

CAROLINA FOOD CO.

DINING GUIDE

2022
—
2023

A COMPLETE GUIDE TO DINING ON CAMPUS



FRESH CULINARY CREATIONS

WHO WE ARE

Welcome to the Carolina Food Co.!
Proudly serving the University of South Carolina.

WE BELIEVE IN

- Developing menus that are responsibly sourced and thoughtfully prepared.
- Serving innovative recipes to foster personalized experiences.
- Enriching the campus community through fresh culinary creations.
- Creating hand-crafted meals with South Carolina character.

At Carolina Food Co., we put excellence in all we do. We know that dining is an integral part of the college experience. We see every day as an opportunity to serve delicious meals, host engaging events, and create an environment that provides a memorable dining experience.

We look forward to seeing YOU!



RESIDENTIAL ALL ACCESS MEAL PLANS

You have a lot to manage during your time at UofSC, so leave the food to us! Meal plans provide flexibility, value, and convenience, all with the swipe of your CarolinaCard. Residential All Access Meal Plans make it seamless to dine on campus, whether you are meeting up with friends for dinner in one of our residential restaurants or need a quick lunch on the go from one of our retail locations.

Residential
All Access with

\$250

meal plan dollars

Residential
All Access with

\$400

meal plan dollars

First year residents will automatically be assigned the Residential All Access Plan with \$250 meal plan dollars but have the option to upgrade to \$400 meal plan dollars. Upperclassmen and students living off-campus can select from any of the meal plan options available.



RESIDENTIAL ALL ACCESS MEAL PLANS



Residential All Access Meal Plans provide:

• Unlimited dine-in access to all six residential restaurants. Visit our residential restaurants for an all-you-care-to-eat meal or snacks and beverages. Residential restaurants include:

- **Bates Diner** | Bates House
- **Fresh Greene's** | Russell House West Wing
- **Gamecock Park** | Russell House 2nd Floor
- **Gibbes Court Bistro** | Capstone House
- **Honeycomb Café** | Honors Residence Hall
- **The Community Table** | 650 Lincoln

**Residential restaurants are available to all students regardless of where you live.*

- Seven retail meal swipes per week for locations like Chick-fil-A, Panera, and our newest retail location, Panda Express. Retail swipes have a set value and guests can spend that on any menu item in select locations.
- Meal plan dollars complement your Residential All Access Plan by providing flexible spending for à la carte purchases in any campus dining location
- Add meal plan dollars at any point by visiting the CarolinaCard Office or calling them at (803) 777-1708

VOLUNTARY MEAL PLANS

We offer a variety of meal plans for upperclassmen and students living off-campus. Enjoy the convenience and value of a meal plan with access to every dining location across campus.

Weekly Meal Plan

Weekly 7 with \$300 Meal Plan Dollars

- 7 meal swipes per week that can be used in our all-you-care-to-eat residential restaurants or for meal swipe combos in our retail locations
- Meals must be used during that week and unused meals do not roll over to the next week. Meal swipes will reset back to 7 every Thursday morning
- \$300 meal plan dollars to supplement your meal swipes and make à la carte purchases in dining locations

Declining Balance Meal Plan

Declining Balance \$1625

Declining Balance \$1000

Declining Balance \$500

- Meal plan dollars that can be used at any campus dining location
- Tax-free meal plan dollars provide a 10% savings on all purchases

Block Meal Plans

Block 80 meal plan with \$200 Meal Plan Dollars

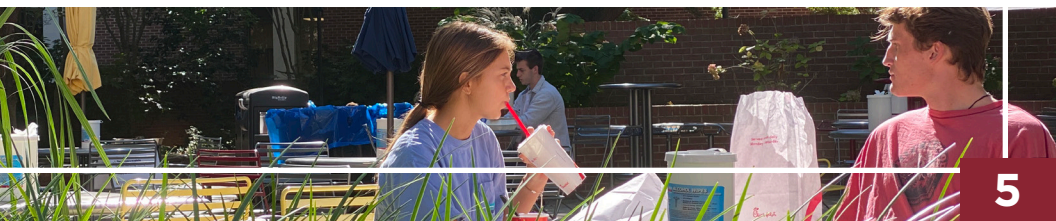
Block 50 meal plan with \$375 Meal Plan Dollars

Block 20 meal plan

- Meal swipes to be used at your discretion during the semester. Meal swipes can be used in our all-you-care-to-eat residential restaurants or for meal swipe combos in retail locations. Unused meals expire at the end of the semester
- Tax-free meal plan dollars to supplement your meal swipes and make à la carte purchases in dining locations

Joining Greek Life?

