

\* Information accurate as of 6/1/23. Visit [vanderbilt.edu/dining](http://vanderbilt.edu/dining) for current meal plan details.

# LET'S eAT.

2023 | 2024

A FOODIE'S GUIDE TO VANDERBILT UNIVERSITY



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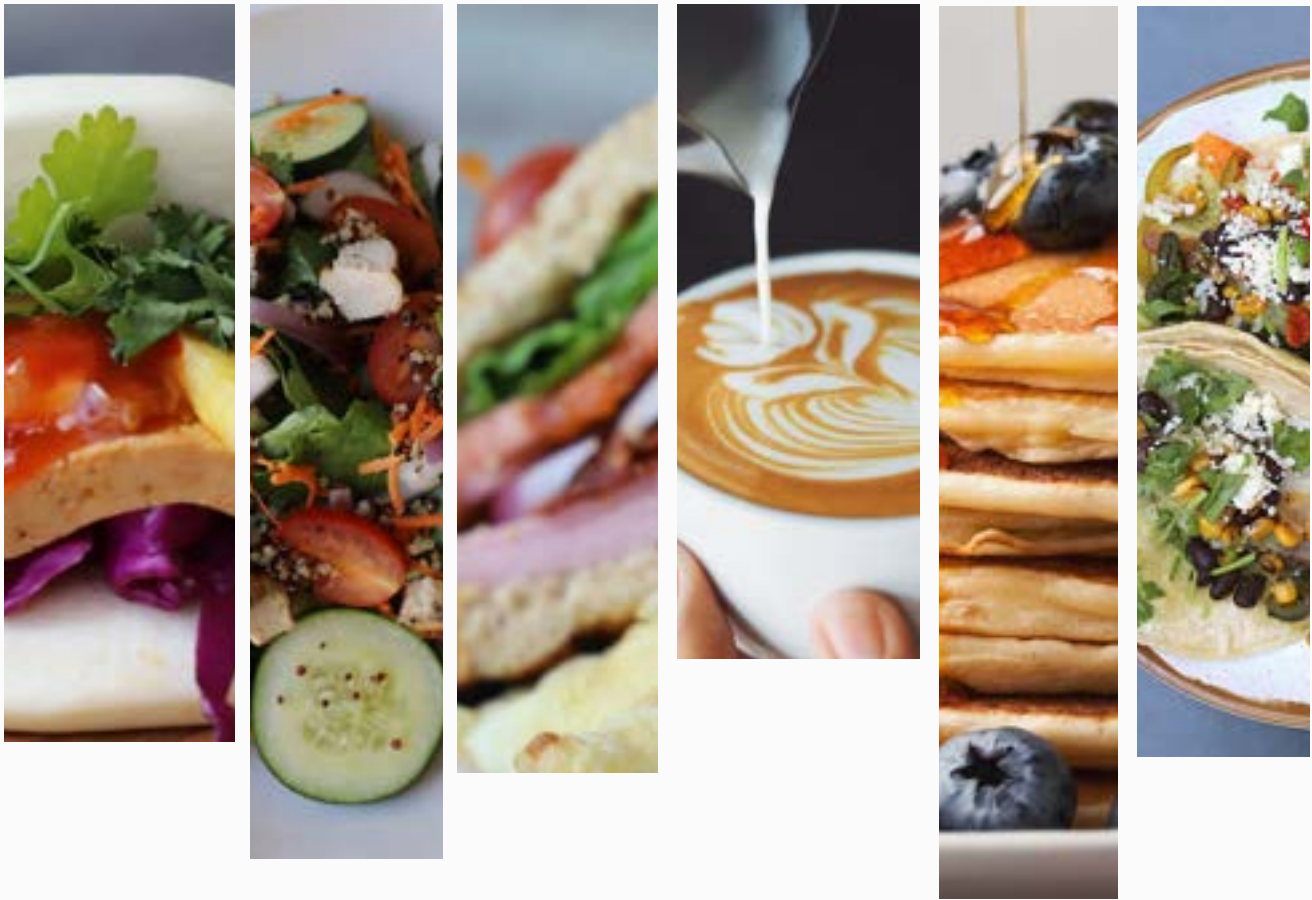
Vanderbilt’s residential colleges are much more than places to live—they foster discovery and belonging while serving as the foundation for an empowering education. Similarly, our dining halls serve much more than meals: They are spaces that build community by bringing people—students, faculty and staff—together. Whether it’s just a quick hello or an extended conversation over a meal, our dining halls create opportunities to fuel our bodies, minds and community spirit—and are integral to our students’ academic and social experiences at the university.

