

# HAVE IT *All*

## LOCATIONS

### CLC Café

Our enhanced dining hall accentuates a welcoming community space with several stations that feature rotating menus including an entree line, vegetarian/vegan options, grill & pizza station and bakery.

### Boar's Head Deli

Located in the Health Education Complex. The delicatessen brand committed to providing the highest quality products you can trust for over 110 years. Enjoy hot or cold deli subs, wraps, all beef hot dogs, soups, coffee and more.

### PerkUP!

Located in the Library, it is the best place to get your caffeine fix on campus. Brewing We Proudly Serve Starbucks coffee makes this newly renovated space a great place to grab a cup of coffee on your way to class. Enjoy freshly made sandwiches, salads or pastries.

### WOW Cafe

Located in the Smith Building. Our chicken is fresh, never frozen, and made-to-order. Our hamburgers are hand-pattied, made-to-order, and the signature sauces are prepared using only the finest ingredients.

### Hissho Sushi

Have it made your way with a new location in the Smith Building. Or find fresh, grab-and-go options in retail coolers at Boar's Head Deli and PerkUP!



for more info visit  
[uscupstatedining.sodexomyway.com](http://uscupstatedining.sodexomyway.com)

## EVERYDAY ADDED VALUE

### Vegetarian And Vegan Options

Upstate Dining offers a variety of clearly labeled vegetarian and vegan options at multiple dining stations. From new twists on classic favorites to dishes custom-created by our chefs, vegetarian and vegan diners will find plenty of options to satisfy their appetites.



### Healthy Choices

Healthy eating can be hard. Mindful, a winning wellness program, seeks to make the healthy choice the easy choice! Developed by a team of chefs and registered dietitians, Mindful dishes feature satisfying portions of delicious foods with fewer calories. Look for the Mindful symbol when dining on campus and check out [mindful.sodexo.com](http://mindful.sodexo.com) for a dynamic collection of recipes, articles, and tips highlighting a complete approach to wellness.

### Food Allergies Or Dietary Requirements?

A team approach led by you, our educated consumer, is the best preparation for a safe school year free of allergic reactions. We want to meet one-on-one with all of our customers who have individual dining needs to ensure that your experience is safe, delicious, and social. Please contact:

Upstate Dining Team (864) 503-5900  
[upstatedining@gmail.com](mailto:upstatedining@gmail.com)

# HAVE IT *All* & choose a meal plan

Meal Plan	Entries to Dining Hall	Spartan Points	Retail Swipes
RESIDENTIAL PLANS			
<b>Ultimate*</b>	Unlimited	\$200	-
<b>Ultimate Plus*</b>	Unlimited	\$200	5
<b>Freedom**</b>	9 per wk	\$250	-
<b>Freedom Plus**</b>	9 per wk	\$250	5
<b>Villa Block**</b>	100	\$575	-
COMMUTER PLANS			
<b>Block 50</b>	50	\$200	-
<b>Block 25</b>	25	\$100	-
<b>Spartan 65***</b> (no entries in dining hall are included)		\$65	-
<b>Spartan 200</b>	200	\$20	-
<b>Spartan 400</b>	400	\$50	-

Retail swipes can be used once a day for qualifying combos at retail locations excluding Hissho Sushi.  
 \*Minimum required plan for Magnolia/Palmetto residents  
 \*\*Minimum required plans available for Villa residents.  
 \*\*\*Automatically assigned to all commuter students for use at all campus dining locations

# HAVE IT *All* & purchase today!

If you would like to purchase a meal plan or make a change to an existing plan, visit the Cashier's Office located in the Health Education Complex. Questions regarding Meal Plans? Contact the campus dining office at (864) 503-5900 or email [upstatedining@gmail.com](mailto:upstatedining@gmail.com).