The Block 50 meal plan with \$200 MPD is the default meal plan for first year Greek Life participants during the spring semester to supplement your Greek house meal plan.



RESIDENTIAL RESTAURANTS

College can be demanding, so dining should be effortless and on your schedule. We offer six residential restaurants that provide all-you-care-to-eat service and unlimited variety. With the option to mix and match menu items or create custom dishes, there is surely something available to please your palate.

Bates Diner

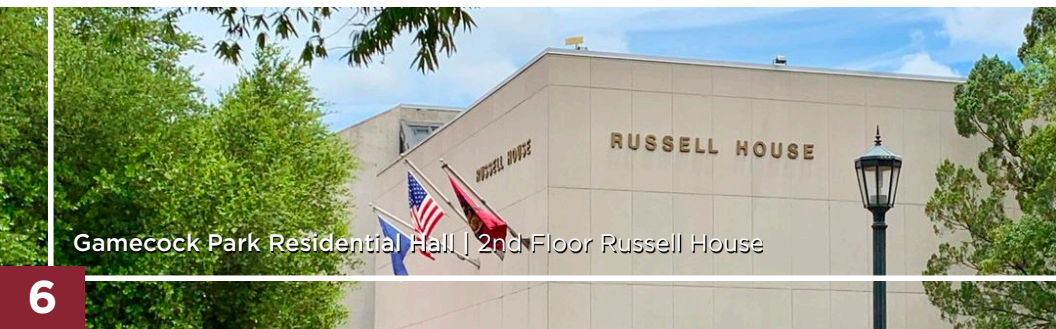
Bates Diner provides an all-you-care-to-eat service in a retro atmosphere. Order from our loaded made-to-order grill or customize a milkshake while lounging on vintage bar stools. Enjoy a delicious slice of pizza made from scratch, a tasty sandwich, hamburger or your favorite comfort foods rotating daily. Bates also offers a full salad bar, deli, and rotating soups.

Fresh Greene's

Fresh Greene's has a variety of fresh, local, and organic ingredients, plus a mini hydroponic farm for growing herbs and salad ingredients! If you are in the mood for a pizza with organic flour and tomato sauce, a salad made with Vertical Roots lettuce, or a delicious panini, this restaurant has you covered. Our Chef's Table station provides a hand-crafted meal featuring seasonal ingredients and selected with you in mind. Complete your visit with fresh baked desserts!

Gamecock Park

Our newest residential restaurant features a large variety of all-you-care-to-eat concepts in the heart of campus. Gamecock Park will have The Golden Spur Grill, reminiscent of a historic Russell House restaurant, plus True Balance allergen-friendly station, Savor + Spice rotating entrées, Ignition made-to-order pizza and pasta, and One World Kitchen for culturally diverse cuisine.



Gamecock Park Residential Hall | 2nd Floor Russell House

Gibbes Court Bistro

Gibbes Court Bistro offers a wide array of choices and some of the friendliest faces on campus. Stations like Global Kitchen international cuisine and A la Mode dessert will always have something tasty in addition to the grill, entrée, and Italian stations. The True Balance station offers meals prepared without the top 8 allergens, and there is a great salad bar available for lunch and dinner.

Honeycomb Café

Honeycomb Café is a Certified Green Restaurant thanks to our sustainable practices. It features a rotating menu across six stations, including a True Balance station that serves food without the top 8 allergens. Halal chicken is served at the grill and salad bar, and The Buzz coffee shop is right around the corner.