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**Melissa Gresalfi**

DEAN OF RESIDENTIAL COLLEGES AND RESIDENTIAL EDUCATION



# INGREDIENTS

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Note: information in this publication is subject to change; for current information about Campus Dining, visit [campusdining.vanderbilt.edu](https://campusdining.vanderbilt.edu).



# WELCOME TO VANDERBILT CAMPUS DINING

Ranked #6 in The Princeton Review's 2023 Best Campus Food list, Vanderbilt Campus Dining is consistently rated one of the top collegiate food service operators in the nation and has even earned the prestigious Ivy Award. Our globally inspired menu, with delicious new cuisines and healthy options, supports a diverse array of dietary preferences and restrictions.

We proudly offer comprehensive meal plans in our network of dining halls, retail dining locations, cafés, Munchie Mart convenience stores, and even at local restaurants and food trucks.

Whether you're a self-professed foodie or a picky eater, we've got something in our kitchens that's sure to please your tastebuds. Our job is simple: to nourish Vanderbilt's community of scholars and researchers, and to fuel the pursuit of knowledge. **Let's eat!**

## A LETTER FROM THE **DIRECTOR**



Dear students,  
As we prepare for the 2023–24 academic year, the Campus Dining team is excited to welcome you back to our dining halls. Our chefs and culinary team have been working diligently to create an exceptional dining experience for you.

My priority is to ensure that you have access to nutritious and delicious meals that fuel your academic journey. Food has the power to bring people together, and I am thrilled to be a part of our campus community. We can't wait to serve you again, and I look forward to seeing you soon!

Sincerely,

Maria Portelli, Senior Director, Campus Dining



## CONTACT US

[vu.edu/dining](https://vu.edu/dining)

[dining@vanderbilt.edu](mailto:dining@vanderbilt.edu)

[@vandycampusdining](https://twitter.com/vandycampusdining)

[@vandycampusdining](https://www.instagram.com/vandycampusdining)

[Vanderbilt Campus Dining](https://www.facebook.com/VanderbiltCampusDining)

**TEXT DININGNEWS TO 55744 FOR DINING NEWS & UPDATES**

A LEADER IN

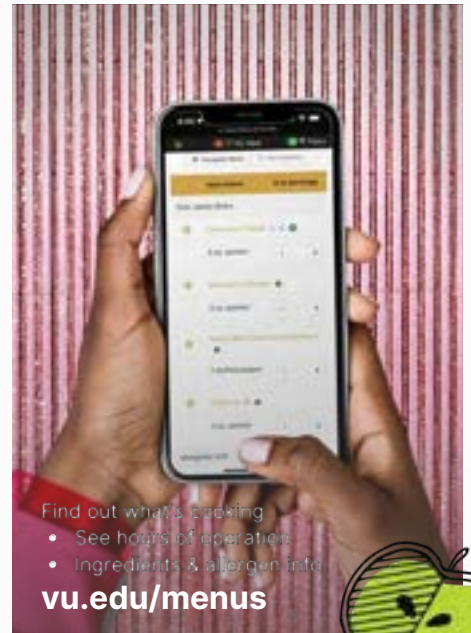
# HEALTH & WELLNESS

We believe health and wellness goes beyond simply serving healthy food, which is why we empower students to make good food choices by providing them with educational tools and resources. NetNutrition, our mobile-optimized menu website (available at [vu.edu/menus](http://vu.edu/menus)) provides on-the-spot nutrition information for all of our menu items served daily.



