Where great food brings the campus community together
Welcome to Tufts Dining

It’s true, we love food — great food that’s good for you and good for the Earth. We love to bring people together through food, so come eat with us and savor our wide variety of made-from-scratch fresh meals, snacks, and treats.

Whether you’re looking for a quick bite, a hearty meal, or a spot to relax and study with friends, we have what you need to nourish your body and enjoy your time on campus. You’re likely to dine with us a few times a day; we’d like that experience to be delicious and memorable.

Please take a moment to browse through this brochure to learn more about our nine convenient locations to eat and drink on the Medford/Somerville campus, and a café on the SMFA campus.
Highlights

Enjoy all that Tufts Dining offers!

- Great-tasting, high-quality, fresh food
- Tremendous variety
- Accommodations for food allergies and intolerances
- Flavorful vegetarian and vegan dishes
- Friendly and helpful staff
- Environmentally conscious operations and socially responsible food
- Nine diverse, convenient campus locations and a café at the SMFA
- Flexible meal plans with eat-in and take-out options
- Off-campus restaurants, a convenience store, and a pharmacy that accept our JumboCash debit plan
As a first-year student, you are automatically enrolled in Tufts Dining’s Premium Meal Plan. The Premium Plan offers students the best value to take full advantage of dining at Tufts, and you don’t have to think about planning your own meals. You have the option to visit Carmichael and Dewick-MacPhie Dining Centers multiple times each meal period. In addition, you have four guest meals and $75 in JumboCash each semester.

Students on the Premium Meal Plan have access to the Dining Centers seven days a week. Enter as often as you’d like for a full meal, a quick drink, or a snack. The variety is extensive; the food is fresh, healthy, and delicious.

In a hurry? There are also take-out options for students on the Premium Meal Plan. Hodgdon Food-on-the-Run, Pax et Lox Glatt Kosher Deli, and the SMFA Café have take-out meals, snacks, and drinks. All three take-out locations accept meal plans. Learn more about Meal Plan Takeout on page 6.

**Please Note:**
All food at the dining centers must be eaten in the dining centers.
Carmichael Dining Center

Anything but Ordinary Uphill Dining

We think you’ll love Carmichael’s friendly, intimate atmosphere and broad variety of food. Carmichael is the place to be for uphill dining and one of the two main places to use your meal plan. At Carmichael, it’s all about great options, all the time. Fresh and flavorful stir-fry nights, hearty salads, comfort foods like mac and cheese and chicken pot pie, make-your-own burritos, daily soups, freshly baked bread, burgers, and veggie burgers are just some of what you can expect to find on the menu at Carmichael.

Carmichael’s extensive fresh salad bar with loads of veggies, greens, toppings, tofu, cheeses, and dressings will suit every palate. Delicious whole grain, vegan, and vegetarian meals include Tofu and Vegetables with Peanut Sauce, Superfood Salad, Veggie Enchiladas, and Moroccan Chickpea Stew. Perfectly roasted and carved meats and savory pasta dishes (including gluten-free pasta) taste as good as they sound. Want more? Carmichael makes hand-tossed pizzas during lunch and dinner on our own homemade dough. Desserts are baked daily in our own Tufts Bake Shop. We usually have soft-serve ice cream and yogurt, and we always have assorted fresh apples, bananas, and seasonal fruit.

Late Night at Carmichael

Need a late-night snack or meal on Friday or Saturday? Students on a meal plan or anyone looking for a tasty bite can use a meal swipe between 9 p.m. and 1 a.m. Selections alternate between a burrito bar, veggie burgers, meatball subs, and more.
**Dewick-MacPhie Dining Center**

**Anything but Ordinary Downhill Dining**

Our main downhill dining destination on your meal plan is Dewick-MacPhie Dining Center. The large variety of made from scratch menu items offer something delicious for everyone’s tastes. As you enter Dewick, you will see several themed serving areas including a vast salad bar, a create-your-own bar, a chef bar with food being cooked to order, and a grill with juicy grilled proteins and veggies.

