

EWU DINING SERVICES

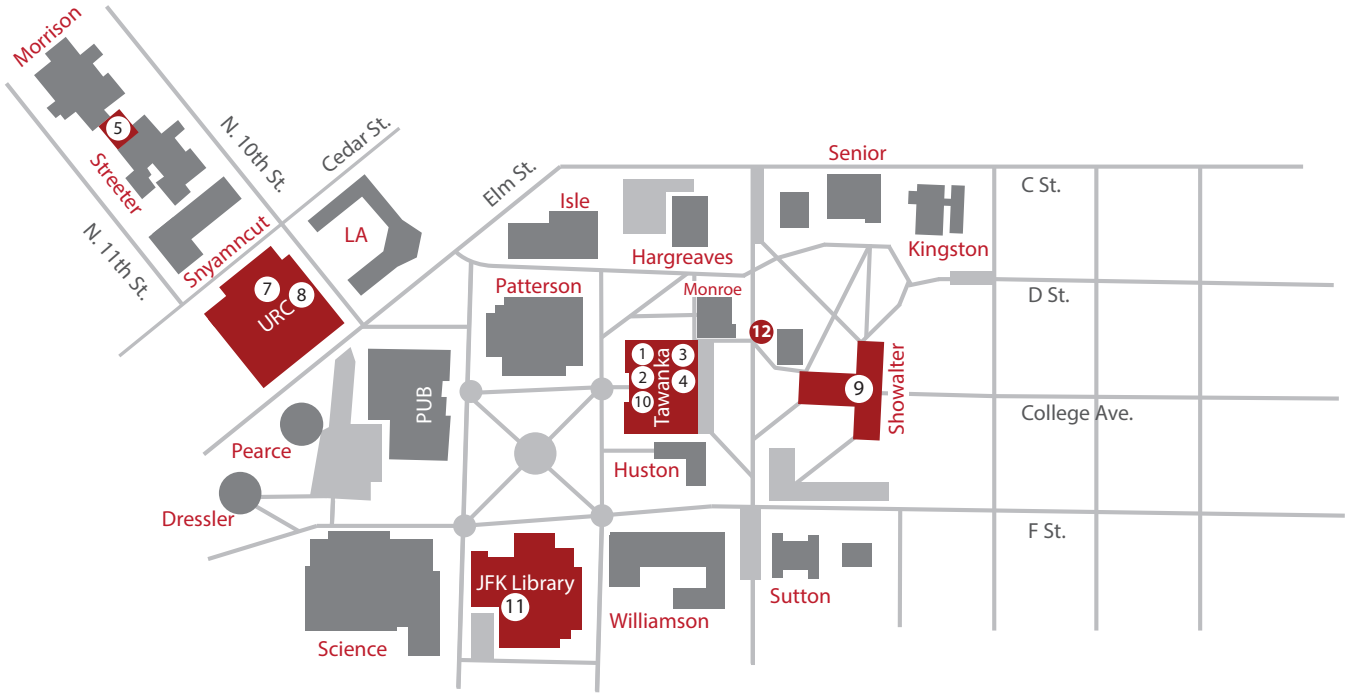
2017 - 2018



Tawanka Business and EagleCard Office
120 Tawanka Hall
Cheney, WA 99004 - 2410
509-359-2540 or 509-359-6184
www.ewu.edu/dining



FOOD SERVICE LOCATIONS



1 Main Street Dining

2 Einstein Bros. Bagels

3 Eagle Express Market

4 Market Espresso

5 Morris Street Market

6 Brewster Market

7 The Roost

8 Roost Espresso

9 Thirsty Minds Espresso

10 Aladdin's Egyptian Food*

11 Thomas Hammer*

12 Food Truck Plaza⁺

*Accepts Cash and Credit

⁺Accepts Eagle Flex, Cash, and Credit

CAMPUS DINING OPTIONS

Main Street Dining: Main Street Dining is EWU's primary dining location. Located in Tawanka Hall, this all-you-care-to-eat style dining hall serves breakfast, lunch, and dinner seven days per week.

