Where great food brings the campus community together

2019-2020
It’s all about the FOOD!

It’s true, we love food — great food that’s good for you and good for the planet. We cook with passion, care about what you eat, and focus on fresh every day.

And... we love to bring people together through our food. Come eat with us and enjoy our wide variety of made-from-scratch meals, snacks, and treats!

What you need to know about Dining at Tufts

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• Great-tasting, fresh food made from high-quality ingredients
• Lots of variety
• Choices specifically for food allergies, food intolerances, and religious practices
• Flavorful plant-forward dishes including vegetarian and vegan options
• Friendly and helpful staff
• Local, sustainable ingredients and products
• Nine campus eateries + a café at the SMFA
• Flexible meal plans with eat-in and take-out options
• Off-campus restaurants, nearby convenience stores, a local pharmacy, and Medford Whole Foods — all accept our JumboCash debit plan

Try our Veggie Burgers.
As a first-year student, you are automatically enrolled in a Tufts Dining Premium Meal Plan — the best value for dining at Tufts. If you live on the SMFA campus, your meal plan will be the SMFA Plan A. Immerse yourself in your college experience; we’ll take care of the food.

All of our food is made fresh daily. Expect variety and flavor — breakfast through late night.

With your Premium Meal Plan, you can eat at Carmichael and Dewick-MacPhie Dining Centers multiple times a day, seven days a week, as often as you’d like. Get a full meal, a quick drink, or a snack.

In a hurry or want to take food out? Hodgdon Food-on-the-Run, Pax et Lax Glatt Kosher Deli, and the SMFA Café have plenty of take-out choices. You’ll find sandwiches, soups, sushi, yogurt parfaits, snacks, drinks, and more. All accept meal plans. More about Meal Plan Takeout on page 6.

Bringing a friend? You have four guest meals each semester in the dining centers, and $75 in JumboCash to use at cafés or for guests.

Please Note: All food at the dining centers must be eaten in the dining centers.
Carmichael Dining Center
Anything but Ordinary Uphill Dining

Carmichael is one of the two main places to use your meal plan. Breakfast includes fresh fruit, oatmeal, yogurt, eggs, bacon or sausage, baked goods, pancakes, Belgian waffles, and of course... cereal. An extensive salad bar, burgers, make-your-own burritos, several vegetarian/vegan dishes, and homemade pizzas are a small part of what you can expect for lunch. Add made-your-way stir-fry nights, hearty kale salads, Moroccan Chickpea Stew, Mediterranean Baked Tofu, plus comfort foods like mac ‘n cheese, homemade soup and bread, and General Gau’s Chicken are just some of what you can find on Carmichael’s dinner menu.

Want more? Desserts are baked daily in our own Bake Shop. Our soft-serve ice cream and frozen yogurt plus assorted fresh apples, bananas, and seasonal fruit are super popular with students.

Late Night at Carmichael

Need a late snack or meal on Friday or Saturday night? Students on a meal plan (or anyone looking for a tasty bite) can stop by between 9 p.m. and 1 a.m. for Late Night menus.
Dewick-MacPhie Dining Center

Anything but Ordinary Downhill Dining

Dewick-MacPhie Dining Center’s large variety of made-from-scratch menu items caters to everyone’s tastes. As you enter Dewick, you will see several themed serving areas including a vast salad bar, a daily create-your-own bar, a chef cooking meals to order, and a grill with juicy grilled proteins and veggies.

Dewick has the largest selection of vegan and vegetarian food on campus. Expect homemade pizza and grilled chicken breast every day, local seafood during the week, and our own super-healthy, composed salads tossed to perfection using seasonal ingredients. Think: seconds on Kale Caesar Salad! Yes, Dewick also has homemade desserts, soft-serve ice cream and frozen yogurt, fresh fruit, and fair-trade brewed coffee and tea. Yum!

Dewick-MacPhie’s new allergen-free platform will serve hot, freshly-prepared dishes. There’s also a walk-in pantry solely for food that’s gluten-free or tree nut/peanut-free. Contact our Registered Dietitian for more information.