Dewick has the largest selection of flavorful vegan and vegetarian food on campus made with many organic ingredients. Expect fresh steamed veggies, homemade pizza, and grilled chicken breast every day, local seafood at least once a week, and our own super-healthy, composed salads tossed to perfection using seasonal ingredients. Think: seconds on salad! Then try our homemade desserts, soft-serve ice cream and frozen yogurt, and fair trade brewed coffee and tea. Yum!

Dewick-MacPhie Dining Center also has a separate walk-in pantry solely designated for obtaining food that’s gluten free or tree nut/peanut free. Contact our dietitian for information and access.
Meal Plan Takeout

Just because you’re on the go doesn’t mean you can’t enjoy a fresh, healthy meal on the main campus or at the SMFA campus. Hodgdon Food-on-the-Run and Pax et Lox Glatt Kosher Deli accept meal plans for take-out food — and the selections are awesome at either location and at the SMFA Café.

Each meal period, students on a meal plan have a dollar equivalent that can be used at Hodgdon, Pax et Lox, or the SMFA Café for takeout. You can use a meal plan swipe once each meal period. If you visit Pax et Lox, you can bring your food into a dining center at lunch or dinner as long as you go to Pax et Lox first. If you use your meal plan at Hodgdon or the SMFA Café, you must wait until the next meal period to go to Carmichael or Dewick-MacPhie Dining Centers.
Hodgdon Food-on-the-Run

Life Made Easy for People on the Run

No time to stop and dine in? Hodgdon Food-on-the-Run is our downhill take-out location. Hodgdon is open for breakfast and stays open later than the dining centers Monday through Thursday. It’s the perfect place to get a quick meal, a snack, or something for later. Try a warm egg-and-cheese croissant or bagel and cream cheese for breakfast; a burrito bowl, a wrap, or some sushi for lunch; or have a piping-hot Asian rice or noodle bowl after class for a late-night dinner. Celebrating? Pick up or order the perfect chocolate, vanilla, or carrot cake for special occasions. Feeling like pasta? Hodgdon serves pasta prepared with your choice of sauces and toppings to order. At Hodgdon, you can even buy a box of cereal and a quart of milk for easy snacking back at your room. Hint: PITA (the Mediterranean station at Hodgdon) has an amazingly fresh, flavorful, colorful, and healthy dinner plate!
Where else can you eat?

Dining operates seven cafés on campus that accept JumboCash, cash, and credit cards where you can get a velvety, handcrafted cappuccino or latte, a crisp salad, or a freshly made sandwich.

Don’t forget, you have $75 in JumboCash to use each semester that comes with your Premium Meal Plan. When dining at Tufts, you should never go thirsty or hungry!

Pax et Lox Glatt Kosher Deli

A Convenient and Delicious Kosher Deli

If you keep kosher or just love a good corned beef on rye, Pax et Lox Glatt Kosher Deli is the place for you. Enjoy made-to-order sandwiches and savory sides for lunch or dinner. And of course, each sandwich comes with a pickle: half sour or dill, made fresh in Massachusetts. Open Monday through Thursday for lunch through dinner, Pax et Lox has hearty sandwiches from homemade Chicken Salad to New York–Style Salami or Soy-Glazed Tofu. Turn up the heat at dinner with hot sandwiches. Try the Latke Reuben, Double Trouble Fish Sandwich, and vegan Tofu Bahn Mi. Hot sides are also served at dinner. Students can use a Meal Plan Equivalent for lunch or dinner at Pax et Lox Glatt Kosher Deli.
Hotung Café

Fresh Food Fast

This popular café has a fun vibe and lots of seating. Get a caffeine fix, or make a meal out of it at Hotung Café in the Mayer Campus Center. Serving Starbucks coffee and Tazo tea drinks with a variety of fast, delicious food made on campus daily and packaged to go, Hotung Café’s breakfast menu appeals to the individualist and the conformist with hot breakfast sandwiches and made-to-order oatmeal. Try our freshly baked scones and muffins that make a sweet partner to a morning coffee. For lunch, choose a Chicken Mandarin Salad, or a Tuna Salad Sandwich made with sustainable tuna designed to take out. Our sushi is all made fresh on campus daily. Homemade brownies, cookies, and mini cream-cheese-frosted carrot cakes are always popular afternoon snacks. Keep it healthy with a vegetable crudité snack pack, or grapes and local Vermont cheddar. And, at RISE Craft Pizza inside of Hotung Café, you can order a flavorful, handcrafted pizza and select any toppings that strike your fancy, and it will be ready in about three minutes.

