

Welcome, Eagles!

University of
Mary Washington
Dining

NEW **At the Top** **of the CRUC**

Rebranded & Refreshed Points of Service!

Pizza available at
dinner M-F

Gelato served at
dinner M-F

International
cuisines served at
the new "Showcase"

More Proteins and
more Vegetarian
and Vegan dishes at
"MIX"

"Simple Zone" with
self-serve vegan/
gluten-free items
available at "MIX"
open to close!

Globowl Specials
served twice a
month at
NO EXTRA
CHARGE!

Specialty Veggies
Cooked to Order at
"MIX"
Coming Soon!

At the Nest

A new Italian
food concept!
Coming Soon!



@UMWDining

Welcome, new and returning students, faculty and staff! Our entire University Dining team has been preparing for your arrival, and we have some great new options and refreshed concepts that we know you will enjoy!

Please take a few minutes to read this welcome letter before you come to campus. This information will help you navigate the changes, and also help you take advantage of the many exciting dining options being offered this spring. If you have any questions, don't hesitate to [e-mail](#) us or give us a call at 540-654-2169. We'll be happy to assist you!



- Kyle Kouri, University Dining General Manager

Meal Plans Activate at 5pm on Sunday, January 14th. Dinner will be served at the Top of the CRUC from 5pm to 7pm. All students will need to present their EagleOne cards in order to pay for dinner with a meal swipe, flex or EagleOne funds. No other dining locations will be open on the 14th.

Holiday Dining Schedule for Monday, January 15th. UMW is closed for the Martin Luther King, Jr. holiday, so our dining locations are following the holiday schedule, as follows:

Panera: Open 9 am to 8 pm

Eagle's Nest Market: Open 2pm to 8 pm

All other retail dining shoppes will be closed on January 15th.

Top of the CRUC:

Continental Plus Breakfast: 7:30 am to 10 am

Brunch: 10 am to 2 pm

Dinner: 5 p m to 7 pm

Note: The Top of the CRUC will be closed from 2 pm to 5 pm.

Tuesday, January 16th

All Dining locations resume regular operating hours. Please check the [Dining Near Me](#) page on our website for the operating hours for each location.

Dining Tips & Tours, 4pm to 7pm in the Maple Room, 4th floor of the CRUC. See details on the next page.

Globowl Guilty Pleasures, 5pm to 7pm, Top of CRUC—No extra charge!

\$2 Tuesday! Get \$2 off any Grubhub purchase of \$5 or more all day long! Use the promo code: NEW.

Need Help? Just Ask! Everyone on our team will be glad to assist you, and we'll be wearing red "Just Ask" buttons to help you identify us during the first week of school. Our Dining Concierge is also available on the 2nd floor of the CRUC by Panera between 11:30 am and 1:30 pm weekdays, or by calling 540-654-2169 at any time! If you have questions or concerns, please talk to us!

**Just
Ask!**

Coming Events

Free Popcorn

With Specialty Toppings!

3pm to 5pm

Friday, January 19th

2nd floor of the CRUC



Dining Tips & Tours
Top of the CRUC

LEARN HOW TO...

