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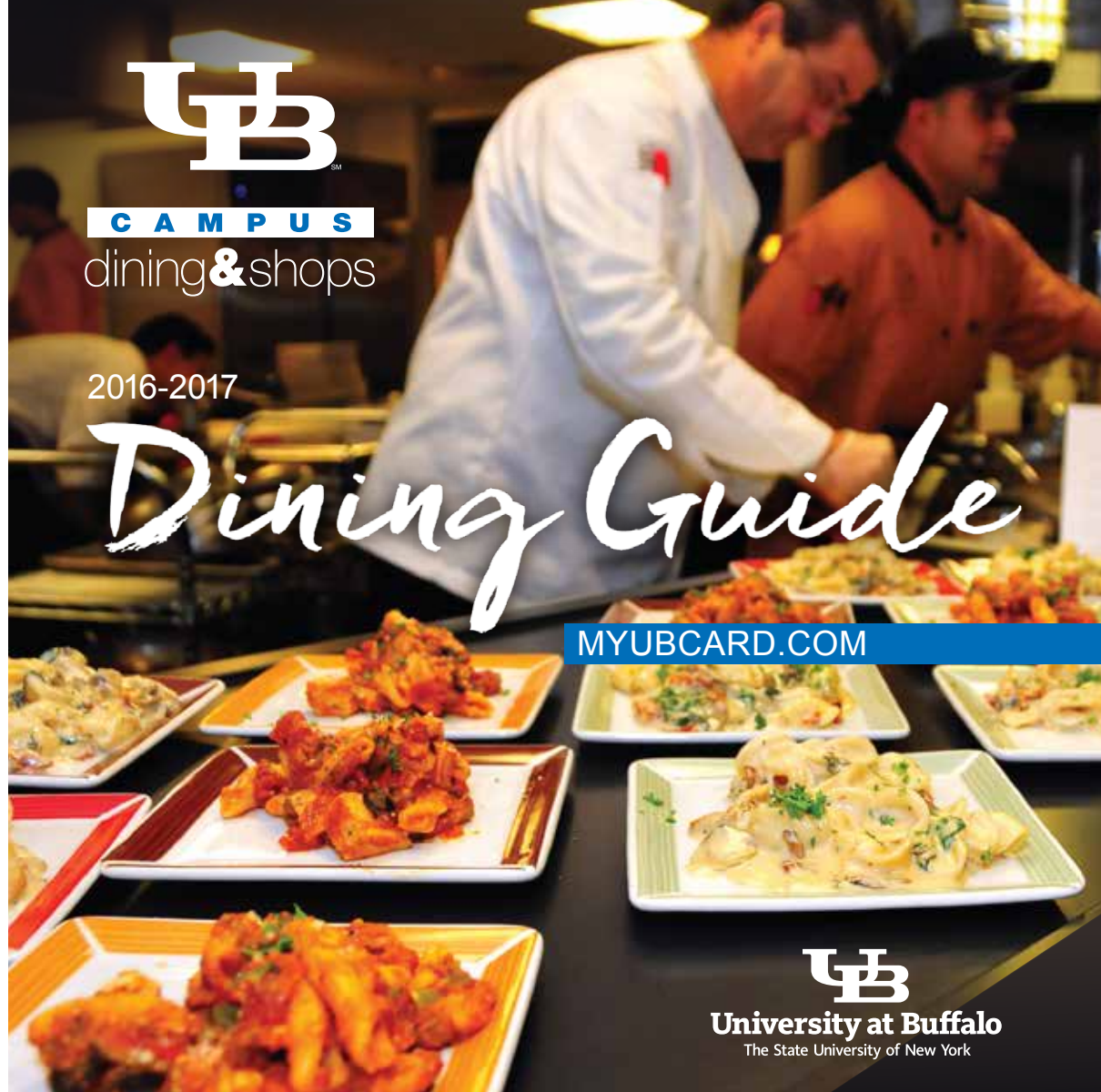


CAMPUS
dining & shops

2016-2017

Dining Guide

MYUBCARD.COM



University at Buffalo
The State University of New York

Mission

The Mission of UB Campus Dining is to enhance the campus life experience by providing a variety of dining options designed to fit the lifestyles and nutritional needs of the University community.

