

# 2025-2026 DINING GUIDE

Roger Williams  
University



**BON APPÉTIT**  
MANAGEMENT COMPANY

*food service for a sustainable future®*

[rogerwilliams.cafebonappetit.com](https://rogerwilliams.cafebonappetit.com)

 @bonappetit\_rwu |  @bonappetitrwu

# WELCOME TO DINING SERVICES AT ROGER WILLIAMS UNIVERSITY

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Dining Services are a major part of campus life at Roger Williams University, serving thousands of meals each week to our students, faculty, staff, and visitors. We invite you to join us, experience great food and share great company!

We're Bon Appétit Management Company. Our food is cooked from scratch, including sauces, stocks, and soups. A pioneer in environmentally sound sourcing policies, we've developed programs addressing local purchasing, overuse of antibiotics, sustainable seafood, the food-climate change connection, humanely raised meat and eggs, and farmworkers' rights. Most importantly, the meals we serve are not only delicious, they also embody core values – about wellness, dignity, community, and conservation – that we take very seriously. We define sustainability in the following way:

A sustainable future for food service means flavorful food that's healthy and economically viable for all, produced through practices that respect farmers, workers, and animals; nourish the community; and replenish our shared natural resources for future generations. — *Bon Appétit Management Company's definition of sustainability*

Bon Appétit follows many kitchen principles to assure the highest level of food quality and the most flavorful, nutritious options for our guests.

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Our culinary standards can be found online at: [rogerwilliams.cafebonappetit.com/wellness](http://rogerwilliams.cafebonappetit.com/wellness)

## A DEDICATED DINING WEBSITE

Menus, hours of operation, and much more are available 24/7 on our dining website. Our Circle of Responsibility menu icons provide information about ingredients in each dish and our feedback form provides a handy place to send comments or questions directly to our team.

Scan below to view.



## EATERS GOTTA EAT!

Each guest has their own style of interacting with our culinary services based on their preferences and daily changing needs.

Our job is to consider each eater and make sure we have a plan to not only solve their eating needs, but to surprise and delight them every day. Let's activate the eating experience!

Check out the following dining options on campus, which "eater" styles you most identify with, and which locations best fit your needs!

Scan below for an explanation of meal plans available for 2024-25.



## UPPER COMMONS

Located on the second floor of Commons, Upper is the central residential dining room on campus. It offers students and guests all-you-care-to-eat dining for breakfast, lunch, and dinner. Choices seem endless — from made-to-order stir fry, fresh salads, comforting entrées, to tempting pizza, pasta, and grill favorites. The Upper Commons also has made without gluten-containing ingredients (MWGCI) options at all stations.

### PAYMENT OPTIONS

Meal Swipe, Hawk Dollars, or Credit Card

### HOURS

#### BREAKFAST

Mon-Fri 7:00 a.m. - 10:30 a.m.

#### BRUNCH

Sat-Sun 8:30 a.m. - 2:00 p.m.

#### LUNCH

Mon-Fri 11:00 a.m. - 2:00 p.m.

#### DINNER

Mon-Thu 4:30 p.m. - 8:00 p.m.

Fri 4:30 p.m. - 7:30 p.m.

Sat 5:00 p.m. - 7:30 PM p.m.

Sun 5:00 p.m. - 8:00 p.m.



## LOWER COMMONS

Lower Commons is located right below Upper Commons and has everything from GO meals to sushi, pizza, grill, a salad bar, and made-to-order sandwiches — fire grilled or cold!

### PAYMENT OPTIONS

Meal Swipe, Hawk Dollars, or Credit Card

### HOURS

Monday - Thursday: 11:00 a.m. - 11:00 p.m.

Friday: 11:00 a.m. - 12:30 a.m.

Saturday - Sunday: 1:00 p.m. - 12:00 a.m.



## GLOBAL CAFE

Open Monday — Friday, Global features Starbucks coffee and specializes in espresso drinks, and also offers GO meals, grilled sandwiches, and breakfast sandwiches.

## HAWKS NEST

Located in the Recreation Center and serves coffee, fresh pastries, and bagels in addition to fruit smoothies and GO meals.

## ROGERS LAW SCHOOL CAFE

A fusion of modern American cuisines and traditional culinary influences with a customizable experience for each guest.

# OTHER FUN STUFF



## MENU MAIL

Receive the daily menu in your inbox! Enter your email, choose your café(s), and you'll start getting Menu Mail tomorrow.

## MEAL PLANS

Learn more about meal plans, Hawk dollars, and points.



## WE WANT TO HEAR FROM YOU!

Do you have a specific question, suggestion, or feedback about your meal? Connect with our managers using our contact form.



## WELLNESS @ BON APPÉTIT

We believe good health is about the choices you make every day at every meal. Learn more about healthy eating patterns as well as the community and environmental issues that can affect your well-being.



# GET INVOLVED



## CONNECT WITH US

Follow us on social media for the latest event information and special offers. Instagram handle: @bonappetit\_rwu



## COMMUNITY

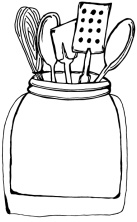
Bon Appétit makes sure there is something for everyone — including themed dinners for Holidays, student sponsored concepts, as well as national and heritage celebrations. Our teams look forward to working with student groups, clubs, and organizations to feature menu items and host events designed by our students.

## WE'RE HIRING...STUDENTS!

Build your resume with new skills and training! Looking for a part-time job with flexible hours? Join the campus dining team with a variety of roles for different majors and payroll or work-study opportunities. Work in a supportive environment, learn about our sustainability and wellness initiatives, and contribute to a central part of campus life. BONUS! Get paid to take a certificate program in wellness, sustainability, or social media while working for us! Reach out to Joseph Solmonese, joseph.solmonese@cafebonappetit.com, with interest.



