LEHIGH UNIVERSITY

DINING

campus guide | spring 2023

what’s new • dining locations • hours
meal plans • sustainability • nutrition
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.
new concepts. kiosk ordering. self check out. cashless.

THE TALON
debuting in spring 2023. signature breakfast bowls. sandwiches. and more.

MEAL CREDITS
will be accepted at all food trucks beginning in spring 2023.

Lucy’s Cafe
WHERE TO EAT ON CAMPUS

DIAMOND HALLS

enjoy all-you-care-to-eat breakfast, lunch & dinner at our on-campus dining halls

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

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

RETAIL DINING

whether you’re craving a rice bowl, sushi, salad or milkshake, you’ll find it on campus

HAWK’S NEST (Lamberton Hall)
newly renovated with student favorites chick-n-bap, mein bowl, milkshakes & more

THE GRIND @FML (EWFML Library)
a popular destination for breakfast, sandwiches, smoothies, coffee & grab & go

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

HILLSIDE CAFE (Hilch House)
this convenient cafe offers smoothies, breakfast & deli sandwiches, coffee & more

GLOBAL CAFE (Williams Hall)
this cozy cafe features poke bowls, sushi, coffee with a variety of grab & go options

HIDEAWAY CAFE (HST Building)
our newest bistro proudly serves Starbucks, fresh-squeezed oj & smoothie bowls

LUCY’S CAFE (Linderman Library)
returning for spring ‘23, you’ll find coffee & grab & go items at this hidden gem

FOOD TRUCKS

with the addition of the talon, lehigh is home to three unique, on-campus food trucks

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

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

THE TALON (Flag Pole)
debuting in spring ‘23, our newest mobile platform will offer breakfast bowls & more

MOUNTAIN CAMPUS

three convenient locations are available at mountain top for a quick bite or a cup of joe

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

IACOCCA CAFE (Iacocca Hall)
a quick and convenient stop for coffee, sandwiches, salads, sushi & more

INREACH VENDING (Iacocca Hall)
a new innovation in the lobby of iacocca providing 24/7 access to snacks & drinks
LEHIGH UNIVERSITY
DINING

SPRING 2023
HOURS OF OPERATION

MEAL PERIODS
Breakfast (Mon - Sat): 7:00am - 10:29am | Lunch (Mon - Sat): 10:30am - 4:29pm
Dinner (Mon - Sun): 4:30pm - 9:00pm | Brunch (Sun): 9:30am - 4:29pm

ALL-YOU-CARE-TO-EAT
STUDENT RESTAURANTS

RATHBONE
Monday - Thursday: 7am - 9pm
Friday - Saturday: 7am - 8pm
Sunday: 9:30am - 9pm

BRODHEAD
Monday - Thursday: 7:30am - 9pm
Friday: 7:30am - 2pm
Saturday - Sunday: Closed

HILLCIDE CAFE
On the Spot Vending available 24/7
Monday - Thursday: 7:30am - 6pm
Friday: 7:30am - 1pm
Saturday - Sunday: Closed

HIDEAWAY CAFE
Monday - Friday: 8am - 2pm
Saturday - Sunday: Closed

LUCY’S CAFE
COMING SPRING 2023

LACOCCA CAFE
Monday - Thursday: 8am - 3pm
Friday: 8am - 2pm
Saturday - Sunday: Closed

FOOD TRUCKS
availability subject to weather

THE GRIND @ FML
Monday - Thursday: 8am - 9pm
Friday: 8am - 3pm
Saturday: Closed
Sunday: 10:30am - 9pm

SIMPLY SKEWERED
Monday - Thursday: 11am - 3pm
Friday - Sunday: Closed

COMMON GROUNDS
Monday - Thursday: 7:30am - 7pm
Friday: 7:30am - 2pm
Saturday - Sunday: Closed

THE TALON
COMING SPRING 2023

FUD TRUK
Monday - Thursday: 10:30am - 3:30pm
Friday - Sunday: Closed

HAWK’S NEST
Good Batter & Milkshakes, ChickNBap (Closes at 8pm), Mein Bowl (Closes at 8pm), Tres Habaneros (Closes at 8pm).
Monday - Thursday: 10:30am - 11pm
Friday - Saturday: 10:30am - 12am
Sunday: 10:30am - 11pm

*All hours of operation are subject to change.
# MEAL PLANS

## SPRING 2023

- **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 or Off Campus**

<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>$3,595</td>
<td>Unlimited</td>
<td>$100</td>
<td>10 per week</td>
<td>5</td>
</tr>
<tr>
<td>250 Block Plan</td>
<td>$3,270</td>
<td>250 per semester</td>
<td>$0</td>
<td>Multiple per Meal Period</td>
<td>5</td>
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<tr>
<td>225 Block Plan</td>
<td>$3,270</td>
<td>225 per semester</td>
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<tr>
<td>150 Block Plan</td>
<td>$2,870</td>
<td>150 per semester</td>
<td>$150</td>
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</tr>
<tr>
<td>125 Block Plan</td>
<td>$2,870</td>
<td>125 per semester</td>
<td>$250</td>
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</tr>
<tr>
<td>75 Block Plan</td>
<td>$1,745</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>$1,365</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>
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<td>$400</td>
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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: 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 with Grubhub Campus dining

1. Scan or click on the QR code to download the Grubhub app.
2. Select “Lehigh University” under Campus Dining within your account.
3. Input your LU ID information.
4. Order your next on-campus meal for pick up or delivery.