Serving foods from local growers, striving to achieve sustainability, and expanding the availability of dining choices are ways that we enrich the dining experience.



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Welcome

Dining is an integral part of campus life, and at the University at Buffalo, we have created a living and learning atmosphere where your experiences will last a lifetime. Innovative cuisine, fresh flavors and great values are abundant here at UB. We strive to provide a wide variety of menu options with quality food and services, accentuating and enhancing the customer experience in a diverse global community. We have an outstanding award-winning residential dining program, featuring three Residential Dining Centers. We also offer many of the national brands you love, including Starbucks, Jamba Juice, Tim Horton's and Moe's Southwest Grill, along with many of our own concepts that are campus favorites. Using freshly prepared ingredients, buying local, offering global cuisine and serving foods that not only look good, but are good for you...these are just a few of the ways we have become one of the Top 50 Collegiate Dining programs in the nation. In addition to the variety of food available every day we hold special events and theme meals throughout the year, offering exciting new dining experiences.

We are proud of our dining program and we invite you to share your thoughts with any member of our management team. Now that you're here, welcome to all that the UB Dining experience has to offer. We look forward to serving you.

Sincerely,
Jeff Brady, executive director



A handwritten signature in blue ink, appearing to read 'Jeff Brady', is written over a white background.



Meal Plans

Eating on Campus as a First-Year Resident Student

To help students transition to college life, first-year students living in residence halls must have a meal plan. Your meal plan consists of a set number of meals per week, along with Dining Dollars. Here's how it works:

Meal Credits:

Residential Dining Centers: Use a meal credit to eat in an all-you-care-to-eat format at any of our Residential Dining Centers for breakfast and dinner during the week and brunch and dinner on weekends.

Campus Dining & Shops' Restaurants and Cafés: To give you flexibility and options, your meal credits have assigned dollar values based on the meal period that can be used at our restaurants and cafés. If your purchase goes over the assigned dollar value, you can pay the remainder using a second meal credit or Dining Dollars. To view all of our dining locations and meal period times, visit www.myubcard.com/locations.

Meal Period	Meal Credit Value
Breakfast (Mon.-Fri.)	\$4.75
Lunch (Mon.-Fri.)	\$9.25
Brunch (weekend)	\$9.25
Dinner	\$9.25
Late-Night	\$5.50

Dining Dollars:

1 Dining Dollars give you the flexibility to get a snack or meal whenever you want. Dining Dollars work like a debit account on your UB Card at all Campus Dining and Shops location, with purchases automatically deducted from the balance of the account. Use Dining Dollars to purchase a meal, get a beverage or snack from a vending machine, for those late-night munchies, or to purchase food or beverage products from one of our residential convenience stores.

2 Your Dining Dollars roll over from the fall to spring semester (with the purchase of a spring meal plan), but they do not roll over to the next academic year. If you use up your Dining Dollars before the end of the semester, simply add more in increments of \$25. More than convenient, Dining Dollars are tax-exempt, saving your 8.75% on every purchase.

3 Meal credits and Dining Dollars are stored on your UB Card so there isn't any need to carry cash. Unused meals from your meal plan do not carry over from week to week, so be sure to use your meals before the end of the week (weeks begin on Saturdays and end on Fridays). You can use two meals per meal period.

For First-Year Residence Hall Students

First-year students living in residence halls must choose from one of the two plans listed below. First-year students are automatically assigned the Any 19 Plan, but may select the Any 14 Plan by visiting www.myubcard.com/mealplans.



ANY 19 PLAN

\$2,875 (semester)*

19 meals per week

200 Dining Dollars

3 Guest Meal Passes

This is a great plan and the best value. This plan gives you 19 meal credits a week to use in any combination in the Residential Dining Centers or in Campus Dining & Shops restaurant and café locations. This plan provides you the opportunity to socialize with friends, take a break from a hectic college schedule and enjoy an atmosphere designed with you in mind.