❤️ Smoked Salmon and Avocado Toast. #CampusFavorite
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, Pax et Lox Glatt Kosher Deli, and the SMFA Café accept meal plans for take-out food — and the selections are AWESOME!

Students on a meal plan have a dollar equivalent to take out food at Hodgdon, Pax et Lox, or the SMFA Café. 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 Center.
Hodgdon Food-on-the-Run
Life Made Easy for People on the Run

No time to sit down to eat? Hodgdon Food-on-the-Run downhill is for takeout. 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 after class. Try a warm Egg-and-Cheese Croissant or our new Bagel Bar for breakfast. Order a Burrito Bowl or help yourself to some Sushi for lunch. The piping-hot Asian Noodle Bowl is a late-night favorite as is the Mediterranean Falafel Plate. You can even buy a box of cereal and a quart of milk for easy snacking back in your room.
Where else can you eat?

Tufts Dining has seven cafés on campus that accept JumboCash, cash, and credit cards where you can get a velvety cappuccino, a smooth latte, a crisp salad, or a freshly made sandwich. Don’t forget, you have $75 in JumboCash each semester to use 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 ♥ a good corned beef on rye, Pax et Lox Glatt Kosher Deli is the place for you. Select a made-to-order sandwich that comes with a half sour or dill pickle — made right in Massachusetts. Pax et Lox is open Monday through Thursday, lunch through dinner, and has hearty sandwiches from homemade Chicken Salad to New York-Style Salami to a vegan Soy-Glazed Tofu. Turn up the heat at dinner with hot sandwiches — the Latke Reuben, Double Trouble Fish Sandwich, and our vegan Tofu Bahn Mi are favorites. Use a Meal Plan Equivalent for lunch or dinner at Pax et Lox Glatt Kosher Deli.
Hotung Café
Fresh Food Fast

This popular café (located in the Mayer Campus Center) has a fun vibe and lots of seating. Get a Starbucks caffeine fix, a smoothie, or a RISE craft pizza (made in three minutes). Breakfast at Hotung Café appeals to the individualist and the conformist — choose a hot breakfast sandwich, made-to-order oatmeal, or our freshly baked scones and muffins as a sweet partner for your morning coffee. If you are looking for lunch, how about a Chicken Mandarin Salad, a Caprese Sandwich, or a Tuna Salad Sandwich made with sustainable tuna? Our sushi is made fresh on campus daily and is ready to take with you to class. 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.

Hotung Café is the perfect place to meet a friend or take a study break. Our most popular drinks are the Salted Caramel Mocha, Iced Chai Latte, Cold Brew (pictured right), or one of the crazy-delicious smoothies.

Fresh convenient food in the Mayer Campus Center. #Hotung 🍽️
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 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. It’s open late and on weekends.

Late Night at the Commons

Burgers, fries, veggie spring rolls, soft pretzels, wings, or mac ‘n 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 either Commons or Carmichael on Fridays and Saturdays for that late-night snack right on campus.
Tower Café at Tisch Library
The Perfect Oasis for Breaks and Small Group Meetings

Coffee, conversation, and collaboration are a winning combination. The Tower Café, tucked inside the Tisch Library, is an oasis for students, faculty, and staff. Have a smooth Seattle’s Best Coffee cappuccino or a soothing Tazo tea any time of day or night. Ask for a seasonal hot panini, a cup of our own soup of the day, or select a crisp Greek salad to restore your energy. Just looking for a snack? How about a yogurt parfait, one of our melt-in-your-mouth cookies, or a piece of fresh fruit?

Tower Café is open late. It’s perfect for a work session or study break. Relax under the skylight on our large cushy chairs and couches or take a moment to recharge your phone while you enjoy a latte.

Cappuccino study break?
Kindlevan Café
Delicious Food & Drinks in the SEC

Whether you need a caffeine boost, a fresh-squeezed juice, or a full meal, Kindlevan Café is your answer. Thirsty? Sip a fresh-brewed organic, fair-trade-certified coffee, a handcrafted latte, or a cup of organic tea. Hungry? Choose 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 blueberry muffins may just hit the spot.

