**Dining at UVM, we’re all about you!**

UVM Dining is dedicated to creating enjoyable dining experiences for everyone. You can count on us to offer well-balanced meals featuring fresh ingredients for a variety of eating styles. Whether you are vegan, a ‘locavore’, or a student with food allergies, we have something for you.

**FOOD ALLERGIES**

Accommodations for allergens and dietary preferences are available at retail and unlimited dining locations. Additionally, our managers and head chefs are AllerTrain U certified and our staff is educated on how to prepare safe meals. If you have a food allergy or dietary need, contact our Registered Dietitian at Nicole.Rohrig@uvm.edu or 802.656.3566 for an appointment.

**MY ZONE**

A gluten-free, peanut and tree nut-free area, My Zone is reserved for students with food allergies and other dietary needs. Located inside our unlimited dining halls, it acts as a pantry for students to do their own allergen-safe meal prep. We ask the campus community to respect these spaces for those who truly need them.

**SIMPLE SERVINGS**

The Marketplace, Harris Millis and Central Campus Dining are home to allergen-safe dining options for customers with food allergies, gluten intolerance, as well as those who prefer simple foods. Each meal is prepared without the seven most common allergens: peanuts, tree nuts, shellfish, wheat, soy, milk products and eggs or gluten containing ingredients.

**MINDFUL**

We make eating healthy, easy! Mindful is our healthy option available across campus. Each meal guarantees the use of fruits, vegetables, whole grains, lean proteins and meets the following criteria:

- ≤600 calories
- ≤35% of total calories from fat
- ≤800 mg of sodium

**KOSHER DINING**

We have a certified Kosher Kitchen operated by Vermont Kosher. Kosher dinners are available Sunday-Thursday at Redstone Unlimited. Also, grab and go Kosher meals are available in retail locations campus-wide.

**FREESTYLE**

Our fountain beverage prepaid refill program, that uses a refillable bottle, allowing us to offer unlimited beverages at a low cost to you while reducing the number of one time use containers.

**TAPINGO**

We’re excited to announce the launch of Tapingo at UVM. Tapingo is a mobile app that allows you to order food and beverage for pick up on the go. Tapingo tells you when your food is ready so you can pick it up and go. Download the app today!

**ECOWARE**

EcoWare is our reusable take-out program that offers an ‘alternative to disposable containers. Did you know you can take a meal to go from our unlimited dining locations? Ask us how. Eating in retail? Give your cow tag to your server/cashier and receive a meal in an EcoWare container plus, get a15¢ discount!

**DISCOVERY KITCHEN**

Discovery Kitchen, located inside Central Campus Dining is a culinary learning space providing experiential education into the world of food through the lens of sustainability, health and culture. Discovery Kitchen engages and inspires students to learn to cook and discover the world of food.

**MY KITCHEN & EXPLORATION STATION**

My Kitchen, Harris Millis Dining & Exploration Station, Central Campus Dining, are hands-on cooking stations for you to prepare your own meals under chef supervision with ingredients and recipes provided by us. Plus, get culinary tips.

**REAL FOOD CHALLENGE**

Is a national organization whose goal is to increase the purchases of real food on campuses to 20% by 2020. We’re excited to announce we’re at 22% and have recommitted to 25% by 2020! For this purpose Real Food is defined as:

- Local & Community Based
- Ecologically Sound
- Fair
- Humane

**UVM DINING**

406 South Prospect Street; Robinson Hall
Burlington, Vermont 05405
NORTHSIDE Unlimited Dining
Mon-Fri 7:30am-8pm • Sat-Sun 10am-8pm
A quaint unlimited dining hall featuring exhibition-style cooking, stile, soups, salads bar and a small retail space for foods on the go. Plus, My Zone and access to resident EcoWare.
– 656.9528

GIVEN BISTRO – Given Medical Building
Mon-Fri 7:30am-3pm
Featuring Zine, a modern bakery-café offering fresh and nutritious treats with a delicious twist! Menu includes healthy salads, savory soups, flatbreads, pastries, extensive line of Aspretto coffees, espresso, cappuccinos, teas, and smoothies.
– 656.2569

CAMPUS PERK – Grossman School of Business
Mon-Fri 7:30am-4pm
Our newest coffee shop featuring Vermont Artisan Coffee, espresso, sandwiches, salads and pastries.

CENTRAL CAMPUS Unlimited Dining
Mon-Fri 7am-8:30pm • Sat-Sun 8am-8pm
A state of the art unlimited dining hall featuring eight open-style kitchens. Plus, Discovery Kitchen, a culinary learning space providing hands-on cooking classes. Simple Servings, meals made without the most common allergens. My Zone and access to resident EcoWare.

CYBER CAFE – Bailey/Howe Library
Mon-Thurs 7:30am-6:30pm • Fri 7:30am-2:30pm
Sun Noon-7pm
UVM’s warm and welcoming gourmet coffee house featuring Speeder & Earl’s coffee, lattes, chai tea, nutritious salads, savory soups, flatbreads, pastries, extensive line of Aspretto coffees, espresso, cappuccinos, teas, and smoothies.

WATERMAN CAFE´ – Waterman Building
Mon-Fri 7:30am-3pm
A local favorite featuring burritos, tacos and specialty wraps. Featuring smoothies made with organic fruits and juices. Plus, ice cream produced with UVM milk from resident EcoWare.
– 656.8459

WATERMAN manOR – Waterman Building
Mon-Fri 7:30am-4:30pm
Featuring Vermont Artisan Coffee along with chef-inspired daily specials, soups, express salads and hot/cold sandwiches.

HARRIS/MILLS Unlimited Dining
Mon-Wed 7:30am-1:30pm • Thurs-Fri 7:30am-2:30pm • Sat-Sun 10am-8pm
Hearth-fired pizzas, salad bar, grilled favorites and global cuisine. Plus, PeaPod, a vegan/vegetarian station. Simple Servings, meals made without the most common allergens. My Zone, and access to resident EcoWare.
– 656.3867

UNIVERSITY MARCHÉ – Living & Learning Complex
Mon-Sat 9am-9pm
Euro Kitchen, homestyle-pizzas, grab and go meals and global items. Plus, lattes, a dedicated Vegan Station. Wow Bao, Asian cuisine with a modern flair. SoYo, fresh-frozen yogurt.
– 656.4721

SKINNY PANCAKE – Living & Learning Complex
Mon-Thurs 7:30am-10pm • Fri 7:30am-12am
Sat 9am-12am • Sun 9am-10pm
Local favorite crepe & late night stop.
– 656.4426

REDSTONE Unlimited Dining
Mon-Fri 7:30am-3:30pm • Sat-Sun 8am-8pm
Home of FOD, a restaurant-style option. Plus, traditional dining serving comfort foods, vegan/vegetarian, soups and salads bar. My Zone, and access to resident EcoWare program.
– 656.5234

REDSTONE MARKET
Mon-Fri 7:30am-2:30pm, 6pm-10pm
Sat-Sun 6pm-10pm
A mini market featuring bagels and sandwiches made to order, plus, soups, a salad bar, pizza, and a large selection of beverages & grocery items.
– 656.7907

UVM Dining Admin Office
– 656.4664
Meal Plan Office
– 656.2945
Sustainability Office
– 656.7911
Registered Dietitian
– 656.3566

DOOR PRICES at Unlimited Dining LOCATIONS:
• Breakfast $6.85
• Lunch/Dinner $10.45
• Late Nite $9.95
(Cash, Debit, Credit, Cat$cratch & Retail Points accepted)