ANY 14 PLAN

\$2,725 (semester)*

14 meals per week

300 Dining Dollars

3 Guest Meal Passes

Like all of our meal plans, this plan provides convenience, flexibility, and access to a variety of foods here at UB. This plan gives you 14 meal credits a week to use in any combination in the Resident Dining Centers or in Campus Dining & Shops restaurant and café locations.



Select your plan at
www.myubcard.com/mealplans

For Upperclass Residence Hall Students

Choose the Any 19 or Any 14 plan or buy only the meals you need with a Resident Block Plan or Dining Dollars Plan. These plans offer a very economical way to dine on campus with maximum flexibility. These plans are not available to resident freshmen students.

RESIDENT BLOCK 260

\$2,800 (semester)*

Renews for Spring Semester

260 Meals per semester in the Resident Dining Centers or meal credits. (Averages 16 meals per week)

250 Dining Dollars

3 Guest Meal Passes

RESIDENT BLOCK 160

\$2,025 (semester)*

Renews for Spring Semester

160 Meals per semester in the Resident Dining Centers or meal credits. (Averages 10 meals per week)

350 Dining Dollars

3 Guest Meal Passes

*These meal plans are annual plans billed at the beginning of each semester, unless a change is made following established procedures.

¹An additional block of 20 meals may be purchased at the card office to supplement the meals for this plan for \$225 and can be added throughout the semester.

²Annual plans cannot be changed mid-year. You may however add additional funds at any time.

RESIDENT BLOCK 100

\$1,600 (semester)*

Renews for Spring Semester

100 Meals per semester in the Resident Dining Centers or meal credits. (Averages over 5 meals per week)

450 Dining Dollars

3 Guest Meal Passes

UPPERCLASSMEN RESIDENT PLAN

\$550 (semester)*

Renews for Spring Semester

20 Meals per semester in the Residential Dining Centers or meal credits.¹

325 Dining Dollars

UPPERCLASSMEN DINING DOLLARS

\$950 (annual²)

Valid for both Fall and Spring Semesters

950 Dining Dollars



For Commuter/Apartment Students

A Commuter Meal Plan is your ticket to all the choices campus residents enjoy, with the flexibility your commuting schedule demands. It lets you get a quick grab-and-go breakfast, relax with a tasty lunch with friends and pick-up a full dinner before heading home. Commuters may select any Meal Plan or just Dining Dollars to use in any of our dining locations. A meal can be used in any of our residential dining locations or as a meal credit. Most commuters also add funds to their Campus Cash account, allowing for even more dining options here at UB and off-campus too.

Visit www.myubcard.com/mealplans to view and select all your meal plan options.

APARTMENT DINING PLAN **\$550 (annual²)**

20 Meals per semester in the Resident Dining Centers or meal credits¹

325 Dining Dollars

Valid for both Fall and Spring Semesters

UPPERCLASSMEN DINING DOLLARS **\$950 (annual²)**

950 Dining Dollars

Valid for both Fall and Spring Semesters

Commuters can also select any denomination of:

Dining Dollars (minimum \$50)

Campus Cash (minimum \$25)



¹An additional block of 20 meals may be purchased at the card office to supplement the meals for this plan for \$225 and can be added throughout the semester.

²Annual plans cannot be changed mid-year. You may however add additional funds at any time.

