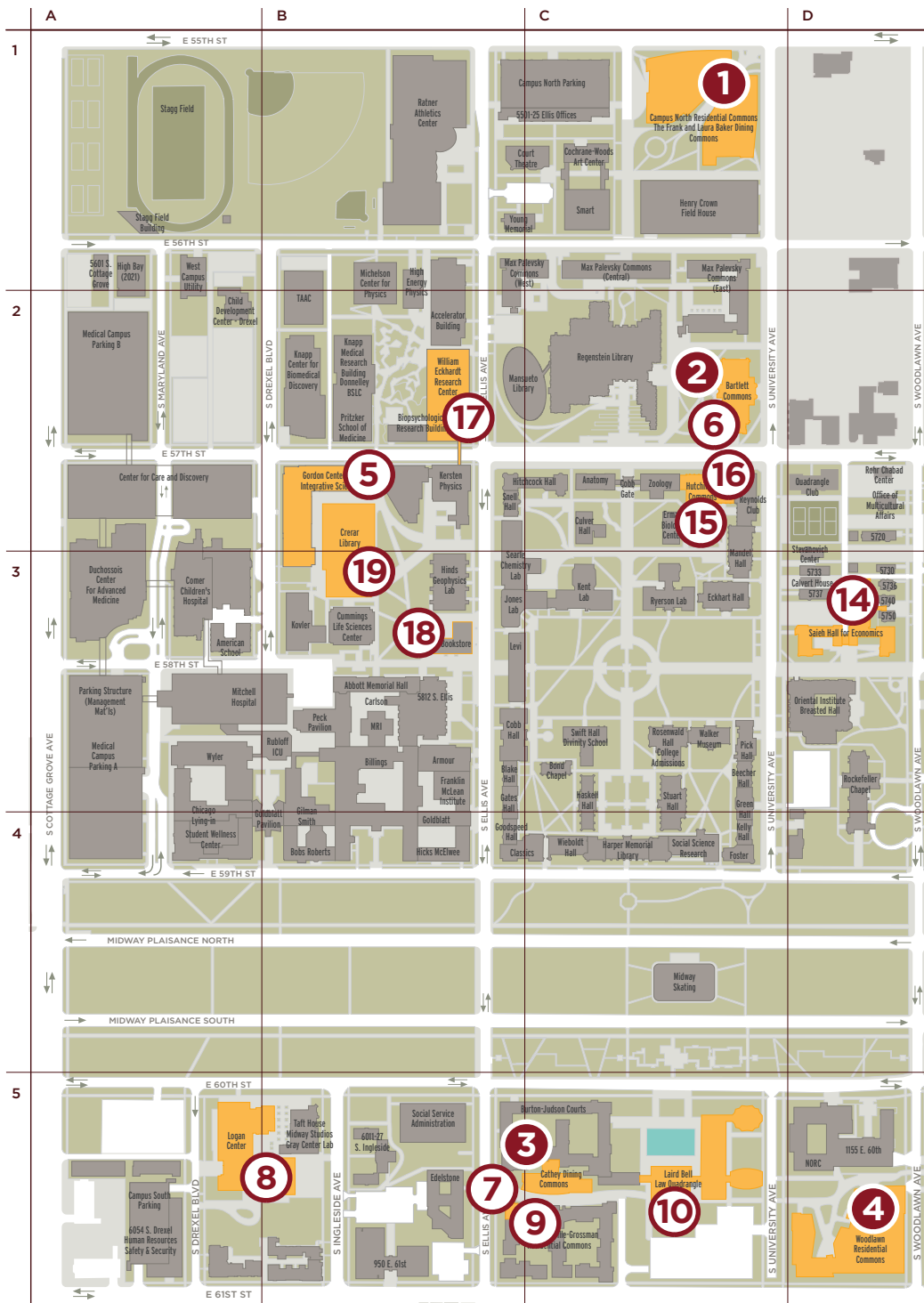
Learn More online at
<https://dining.uchicago.edu>

Follow us on socials for
meal plan promotions


[@uchicagodining](https://www.instagram.com/uchicagodining)



CAMPUS DINING MAP





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**
915 E 61st St
- 9 **Midway Café**
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**
1414 E 59th St
- 14 **Starbucks**
5757 S University Ave
- 15 **Pret A Manger**
5706 S University Ave
- 16 **Hutchinson Commons**
5706 S University Ave
- 17 **Cà Phê Đá @ Quantum**
5640 S Ellis Ave
- 18 **Chicago French Press**
970 E 58th St
- 19 **Peach's at University**
5730 S. Ellis Ave.



