Tufts Dining

Great Food & Convenient Choices
Dedicated to Exceeding Your Expectations

2015 - 2016
http://dining.tufts.edu
Welcome to Tufts Dining

Your college experience is about to begin, and we wish you much success at Tufts. We have created this brochure to introduce you to Tufts Dining’s diverse services and the variety of options you will have on campus.

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HIGHLIGHTS OF TUFTS DINING

Enjoy all that Tufts Dining offers you!

- Great-tasting, high-quality food
- Tremendous variety
- Special accommodations for people with specific dietary needs
- Friendly and helpful staff
- Innovative and responsive program
- Environmentally and socially responsible
- 9 diverse and convenient campus locations
- Premium Meal Plan and JumboCash
- Off-campus restaurants and convenience stores that accept JumboCash

ACCOMMODATIONS FOR SPECIFIC DIETARY NEEDS

We take food allergies and intolerances very seriously at Tufts Dining and are committed to providing students with the information necessary to manage their food allergy (and/or intolerances) to prevent food reactions. Students who require dietary accommodations must contact the Tufts Dining Nutritionist as early as possible so appropriate arrangements can be made.
DINING CENTERS

As a first-time student you are automatically enrolled in the Premium Meal Plan, with access to Carmichael and Dewick-MacPhie Dining Centers seven days a week from opening until closing. You can enter as often as you wish – for a full meal, a quick drink, or a snack. The variety is extensive. All food must be eaten on the premises. If you want food to go, Hodgdon Food-on-the-Run is a take-out location around the corner from Dewick. Hodgdon opens early and stays open late during the week. Hodgdon has a Meal Plan Dollar Equivalent you can use for food, drinks, and snacks.

View all of Tufts Dining’s menus at: http://menus.tufts.edu
or, follow us on Twitter: @TuftsDining. We tweet highlights of the menu for each dining center three times a day.

Carmichael Dining Center
Anything but Ordinary Uphill Dining
More Choices, the Most Fun & the Best Deal for a Full Meal

Located uphill on the Residential Quad, Carmichael is known for its intimate setting, helpful staff, and many themed dining events. It is one of the two main places to eat with your meal plan. Carmichael’s bountiful salad bar includes everything to create a spectacular salad during lunch and dinner. Specialty sandwiches, burgers, hot dogs, and grilled cheese are served from the grill. Homemade pizzas and a self-serve deli area with sliced meats, cheeses, prepared salads, and an assortment of breads with panini grills are available from lunch through dinner. The vegetarian station includes vegan options with organic legumes and whole grains. At dinner, carved meat is sliced to order, and nightly specials are prepared at Carmichael’s sauté station.

Make-your-own Belgian waffles are available during breakfast and Sunday brunch. The yogurt bar at Sunday brunch includes seasonal fruit. Enjoy homemade soups and breads, desserts and breakfast pastries, all baked in Tufts’ own Bake Shop. Carmichael has self-serve soft-serve ice cream and frozen yogurt machines, plus a weekly Ice Cream Sundae Bar during Sunday dinner!
Dewick-MacPhie Dining Center

This popular downhill dining center boasts ten areas where food is freshly prepared right in front of you. BBQ Pit serves a variety of charbroiled meats, fish, and poultry grilled to perfection. Slices satisfies students searching for homemade pizza with several different pies each meal, including two vegan pies. Beans, Greens & Grains has the largest selection of vegetarian and vegan options on campus. Enjoy whole grains, beans, and tasty vegetarian and vegan dishes that offer a great variety of flavors at every meal. The deli at Dewick stocks everything to make your own sandwiches, including panini grills. Dewick’s enormous salad bar is full of colorful produce and salad items from lunch until closing. Adjacent to the salad bar at Dewick are the popular homemade soup selections and freshly baked breads of the day. During dinner, The Noodlery serves ethnic pasta and noodle wok creations, while the Carvery features meat and poultry carved to order. Halal grilled meats are available Monday, Wednesday, and Friday. Halal hot dogs and hamburgers are available upon request. Pastries and desserts are baked on campus, and students love the Sunday Sundae ice cream bar.