LEARN HOW TO NAVIGATE  
NETNUTRITION HERE

We encourage students to view ingredients and nutritional content, and select well-balanced meals and food choices that meet their individual needs. With NetNutrition, students can identify food allergens or choose foods that align with specific dietary or religious food preferences, including vegetarian, vegan and Halal.



## MEET YOUR CAMPUS DIETITIAN

# EMILY SVENNEVIK

Emily is a registered dietitian and has been at Vanderbilt since 2021. She holds a BS in Kinesiology with a minor in Nutrition from the University of Tennessee, and a master of public health in nutritional sciences from the University of Michigan. She also completed her dietetic internship at the University of Michigan.

A native of Tennessee, Emily has a passion for nutrition and serving students with unique dietary needs. In her role as registered dietitian for Campus Dining, Emily collaborates with chefs to assist with menu development and helps to ensure students have access to healthy and nutritious foods on campus.



Have a quick nutrition question or need simple food advice?

**You can reach Emily by texting AskEmily (followed by a question) to 55744.**

# DIETARY ACCOMMODATIONS & ALLERGEN PROGRAM

Vanderbilt University believes that all students should have access to safe food through Campus Dining, regardless of any allergy or condition. We understand the impact food allergies and intolerances can have on students, and we take great care in providing students the support they need to manage their food allergy or food-related medical condition on campus.

In addition to our menu information on NetNutrition and on digital menu screens throughout our dining halls, we are proud to offer gluten-free dining at the Kitchen at Kissam. Another popular location, our 2301 dining concept at Rand, offers fresh made-to-order smoothies and sauté bowls, free from the top 9 allergens.

Many of Vanderbilt's residential dining halls are certified free from peanuts and tree nuts.

Students with severe food allergies or dietary restrictions can receive special meals, free from allergens, for pickup through OrderIT, our allergy meal ordering system.



OUR PASSION FOR

# SUSTAINABILITY



At Vanderbilt Campus Dining, we take responsibility for the well-being of our guests and the health of our environment. For more details on our sustainability initiatives, visit [vanderbi.it/sustainabledining](https://vanderbi.it/sustainabledining)

Campus Dining is committed to sustainable practices in all we do, from menu development to waste management. Here are some of our recent efforts:

- **Menus of Change**

We belong to a network of 68 different institutions composed of scholars, food service business leaders, and executive chefs who collaborate to advance healthier, more sustainable lifelong food choices by students.

- **Composting/Waste Reduction**

We partner with The Compost Company to collect food waste for composting at all of our major dining facilities. Additionally, we use LeanPath waste tracking technology to improve kitchen efficiency and reduce food waste. Compost from our dining halls returns to campus, nourishing plants and flowers.

- **Fill it Forward**

In 2022, Vanderbilt Campus Dining partnered with Fill it Forward to offer reusable to-go containers at all residential dining halls. Additionally, students are encouraged to use reusable water bottles and track their usage through the Fill It Forward app, which contributes financially to a charitable project with every scan.

- **Sustainable Packaging**

We have expanded our retail beverage options to include water and non-soda drinks available in sustainable packaging. Additionally, each first-year student receives a free reusable water bottle!

# GLOBALLY INSPIRED: **LOCALLY GROWN**



Discover a culinary journey that transcends borders at Vanderbilt University Campus Dining, as our commitment to great taste and value is reflected in our globally inspired menu. With diverse options that cater to the varied tastes of our student body, we take pride in offering authentic dishes, prepared according to sustainable practices. For us, food is not only nourishment but also a unifying force, creating a sense of place and fostering a feeling of belonging in our campus community.

