

Welcome


Welcome to the dining program at University of Missouri – St. Louis. We offer a program that meets the needs of today’s college student. Throughout the year you will experience exciting changes, fresh menus, and new enhancements to your dining experience. The enhancements will be a result of the feedback and input of students, faculty, and staff on campus.

Student Employment

We are looking for students to join our dining team! FREE Meals and flexible schedules. If you are interested, please see a manager or email: tritondining@umsl.edu

ASK a DIETITIAN

Our interactive, online menu shows nutrition and allergen information for each day’s offerings, allowing for easy customization of menus.

Filter menu items by dietary preference or allergens for an easy search. Select the  icon to view the nutrition facts panel and ingredient list of each menu item.

Reach out

to a registered dietitian for more information.



BE THE FIRST TO KNOW!

GET THE SCOOP ON:
FEATURES & SPECIALS
PROMOTIONS WEEKLY MENUS
NEW OFFERINGS
SPECIAL EVENTS | AND MORE!



umsl.campus-dining.com



Follow us
[@umsltritondining](https://www.instagram.com/umsltritondining)

CONTACT

tritondining@umsl.edu

2025–2026

DINING GUIDE

UMSL Triton Dining
University of Missouri–St. Louis



The Nosh

Located in the Millennium Student Center, The Nosh is a vibrant spot where UMSL students, faculty, and staff come to relax, connect, and recharge.

While this space is transforming over the fall, we are excited to offer new concepts including Kiosk ordering and Grub Hub in October 2025!



Dolce Vita

Dolce Vita blends the rich aroma of Kaldi Coffee with the convenience of quick, quality bites. Whether you're craving a handcrafted latte or a refreshing iced beverage, we've got your caffeine fix covered. Alongside the coffeehouse favorites, our food menu is perfect for powering through study sessions or fueling up between class. Dining dollars, cash and credit cards accepted.

Catalyst Cafe

Located in Science and Learning Building, Catalyst Café is the perfect stop for a quick recharge between classes. Featuring freshly brewed Kaldi's drip coffee, a selection of grab and go items and a variety of snacks.

Meal Plans – Dining Dollars

UMSL Triton Dining is providing Dining Dollar Meal Plans only for the 2025-2026 academic year. Dining dollars are used on a declining-balance basis to purchase retail menu items in The Nosh, Dolce Vita, Catalyst Café and Oak Hall C-Store. Unused Dining Dollars automatically carry-forward from fall to spring semester. Unused Dining Dollars at the end of the spring semester are forfeited and nonrefundable.

Meal Plan Options:

Oak Hall:	\$2230
Oak Hall Plus:	\$2550
Oak Hall Basic:	\$2000*
Mini Plan:	\$1645 **
Commuter:	\$250/\$500

* For Returning or transfer students

**For Athletes & University Meadows Residents only



Oak Hall C-Store (Residents Only)

Need a late-night study break? Stop by the C-Store inside Oak Hall to grab snacks, candy, drinks and more! Dining Dollars and credit cards accepted.

Open from 11:00AM-6:00PM

Open 24/7 for residents



Stay fit. Stay focused. Choose BeWell.

Our BeWell eating approach combines the latest in nutrition science and culinary trends to create a crave-worthy, nutritious menu choice. BeWell promotions, wellness education programs and partnerships make it easy to choose well.

BeWell recipes must meet three out of the following five categories:

Contain a plant-based, whole food(s)

Contain a healthy fat(s)

Contain a lean protein or plant-based protein

Have limited added sugar

Contain a high fiber food or a probiotic food

Our BeWell recipes will always:

Be trans-fat free

Use minimally-processed ingredients

Be mindful of added sodium and portion size

How do I find a BeWell option?



Look for the blueberry icon on the menu or at point-of-service.