2021-2022

LEHIGH UNIVERSITY

CAMPUS DINING GUIDE

DINING LOCATIONS | MEAL PLANS | HOURS
SUSTAINABILITY | NUTRITION | CONTACT

www.lehighdining.com
Welcome.

We believe that food brings people together. Our team works hard every day and is committed to providing the Lehigh community with an extraordinary dining experience that is consistently fresh, delicious and nutritious in our dining locations. Students will find a wide variety of cuisines and healthy options.

Our dining program prides itself on being forward thinking, innovative and dynamic. Our professional chefs develop menus that include vegan and vegetarian options and cater to those with special dietary needs. We are always happy to discuss our menus to accommodate your specific needs. Our full-time, on-campus Registered Dietitian is a great resource to help students achieve personal dietary goals or guidance with special diets. Lehigh Dining also offers nutritional support, education and programs throughout the entire year that are confidential and free. Simply contact our team to set up an appointment.

Additionally, we have a professional catering team that can expertly plan any event. We also feature our own on-campus bakery that offers made-from-scratch brownies, cakes, cookies, pies, tarts and other delicious, freshly made bakery treats. We look forward to meeting and serving you this year. Welcome to Lehigh Dining.
WHAT’S NEW IN DINING

HILLSIDE CAFE
new cafe in hitch house

CHICK-N-BAP
korean-inspired NYC street food at clutch & go

SWIPE OUT HUNGER
a new initiative to fight food insecurity

FARM SHELF
hydroponic greens & herbs grown on campus

www.lehighdining.com
WHERE TO EAT ON CAMPUS

DINING HALLS
enjoy all-you-care-to-eat dining at our three conveniently located dining halls

CORT @ LOWER UC (UC)
offers breakfast, lunch & dinner Monday - Friday with a variety of healthy options

RATHBONE (Rathbone)
features eight culinary platforms with an incredible view of the Lehigh Valley

BRODHEAD (Brodhead)
tucked inside Brodhead Residence Hall
is this warm & inviting dining hall

RETAIL DINING
whether you’re craving a burger, sushi, salad or milkshake, you’ll find it on campus

UPPER UC FOOD MARKET (UC)
our main retail food court features burgers, sushi, salads, sandwiches & much more

BAKER’S JUNCTION (UC)
a quick stop shop for Starbucks coffee, fresh baked goods & breakfast sandwiches

CLUTCH & GO (UC)
new in fall 2020, this market offers pizza, chick-n-bap (new for fall 2021) & grab & go

THE GRIND @FML (CWFM Library)
a student fave that offers noodle salads, sandwiches, smoothies, coffee & grab & go

COMMON GROUNDS (RBC)
enjoy fresh salads, hand-rolled sushi, salads, Starbucks Coffee, soup & more

HAWK’S NEST (Lamberton Hall)
a late night hot spot offerings burgers, noodle bowls & other comfort classics

HILLSIDE CAFÉ (Hitch House)
new for fall 2021, this cafe offers smoothies, breakfast & deli sandwiches, coffee & more

FOOD TRUCKS
Lehigh boasts two food trucks that serve the campus community Monday - Friday

SIMPLY SKEWERED (Outside STEPS)
this truck features a gluten-free, brazilian inspired menu with halal-certified meats

FUD TRUK (Outside STEPS)
our original food truck that’s famous for its loaded sandwiches and fresh-cut fries

MOUNTAINTOP CAMPUS

two convenient locations are available at mountaintop for a quick bite or a cup of joe

MARKET X (Building C)
a state-of-the-art market that features 24/7 access and self-check out

IACCOCA CAFÉ (Iacocca Hall)
a quick and convenient stop for coffee, sandwiches, salads, sushi & more
<table>
<thead>
<tr>
<th>Location</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cort @ Lower UC*</td>
<td>Mon - Thurs: 7:00am - 8:00pm, Fri: 7:00am - 2:00pm, Sun: 10:30am - 8:00pm</td>
</tr>
<tr>
<td>Common Grounds</td>
<td>Mon - Thurs: 7:30am - 3:00pm, Fri: 7:30am - 2:00pm</td>
</tr>
<tr>
<td>Rathbone*</td>
<td>Mon - Thurs: 7:30am - 9:00pm, Fri - Sat: 7:30am - 8:00pm, Sun: 9:30am - 9:00pm</td>
</tr>
<tr>
<td>The Grind @FML</td>
<td>Mon - Thurs: 8:00am - 9:00pm, Fri: 8:00am - 3:00pm, Sun: 11:00am - 9:00pm</td>
</tr>
<tr>
<td>Hillside Cafe (new)</td>
<td>Mon - Thurs: 7:30am - 7:00pm, Fri: 7:30am - 1:00pm, Sat - Sun: 9:00am - 2:00pm</td>
</tr>
<tr>
<td>L'acocca Cafe</td>
<td>Mon - Fri: 8:00am - 2:00pm</td>
</tr>
<tr>
<td>Baker's Junction</td>
<td>Mon - Fri: 7:30am - 3:00pm</td>
</tr>
<tr>
<td>Fud Truk</td>
<td>Mon - Fri: 9:00am - 3:30pm</td>
</tr>
<tr>
<td>Clutch &amp; Go</td>
<td>Mon - Sun: 10:30am - 8:00pm</td>
</tr>
<tr>
<td>Simply Skewered</td>
<td>Mon - Thurs: 10:00am - 4:00pm</td>
</tr>
<tr>
<td>Hawk's Nest</td>
<td>Sun - Wed: 4:30pm - 11:00pm, Thurs - Sat: 4:30pm - 2:00am</td>
</tr>
<tr>
<td>Market X</td>
<td>Open 24/7</td>
</tr>
</tbody>
</table>