## **MENUS OF CHANGE**

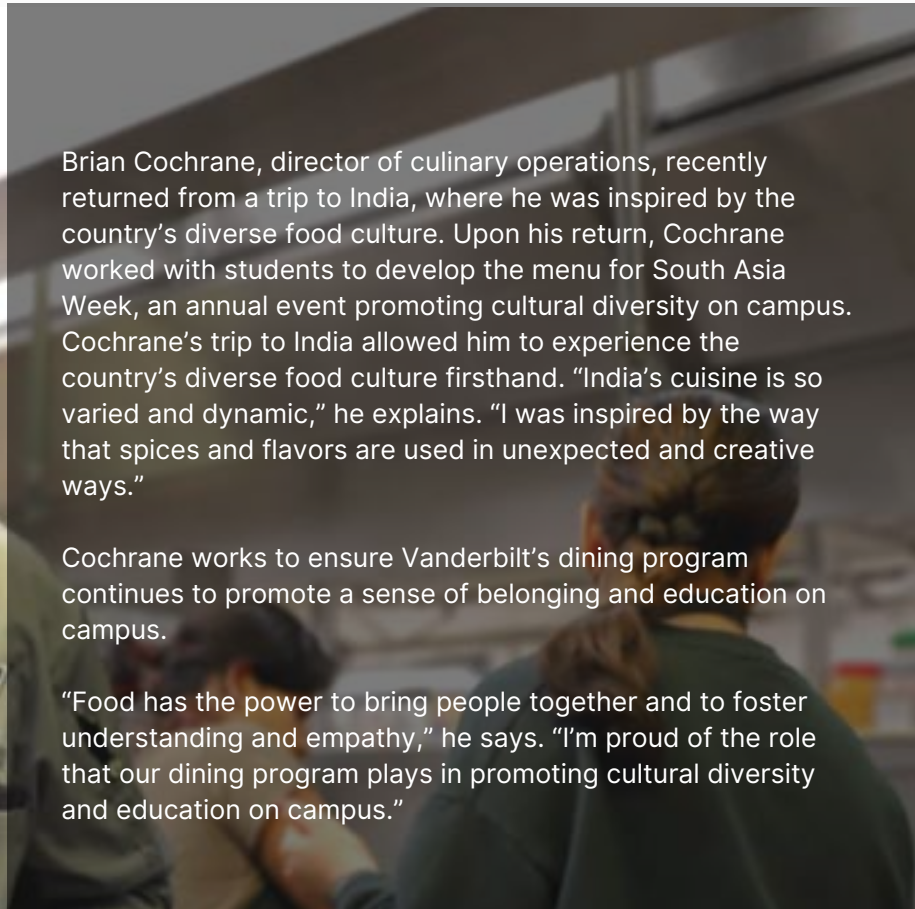
As a member of the Menus of Change University Research Collaborative, Vanderbilt University is committed to promoting healthier and more delicious food choices. It is based on 14 principles of healthy, sustainable and delicious food, as well as a focus on cultural diversity.



Brian Cochrane, director of culinary operations, recently returned from a trip to India, where he was inspired by the country's diverse food culture. Upon his return, Cochrane worked with students to develop the menu for South Asia Week, an annual event promoting cultural diversity on campus. Cochrane's trip to India allowed him to experience the country's diverse food culture firsthand. "India's cuisine is so varied and dynamic," he explains. "I was inspired by the way that spices and flavors are used in unexpected and creative ways."

Cochrane works to ensure Vanderbilt's dining program continues to promote a sense of belonging and education on campus.

"Food has the power to bring people together and to foster understanding and empathy," he says. "I'm proud of the role that our dining program plays in promoting cultural diversity and education on campus."







# WHAT'S ON THE MENU

The recipes served in our dining halls are hand-crafted by a team of culinary experts and chefs. We are committed to providing value through the highest quality, best-tasting, most nutritious and diverse menus possible.

Inspired by the rich diversity of our student body, our menus reflect flavors from around the globe while also incorporating the freshest ingredients from local partners.

We offer delicious options for all foodies, including handcrafted sandwiches at the student favorite Randwich, Pho at EBI with house-made broths, and freshly tossed sauté bowls at 2301, our "Top 9 Allergen Free" kitchen.



For a more in-depth look at all our offerings, scan code for our "Taste of Vanderbilt Campus Dining" food tour on our website.



