Dining and Meal Plans

Important Dining/Meal Plan terms at RIT:

1) Dining Dollars Account – is a currency used at RIT that allows students to make tax-free food purchases at any Dining Services area. You may also use your food debit account in many campus wide food and beverage vending machines. No refunds will be given on this account and all accounts are closed at the end of the school year.

2) Meal Exchanges - are valued at $8.25 each, if your meal exceeds that, the difference can be paid through Dining Dollars Tiger Bucks, cash or credit (Visa/MasterCard/Discover). Meal Exchanges can be used at any RIT Dining Services location excluding Nathan’s Soup & Salad and Java Wally’s *Meals reset every Sunday after Dinner.

3) Tigerbucks – This is another form of currency used at RIT. It is accepted at all dining locations on campus (including Java Wally’s), and can be used for food as well as household items on campus. In addition, it can be used to purchase books and supplies at the campus bookstore, at the post office and at many restaurants off campus. It can also be used in some off campus locations.

Dining dollars, Meal exchanges and Tigerbucks can be added to your account through https://www.rit.edu/eservices/ at any time. For more details, please check out this link: http://www.rit.edu/fa/diningservices/

Meal Plans:

RIT students have the option of subscribing to a ‘meal plan’, which will give you a certain amount of food debit.

Dining Services meal plan participation is required for all students assigned to RIT residence halls, including Greek Circle and the RIT Inn & Conference Center, because there is no access to a kitchen and because there are very limited opportunities to cook meals in those locations. If no meal plan is chosen by the student, any student needing a required meal plan will be issued and charged for the Tiger 10. However, the meal plan may be changed during the first week of classes until the close of business on that Friday at 4:30 PM.
Greek houses in residence halls and Greek free-standing with supplemental kitchens must participate in either a Greek meal plan option or any other RIT dining meal plan if they are a Greek member.

Meal plan options vary for freshmen and upperclassmen. Full details can be found here: [http://www.rit.edu/fa/diningservices/content/meal-plans-and-debit-plans](http://www.rit.edu/fa/diningservices/content/meal-plans-and-debit-plans)

Apartment and Off-Campus students: Students living in RIT Apartments or Off-Campus Apartments are not required to have meal plans, but are welcome to sign up for a meal plan if they wish.

**Dining Options and Grocery Stores**

There are a variety of different kinds of restaurants and dining locations on campus and off-campus. Here is some information about dining on campus:

1. Every dining hall has at least some vegetarian options on any given day. Many have halal, vegan, kosher and international options. This differs from day to day for most locations.
2. The menu for any location on any day can be found at [http://www.rit.edu/fa/diningservices/content/locations](http://www.rit.edu/fa/diningservices/content/locations)
3. You may use RIT dining dollars, meal exchanges, tigerbucks or credit cards during any time of the day. Some places go cashless after 4:30pm and on the weekends.
4. RIT dining locations accept Visa and Mastercard credit/debit cards. They also accept Discover credit card. However, American Express is not accepted.

Every dining location has healthy food options. Nutritional information for any dining location can be found at [http://www.rit.edu/fa/diningservices/smartnutrition%28Nutrition%20Information%29](http://www.rit.edu/fa/diningservices/smartnutrition%28Nutrition%20Information%29)

**On-Campus**

1. **Dining Halls and Restaurants**

<table>
<thead>
<tr>
<th>Dining Hall</th>
<th>Notes</th>
<th>Vegetarian/ Vegan/ Halal/ Kosher/ International Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brick City Café (located in the SAU)</td>
<td>Full breakfast and lunch. Open Monday - Friday</td>
<td>Limited gluten-free and halal options, local international food vendors daily</td>
</tr>
<tr>
<td>Café and Market at Crossroads (located in the CRS, near)</td>
<td>Market-style food court, made to order salad, subs, pasta, Asian Express, pizzas, snacks,</td>
<td>Has vegetarian, vegan, halal, kosher, international options. Local international food vendors</td>
</tr>
</tbody>
</table>


| **Global Village)** | **smoothies and international options. Open Sunday - Friday on specific days.** | **The Commons (located in SDC, in the Residence Halls)** | **Made to order subs and salads, grill, pizza, pasta, Italian entrée daily and daily specials. Limited vegan and halal options.** | **Global Village Cantina and Grille (located in Global Village)** | **Made to order tacos, burritos, quesadillas, Mexican pizzas, nachos and salads, plus a Mongolian grille which prepares different items daily, plus made to order sushi. Limited vegan and halal options. International options vary daily, but include Thai grill, Chinese grill, Korean grill. Other grill options are BBQ, Philly cheesesteaks, noodles, seafood, etc. Vegetarian burgers served daily.** | **Gracie’s (located in Grace Watson Hall, in the Residence Halls)** | **All-you-can-eat, has full breakfast, lunch and dinner. Has pizza, soups, salads, desserts, grill items, waffle bar, and many more options. Themed special meals very often. Has a “Simply Eats” section which is allergen friendly and has vegan options.** | **Petals (located in the RIT Inn)** | **Bistro-style, has breakfast, lunch and dinner, and snacks throughout the day. Limited vegan and halal options.** | **RITZ Sports Zone (located in the SAU)** | **Sports restaurant with big screen HDTVs. Open for lunch, dinner and sporting events. Has pizzas, paninis, quesadillas, sandwiches, soups, and international food vendors. Has a game room as well. Limited gluten free options. Has vegetarian/vegan/halal/kosher options. International food vendors – rotating daily.** |