*Meal Periods*

Mon - Sat: Breakfast - 7:00am - 10:29am | Mon - Sat - Lunch: 10:30am - 4:29pm
Sun: Brunch - 9:30am - 4:29pm | Dinner - 4:30pm - 10:00pm
## Meal Plans
### 2021 - 2022

1st Year / Any Student Meal Plan Options | Designed for Upper Class Students | Designed for Upper Class Students living in Farrington Square, SouthSide Commons, Sayre Park Village

<table>
<thead>
<tr>
<th>Meal Plan</th>
<th>Meal Plan Cost</th>
<th>Meals per Week / Semester</th>
<th>Dining Dollars</th>
<th>Meal Credits</th>
<th>Guest Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carte Blanche</td>
<td>$3,465</td>
<td>Unlimited</td>
<td>$100</td>
<td>7 per week</td>
<td>5</td>
</tr>
<tr>
<td>250 Block Plan</td>
<td>$3,150</td>
<td>250 per semester</td>
<td>$0</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>225 Block Plan</td>
<td>$3,150</td>
<td>225 per semester</td>
<td>$50</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>200 Block Plan</td>
<td>$3,150</td>
<td>200 per semester</td>
<td>$150</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>150 Block Plan</td>
<td>$2,765</td>
<td>150 per semester</td>
<td>$150</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>125 Block Plan</td>
<td>$2,765</td>
<td>125 per semester</td>
<td>$250</td>
<td>Multiple per Meal Period</td>
<td>5</td>
</tr>
<tr>
<td>75 Block Plan</td>
<td>$1,685</td>
<td>75 per semester</td>
<td>$250</td>
<td>Multiple per Meal Period</td>
<td>None</td>
</tr>
<tr>
<td>50 Block Plan</td>
<td>$1,315</td>
<td>50 per semester</td>
<td>$250</td>
<td>Multiple per Meal Period</td>
<td>None</td>
</tr>
<tr>
<td>Dining Dollar Plan</td>
<td>$400</td>
<td>None</td>
<td>$400</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>

Meal plan members earn a 20% bonus when additional funds are added to their Dining Dollars account within the first 10 days of the semester. Members earn a 10% bonus when additional funds are added throughout the remainder of the semester. Members are automatically enrolled in our eco-container program which allows them to take meals to go from student restaurants.
Meal plans can be used at any of our dining locations with the exception of Market X. Students can access their meal plan using their Lehigh University ID card. A meal plan has three components (Meal Swipes, Dining Dollars and Meal Credits) that allow for maximum value and opportunity to enjoy all that Lehigh Dining has to offer.

**Meal Swipes**

Meal swipes are used at our all-you-care-to-eat student restaurants: Cort @ Lower UC, Rathbone & Brodhead. One meal swipe per meal period allows students to dine in or take out.

**Dining Dollars**

This declining balance account can be used exclusively at all Lehigh University Dining locations, except Market X. Dining Dollars are non-refundable and carry over from Fall semester to Spring semester.

**Meal Credits**

A meal credit is cash value applied to food purchases at retail locations on campus. In exchange for a meal swipe, students receive credit toward the total cost of a retail purchase.
Avoid the line!
Order from your favorite on-campus restaurants for pickup with Grubhub campus dining

$3 OFF PERK
ON YOUR FIRST ON-CAMPUS DINING PICKUP ORDER OF $7+

Scan code with smartphone and download the app.

Valid through 6/30/2022
a deal so sweet...
it’ll make you say WHOA

Earn a 20% BONUS in Dining Dollars when funds are added to your account within the first 10 days of the semester

Earn a 10% BONUS the remainder of the semester

To add funds, call 610-758-6179 or scan the QR code below
DINING HACKS

1. Visit our website to see what’s on the menu for the day.

2. Check Simple Servings first. Food from other stations can’t come in contact with this allergen-free station.

3. Cereal and nuts make for great yogurt or froyo toppings!

4. Visit the salad bar for some fresh veggies, then take them to the pizza / pasta station to have them sauteed.

5. Try whole wheat toast, peanut butter and apple slices or bananas for a healthy and delicious snack.

6. Ask for whole wheat pasta at the pizza / pasta station as a healthy swap.

7. Try rice as a base and top it with our house-made chili or soup.

8. Our pizza / pasta station and the Diner at Rathbone have chicken available all of the time.

9. Looking for something specific? Please ask our staff or make a suggestion on our comment board.

10. Craving a sweet treat? Try a chip-wich! Two chocolate chip cookies with ice cream in the middle.
Health & Nutrition at Lehigh University

Carrie Gerencher, MA, RDN, LDN, is our on-campus Registered Dietitian who has been making a difference in students’ wellness for the past decade and continues to enhance our program by adding innovative and healthy options at Lehigh University.

