

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 half of an avocado, garnished with a sprinkle of red spices, sits 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

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

WELCOME

Meet the Team



Brian Bowser

Resident District
Manager



Kiawanna Everett

Retail Operations
Director



David Fabrycki

Campus
Executive Chef



Bobby Eaton

Resident Dining
Operations Director



Samantha Kheim

Marketing
Director

“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

- Meal time 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 Restaurants

- 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 trips, gaming systems, or Amazon gift cards. Be on the lookout for event calendars and a chance to win!



Fresh Market
Bodacious Burgers
Oktoberfest
Mardi Gras
Magic City Eats Football
Tailgates
Diningopoly





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](https://www.mindful.sodexo.com)



QUICKLY FILTER MENUS BY
ATTRIBUTES AND CALORIE LEVEL

GET FULL NUTRITIONAL DETAILS



FIND YOUR PERFECT BITE.

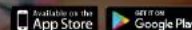


QUICKLY LOG ITEMS TO
YOUR FITBIT® DIARY

HIGHLIGHT ALLERGENS OF CONCERN TO YOU

Bite gives you the power to find just what suits your taste.

Download our Bite App today, and make it yours.



sodexo
QUALITY OF LIFE SERVICES

A photograph of two young Black women in a bright, modern dining hall. The woman on the left has voluminous curly hair and is wearing a pink and white striped long-sleeved shirt. The woman on the right has dreadlocks, wears round glasses and a pink shirt, and is smiling towards the camera. In the background, there are large windows and other people seated at tables.

ALL YOU CARE TO EAT

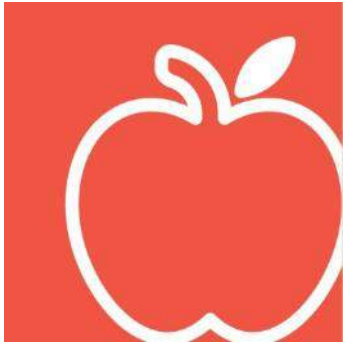
A simple white line-art icon of a fork and a spoon crossed at their handles.

The Commons on the Green



EVERYDAY FAVORITES

The Commons on the Green



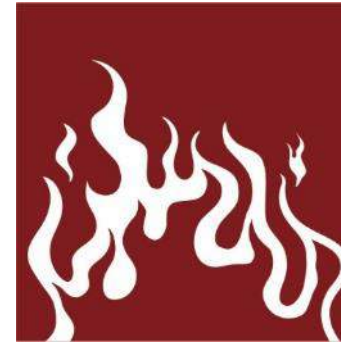
Made-to-order breakfast, an omelet station, oatmeal bar, fresh baked pastries and fresh fruit



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.



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.



On the last Monday of every month, we enjoy Brinner in the Commons. It's breakfast – for dinner!



During lunch on Thursdays, you'll find Chef's Table – an interactive action station with a new menu each week.



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 or dinner 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.

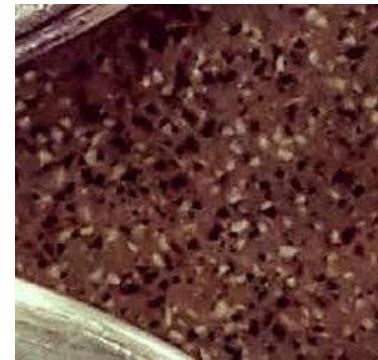
♥ MILK ♥ WHEAT ♥ SHELLFISH ♥ TREE NUTS
♥ EGGS ♥ SOY ♥ PEANUTS ♥ GLUTEN

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



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.



PAYMENTS ACCEPTED

Dining Dollars
Dragon Cash
BlazerBucks
Cash & Credit



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, cash, 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	-	\$525

Sign up today.

uab.edu/mealplans

About Dragon Cash.

All full-time undergraduates and any student living on campus are charged a \$225 campus dining fee in the fall and spring semesters. This is accessed in the form of Dragon Cash, a declining balance account that can be used at any UAB Dining location. Dragon Cash rolls over from fall to spring to summer and then the account is cleared out with 25% being converted to BlazerBucks and 75% being forfeited.

ARE YOU OUR NEWEST STUDENT EMPLOYEE?



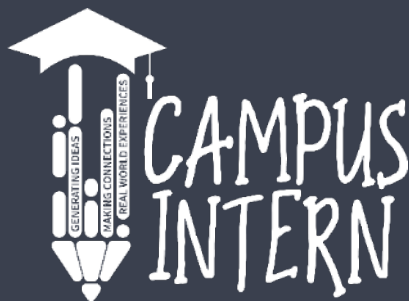
Work with us.

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 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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