### 2. Markets and Convenience Stores

<table>
<thead>
<tr>
<th><strong>Market/Store</strong></th>
<th><strong>Specialty</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Café and Market at Crossroads (located in the CRS building in Global Village)</td>
<td>A selection of grocery items including fruits, vegetables, snacks, beverages, candy, refrigerated and frozen foods, dairy products, school supplies, baking and cooking ingredients, and various other common food and household items.</td>
</tr>
<tr>
<td>Corner Store (located in NRH in the Residence Halls)</td>
<td>Open until 2 am. Has snacks, beverages, international foods, candy, dairy products, dry goods, refrigerated and frozen items, fruits and vegetables, coffee station offering Seattle’s Best blends, DVDs, gifts, and common household items.</td>
</tr>
<tr>
<td>The Market at Global Village (located in Global Village)</td>
<td>Large variety of all-natural, organic, local, sustainable, Fair Trade, and international foods and products including ready-to-eat ethnic meals, snacks, beverages, spices and ingredients, fresh baked goods, refrigerated</td>
</tr>
</tbody>
</table>
and frozen foods, fresh fruits and vegetables, dry goods, kitchenware, room decor, games, gifts, jewelry, health and beauty products.

**Sol’s underground (located in Sol Heumann Hall in the Residence Halls)**

Health and beauty products, vitamins and supplements, house wares, school supplies, greeting cards, gifts and balloons, dry goods, snacks, beverages, and gourmet packaged food. Also offers made-to-order flat bread pizzas, quesadillas, paninis, wraps, and Upstate Farms ice cream made with the freshest milk and cream produced by local farmers.

### 3. Express Dining

<table>
<thead>
<tr>
<th>Location</th>
<th>Specialty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artesano Bakery and Café (located in Monroe Hall, MON, near the SAU)</td>
<td>Upscale pastries including breakfast pastries, brownies, cookies, tarts, several gluten-free and vegan products. Serves Peet's Coffee and Tea products. Peet's, an organic coffee company, offers a large variety of drinks, which include blended frozen drinks, espresso, lattes, and cappuccinos.</td>
</tr>
<tr>
<td>Beanz (located in Grace Watson Hall in the Residence Halls)</td>
<td>Fresh baked gourmet pastries and desserts, bagels, muffins, cookies, and fresh soups, sandwiches, and salads for quick grab-and-go meals. Also features local Finger Lakes roasted coffee, cappuccinos, espresso, and teas, as well as Sicilian sodas and Freshens smoothies.</td>
</tr>
<tr>
<td>Ben and Jerry’s (located in the SAU)</td>
<td>Serves ice cream, sundaes, cakes, cookies, real fruit smoothies, and shakes</td>
</tr>
<tr>
<td>Bytes (located in Monroe Hall, MON, near the SAU)</td>
<td>Grab-and-go snack and sweet shop offering a variety of gourmet sandwiches, healthy snacks, beverages, bulk candy including M&amp;M’s and Jelly Belly Beans, novelty items and gifts, specialty chocolates, sugar-free candies, and make-your-own-gift-baskets.</td>
</tr>
<tr>
<td>The College Grind (located in the Center for Student Development, CSD, in the)</td>
<td>Offers Starbucks brewed coffee and tea beverages, Freshens smoothies, gourmet</td>
</tr>
<tr>
<td>Location</td>
<td>Dining Hall/ Restaurant</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>-----------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Residence Hall Side                    | 1. Dining Commons  
2. Gracie’s                                                     | 1. The Corner Store  
2. Sol’s Underground                                           | 1. Beanz  
2. The College Grind                                         |
| Center of Campus                       | 1. Brick City Café  
2. RITZ SportsZone                                              | 1. Bytes on the run                                            | 1. Artesano Bakery and Café  
2. Ben and Jerry’s  
3. Bytes on the run  
4. Nathan’s Soup and Salad                                    |
| Academic Side                          | 1. Café and Market at Crossroads  
2. Freshens  
3. Midnight Oil                                                    |
| RIT Inn                                | 1. Petals  
2. Charades                                                        |                                                                 |                                                          |

