

A close-up photograph of a person's hands holding a white ceramic bowl filled with a vibrant salad. The salad includes green leafy vegetables, red bell peppers, chickpeas, and quinoa. A large, sliced avocado half is prominently placed on the left side of the bowl. The person is wearing a grey and white patterned sweater and blue jeans. A silver fork is held in their right hand, poised to take a bite. The background is dark and out of focus.

EAT GOOD.
FEEL GOOD.

UAB

CAMPUS DINING

The University of Alabama at Birmingham

WELCOME

Your dining experience is more than great food. It is a community experience centered on culinary expertise, fresh ingredients, healthy options, and a shared sense of environmental and social responsibility.

Join us to experience the comfort, convenience, outstanding food, and inviting atmosphere designed especially for you.

-Your Dining Team



CAMPUS DINING

The University of Alabama at Birmingham

Meet the Team



Kiawanna Everett
General Manager



David Fabrycki
Campus Executive Chef



Richard Ellison
Human Resources
Manager



Bobby Eaton
Resident Dining
Operations Director



Allie Foster
Executive Chef

"Our mission in Campus Dining is to provide exceptional quality, superior service, and reasonable value that both enhances the wellbeing and exceeds the expectation of our community."

Meet the Team



Nakeysha Green

Catering Manager



Elizabeth Murdock

Catering Director



Raymond Rey

Catering Executive
Chef

"Our mission in Campus Dining is to provide exceptional quality, superior service, and reasonable value that both enhances the wellbeing and exceeds the expectation of our community."



Let's Have Some Fun

At UAB Campus Dining, food is the foundation for fun. Join us for weekly and monthly special events and promotions, like build-your-own stir fry bowls, unique holiday celebrations, and - of course - Fried Chicken Thursdays. We believe that relationships are strengthened around the table.

Limited Time Offers

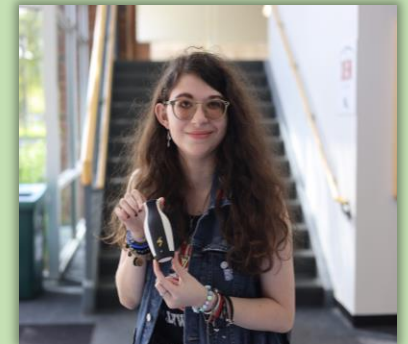
- Mealtime is about much more than just great food. It's a chance to recharge, catch up with friends, and have fun! Exciting limited-time offers enhance the dining experience. Join us each month for events, giveaways, and special menus.

Pop Up Events

- Dining halls are great, but every now and then we like to do something special. Pop-up restaurants transform dining locations into high-end restaurants serving a variety of cuisines. From steak to seafood to a create-your-own dessert bar, you'll love all of our options.

Promotions

- Every week will bring new promotions and celebrations, including chances to win prizes, such as dining dollars, free meals or campus swag. Be on the lookout for event calendars and a chance to win!



Fresh Market
Unique Pizza Contest
Oktoberfest
Mardi Gras
Spring Fling
Campus Kickoff





What is Mindful?

Sodexo's health & wellness approach that helps you make healthy choices second nature.

- 🕒 **FILL UP** with less calories, fat and sodium
- 🕒 **EDUCATION MATERIALS** to live healthier
- 🕒 **WELLNESS TOOLS** that track your foods and activity  

mindful
by **sodexo**

Learn more about everything Mindful offers you at Mindful.Sodexo.com




everyday



**ORDERING MADE EASY.
DOWNLOAD TODAY.**



uab.edu/dining
    @UABdining

A person wearing a white sweater with a blue geometric pattern is shown from the side, serving themselves at a buffet. They are using a spoon to scoop food from a tray. The buffet line is visible in the background, with various food items and serving utensils. The scene is brightly lit, suggesting an indoor setting with large windows.

ALL YOU CARE TO EAT

The Commons on the Green



Made-to-order breakfast, an omelet station, oatmeal bar, fresh baked pastries and fresh fruit



Signature deli sandwiches, toasted subs and paninis, on your choice of bread, rolls or lettuce wraps.



Selection of leafy greens, freshly prepared vegetables, toppings and house made dressings, sourced from local farms whenever possible. Our made-from-scratch soups rotate daily.



Interactive grill, highlighting a variety of cuisines for a delicious, customizable experience.



Hand-tossed and flatbread pizza favorites alongside homemade pastas and breadsticks.



Homemade cookies, cakes, bars and pastries, plus ice cream and festive seasonal treats

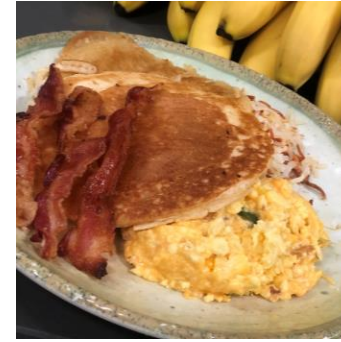


EXCITING SPECIALS

The Commons on the Green



UAB's favorite foodie tradition happens weekly at the Commons on the Green. Fried Chicken Thursdays feature a traditional Southern fried chicken dinner with homestyle sides.



Every Wednesday night, we enjoy Brinner in the Commons. It's breakfast – for dinner!



During lunch on Fridays, you'll find a campus favorite – Fried Fish Fridays, served with all the fixings.