The Community Table

The Community Table features a large oak table cut from a UofSC Horseshoe tree that was struck by lightning. Gather here with your friends and enjoy a premium dining experience where you can create your own entrée, customize grill options hot from the kitchen, help yourself to an elaborate salad bar, and order from our coffee bar. Plus we have new outdoor seating!



RETAIL RESTAURANTS

In addition to our residential restaurants, find a variety of retail cafés, coffee shops, convenience stores, food trucks, and a food court on campus. Enjoy popular national brands and exclusive UofSC locations.

Retail Cafés

- **Café Verde** – Made-to-Order Burgers, Subs, Fries, and Milkshakes
- **Colloquium Café** – Chicken Tenders, Salads, Sandwiches, and Açaí bowls
- **Counselor's Café** – Breakfast, Salads, Sandwiches, Wraps, and Flatbreads
- **Global Café** – International Cuisine, Grill, Sandwiches, Gelato, and Coffee
- **Hampton St. Café** – Breakfast, Sandwiches, Salads, Flatbreads, and Coffee
- **Horseshoe Deli** – Made-to-Order Sub Sandwiches, and Daily Soups
- **Village Juice & Kitchen** – Grain Bowls, Salads, Smoothies, and Fresh Juice
- **Wired Café** – All-Day Breakfast, Sandwiches, Soups, and Salads



Coffee Shops

- **Einstein Bros. Bagels** in Russell House
- **Starbucks** in Thomas Cooper Library
- **Starbucks** in Welsh Humanities
- **The Buzz** in Honors Residence Hall

Gamecock General Convenience Stores

- **Science and Technology Building**
- **Park Place**
- **Russell House**
- **The Community Table**

Food Trucks and Mobile Carts

- **Nacho Papi's Food Truck** – Signature Tacos, Nachos, and Burritos
- **The Coop Food Truck** – Gourmet Burgers
- **Buns on the Run Cart** – Specialty Hot Dogs and Bratwurst
- **Good Uncle Delivery Vehicle** – Piping Hot Meals Delivered to Various Drop Points across Campus

Russell House First Floor

Find a variety of food concepts all under one roof!

- **Carolina Creamery** – Ice Cream and other Sweet Treats
- **Chick-fil-A** – Chicken Sandwiches, Nuggets, Salads, and Fries
- **Food Lab** – Local Restaurants & Rotating Concept Offering an Array of Cuisine
- **Gamecock General** – Grab and Go Snacks, Sweet Treats, and Fresh made Sushi
- **Panda Express** – Classic Asian Entrées
- **Panera Bread** – Sandwiches, Salads, Soups, Coffee, and Pastries
- **Twisted Taco** – Classic Tex-Mex featuring Tacos, Burritos, and Bowls as well as Burgers and Breakfast Burritos



University of South Carolina-Columbia



Campus Dining Map



HEALTH & WELLNESS

Special Dietary Needs

We strive to accommodate all forms of dietary needs and preferences. Students with medically required dietary restrictions due to food allergies, intolerances, and related conditions, are strongly encouraged to register with the Student Disability Resource Center so our team can provide effective support. Our dietitian, Ashley Mulkern, MS, RD, LD, will contact you to set up a consultation and dining tour. Contact the Student Disability Resource Center: (803)777-6142 or sa.sc.edu/sds

Additional Dietary Restriction Resources

- True Balance, located in Russell House, Honeycomb Café, and Gibbes Court Bistro serve offerings prepared without the top 8 allergens (egg, fish, milk, peanuts, shellfish, soy, tree nuts, wheat/gluten)
- Top 8 allergen information for retail menus is available on our website
- Made-without-gluten selections are identified on menu boards
- Menus with ingredient information can be found on our website for our residential restaurants

Dietary Preferences

A variety of vegetarian and vegan selections are available in our residential restaurants and retail locations, including the popular Beyond® Burger, grain bowls, and tofu burrito bowls. Vegan selections are identified on menu boards and on our website. A Plant-Based Dining Guide is available in the Health & Wellness section of our website.