### Dining Options by Location

- **Residence Halls**
  - **Ctrl Alt Deli (located in Golisano Hall, GOL)**: Design your own sandwich from a selection of wraps, breads, meats, cheeses, veggies, and sauces. Other popular items include signature sandwiches, wraps, quesadillas, chili bread bowls, fresh soups and baked goods, breakfast sandwiches, sizzling cheese sandwiches, and pizzas. Fresh grab-and-go salads, subs, and parfaits also available.
  - **Freshens (located in Institute Hall, INA)**: Handcrafted savory and dessert crépes and fresh blended smoothies.
  - **Midnight Oil (located in Crossroads, CRS, in Global Village)**: Late night coffee shop and lounge serving light fare, fresh baked goods, and Starbucks coffee.
  - **Nathan’s Soup and Salad (located in the SAU)**: A local Rochester restaurant, Nathan’s Soup & Salad offers a variety of home-style soups, sandwiches, and fresh-baked breads.

### Cooking on Campus
Residence Halls: The residence halls do not have kitchens. Each floor has a community microwave, and students are not allowed to bring their own microwaves, hot plates, toaster ovens, or any other large cooking equipment with them to the Residence Halls. The only Residence Hall with a kitchen is International House. In addition, if you are a member of the RIT Hillel community, you may use the Hillel kitchen which is located in the Residence Halls. There is a small kitchen and lounge in Sol Activity room which may be reserved for events by student groups.

Apartments: All RIT apartments, except a few Global Village suites have kitchens. There are community kitchens available in Global Village, which may be used by GV residents and their guests.

Other places on campus: There is a kitchen in the Center for Religious Life, which may only be used by religious organizations for their events.

Off-Campus

There are a variety of restaurants, cafes, grocery stores, and places to eat in Rochester, with a variety of cuisines. In this section, we will focus more on how to find restaurants, instead of listing each restaurant. Please note that getting to restaurants can be tricky if you do not have transportation to and from the restaurant. However, there are many places that offer delivery, which is a good option if you do not own a car.

Finding restaurants to eat:

1) One great resource is [http://rocwiki.org/Restaurants](http://rocwiki.org/Restaurants), which lists restaurants by type of food, and cuisines. This is a great way to narrow down what you are in the mood for eating. There are reviews available for some, but not all, restaurants. Some reviews on this website may be outdated, and you may want to check out [http://www.yelp.com/rochester](http://www.yelp.com/rochester) for more recent reviews. (Note: [http://rocwiki.org](http://rocwiki.org) is also a great guide for anything else Rochester-related, so you may want to explore the website!)

2) If you do not have transportation, you may want to check out restaurants that deliver to your apartment/residence hall. One great resource for this is [https://www.grubhub.com/](https://www.grubhub.com/), which caters specifically to college students (so you can find cheaper food and good deals here occasionally).

3) If you’re trying to find good deals for your favorite restaurants, you may want to check out [http://www.groupon.com/](http://www.groupon.com/) or [http://www.restaurant.com/](http://www.restaurant.com/). You can buy coupons for your favorite dining locations from these websites, which often reduces the cost of eating off-campus by a significant amount.

4) Ask your PAL for tips on the best ethnic restaurants in Rochester!
**Grocery Stores:** If you live in an apartment and love to cook, you will need information on grocery stores. A list of all grocery stores in Rochester can be found here: [http://rocwiki.org/Grocery_Stores](http://rocwiki.org/Grocery_Stores). Some popular ones for RIT students include:

1) Wegmans – this was recently rated the best grocery store in the US, and it was founded in in the Western New York region. Wegmans has a variety of foods, an excellent bakery, organic and healthy options, gluten free options and a large international section. A bus runs from RIT to Wegmans on the weekends.

2) Farmer’s Markets – if you are able to find transportation to the farmer’s market, it is a great way to get fresh, cheap, local ingredients to cook. A list of farmer’s markets can be found here: [http://rocwiki.org/Farmers%27_Markets?action=show&redirect=Farm+Markets](http://rocwiki.org/Farmers%27_Markets?action=show&redirect=Farm+Markets)

3) Indian/South Asian Grocery Stores:
   a. Spice Bazaar: this grocery store is located not too far from RIT. Here is a link to their website: [http://www.spicebazaarofrochester.com/](http://www.spicebazaarofrochester.com/)
   b. Desi Bazaar: Desi bazaar is located very close to Rustic Village, and has halal meats. They also have hot meals available daily, and cater for special occasions. More details can be found here: [http://rocwiki.org/Desi_Bazaar](http://rocwiki.org/Desi_Bazaar)

4) Asian Food Market: The Asian Food Market has a very large selection of Asian food. More details can be found here: [http://rocwiki.org/Asian_Food_Market](http:// rocwiki.org/Asian_Food_Market)

**Questions?** Make sure you contact your PAL! 😊