Students can dine with us for just \$5 on Mindful Mondays in the Commons on the Green during lunch. The menu features more Mindful options than any other meal.



On Wednesdays, our allergen-free station turns in a customizable action station with Simple Servings Bowls during lunch and dinner.



What's a week without Taco Tuesday? Celebrate with us every week at lunch when we serve up favorites like tacos, nachos, and fajitas.



Local, Sustainable.

We purchase locally whenever possible for the freshest ingredients in our recipes. We source 100% sustainable seafood, eggs from cage-free chickens, ethically and responsibly sourced coffee, and fresh milk from local dairy farms.

SIMPLE SERVINGS

All foods served at this station are prepared exclusively with ingredients which do not contain the following food allergens.

♥ MILK ♥ WHEAT ♥ SHELLFISH ♥ TREE NUTS
♥ EGGS ♥ SOY ♥ PEANUTS ♥ GLUTEN

They are prepared in a facility which uses these ingredients in the production of other dishes. Although we take measures to ensure against this, the possibility of cross-contamination through contact with other foods does exist.

#SIMPLE



RETAIL FAVORITES

The Den by Denny's



Mein Bowl

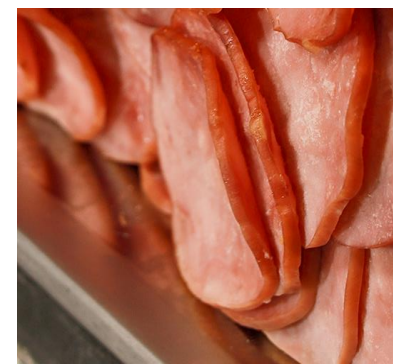


PAYMENTS ACCEPTED

Dining Dollars, Dragon Cash, Blazer Bucks & Credit



With a wide variety of campus dining options, you'll always be able to find what you're craving in one of UAB's restaurants or campus stores.





Eat Smart. Get a plan.

DRAGONFIRE 7

You'll never have to worry about food with unlimited meals in the Commons on the Green. Add MVP to flex your meals around campus. Available to all students.

DRAGONFIRE 5

Unlimited meals Monday through Friday in the Commons. Ideal for students eating off-campus on the weekend. Add MVP to flex your meals around campus. Available to all students.

GREEN & GOLD

With nine meals per week in the Commons, this plan is for the student that only eats one regular meal each day. Available to all students.

GOLD BLOCK 75

Available to commuters and upperclassmen, this plan gives you approximately three meals each week in the Commons.

GOLD BLOCK 25

For students that don't want to miss the fun – this plan has enough meals for every Fried Chicken Thursday plus ten more. Available to commuters and upperclassmen.

DINING DOLLARS

Load your campus card with money you can use to dine all over campus. Does not include meals for use in the Commons. For commuters and upperclassmen.

UPGRADE:

Dragonfire plans are eligible for MVP. When you select the MVP add-on, you can use one meal swipe per day at select dining locations for a value of up to \$7.00. Any remaining balance can be paid with Dining Dollars, Dragon Cash, BlazerBucks, or credit.

Eat Smart. Get a plan.

MEAL PLAN	MEALS	DINING DOLLARS
Dragonfire 7	Unlimited Everyday	\$25
Dragonfire 5	Unlimited Monday-Friday	\$150
Green & Gold	9 per week	\$600
Gold Block 75	75 per semester	\$250
Gold Block 25	25 per semester	\$300
Dining Dollars	-	\$520

Sign up today.



Campus Dining Currencies

Dragon Cash

\$225 auto-billed to **ALL full-time undergraduate students** in both the Fall and Spring semesters

Use at any on-campus dining location

Includes students living on-campus and commuting

Valid entire academic year
(Roll over Fall to Spring and Spring to Summer, then cleared out at the end of the Summer session)

MEAL PLAN

Meal Swipes

Use at the Commons for **all-you-care-to-eat** meals; use at the C-Store or the Grid for a **Take 3** meal

Part of the meal plan

Guest Passes: use up to 15 meals per semester on guests

Dining Dollars

Use at any on-campus dining location

Amount depends on plan chosen

Part of the meal plan

Expire on the last day of the semester

BlazerBucks

Used for dining, printing, laundry, bookstore, vending machines, and a variety of off-campus locations

Completely optional

Add online in any amount at any time

Never expire and refunds of unused funds available after graduation

ARE YOU OUR NEWEST STUDENT EMPLOYEE?



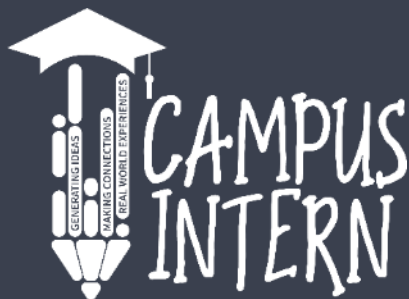
Work with us.

We're always looking for talented students to join our team – from baristas to marketing interns. Find current openings online with the UAB Career Center.

joinhandshake.com



Our Culinary Council is made up of students dedicated to improving and maintaining the quality of dining on campus. They meet once a month and serve as mystery shoppers.



We have internships available for students pursuing degrees at UAB. Openings include marketing, graphic design and finance internships.



Text UABDining to 82257 to receive text alerts about campus dining.



uab.edu/dining



uabdining@uab.edu



205.996.6567



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