Meal Credits, Dining Dollars & GoldPLUS are accepted through Grubhub

Pick up available at: Common Grounds, Hideaway Cafe, Global Cafe, Lucy’s Cafe, The Grind @ FML, Hillside Cafe & Iacocca Cafe

Delivery available from: Hawk’s Nest

FREE Grubhub+ Student until you graduate with free delivery on orders of $12+ at select off-campus restaurants*

Pay for your order using GoldPLUS at any Grubhub affiliated restaurant nationwide

FREE delivery to Mountaintop campus from Hawk’s Nest on orders of $8+

ENJOY $3 Off your first pick-up order above $10

NO FEES for pick-up orders from on-campus retail dining locations
Connect with us

@LEHIGHDINING

@LEHIGHDINING

LEHIGHDINING.COM
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
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, retail & dining halls

TO APPLY, PLEASE VISIT: WWW.LEHIGHDINING.COM > CAREERS
Also, be sure to check out our variety of other complimentary nutrition services & events throughout the year so that we can help you grow into the best you!

LET'S TURN UP THE 'BEET' ON NUTRITION & FLAVOR!

"Nourish Your Potential" is Lehigh Dining's commitment to student health & wellness. Let our campus Registered Dietitian help navigate your individual dining needs for FREE.

Also, be sure to check out our variety of other complimentary nutrition services & events throughout the year so that we can help you grow into the best you!

CONTACT
E00322@LEHIGH.EDU
+484-357-2258

SCAN HERE
SCHEDULE A NUTRITION SERVICE TODAY!
OURS DIETARY ICONS:

- **Mindful**: Recipe aligns with a healthy lifestyle and meets specific wellness criteria.
- **Plant-Based**: Meats use 100% plant-based ingredients such as fruit, vegetables, whole grains, legumes and nuts. They can also include honey and sugar.
- **Vegetarian**: Dishes that do not contain meat or fish but may, or may not, contain dairy, eggs, and/or honey.
- **Vegan**: Dishes that do not contain any ingredients that come from animals.
- **Local**: Recipe contains products sourced from local businesses.
- **NGI**: Recipe does not contain gluten ingredients, but foods may have been cross-contaminated during processing. (can not be verified to contain <20 ppm of gluten).

ULTIMATE DINING HACKS:

**Top Notch Toppings**
Cereal & nuts make for great yogurt or froyo toppings. Instead of bacon or cheese on your salad, try some beans (black beans, chickpeas), nutritional yeast (tastes like cheese), nuts, fruit or even whole grains, such as quinoa. Consider boosting the flavor & nutrition of your meal with better-for-you condiments, such as yellow mustard, hot sauce, spices, nutritional yeast & hummus. Try whole wheat pasta from the Pizza/Pasta station (or look for brown rice), and top with house-made chili or soup.

**V-Edgy**
Visit the Salad Bar and take your selections to the Pizza/Pasta station to have them sautéed with pasta or other whole grain. Top your salad with a couple of chicken fingers or take some to the Deli to incorporate into a wrap with spinach, tomatoes & other nutritious goodies.

**Naturally Sweet Treats**
Try whole wheat toast, peanut butter & apple (or banana) slices for a healthy & delicious snack. You can also spread peanut butter on a banana, top with granola, raisins & a dollop of frozen yogurt for a healthier Banana Split!

**Prepare To Plan**
Visit our website to see what's on the menu!

**Check Simple Servings First**
Take from Simple Servings first so you don't have to carry multiple plates.

**Request Untouched "Back-Up" Stock**
Feel free to request the untouched "back-up" stock of menu items if you are concerned about cross-contamination.

**You Are Your Own Best Advocate!**
Communicate your needs to the dining staff and read menu labels. Remind them to place a fresh foil or wax sheet onto grill tops & cutting boards, and use newly cleaned equipment, such as knives, spatulas or tongs.
**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.

<table>
<thead>
<tr>
<th><strong>BUY FRESH</strong> &lt;br&gt; <strong>BUY LOCAL</strong></th>
<th><strong>LEHIGH</strong> &lt;br&gt; <strong>Food Purchasing Policy</strong></th>
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<td><strong>THE COMMON MARKET</strong> &lt;br&gt; <strong>PHILADELPHIA</strong></td>
<td><strong>ENVIROPURE</strong></td>
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<td><strong>MARINE STEWARDSHIP COUNCIL</strong></td>
<td><strong>GREEN SEAL</strong></td>
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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.

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.

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<th><strong>LESS MEAT</strong> &lt;br&gt; <strong>MONDAY</strong></th>
<th><strong>FILTA FRY</strong></th>
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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.

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.

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<th><strong>LEHIGH UNIVERSITY DINING</strong></th>
<th><strong>FAIR TRADE</strong></th>
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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.

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.

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

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.

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Our new smart vending machines, located on the ground floor of Iacocca Hall, feature the fresh sandwiches and salads and the latest beverages. You name it, we got it, all in a secure retail display - just swipe a payment card to open the door. The machine knows what you’ve chosen and charges you when the door closes.

We’ve got amazing new technology that automatically cleans high-touch surfaces. Equipment is safer with UVC lighting technology that kills 99.9% of harmful viruses and bacteria.

We know what the most popular products are, and make sure plenty are available. But we also know that people want to try new things, so we also introduce the latest trends.

Wow, vending has changed a lot! These days, machines accept credit/debit cards, mobile wallets and contactless payment. We even have AI machines that light up the healthy products and answer your questions.
Treat yourself to something sweet

made fresh in our on-campus bakery
order at shop-lehigh.sodexomyway.com