

## 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](mailto: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!



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

Mon- Fri

Hot Breakfast: 7:30 am - 10:00 am

Grab & Go: 7:30 am - 7:00 pm

Continental: 10:00 am - 11:00 am

Lunch and Dinner: 11:00 am - 7:00 pm

Saturday- Sunday

12:00 pm - 6:00 pm

CONTACT

[tritondining@elior-na.com](mailto:tritondining@elior-na.com)

# 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.

An exciting lineup of food concepts that celebrate bold flavors and fast, customizable satisfying options



## Café Noir

Café Noir 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 Café

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

Dining dollars are used on a declining-balance basis to purchase retail menu items in The Nosh, Gather Coffee, 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.