Carrie is a great resource who helps students utilize their meal plans to work with their busy schedules and diets. She provides nutrition counseling for a variety of topics including food allergies, food intolerances, weight management, diabetes, high blood pressure, gastrointestinal diseases, healthy eating habits and much more.

She is available to meet with students individually as well as present informational sessions to groups. Students, on-campus groups, faculty and staff, are all encouraged to contact Carrie with any nutritional needs or questions. All appointments are confidential.

@LehighDiningRD  484-357-2258  e00913@lehigh.edu
**Sustainable Dining**

Lehigh Dining takes its social responsibility at Lehigh University seriously. We continually lead the campus with innovative ideas and work closely with the University to meet its social responsibilities and expectations. As a team, we visit local farms where we purchase local produce which supports the University’s commitment to help create sustainable change for Bethlehem and the greater Lehigh Valley.

**Lehigh Dining**

Lehigh Dining is committed to providing the Lehigh University community with fresh and local produce, when available and in season. We strive to purchase fresh produce, dairy, meats and breads from local farms and vendors to support growth in our communities and protect the environment.

Common Market is a distributor that connects local farms with surrounding institutions including colleges and universities, hospitals and other establishments. It helps us source good food grown by our region’s sustainable farmers.

Our organization has an agreement with the Marine Stewardship Council to promote certified sustainable seafood. Our team is committed to sourcing 100% of our seafood from sustainable sources.

**Less Meat Monday**

Meatless Mondays is another step toward sustainable dining. Not only does eating meatless one day a week reduce the risk of diseases, it also has many environmental benefits including a reduced carbon footprint and lowered water usage and fossil fuel dependence.

**Lehigh University Dining**

Lehigh University Dining proudly serves Fair Trade Certified coffee in all locations across campus. We offer Starbucks, Peet’s, Seattle’s Best and Asprottos. All brands are certified organic and / or Fair Trade. Fair Trade snacks are also available at several campus retail locations.

**Eco-reusable containers**

Eco-reusable containers are designed for students who don’t have time to dine in our student restaurants. Our convenient reusable containers offer students the opportunity to eat sustainably while on-the-go. The reusable containers reduce waste by removing Styrofoam products from campus.

**Food Recovery Network**

Our team unites students on campus by helping the greater Bethlehem community through participation in the Food Recovery Network. Leftover perishable foods from student restaurants are donated to the Victory House of the Lehigh Valley, Hispanic House and New Bethany Ministries.

In collaboration with the Office of Sustainability and students, a new food purchasing policy has been established for fall 2021. The new policy outlines purchasing guidelines which promote the procurement of local, sustainable, humane and fair-trade foods.

Rathbone Student Restaurant utilizes a state-of-the-art Enviropure environmentally friendly food waste disposal system. This technology converts organic waste into grey water within 24 hours using a bio mix of natural minerals, nutrients and organic growth factors which diverts tons of waste from the landfill every day.

**92% of all cleaning chemicals**

92% of all cleaning chemicals used by Lehigh University Dining are Green Seal certified; concentrated or sustainable. The Green Seal mark represents compliance with a rigorous set of criteria designed to achieve leadership levels in sustainability.

Lehigh University Dining negotiated a waste management contract with FiltaFry, the world’s finest cooking oil filtration and fryer management service. FiltaFry safely removes all waste vegetable oil from dining facilities to a location where it can be purified and reused as bio diesel fuel.

**Paper, cardboard, cans and plastic**

Paper, cardboard, cans and plastic are recycled at all on-campus dining locations and dining offices. The dining office at Rathbone also earned a bronze certification from Lehigh University’s Office of Sustainability.

Rathbone Student Restaurant officially earned its status as a two-star certified green restaurant in 2016. This certification recognizes the 43 environmental steps required for the certification.
LEHIGH UNIVERSITY DINING
WE'RE HIRING
JOIN OUR TEAM

MULTIPLE POSITIONS AVAILABLE

COMPETITIVE WAGES
FUN ATMOSPHERE
FLEXIBLE SCHEDULES
FREE UNIFORMS
FREE MEALS

non-work study positions available in catering, concessions & dining halls

TO APPLY, PLEASE VISIT: WWW.LEHIGHDINING.COM > CAREERS
Treat yourself to something sweet

made fresh in our on-campus bakery
order at shop-lehigh.sodexomyway.com
Building C
2nd Floor
Mountaintop Campus

Market
Modern Convenience
Self Check Out
24/7 Access

Hand-rolled sushi
Bottled beverages
Freshly made sandwiches
Ready-to-enjoy salads
Bean-to-cup Starbucks coffee
Pre-packaged snacks