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# DINING GUIDE

2022-2023

UNIVERSITY OF WISCONSIN

**PARKSIDE**  
DINING SERVICES



## WELCOME

Welcome to the dining program at University of Wisconsin Parkside managed by Aladdin Campus Dining. Whether you are craving a made-to-order sandwich, a salad, or one of our signature house creations, we are sure to have something on the menu you will love! Our dining concepts offer a wide variety of choices from comfort food, healthy options, vegetarian choices, global specialties and everything in between.



## SPECIAL DIETARY NEEDS

We take allergies and food concerns very seriously. All staff members are required to attend training in preventing an allergic reaction and cross contamination.

Should you have any dietary restrictions, food allergies or assistance with nutrition, we encourage you to contact our registered dietitian, Kristie Carpenter at [uwprd@aladdinfood.com](mailto:uwprd@aladdinfood.com).



# WYLLIE MARKET

Wyllie Market is located on the south end of campus. Here you will find made to order sandwiches and flatbread pizza just the way you like it! Wyllie Market is full of fast, convenient, and fresh dining options for on the go, including Tryon Market grab and go, bottled beverages, soup and Starbucks drip coffee. We are excited to have F'real milk shakes, smoothies, and protein here drinks here!



## ENCORE

COFFEE AND BAKERY

Encore is located on the ground level of the Student Center. A We Proudly Serve Starbucks Coffee made the way you like with your favorite espresso drinks hot or iced, frozen blended coffees, Macchiatos and tea!



## BOOK & BREW

Book & Brew is located just inside the library with Tryon Market grab and go, bottled beverage and a self serve espresso machine with a flavor station and option for iced coffee!



## CATERING

Let us cater your next event! We have a variety of options from boxed lunches, dessert platters, buffets and served meals for all budgets! Email us at: [catering@uwp.edu](mailto:catering@uwp.edu)



## GRAB & GO

Tryon Market is our grab and go program found in Brickstone Grill & Eatery, Wyllie Market and Book and Brew. In our Tryon Market coolers, we have premade salads, sandwiches, snacks and more for those who need to eat on the go.



## DECLINING BALANCE

Meal plans consist of declining balance (debit) account used exclusively for on-campus purchases. Declining balance may be used at any of our dining locations on campus including, Brickstone Grill & Eatery, Encore, Wyllie Market and Book & Brew.

To add more Flex Dollars, scan the QR code below:



UW Parkside's dining services is committed to bringing nutritious food to the table and making the healthy choice an easy choice for all our dining guests. We created BeWell to make it easier for you to choose well. First, our BeWell eating approach combines the latest in nutrition science and culinary trends to create a crave-worthy, nutritious menu choice. Second, our BeWell wellness approach encourages positive behavior change through our promotions, wellness education programs, and partnerships. BeWell is incorporated with StarChef; an interactive menu program which highlights healthier options and provides the most current nutritional information for daily menus. Look for the blueberry symbol on our menus for a BeWell option!



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

Plant-based

Healthy Fat

Lean protein or plant-based protein

Limited added sugar

High fiber 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



## BRICKSTONE GRILL & EATERY

### GARDEN Dish

We are excited for this brand-new vegetarian station! Here you will find, vegetarian pizzas, daily rotating vegetarian special, steamed rice, paninis and garden burgers! Beyond Burgers are available at Sizzles.



Every sandwich is made to your specifications. Here you have a choice of deli meat, cheese, vegetables and spreads for the perfect sandwich or panini!



Create your own smoothie from a variety of fruit or create a delicious milkshake! Look for the featured Shake and Smoothie each month.



Enjoy juicy burgers, grilled chicken, hand beaded chicken tenders and French fries. Look for our daily chef specials!



Home-style menu offering comfort foods that are filling and satisfying anytime of the day!



Build your own pasta or rice bowl with beef, chicken or tofu, a variety of vegetables and different sauces to choose from! Look for the featured sauce and protein each week.

In Brickstone, receive *50% off house-made* items from our serving lines when using declining balance. This is called Brickstone Buying Power (BBP). BBP does not include packaged snacks, cookies or bottled beverages.

## \$ ECO TO GO CONTAINERS

We understand your schedule may be busy and you don't have time to eat in the dining room, so we have reusable containers for this purpose. To opt in, buy a container from the cashier. Bring your dirty container back to the cashier in exchange for a clean one or receive a green token to keep until you need a to go container.