Campus Dining Maps

M Meal Plans **D** Dining Dollars
C Campus Cash **\$** Cash/Credit

1 **Crossroads Culinary Center (C3):**

A Marche style Residential Dining Center offering all-you-care-to-eat international and regional cuisine including pasta, pizza, Asian dishes, noodle bar, Brazilian bbq, vegetarian/vegan selections, salad bar and desserts. **MDC\$**

2 **Ellicott Food Court:** This amazing food court serves a variety of favorites, including deli sandwiches and wraps, Starbucks® coffee, ice cream, salads and soups, Mexican fare, pizza and UB's best wings. **MDC\$**

3 **Au Bon Pain:** Nestled inside Greiner Hall, ABP features a great selection of fresh pastries, soups, salads, sandwiches and hot & cold beverages. **MDC\$**



M Meal Plans
C Campus Cash

D Dining Dollars
\$ Cash/Credit

4 Governors Dining Center: Governors offers all-you-care-to-eat dining with favorites such as pizza, pasta, hand-carved meats, salads, health bar, hot soups, vegetarian/vegan meals and desserts to round out the selections. **MDC\$**

5 The Cellar: Located in the basement between Roosevelt and Lehman at Governors. Pub Grub, light fare ... whatever you call it, they've got it. Hot flavors from the grill, fresh NY-style pizza, foot-long subs, and so much more. **MDC\$**

6 The Commons: Various restaurants that are privately owned and operated. These are not UB Campus Dining locations and they are not part of your meal plan program. **C\$**

7 Seasons - Fresh Cafe and Organic Juice Bar: The Café provides a great selection of local products and organic produce; featuring fresh squeezed juices and healthy made to order items including flat breads, gourmet sandwiches and salads. **MDC\$**

8 Putnam's: The heart of the Student Union, this venue features Jamba Juice®, Tim Horton's®, Moe's®, Champa Sushi, and our own Union Station, Stackers, Edgy Veggies, Fowl Play and Pisa Pizza. **MDC\$**

9 Pistachio's: Perched on the second floor of the Student Union, enjoy made-to-order pasta entrées from Bravo Pasta and gourmet sandwiches from The Bread Box Deli. **MDC\$**

10 The Tiffin Room: A full service sit-down restaurant upstairs in the Student Union. An eclectic menu features light salads, hearty sandwiches and entrées along with a great selection of daily specials. **MDC\$**

11 Baldy Walkway Café: Featuring a Tim Hortons® Express, this café offers a great selection of grab-n-go fare. **MDC\$**

12 Clement Café: Located in the Alfiero Center, visit Tim Hortons® for hot, fresh coffee and delicious baked goods. **MDC\$**