Hotung Café is a conveniently located café and a great place to meet a friend or take a study break. Try the Salted Caramel Mocha, the Iced Chai Latte, the Cold Brew (pictured right), or one of the crazy-delicious smoothies made to order.
The Commons Marketplace

The Campus Social Spot

Looking for a made-to-order tossed salad with grilled salmon or tofu and honey ginger dressing? How about a sizzling Angus beef burger, a hot three-cheese panini, or a Korean Beef Taco with Sriracha? Maybe you want some quick snacks to power you through the afternoon or groceries to take back to your room. You’ll find it all at the Commons Marketplace, a convenient place to eat and hang out on campus — and it’s open late!

Late Night at the Commons

Burgers, fries, pot stickers, or mac and cheese at midnight? Sounds good to us, too!

The Commons has a late-night menu Friday and Saturday from 9 p.m. until 1 a.m. specifically geared toward students on a meal plan, but anyone looking for a quick bite after 9 p.m. can stop by the Commons, whether they’re on a meal plan or not. Students on the Premium Plan can use a meal swipe at Commons or Carmichael late on Fridays and Saturdays to enjoy some late snacks right on campus.
The Mix & Match Salad Bar at the Commons Marketplace with Refresh wall of cool drinks in the background.
Tower Café at Tisch Library

The Perfect Oasis for Breaks and Small Group Meetings

Books, coffee, and conversation are a great combination. The Tower Café, tucked inside the Tisch Library, is an oasis for students, faculty, and staff. Treat yourself to Seattle’s Best Coffee signature espresso drinks or Tazo teas any time of day or at night. Your barista will make it to order. Then, consider a hot panini or a crisp packaged Greek salad to restore your energy. Just looking for a snack? Try a yogurt parfait, one of our melt-in-your-mouth cookies, or a piece of fresh fruit.

Since Tower Café is open late, it’s perfect for a work or study session. Relax under the skylight on our large cushy chairs and couches or just take a moment to recharge your phone on your way to class. Tower Cafe is a cherished campus spot for students, faculty, and staff alike.
Whether you need a caffeine boost, a fresh-squeezed juice, or a quick snack, Kindlevan Café is your answer. With friendly service and a progressive menu, we are what modern cafés are made of. Thirsty? Sip a fresh-brewed organic, fair-trade-certified coffee, a handcrafted latte, or a cup of organic tea. Hungry? Build your own yogurt at our organic yogurt bar with a selection of flavors and a variety of toppings. Or, order a thick and creamy smoothie. Want something savory and healthy? Try our signature seasonal salads tossed onsite and add a cup of homemade soup. Our hot entrée bar has an assortment of beautifully seasoned mix and match items (pictured left) that change every day. Just looking for a sweet? Our walnut brownie or one of our own cranberry orange muffins may just hit the spot.

Kindlevan is the perfect place to gather, study, and meet over excellent coffee and delicious food. Sit at the café or in the bright, open, airy corridor of the SEC. When you need a break or a flavorful, healthy, plant-centric meal, we’ll be ready to serve you at Kindlevan Café!
Mugar Café

A Comfortable Place to Eat, Meet, and Relax

For Tufts’ graduate students, faculty, and staff, Mugar Café at the Fletcher School, with its bright windows and comfy chairs, is the perfect spot. Mugar Café serves Starbucks coffee and espresso drinks brewed to order. You’ll find a thoughtful — and delicious! — selection of menu items at reasonable prices from morning until late afternoon Monday through Friday. You can get a quick warm egg sandwich for breakfast and a piece of fresh fruit, or pick up a snack before class. Enjoy lunch with friends and savor a fresh, crisp Grilled Chicken Caesar Salad or sushi made on campus. Can’t decide what to eat? Serve yourself a cup of homemade soup and ask for a hot Italian panini fresh out of the oven, or try our daily hot bar for flavorful vegetarian and meat dishes like Tortellini with Peas and Sundried Tomatoes, Moroccan Chicken Thighs, or Ginger Tofu Stir Fry.

