

BeWell



BeWell is Aladdin Campus Dining's wellness approach to help you have a more balanced dining experience. Our BeWell wellness approach combines the latest in food science and trendy recipes to create crave-worthy menu choices every day. We offer daily, weekly, and monthly specials, free take-home recipes, wellness promotions and more!

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



## Hours Of Operation

Scan the QR code for our current hours of operation.



## Special Dietary Needs

Capital's dining program and a Registered Dietitian (R.D.) will work with parents, school nurses, teachers, and health care providers to help manage students' food allergies and special diets by:

- » Working with physicians, dietitians, or qualified nutrition specialists to manage dietary substitutions.
- » Knowing where emergency medications are stored and knowing how they should be administered in case a student has an allergic reaction.
- » Reviewing menus with parents or students who have food allergies to determine what, if any, menu items need to be substituted.

# BE THE FIRST TO KNOW!

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



**Facebook**  
Capital Dining Services



**Instagram**  
@capdining

**Visit Our Website**  
<https://capital.campus-dining.com/>

## CONTACT

**LIZ CUERVO**  
Food Service Director  
[liz.hernandez@elior-na.com](mailto:liz.hernandez@elior-na.com)

**STEPHEN MEYERS**  
Executive Chef  
[stephen.meyers@elior-na.com](mailto:stephen.meyers@elior-na.com)

**RICHARD TENNANT**  
Front Of House Manager  
[richard.tennant@elior-na.com](mailto:richard.tennant@elior-na.com)

Scan the QR code to leave feedback on our website



2025-2026

# DINING GUIDE

CAPITAL UNIVERSITY



Capital University  
DINING SERVICES

## Residential Dining

Welcome to the dining program at Capital University managed by Elior Collegiate Dining! We offer a program that meets the needs of today's college student. Each 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.

jumpstart

globalfare

beverages

classic  
KITCHEN

thelocal  
DELI

sauce + stone

flame

soûpside



## Retail Locations



One Main Café has a modern feel and offers a menu that enhances the community of Capital University! Located on the first floor of the Harry C. Moores Student Union, OMC offers a made to order menu with pizza, burgers, Starbucks, local sushi and grab & go items.



Enjoy locally roasted Crimson Cup Coffee at Capital Grounds! Located in Saylor Ackermann Hall, enjoy this local, specialty coffee with your favorite frozen espresso drink or creamy cafe mocha. Students can also find fresh grab & go items, or a hot meal --perfect for your morning pick-me-up or afternoon study break.

## Cap Bucks

Cap Bucks are available to all students, faculty, and staff. Resident students may purchase Cap Bucks to supplement their meal plans. Cap Bucks are cash equivalent and may be used in all our dining locations on campus as well as participating off-campus restaurants. Capital Bucks carry over from fall to spring semester, if a student maintains a full meal plan. Capital Bucks do not carry over from spring to fall semester.

## Meal Plans

### Residential Meal Plans

All first-year residential students are required to participate in the Ultimate Plus plan for the entire academic year, regardless of earned credits. This includes transfer students living in traditional residence halls. Upper-class students may choose from the 240 block, 200 block or 125 block. Meal swipes do not carry over from semester to semester.

#### Ultimate Plus

Unlimited swipes in our all-you-care-to-eat Main Dining Room  
+ \$200 Capital Bucks  
+ 5 guest meals per semester to use at Capital Court  
+ 1 meal exchange per day at One Main Cafe

#### 240 Block

240 meal swipes per semester to use any time in our all-you-care-to-eat Main Dining Room or One Main Café + \$400 Cap Bucks

#### 200 Block

200 meal swipes per semester to use any time in our all-you-care-to-eat Main Dining Room or One Main Café + \$300 Cap Bucks

#### 125 Block

125 meal swipes per semester to use any time in our all-you-care-to-eat Main Dining Room or One Main Café + \$300 Cap Bucks

### Commuter Meal Plans

#### Freedom 100

100 meal swipes for the semester  
+ \$150 Cap Bucks  
+ 5 Guest meals per semester

#### Freedom 50

50 meal swipes for the semester  
+ \$150 Cap Bucks  
+ 5 Guest meals per semester

To Add A Meal Plan, Please Contact Student Life