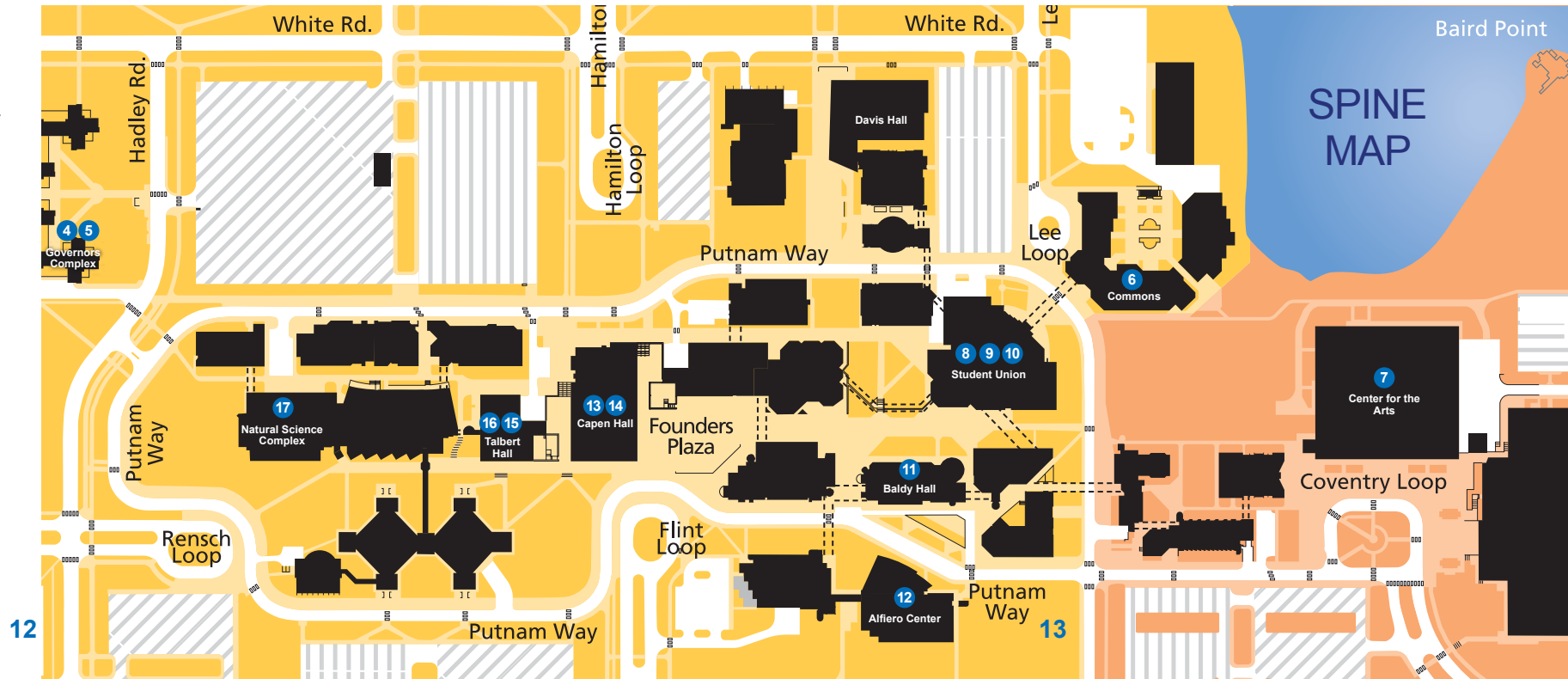
13 Capen Café: At the center of the academic spine, a convenient place to grab a quick breakfast, light lunch or snack. **MDC\$**

14 Whispers Café at Capen: Located on the 3rd floor of the Library, you'll find hand-crafted Starbucks beverages and freshly-brewed coffees along with delicious baked goods and a variety of grab-and-go sandwiches and salads. **MDC\$**

15 NY Deli & Diner: Offering Kosher foods prepared under the rabbinical supervision of the Vaad. Serves favorites like falafel, knishes and boreakas along with specializing in many vegan and vegetarian dishes. **MDC\$**

16 Bert's Food Court: A variety of specialty stations featuring Pisa Pizza, the Roadside Grill, Casa del Toro, Breakfast Nook and Edgy Veggies salads and wraps. **MDC\$**

17 Mrs. Rich's Corner Café: Located in the NSC, this express location offers a broad selection of grab-n-go items and beverages. **MDC\$**



M Meal Plans **D** Dining Dollars
C Campus Cash **\$** Cash/Credit

18 **Goodyear Dining Center:** Taking traditional dining to a new level, Goodyear combines all-you-care-to-eat dining with the variety of Victor's Mongolian Grill; fresh meals prepared from your selections. The Main Street Market is also open for lunch and late-night. **MDC\$**

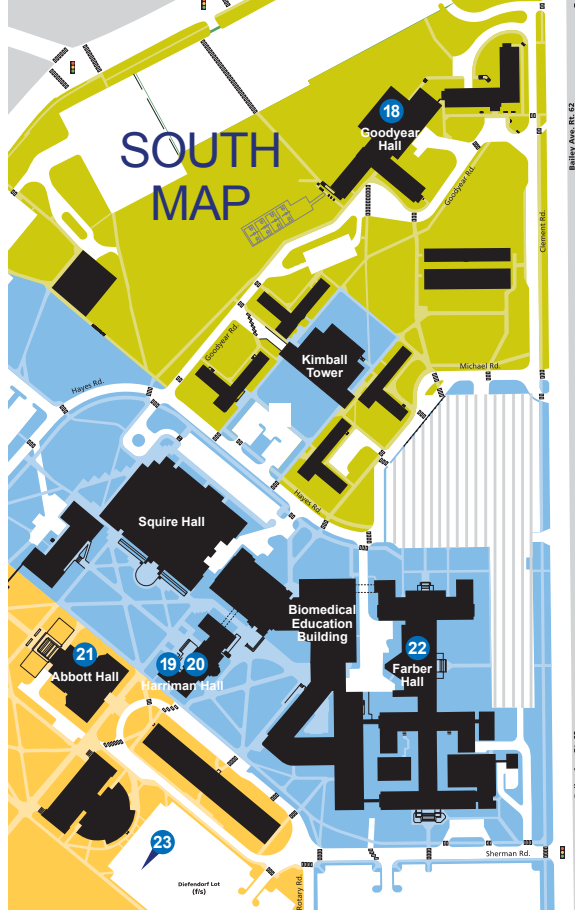
19 **Harriman Café:** At this a la carte café, enjoy made to order breakfast entrées, sandwiches and wraps, pizza, tacos, and much more. **MDC\$**