Whether relaxing with a Starbucks espresso, working while eating a salad, or meeting with colleagues for class, Fletcher students (and some of our other graduate students) have found a home at Mugar Café — so get a coffee and pull up a chair!
SMFA Café

**Fresh Food, Snacks, Coffee & Tea**

Start your day with an espresso brewed with Sun Coffee Roasters fair trade coffee and a warm egg sandwich or a freshly-baked scone. Maybe a yogurt parfait made with organic local yogurt and fresh fruit or a hot oatmeal is your style. If that’s not your cup of tea, how about an iced Teatulia organic Green Tea with some Vermont Cheddar and grapes for a light, fresh start to the morning?

Freshly packaged, crisp salads and seasonal sandwiches are ready to go to the studio as well. Add a cup of homemade soup of the day and you have a healthy meal. The hot paninis take just a few minutes and are also heated to order. A hummus snack pack or an energy bar are easy and healthy snacks.

For Tufts and SMFA at Tufts students on Tufts’ meal plans, each meal period has a Dollar Equivalent. You can use it for any food and drinks at the SMFA Express Café. For purchases that exceed the Meal Plan Equivalent below, the difference can be paid with JumboCash, Rhino Bucks, cash, or a credit card.
**Food Allergies & Intolerances**

Tufts Dining takes food allergies and intolerances seriously. We want everyone to have a safe and enjoyable dining experience. That’s why we provide ingredient and allergen information for you to manage your dietary needs. We’ve also set aside specially designated areas in each dining center for students with allergies, celiac disease, and intolerances to access foods that complement their needs. Students with food allergies, celiac disease, and intolerances requiring access to these areas must register with Student Accessibility Services. Students with severe food allergies may qualify to participate in our Alternative Meal Program which provides separately prepared meals. Look for more information on our website.

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**Jumbo Cash**

**The Easy Way to Pay**

Enjoy the convenient, cashless way to pay for meals, snacks, printing, copying, laundry, campus vending machines, food at our cafés, and food at select local restaurants using your Tufts JumboCash account. You can pay for just about everything on campus simply with your Tufts ID. It works just like a bank debit card and is the easy way to pay. All students automatically have a JumboCash account and can add funds anytime. First-year students get $75 each semester to use with the Premium Meal Plan. And, full-time students are exempt from the Massachusetts meal tax so you save 7% automatically when using JumboCash to pay. No fees, interest charges, or minimum balances. It’s faster, safer, and more convenient than cash. So enjoy — save time and money with JumboCash.

It’s easy to sign up or securely add funds 24/7 at https://www.jumbocash.net
Sustainability

At Tufts Dining, sustainability isn’t just an abstract goal — it’s who we are and what we do every day. From purchasing local, fair trade, and organic food, coffee, and tea to donating leftover food, hosting zero-waste events, and composting, we are committed to sustainable, socially responsible food that’s healthy and thoughtfully prepared. Here are a few ways Tufts Dining supports sustainability on campus:

- All Tufts Dining locations are 3-Star Green Restaurant Association Certified
- We serve a variety of organic and sustainably sourced foods, and purchase from dozens of local food vendors
- We use local seasonal produce and locally caught wild fish
- Our bananas are Rainforest Alliance certified
- We use cage-free shell eggs
- Our milk and yogurts are local and rBGH free
- We serve Fair Trade and Rainforest Alliance certified coffee and tea
- Our compostable napkins are made from unbleached and recycled fibers
- We compost food waste in all dining centers and all our kitchens
- We repurpose leftover food and distribute locally with Food for Free
- All take-out containers are made from either recycled materials or plant fibers or are fully recyclable
- We use LED lighting and low-flow faucets
- We’re getting greener every day!