# MEAL PLANS

## FLEXIBLE PLANS THAT WORK FOR YOU



UPGRADING? CONFIRM YOUR MEAL PLAN BY JUNE 30  
[vanderbi.lt/mymealplan](http://vanderbi.lt/mymealplan)

Vanderbilt's dining halls are a key part of campus life, and our meal plans are designed to enhance students' residential college experience. All Vanderbilt students living on campus are required to participate in a meal plan based on their cohort year.

Meal plans are loaded onto your Commodore Card or mobile wallet and consist of meals + flexible meal money. Simply tap your phone at a dining location, and the meal or Meal Money will automatically deduct from your account. Most dining locations are all-you-care-to-eat, while others offer meals consisting of an entree, side(s) and a drink.

Cohort Year	Meals/Semester	Meal Money	Cost
First-Years	335 (21 meals / week)	\$ 225 per semester	\$ 3,785 per semester
Sophomores	305 (19 meals / week)	\$ 275 per semester	\$ 3,747 per semester
Juniors	305 (19 meals / week)	\$ 275 per semester	\$ 3,747 per semester
Seniors	225 (14 meals / week)	\$ 325 per semester	\$ 3,336 per semester

Students may choose to upgrade to a more comprehensive meal plan. Students living off campus may also purchase meal plans. To explore upgrade options, visit [vanderbi.lt/mymealplan](http://vanderbi.lt/mymealplan).

## IMPORTANT DATES

**JUN 1**  
meal plan upgrade options available online

**JUN 30**  
last day to upgrade to optional meal plans

**AUG 19**  
meal plans start

**AUG 31**  
last day to change optional meal plans

*Note: Meal plans follow housing schedule and are suspended during Thanksgiving break, winter break and spring break. Meal assistance is available for eligible students.*

**MAY 11**  
meal plans end



## NOW INTRODUCING FLEXIBLE SEMESTER MEAL BLOCKS

**New for 2023–224!** Your meal plan will include an allotment, or “**block**” of meals, to be used throughout the semester. These meals allow you to “swipe” into a dining location and pay for a full meal. Some locations are all-you-care-to-eat, while others include a combination of entree, side(s) and a drink. New for this year, meals can be used at any point throughout the semester, so you can decide how and when you dine. Meals reset each semester, and do not roll over.

Your meal plan can be used in a variety of on-campus locations, including residential dining halls, retail locations, cafés or our popular Munchie Marts. Choose from five markets that feature a variety of quick and tasty meal options, including our own **Vandy Provisions** sandwiches, salads and entrees, handcrafted right here on campus. *(Students can redeem a maximum of two meals per day in Munchie Marts.)*

### Where can I use my meal plan?

#### Meal Swipes

- Residential dining halls
- Retail dining locations
- On-campus cafés
- Munchie Marts

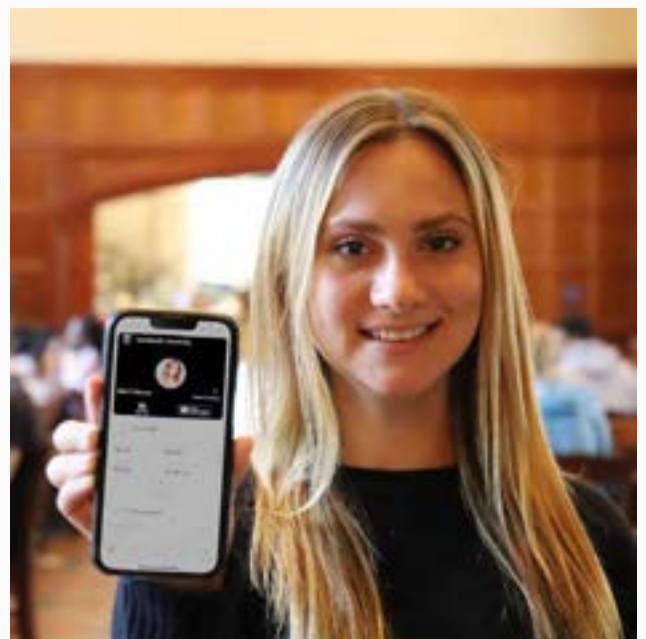
#### Meal Money

- All locations listed above
- Taste of Nashville partner restaurants

## MEAL MONEY

Meal Money is a flexible spending account for snacks and other purchases and is a component of all meal plans. Meal Money is nontaxable for students living on campus and can be used at on-campus dining facilities for a la carte items, Munchie Marts, food trucks and Taste of Nashville restaurants.