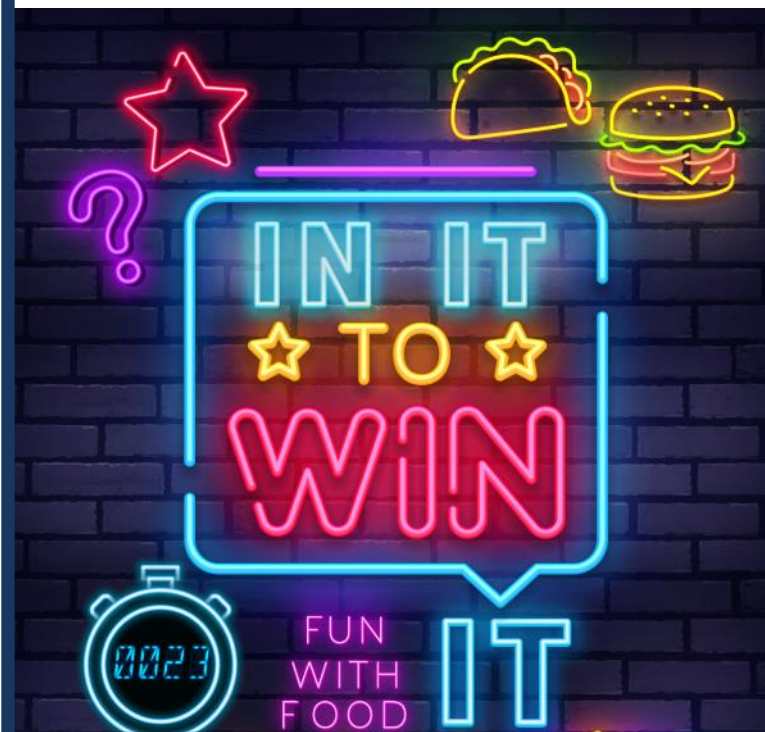
- USE THE EAGLE MEAL PLAN
- FIND VEGAN & VEGETARIAN DISHES
- FIND GLUTEN-FREE OPTIONS
- USE MEAL SWIPES IN RETAIL SHOPS
- GET TAKE-OUT MEALS
- USE GRUBHUB & GET DISCOUNTS
- PICK THE BEST MEAL PLAN
- AND MORE!

You don't know what you don't know!

Jan. 16 | 4-7pm

Sessions Start Every Half Hour
4pm, 4:30pm, 5pm, 5:30pm, 6pm and 6:30pm

For more information about these or any other University Dining events, e-mail Dining@UMW.edu.



Win a
Golden Ticket
To an exclusive
Chef's Table Dinner!

Buy any large hot beverage at Panera January 22-26 for a chance to win one of five Golden Tickets for Two!

One winner guaranteed each day!

Stay Connected!

Follow UMWDining on Facebook & Instagram!

You'll always know about our special events!
You can win prizes, too!

Watch for
"Win It Wednesday"

The 3rd Wednesday of every month, starting January 17th.



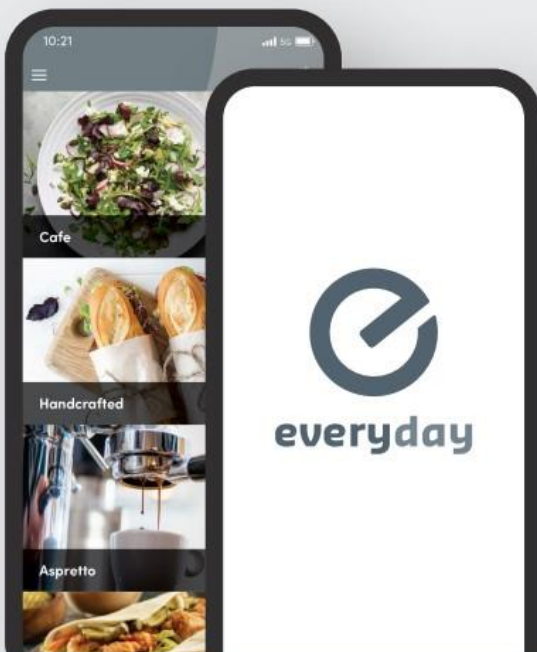
UMWFoodies

Receive Text Alerts For

- Free Food Samples
- Discount Offers
- Changes in Dining hours or locations due to emergency situations

To Opt In, Text
UMWFoodies
to **82257**

Know Before You Go!



YOU'LL FIND

- The menus for breakfast, lunch, and dinner
- Where each food is being served
- Descriptions of each dish
- **Category for each dish** (Vegan, Plant-Based, Vegetarian, Mindful)
- The allergens, calories, nutritional data, and list of all ingredients in each dish!!

ON "EVERYDAY BY SODEXO"
Download the app and search for
University of Mary Washington

Download it Now!