Einstein Bros. Bagels: High-quality food is the standard at Einstein Bros. Bagels! Come in for a meal or a snack. We also offer espresso and smoothie beverages.

The Roost: Housed in the University Recreation Center on the second floor, The Roost overlooks center ice and features a menu of Pacific Northwest fresh cuisine with an EWU Eagles flair.

Eagle Express Market: Our on-campus convenience store is your stop for snacks, groceries, toiletries, and Grab-n-Go meals.

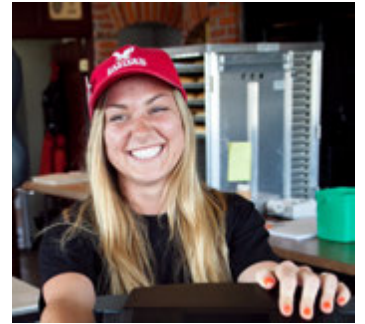
Morris Street Market: Located in Morrison Hall and open late, the Morris Street Market is an Eagle Express Market satellite store.

Brewster Market: Stop by the Eagle Express Market's newest satellite store in Brewster Hall!

Market Espresso: Located inside the Eagle Express Market, this Eagle Espresso stand serves Starbucks' Coffee as well as a variety of items from our on-campus bakery.

Roost Espresso: Serving Craven's Coffee, The Roost Espresso is located just outside of The Roost on the second floor of the University Recreation Center.

Thirsty Minds Espresso: Stop by Thirsty Minds in Showalter Hall after class! We serve your favorite Craven's Coffee.



All Dining Services locations accept A la Carte, Eagle Flex, cash, check, Visa, and MasterCard.

In addition to the tenders listed above, Main Street Dining accepts the Main Street Unlimited meal plan and Meal Counts.

Meal Counts may be redeemed at the Eagle Express Market, Morris Street Market, and Brewster Market for a value of \$7 each.

RESIDENTIAL MEAL PLANS

Choose from five Meal Plan Options

Main Street Unlimited

This plan provides unlimited non-transferrable access to Main Street Dining for an all-you-care-to-eat experience each time you visit. Join us at Main Street Dining seven days per week for all of your meals, and snacks too!

Customize your plan by selecting the base and adding-on to build the best plan for you.

BASE

Unlimited Access
to Main Street Dining
& **\$25 Eagle Flex**

\$1,505 per Quarter
\$4,515 Annual Cost

ADD 250

Includes everything
offered on the Base Plan
plus \$250 A la Carte

\$1,755 per Quarter
\$5,265 Annual Cost

ADD 400

Includes everything
offered on the Base Plan
plus \$400 A la Carte

\$1,905 per Quarter
\$5,715 Annual Cost

PLATINUM

60 Meal Counts
\$950 A la Carte
\$25 Eagle Flex

\$1,880 per Quarter
\$5,640 Annual Cost

GOLD

50 Meal Counts
\$825 A la Carte
\$25 Eagle Flex

\$1,655 per Quarter
\$4,965 Annual Cost

SILVER

25 Meal Counts
\$650 A la Carte
\$25 Eagle Flex

\$1,230 per Quarter
\$3,690 Annual Cost

BRONZE

10 Meal Counts
\$525 A la Carte
\$25 Eagle Flex

\$955 per Quarter
\$2,865 Annual Cost

Residential students are required to maintain a Main Street Unlimited, Platinum, Gold, Silver, or Bronze meal plan as a part of their University Housing contract.

All plans are priced to include overhead which covers the cost of maintaining these plans and other services provided directly to students by EWU Dining Services.

UNDERSTAND YOUR PLAN

Main Street Unlimited: Choose the Main Street Unlimited meal plan for unlimited access to Main Street Dining. Open seven days per week, Main Street Dining features EWU Classics, Southwestern, American, and International recipes. Salads, pizza, pasta, and desserts are all available. The Main Street Unlimited plan is a great value, allowing students to eat as often as they like throughout the day. You may customize your plan by adding A la Carte or Eagle Flex at any time for greater flexibility to eat at our retail establishments.