Kindlevan Café is a favorite place to gather, study, and meet with friends over sustainable coffee and delicious food. When you need a break or a flavorful, healthy, plant-centric meal, we’ll be ready to serve you in the bright, open, airy atrium of the Science and Engineering Complex.

#feelingsmoothie? ❤️
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 comfy chairs and large windows, is the perfect spot to work. Mugar Café serves Starbucks coffee and espresso drinks brewed to order. The thoughtful — and delicious! — selection of menu items at reasonable prices is served from morning until late afternoon Monday through Friday. Consider a quick warm egg sandwich for breakfast with a piece of fresh fruit, or pick up a nutritious snack before class. Have lunch with friends and savor a crisp Grilled Chicken Caesar Salad or some sushi made on campus. Can’t decide what to eat? Ask for a Chicken Panini fresh from the oven. The hot bar at Mugar Café has a wealth of variety and changes daily.

Whether relaxing with a Starbucks mocha, working while eating a salad, or meeting with colleagues for a 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
Food + Fuel for the Artsy Crowd

The NEW SMFA Café opens fall semester 2019 serving breakfast, lunch, and dinner weekdays, and brunch on Saturdays and Sundays.

Locally roasted coffee and espresso drinks, sustainable teas, hot breakfast sandwiches, an oatmeal and toppings bar, and breakfast baked goods are on the morning menu. Lunch and dinner offer a salad bar with soup of the day, hot panini, a hot food bar, and made-to-order burgers and veggie burgers. New to the SMFA Café is an allergen-free hot food area serving lunch and dinner items. Look for an assortment of Tufts-made easy to take out fresh packaged salads, sandwiches, and wraps, plus our healthy protein and snack packs and yogurt parfaits. Consider a piece of fresh fruit or a cookie to go with your hot cappuccino or chai tea latte.

For Tufts (and SMFA) students on meal plans, each meal period has a Dollar Equivalent. Use it for any food and drinks at the SMFA Café or other locations on the main campus. More info on campus dining locations can be found on the Tufts Dining website Where to Eat! For purchases that exceed the Meal Plan Equivalent, the difference can be paid with JumboCash, Rhino Bucks, cash, or a credit card.
Food Allergies and Intolerances

We know how serious food allergies and intolerances are, so we provide ingredient and allergen information for you to manage your dietary needs.

Our very first allergen-free platform in Dewick-MacPhie Dining Center opens for service when school starts fall 2019. An allergen-free, hot-food area at the SMFA Café opens fall 2019 as well. Everyone can choose delectable menu items from the allergen-free platform at Dewick and the SMFA Café.

Both Carmichael and Dewick-MacPhie Dining Centers have a gluten-free, peanut/tree nut-free area. To gain access, students 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 or contact our Registered Dietitian.

JumboCash for use on the Medford/Somerville Campus

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 Tufts JumboCash simply with your Tufts ID. It works just like a bank debit card. All students automatically have a JumboCash account and can add funds anytime. First-year students get $75 each semester with the Premium Meal Plan. And, full-time students are exempt from the Massachusetts meal tax, so you save 7% when using JumboCash on campus. It’s easy to sign up or securely add funds 24/7 at: www.jumbocash.net

Rhino Bucks for use on the SMFA Campus

If you are an SMFA or Dual Degree student, you can use Rhino Bucks at the SMFA Café and Art Store (plus at more than 65 Boston businesses). Students on the Premium Rhino Bucks Plan or the SMFA Plan A automatically receive Rhino Bucks. Get your Rhino Card at the SMFA Office of Student Affairs. More information at: www.rhinocard.com
Sustainability

At Tufts Dining, sustainability isn’t just an abstract goal — it’s a lot of who we are and a big part of what we do every day. From purchasing local, fair trade, and organic food, coffee, and tea to donating leftover food, hosting zero-waste events, conserving our water, and composting food and paper goods, we are committed to sustainable, socially responsible dining 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 locally-sourced foods, and purchase from dozens of local food vendors including small regional suppliers and local cooperatives
• We use local, seasonal produce from area farms, 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