Health Promotion

Our dietitian hosts a variety of interactive events across campus focused around health and wellness. To locate healthy finds, The Roadmap to Healthy Eating on the Health & Wellness section of our website has you covered!

For questions related to dietary restrictions or preferences, contact Ashley Mulkern, MS, RD, LD at mulkern-ashley@aramark.com. Visit our website to explore our menus before you arrive and stay informed by following us at [@uofscdining](https://www.instagram.com/uofscdining) on Instagram, Twitter, and Facebook.



SUSTAINABILITY

Reusable To-Go Containers

We provide each Residential All Access Meal Plan Holder free access to our reusable to-go container program to reduce waste from disposable products. Pick up a clean container from the cashier, fill one box with your meal and take it to-go. Bring back the used container and trade it for a clean one or a carabiner you can save for the next time you need a to-go box. If you lose your box or carabiner, you will be charged \$5 to re-enter the program.

Local Purchasing

Local food isn't just better on your plate, it's better for the community. Buying local food supports South Carolina farmers and keeps our businesses thriving. We've partnered with local suppliers to provide us the freshest local fruits, vegetables, and proteins. We strive to purchase products from local, independently-owned, minority-owned, and women-owned businesses whenever possible.

Composting

Food waste accounts for 8% of global greenhouse gas emissions. We're combating food waste in our kitchens in many ways, including composting. We collect 18 tons of kitchen scraps and plate waste per month from seven of our largest locations, including Russell House. ReSoil Compost processes the organic material into rich soil for gardens and farms throughout the Southeast.



COMMUNITY INVOLVEMENT

Food Insecurity & Swipe Out Hunger

Food insecurity is becoming more common on college campuses. Every semester, Carolina Food Co. and Student Government partner to provide meal plan scholarships to students in need. Through donation events, students are able to donate excess meals to this initiative and those meals are provided to approved applicants. Visit the Leadership and Service Center website to learn more or to apply for aid.

Food Donation

We have an ongoing partnership with the Food Recovery Network, a student organization on campus dedicated to feeding those in need. Students collect excess food from campus dining halls, restaurants, and catering events and donate it to Gamecock Pantry and Transitions Homeless Center.

GRUBHUB

Skip the line by conveniently ordering from the Grubhub app. You can even use your meal plan!

Step 1: Download the Grubhub app and create an account or sign in.

Step 2: Select *Settings* in the top right and click on *Campus Dining*.

Step 3: Select your campus and your school affiliation.

Step 4: Follow the prompts to link your Grubhub account to your CarolinaCard.

Step 5: Place your order. Notification will be sent when it is ready.

*Grubhub Campus does not offer delivery service and is for pickup only.

SPECIAL EVENTS

Themed Events

We love to celebrate with our guests! In residential dining halls, we host celebrations for holidays and other special occasions.

Surprise & Delight

Classes can be stressful, so we keep things fun throughout the semester with surprise menu items and unannounced giveaways. Keep an eye out on social media to catch them!

Pop-ups

Our chefs in Russell House host a popup station every week to feature fun recipes like Avocado Toast or Chef Peter's award-winning Schnitzel Sandwich.



Chef Peter's award-winning Schnitzel Sandwich

VOICE OF THE CONSUMER

Let us know how we are doing by filling out our online comment card. Feedback is sent directly to our management team so we can take immediate action. Submit anonymous feedback or include your contact information and we will respond to you within 24 hours. Let your voice be heard! Visit **www.yourdiningvoice.com** or scan the QR code.



STUDENT EMPLOYMENT

Looking for employment?

Reap the benefits of having a job right on campus. Carolina Food Co. has a commitment to hiring, training, and rewarding our team members. Enjoy flexible scheduling, free meals, extra spending money, a great resume addition, and other incentives. Carolina Food Co. is always looking for cashiers, baristas, catering team members, marketing ambassadors, and food service associates at our locations across campus. Join our team today!

How to apply?

Visit **www.aramark.com/careers** or scan the QR code, then search for desired position.





FRESH CULINARY CREATIONS



@UofSCDining www.sc.edu/dining

Updated 6.6.22