Unused Meal Money from the fall semester can be rolled over to the spring but must be used by the end of the spring semester.





# DINING LOCATIONS

## CONVENIENCE AND VARIETY



E. BRONSON INGRAM DINING HALL

### RESIDENTIAL DINING HALLS

- Commons
- E. Bronson Ingram
- Nicholas S. Zeppos
- Rothschild

### RETAIL DINING

- 2301 Allergen Free
- The Kitchen at Kissam
- The Pub
- Rand Dining Center

### MUNCHIE MARTS

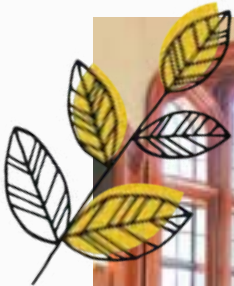
- Branscomb Munchie Mart
- Commons Munchie Mart
- Highland Munchie Mart
- Kissam Munchie Mart
- Rand Munchie Mart

### CAFÉS AND FOOD TRUCK

- Common Grounds
- Grins Vegetarian Café
- Holy Smokes Kosher Food Truck
- Local Java
- Suzie's Espresso at Blair
- Suzie's Espresso at Featheringill
- Suzie's Library/Food for Thought Café
- Suzie's Espresso at MRBIII
- Wasabi



ROTHSCHILD DINING HALL



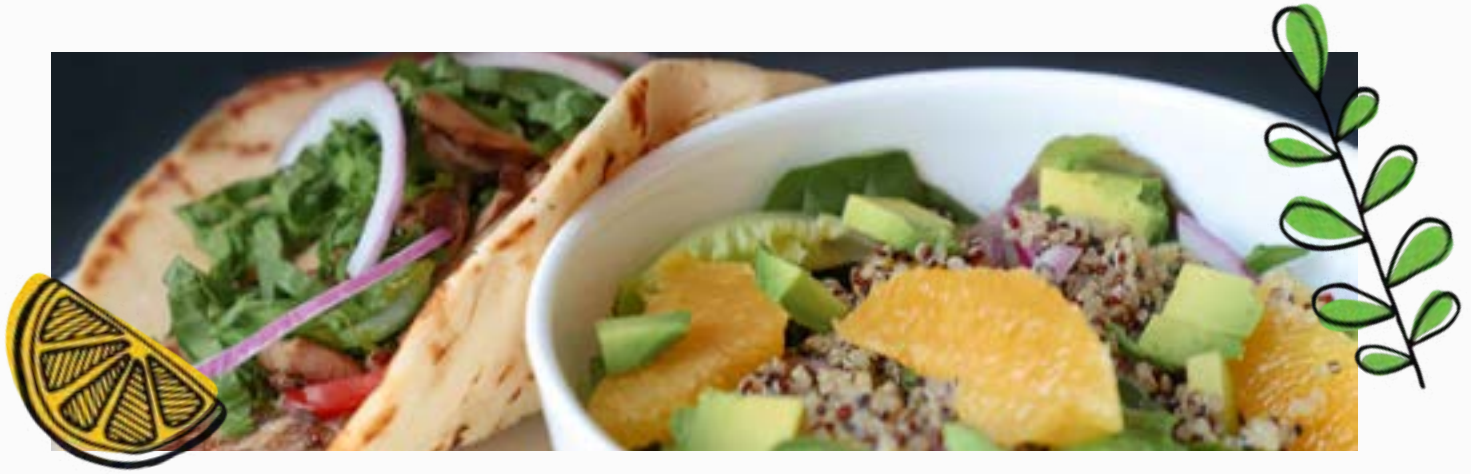
## TASTE OF NASHVILLE

Music City's foodie scene is always growing, and our Taste of Nashville program gives students the choice of more than 40 partner restaurants, ranging from quick service to fine dining, all located within walking distance from campus. A few student favorites include Taco Mama, Jeni's Splendid Ice Creams, and Sun & Fork!