Gluten Free, Nut & Peanut Free Dining at Dewick and Carmichael

Dewick has a separate, designated pantry and food prep area for students who require gluten free or nut/peanut free food. To gain access to the gluten free and nut/peanut free pantry, students must meet with the Tufts Dining Nutritionist to get a key and an explanation of the options available for meeting dietary restrictions. Students requiring gluten free and nut/peanut free accommodations at Carmichael have a dedicated allergen refrigerator/freezer which is also key accessible.

Contact Julie Lampie, the Tufts Dining Nutritionist, at Julie.Lampie@Tufts.edu for more information.

MEAL PLAN TAKE-OUT OPTION

Hodgdon

Food-on-the-Run

To give students on meal plans added flexibility, Hodgdon Food-on-the-Run is a convenient take-out location that has a Meal Plan Dollar Equivalent students can use to purchase and carry out food any time of day. Students on meal plans can stop by Hodgdon in lieu of going to Carmichael or Dewick-MacPhie for a sit-down meal. Hodgdon opens early and stays open late on weekdays. Each meal period has a Dollar Equivalent that can be used for food, drinks, and snacks at Hodgdon. If a student’s purchase exceeds the Meal Plan Equivalent, the difference can be paid with JumboCash, cash, or credit card. If the student’s purchase is less than the Equivalent, the difference is not redeemable for cash. The Hodgdon Meal Plan Equivalent is great to use for a change of pace or for when there’s no time for a sit-down meal.
ADDITIONAL TUFTS DINING LOCATIONS

There are several refreshing locations on campus to get coffee and great food that accept JumboCash, cash, and credit cards. With your $75.00 JumboCash allotment per semester on your meal plan, you should never go thirsty or hungry!

**Hodgdon Food-on-the-Run**
*Life Made Easy for People on the Go*

Hodgdon has a wide variety of delicious food to take out. Breakfast items include a choice of breakfast sandwiches, bagels, cereal, breakfast pastries, fresh fruit, yogurt, juice, and coffee. For lunch, try a made-to-order sandwich or wrap at the T-Stop Deli. Churros Tex-Mex serves popular burritos and bowls for lunch and dinner. Hodgdon has homemade soup, grab-and-go salads, sandwiches, yogurts, fresh fruit, drinks, snacks, sushi, and hot food for lunch. At dinner, Basil’s Pasta & Grill, Pan Asia Express, and Roasters BBQ Home-Style Cookin’ are also open. Hodgdon also carries grocery items, fresh whole fruit, and pints of Ben & Jerry’s Ice Cream.

**Commons Marketplace**
*The Campus Social Spot*

Choose from signature burgers at SIZZLE, custom-tossed salads at TOSS, and hot grilled panini at PRESS. MIX & MATCH has a self-serve salad bar, hot food bar, and soup bar. SHOP has grab-and-go items including salad, sandwiches, sushi, snacks, chocolate bars, cookies, and urban groceries. There is Starbucks® self-serve and fountain drinks, or REFRESH, a wall of cold drinks. The Commons Marketplace is a great place to eat, socialize, and study. Students can use a Meal Plan Equivalent on Friday and Saturday between 9 p.m. and 1 a.m.