# THE [DELICIOUS] FOOD!



## FROM SCRATCH

We believe in meals cooked from scratch by our passionate chefs. No corporate recipes or cycle menus here, please! “From scratch” means everything from stocks to sauces to salsa.. Guests enjoy great-tasting, abundant meals, which happen to be prepared in more healthful ways.



## BUZZ-WORTHY

“Seasonal” and “local” ingredients are more than just buzzwords. They’re the cornerstone of every menu. We source as many ingredients as we can (at least 20%!) from small, owner-operated farms and fisheries within 150 miles of Roger Williams. Not only does local food taste better, but it means that we get to help preserve biodiversity, protect open space, support family farmers, and keep money invested in your community.



## SOCIALLY RESPONSIBLE

Ingredients sourced in an environmentally and socially responsible manner is part of our ethos. Bon Appétit began making commitments to sustainable and ethical practices long before it became trendy. We serve only cage-free, certified humane eggs; sustainable seafood; certified humane ground beef, and pork raised in group housing instead of inhumane gestation crates — and that’s just a sample of our many commitments.



## SUSTAINABLE SEAFOOD

Once one of the earth’s most abundant and healthiest foods, seafood is now one of its most endangered and concerning. Bon Appétit was the first food service company to address this crisis with a comprehensive commitment to sustainable seafood. Our chefs strive to serve only seafood species that are rated Green and Yellow according to Monterey Bay Aquarium’s Seafood Watch® guidelines for commercial buyers. We began a nationwide rollout of Monterey Bay Aquarium’s Seafood Watch® program in 2002 and made adherence a non-negotiable food standard in 2004.



## A SUPPORTIVE APPROACH TO MEETING DIETARY NEEDS

Our chefs are committed to providing Hawks and all our guests with an abundant variety of plant-forward, vegetarian, vegan, and made without gluten-containing ingredient dishes each and every day.

Our team is trained in food allergen awareness using resources certified by FARE, the world's leading food allergy advocacy organization. All Bon Appétit managers at Roger Williams receive annual training and hold pre-service meetings with our staff to ensure that the safety of students, faculty, and staff is top of mind. Descriptive nomenclature identifies major allergens and gluten in menu naming and descriptions and all ingredient-related questions should be directed to our chefs or managers to ensure your safety.

Our goal is to provide students the tools they need to actively manage their food allergy or special diet in our cafés. We want students to be prepared to advocate for their needs and we are here to help facilitate a safe transition to living at college with allergies. Each student with dietary needs can develop a plan with the University. Accessibility Services, Dining Services, and Health Services will collaborate with students who have food allergies, celiac disease, or other dietary conditions to provide appropriate accommodations.

This fall we are introducing Oasis, which is your go-to station for safe, delicious meals that meet a wide range of dietary needs. Designed specifically for students with food allergies or intolerances, every dish at Oasis is made without the top nine allergens including peanuts, tree nuts, milk, eggs, soy, wheat, sesame, fish, and shellfish, as well as gluten. Meals are prepared from scratch using whole, simple ingredients in a dedicated space by specially trained chefs to ensure safety and flavor. With rotating global inspired menus and a nearby self-serve pantry stocked with allergen-friendly items, Oasis offers peace of mind and plenty of variety, all without needing to make a special request. It is inclusive dining at its best.

Additionally, our Regional Nutrition and Wellness Manager, Daniele Rossner, MS, RDN, is always available to work individually with students. Daniele takes a hands-on approach to supporting students, helping you identify food options that meet your needs. She can be reached at [Daniele.Rossner@cafebonappetit.com](mailto:Daniele.Rossner@cafebonappetit.com)

Learn more about our approach to wellness and special diets by accessing Roger William's website: <https://rogerwilliams.cafebonappetit.com/wellness> and using the QR code, consider reading our full Food Allergies guide.



## OUR PATH TOWARDS SUSTAINABILITY

*A sustainable future for food service means flavorful food that's healthy and economically viable for all, produced through practices that respect farmers, workers, and animals; nourish the community; and replenish our shared natural resources for future generations.*

—Bon Appétit Management Company's definition of sustainability

Our path toward greater social responsibility and sustainability started as a quest for flavor. When you cook from scratch, you want the freshest ingredients. That led us to launch our Farm to Fork program back in 1999, long before local food became the phenomenon it is today. Working directly with farmers and ranchers opened our eyes to the many problems of our modern food supply: while it is abundant and cheap, it has many hidden costs, such as environmental pollution and worker abuse.

We want to play a part in making it better. Bon Appétit has been committed to “food service for a sustainable future” for decades, and we’ve led the food service industry in tackling many important issues, such as farm workers right, cage-free eggs, and antibiotics in animal production. We’re also tackling food’s role in climate change with our Low Carbon Diet program and Low Carbon Lifestyle, a set of commitments that we can live for the foreseeable future and continue our dedication to reducing the climate-changing impacts of our food choices.



## MEALS MADE YOUR WAY CREATE YOUR OWN

intolerances in a fast and efficient way. This streamlined station features meals made from single ingredients and prepared without the Top 9 allergens (peanuts, tree nuts, fish, shellfish, milk, eggs, soy, wheat, sesame), or gluten-containing ingredients, making SimplyOASIS accessible to people with a wide variety of dietary needs. Without dairy or egg, SimplyOASIS can also accommodate vegans when animal protein is an optional add-on.



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## CONTACT US

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