20 **The Greenery:** A great atmosphere compliments an amazing feel-good lunch menu in this full service restaurant. Offerings include fresh, light salads, exceptional sandwiches and classic entrées. **MDC\$**

21 **Whispers Cafe at Abbott:** Located inside Abbott Hall (Health Sciences Library), you'll find hand-crafted Starbucks beverages and freshly-brewed coffees along with delicious baked goods and a variety of grab-and-go sandwiches and salads. **MDC\$**

22 **Farber Café:** Featuring a Tim Hortons® Express, this café offers a great selection of grab-n-go fare. **MDC\$**

23 **Kapoor:** Enjoy Tim Hortons® coffee and other beverages, baked goods, and a wide variety of breakfast and lunch options. **MDC\$**



More Great Food Options

Kosher Foods

The University at Buffalo, under the rabbinical supervision of Vaad, offers Kosher food options. All food is prepared at the NY Deli & Diner, where a Mashgiach is always present, and overseen by Rabbi Moshe Taub BVK, Hakasrus of Buffalo.

Since the NY Deli & Diner operates à la carte, students can use any of the meal plan or dining dollar options that we offer to make purchases at this location.



IncrediBULL Pizza

www.incredibullpizza.com

It's our very own online ordering and delivery service with the best Pizza, Subs, Wings, Salads and so much more delivered right to your room. Free delivery - Dining Dollars and Campus Cash accepted.



UB Food Trucks - Big Blue and Little Blue

Herd at the curb for the best food you'll ever eat. In our trucks, we take our passion for great food and creativity to a whole new level. We're all over campus so follow us on Twitter @UBBigBlue, @UBLittleBlue and on Facebook: /UBBigBlue and /UBLittleBlue to see where we are. It's mo-bull food like no other.

UB Snackin' - Vending

A variety of vending machines can be found across campus that offer beverages, snacks, healthy options, frozen meals and desserts. The machines are equipped with card swipe readers so you can use your Dining Dollars/ Campus Cash anytime.



Mobile ID – Your UB Card without the card.

Mobile ID is available as an app from the App Store or Google Play. This does not replace your physical UB Card, but provides a convenient option. Once downloaded, students open the app to use their smartphones at vending, dining locations and laundry facilities instead of presenting their cards. Get the download and installing details at www.myubcard.com/mobileid





Nutrition

Nutrition, Health and Wellness





UB Campus Dining & Shops offers a variety of well-balanced, healthy menu choices for all students, even those with special dietary needs. Over the last five years, changes to improve the health and well-being of students include:

- Providing more vegetables, fruits and whole grains
- Using spice stations for personalized food seasoning
- Eliminating trans fats
- Education on balanced meals and portion sizes

Nutrition Resources

- Free consultations with the registered dietitian
- Web site (myubcard.com/nutrition) includes nutrient analysis of recipes along with ingredients and allergens

Nutrition Icons to Know

-  Vegan
-  Vegetarian
-  Smart Choice
-  Gluten-Free

Food Allergies and Special Dietary Needs

We are available to help guide students with food allergies and special dietary needs in meeting their daily nutritional requirements. For assistance, students may contact our registered dietitian, Lori Bendersky: (716) 645-6445 or email lbb5@buffalo.edu to set up an appointment. Students may also speak with the managers, chefs and supervisors in any dining location.