**Hotung Café**
*The Cool Coffee Bar*

Also located in the Mayer Campus Center, Hotung Café is the destination for all specialty Starbucks® hot and iced coffee, hot and iced tea drinks, chai, and Freshens® smoothies. Try Hotung’s hot breakfast sandwiches, bagels, and pastries in the morning. For lunch, grab packaged salads, sandwiches, snacks, and beverages or select a daily flatbread hot out of the oven. Hotung has a great vibe, counter seating, café tables, booths, and a fun upstairs area, too.
Pax et Lox Kosher Deli
Glatt Kosher Take-Out

For anyone who keeps kosher or just loves a good corned beef on rye, the Pax et Lox Glatt Kosher Deli is the place to go. It’s at the Campus Center, under the bookstore, on the back patio. Pax et Lox is a favorite campus destination. Enjoy made-to-order deli sandwiches, salads, and hot dogs (there's even a vegan sandwich). Try the hot soups (there's often a vegan soup). Shop in the kosher store to buy some drinks, snacks, and other kosher food items. Students may use a Meal Plan Equivalent for lunch or dinner and bring the Pax et Lox Kosher Deli food into Carmichael or Dewick-MacPhie to join friends as long as students visit the deli before going to the dining centers when using the Meal Plan Equivalent. Pax et Lox is under the supervision of the Vaad Harabonim of Massachusetts in partnership with Tufts Hillel.

Brown & Brew Coffee House
Gourmet Food & Beverages in a Cozy Setting
The Perfect Place to Relax or Rejuvenate

Known for serving terrific food and beverages in a wonderfully relaxed atmosphere, the Coffee House serves artisanal coffee and Mighty Leaf® organic tea drinks. Enjoy homemade soups, hot panini, packaged salads, sandwiches, sushi, and pastries including muffins, scones, brownies, and cookies. Try Brown & Brew’s new fresh Yogurt Bar with three yogurts (including Greek yogurt) and delicious toppings to choose from. Whether sitting on comfy chairs inside or on the patio, there’s no better place for a caffeine boost or a food break.
Tower Café at Tisch Library
The Perfect Oasis
Bakery items, snacks, Hot & Cold Drinks

The Tower Café, located inside the Tisch Library, stays open late and is a terrific place to have a refreshing drink or get a bite to eat. It’s a favorite spot for professors and students alike. This light and airy café serves freshly brewed coffee, tea, iced coffee, hot chocolate, and juices. Enjoy healthy packaged salads, sandwiches, sushi, yogurt cups, fresh fruit, and more. Tower Café has our own freshly baked muffins, croissants, scones, and cookies. Tower Café also has sweet and savory packaged snacks and chips.
Advantages of JumboCash

- Can be used at over 40 dining and service locations on and off campus to pay for everything from meals, beverages, vended snacks and drinks, to laundry, books, school supplies, stamps, movie tickets, printing and copying, and parking passes.
- Automatically saves 7% on student meals* and 17% on Medford/Somerville campus laundry machines.
- No need to carry cash, just use your Tufts ID card.

* Full-time students are exempt from MA meal tax and save 7% automatically when students present their valid Tufts ID card.

ENVIRONMENTALLY & SOCIALLY RESPONSIBLE PROGRAMS

At Tufts Dining, we lessen our impact on the planet and are socially responsible. For example, we:
- Purchase local, organic, and fair trade products
- Serve sustainable fish, cage-free egg whites, and cage-free whole (shell on) eggs
- Reduce, reuse, and recycle wherever possible
- Compost (we have reduced solid waste by over 80%)
- Minimize water and energy consumption: eliminated trays in the student dining centers and procured a highly efficient dish washing machine in Dewick
- Provide biodegradable trays, plates, and bowls when reusable or recyclable options aren’t feasible, e.g., at campus-wide, outdoor events
- Use recycled paper and soy-based ink for our printed communication materials
- Partner with other Tufts organizations to implement additional sustainable initiatives

JumboCash can be used at:
- Commons Marketplace
- Hotung Café
- Hodgdon Food-on-the-Run
- Pax et Lox Kosher Deli
- The Tower Café at Tisch Library
- Brown & Brew Coffee House in Curtis Hall
- Carmichael & Dewick-MacPhie Dining Centers
- The Tufts Bookstore
- The Rez
- Campus Center Info Booth
- Tufts Theatre Box Office
- Public Safety
- Printing & copying at campus libraries and labs
- Vending machines
- Laundry machines
- Off campus at 18 restaurants

See back cover for more information!