A la Carte: A la Carte is a penny-a-point system that allows you to purchase items at any Dining Services location without tax. Add money to your A la Carte at any time! **A la Carte carries over quarter to quarter and expires at the end of the academic year.**

Eagle Flex: Eagle Flex is a prepaid account that works like a debit card. Use your EagleCard to spend your Flex dollars at participating merchants both on- and off-campus. For a full list of Eagle Flex vendors, visit the EagleCard website. **Flex carries over from year to year and expires two years after leaving EWU.**

Meal Counts: Meal Counts are primarily used at Main Street Dining for an all-you-care-to-eat dining experience. They may also be redeemed at the Eagle Express Market, Morris Street Market, and Brewster Market for a value of \$7 each. **Meal Counts expire at the end of each quarter.**

Your EagleCard is your multi-purpose on-campus ID card. Use it to access your meal plan as well as other campus services. Visit the EagleCard website for more info: www.ewu.edu/eaglecard.



PEWTER COMMUTER

Designed for students living off-campus who desire the convenience of a meal plan.

5 Meal Counts
\$350 A la Carte
\$50 Eagle Flex

Purchase for only \$500!

MEAL COUNTS

Available to staff, faculty, and students with active meal plans.

Purchase 5 Meal Counts for \$52.50.

Visit the Tawanka Business Office at 120 Tawanka Hall to purchase a commuter meal plan or add to your residential plan!

Meal plans (except Main Street Unlimited*) may be changed during the first three weeks of each quarter. Changes submitted after the three week deadline will be processed for the next quarter.

*Changes from Main Street Unlimited plans will be processed for the next quarter.

Meal Plan Change Forms must be filled out in-person at the Tawanka Business Office (120 TAW).

FOOD ALLERGIES & SPECIAL DIETARY NEEDS

EWU Dining Services is proud to be building on our special diets program. By working with students individually, we can determine the dining strategy that best suits each student's needs. Here you will find some of our current practices and new accommodations available for students with medically required diets.

Personalized Service: Dining's Manager of Food Nutrition and Sustainability, Joey Yonago, is the key contact for the food allergy program. As a nutritionist, Joey can help with any questions or issues relating to food allergies and nutrition. Contact her at jyonago@ewu.edu or by phone at 509-359-6624.

Purple Pantry: Coming Fall 2017, an access controlled pantry will help supplement food options available at Main Street Dining. This station includes a dedicated gluten free microwave, toaster, refrigerator and freezer. This pantry can be supplied with a variety of prepackaged products for students who have registered with the nutritionist.

Partnerships: To improve services, staff training, and awareness, we have partnered with FARE (Food Allergy Research & Education) and AllerTrain by MenuTrinfo, LLC.

Allergy Friendly Menu: Chefs, managers, and our nutritionist are developing an allergy friendly menu to be introduced in Fall 2017. Students may pre-order with the Tapingo app.

Nut Sensitive Dining: The Roost, Main Street Dining and the Campus Bakery do not use peanut or tree nut products in the production of foods. Visit www.ewu.edu/dining/nutallergies and contact Joey to learn more.

myEagleCard

Use myEagleCard to deposit money to your Eagle Flex account with a credit card. Also check your balances and transaction histories for your Dining Meal Plan and Print Credit accounts. Go to www.ewu.edu/myeaglecard for more info.



Student Employment: Dining Services is the largest employer of EWU students, offering a variety of positions at different locations with flexible hours. Pick up an application at the Tawanka Business Office (120 TAW) or print at www.ewu.edu/dining/students/employment.

Thinking of You Gift Program: Our TOY Gift Program allows you to do something special for a loved one. We offer creative baskets and gift items for a variety of occasions and are now featuring new Einstein Bros. Bagels items! We also offer free on-campus delivery. For a complete list of gift choices, please visit our website: www.ewu.edu/TOY. To order a TOY package, call us at 509-359-2836.



Avoid lines by placing your order ahead of time! Simply download the Tapingo app on your smartphone to use A la Carte, Eagle Flex, or a Credit Card to place your order at The Roost, Einstein Bros. Bagels, Main Street Dining, or any of our Eagle Espresso locations before you arrive.