### TOP DESTINATIONS FOR FOOD LOVERS

Tripadvisor's 2022 Travelers' Choice Awards



# NEW

## FOR 2023-24

Vanderbilt Campus Dining continues to offer new choices to meet the changing needs and tastes of our community. We're committed to innovation and continuous improvement, and we are proud to announce the following program enhancements for the coming year:

- **More Pub Grub**

A revered campus institution, The Pub at Overcup Oak returns for lunch and dinner service with its signature Pub menu, cozy atmosphere and rooftop terrace overlooking Alumni Lawn.

- **Made-to-Order Sushi**

Enjoy fresh, made-to-order sushi at Wasabi, at our newest location on the first floor of Sarratt Student Center. In-person and mobile ordering is available using Meal Money or Commodore Cash. Grab-and-go sushi will also be available in Munchie Marts using your meal plan.

- **Global Flavors at Zeppos**

Campus Dining is proud to partner with the Vanderbilt Center for Languages to offer Language Tables at Zeppos Dining Hall, bringing together students, faculty and staff to explore languages and international cuisine. Ten different languages are celebrated, and all members of the Vanderbilt community are invited to join during dinner Sunday–Thursday.

- **Randwich Express**

Spend less time waiting and more time eating. The celebrated icon of Rand Dining Center –Randwich– will be available for preorder on the GET mobile app, in addition to traditional walk-up service.

# NOW CALLING ALL FOODIES

Dining sits at the heart of campus life, and student involvement is a vital part of Vanderbilt Campus Dining. Throughout the semester, students are invited to engage with us in a number of ways. Some ways to get and stay involved include:

## BECOME A DINING AMBASSADOR

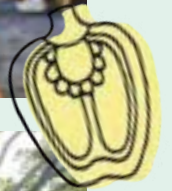
Are you outgoing and love food? You can be the face of Campus Dining, helping with in-person events, supporting social media, and more.

## SERVE ON DINING ADVISORY BOARD

This group meets monthly to discuss dining updates and participate in dialogue with Campus Dining leadership.

## JOIN VANDERBILT CULINARY CLUB

For only the most passionate foodies, Campus Dining invites you to join the Vanderbilt Culinary Club. Attend special events, cooking demos, and more! Follow us on Instagram for more information this fall.



# EVENTS & MORE



## UNDERGROUND SUPPER CLUB

Established in 2020, the Underground Supper Club is a celebration of culinary excellence. Each semester, a handful of students are invited to enjoy a seasonal tasting menu crafted by our award-winning chefs, held in unique and secret locations around Vanderbilt's campus.

This spring, the event was held at the Wond'ry, overlooking Hawkins Field. Scan the QR code to see a video overview of the night's festivities.

## SPECIAL POPUP EVENTS

Campus Dining regularly hosts unique and special food-themed events in our dining halls.

From international celebrations to seasonal treats, there's always something fun happening in Campus Dining. This year's "Midnight Breakfast" at Rand was a student favorite. For a peek into the night, check out our video on Instagram (scan QR code).



## NUTRITION EDUCATION

Campus Dining's Registered Dietitian hosts nutrition education events on campus throughout the year. For National Nutrition Month, we planned events every week and shared tips and tricks for how to make healthy choices using the meal plan.

## FARM TO CAMPUS

Local food is sustainable food, and Campus Dining is proud to use ingredients provided by local farmers and suppliers.

Throughout the year, our chefs each create special menu events using local and handcrafted ingredients in our dining halls. Past student favorites have included small batch CinSoy tofu tacos and blended burger sliders with Brasstown beef topped with Nashville Jam Co. tomato jam.





**VANDERBILT  
UNIVERSITY**

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