Sustainability

Social Responsibility

www.myubcard.com/sustainability

Our thinking, research, creative activity and people positively impact and change the world. We are committed to supporting the local community and preserving our resources. Here are a few ways our dining program is doing its part:

- Look for the Made In—Grown In New York icon, which promotes and supports the sale of agricultural products grown and food products processed within New York State.
- We are composting kitchen food waste & post consumer food scraps, which produces a soil amendment that is used in landscaping across UB and community gardens throughout Western New York.
- Several Plastic bottle return/recycling machines are located across campus, helping reduce the amount of waste sent to the landfill.
- Our Reusable Travel Mug has saved over 325,000 cups from ending up in the landfill; along with saving customers 10% on each beverage refill.



- Our fountain beverage cups and to-go packaging are compostable and made from recycled materials.
- Many items in our grab-n-go cases come in Greenware® containers, which are made from plants and are biodegradable.

UB Campus Garden

The UB Campus Garden initiative is a unique and forward-thinking sustainability program that converted a vacant plot of lawn on campus into a student-led edible, low-maintenance garden. The project is sponsored by our administration,



providing guidance and funding. Students and staff work together along with UB Campus Dining & Shops, the Office of Sustainability and several other

departments to demonstrate the vision of what a sustainable community and world can look like.



Campus Stores

The Elli – located in the Ellicott Complex, this full-size convenience store has everything from snacks and beverages to frozen entrees and laundry supplies. Students can also inquire about Storage here.



Teddy's – located in Roosevelt Hall in the Governors Complex. You can find all your favorite grocery items along with personal necessities.

Main Street Store - located inside Goodyear Dining Center on South Campus. The store carries a variety of beverages, snacks and essential personal items.

UB Campus Tees – For the best UB apparel, merchandise and gifts, UB Campus Tees in the Student Union is the place to shop. UB Campus Tees is an officially licensed apparel and merchandise provider at the University at Buffalo.



Additional Services

Campus Dining & Shops provides many services for students and parents in addition to our on-campus restaurants and resident dining centers. Below are listed a few of our most popular services, but more can be found online at www.myubcard.com

Working for Campus Dining & Shops

As UB's largest student employer, over 1,300 each year, we offer a variety of positions in fun and diverse environments. Our goal is to help students gain valuable work experience in jobs compatible with their academic schedules. See what's available at www.myubcard.com/jobs

Greetings from Home Packages

Let your favorite student know you're thinking about them by sending them a special gift package. Perfect for a birthday, holiday, or any occasion – ordering is easy online at www.myubcard.com/greetingsfromhome

Campus Essentials

Campus Essentials makes packing for college quick and easy. Don't bother packing and sending bulky items; instead purchase those items through our online store www.myubcard.com/campusessentials. The online store features products such as a dorm-sized refrigerator, twin extra-long sheets, towel sets and a variety of housewares. The best part, they'll be waiting for you when you arrive on campus.

Student Advantage

UB Students can take advantage of exclusive student deals on travel, entertainment and apparel – save up to 50% at thousands of locations.

To sign up for all the great offers, visit www.myubcard.com/studentadvantage.



Banking on Campus

ATM's from Bank of America, Key Bank, Morton R. Lane FCU and others are in convenient campus locations. The UB Card Office in the Student Union cashes work study, UB checks, UB Foundation, State, Sub Board I, FSA payroll checks, and personal checks (in account holder's own name). See www.myubcard.com/banking for more details and locations.

Storage Solutions

Returning next fall? Room cramped during the semester? Campus Dining & Shops has a secure, temperature controlled storage facility right on North Campus; perfect for your fridge, trunk, luggage, or bike. See www.myubcard.com/shops for details.