GrubHub Mobile
Ordering Available



Starbucks Mobile
Ordering Available



OUR PHILOSOPHY

INCLUSIVE DINING

UChicago Dining believes that good nutrition is essential to good health. That's why we are committed to nourishing each student by providing them with healthy, nutritious foods every day. We recognize different allergies, lifestyle choices, and religious practices. Our goal is to empower students to best navigate our comprehensive dining program by providing them with the tools and resources necessary to make informed decisions within a safe and supportive environment.

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

UChicago Dining follows a limited exposure peanut and tree nut dining policy in all residential dining commons. Our dining staff carefully prepares all dishes, taking into consideration the ingredients used and the potential allergens they may contain. Bringing outside food into the dining commons makes it difficult for our staff to ensure that the dishes served are safe for consumption. The probability of cross-contact increases if outside food encounters food preparation areas, equipment, or utensils, potentially putting customers at risk.

FOOD ALLERGIES

At every dining commons, we provide **Pure Eats**, an allergen-friendly station that avoids the top 9 food allergens. Learn more about our Pure Eats station on Pages 9 & 10.

The Avoiding Gluten Pantry, available at all four of our residential dining commons, contains a separate toaster, waffle iron, refrigerator, and avoiding gluten items such as breads, cereals, and snacks.

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**

Please note that coconut is considered a tree nut by the FDA; however the dining team DOES include products or recipes containing coconut in stations outside of Pure Eats.

PREFERENCE AND DIETS

We are proud to cater to our students' diverse dietary needs and preferences at UChicago Dining. All four of our dining commons are equipped with certified Kosher kitchens, certified by the Chicago Rabbinical Council, ensuring a dedicated space for students adhering to Kosher dietary practices.

Furthermore, we offer a diverse Halal station at each dining commons, certified by the Islamic Food and Nutrition Council of America (IFANCA), providing a range of options for students following Halal diets.

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 our campus dietitian, dining-dietitian@uchicago.edu. We are here to ensure your dining experience is enjoyable, inclusive, and aligned with your unique needs.

MEET THE DIETITIAN



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

- PCOS and endocrine conditions
- General healthy eating
- Plant-based nutrition, and much more.

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



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 EpiPen 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 a Manager or Executive Chef.

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), who 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 an individualized plan to 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 each have a Kosher Kitchen, while Cathey and Bartlett boast Kosher Dairy Kitchens that also serve 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.

AG

AVOIDING GLUTEN

Avoiding Gluten ingredients. Options at Pure Eats stations and Avoiding-Gluten Pantry in each dining location.

PURE EATS ENTRÉE AND SIDES

	Calories	Portion
Seasoned Grilled Chicken PR	140 cal	4 oz
Steamed Broccoli VG	50 cal	1/2 cup
Roasted Zucchini And Yellow Squash V	40 cal	4 oz
Red Roasted Potatoes VG	120 cal	1/2 cup

THE KITCHEN		Calories	Portion
Korean Beef Tacos PR		370 cal	2 each
Edamame Fried Rice VG		140 cal	4 oz
Squash, Zucchini, Peppers And Carrots VG		40 cal	3 oz

PURE EATS

Pure Eats Stations feature food that is prepared, seasoned, and served by a trained culinary professional. **These meals avoid gluten and the following top 9 food allergens.**



WHEAT

Look for the Avoiding Gluten* icons on dishes that are prepared in-house. We use the term “Avoiding Gluten” to identify dishes made without gluten-containing ingredients.



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.



SOY

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



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.



SHELLFISH

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



FISH

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



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. Coconut is not used in dining area recipes or at the Pure Eats station.



SESAME

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

***Even foods commonly prepared without gluten-containing ingredients may not be “gluten-free.” Our recipes are prepared in open kitchens, where cross-contact is possible, and ingredient substitutions are sometimes made. If you have celiac disease or gluten sensitivity, please notify your on-site manager or dietitian to assist with safely navigating the dining commons.**

RESIDENTIAL EVENTS



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.

JOYFUL
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.

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.

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.



SCAN TO WATCH

WHAT DO
UCHICAGO STUDENTS
SAY ABOUT THE EVENTS?



FOLLOW US FOR
EVENTS, UPDATES
& MORE

f @ UChicagoDining



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 Hutchinson Commons and Chicago French Press! 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!

Available at
Hutchinson Commons
&
Chicago French Press

Order



Pay



Grab 'n' go



*Terms apply: <https://lp.grubhub.com/campuslegal2022/>

GRUBHUB



Dining on campus doesn't end with our Residential Locations. We have over 15 retail concepts & locations across campus! Learn more about a few of these locations on the next page.



GOOD FOOD

HUTCHINSON COMMONS

HUTCHINSON COMMONS features six different cuisines ranging from Mediterranean to Mexican. This robust food hall, located at the center of 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

★ 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.



D MATTERS



UChicago Dining

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

MEAL PLANS

UNLIMITED

\$2,660 per quarter

Default meal plan for 1st & 2nd year's not living in an apartment.

Dining Commons Benefits:

- Unlimited Swipes
- 10 To-Go Swipes
- 5 Guest Swipes

Additional Benefits:

- Saturday Night Meal Swipes
- 3 Meal Exchanges
- \$100 Maroon Dollars

PHOENIX

\$2,660 per quarter

Available to purchase by 2nd-4th year students & Grad Students.

Dining Commons Benefits:

- 150 Swipes
- 10 To-Go Swipes
- 5 Guest Swipes

Additional Benefits:

- Saturday Night Meal Swipes
- 15 Meal Exchanges, Deducted From Total Swipes
- \$150 Maroon Dollars

APARTMENT

\$1,885 per quarter

Default meal plan for 2nd-4th year students living in an on-campus apartment

Dining Commons Benefits:

- 90 Swipes
- 10 To-Go Swipes
- 5 Guest Swipes

Additional Benefits:

- Saturday Night Meal Swipes
- 8 Meal Exchanges, Deducted From Total Swipes
- \$200 Maroon Dollars

NEW MEAL PLANS

UChicago Dining introduces new plans for rising 3rd and 4th year students. The brand new Maroon and Quad Meal Plans plans are only eligible for 3rd and 4th year students living in campus housing and are approximately 20-30% less than the Unlimited and Phoenix Plans.

MAROON MEAL PLAN

\$1,886 per quarter

Default meal plan for all 3rd and 4th year students living in on-campus housing only.

Approximately 30% less than the Unlimited or Phoenix Meal Plans

Only available to 3rd and 4th year students living on-campus.

Students living off-campus are not eligible to purchase this meal plan

Dining Commons Benefits:

- 75 swipes
- 10 To-go swipes
- 5 Guest swipes

Additional Benefits:

- Saturday Night Meal Swipes
- 8 meal exchanges, deducted from total swipes
- \$425 Maroon Dollars

QUAD MEAL PLAN

\$2,128 per quarter

Approximately 20% less than the Unlimited or Phoenix Meal Plans

Eligible for purchase for 3rd and 4th year students living in on-campus housing only.

Students living off-campus are not eligible to purchase this meal plan

Dining Commons Benefits:

- 100 swipes
- 10 To-go swipes
- 5 Guest swipes

Additional Benefits:

- Saturday Night Meal Swipes
- 20 meal exchanges, deducted from total swipes
- \$275 Maroon Dollars