

CONTACT INFO

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@RaidersDining



@RaidersDining

541-552-6042

Menus can be found at:

sou.campus-dining.com



HOURS OF OPERATION

THE HAWK – RAIDER VILLAGE

Monday – Friday

Breakfast	7:00am – 10:00am
Continental	10:00am – 11:00am
Lunch	11:00am – 1:30pm
Light Lunch	1:30pm – 4:30pm
Dinner	4:30pm – 7:30pm

Saturday & Sunday

Brunch	9:00am – 1:30pm
Dinner	4:30pm – 7:30pm

THE LANDING – RAIDER VILLAGE

Monday – Friday	7:00am – 10:00pm
Saturday & Sunday	9:00am – 10:00pm

ELMO'S GRILL – STEVENSON UNION

Monday – Thursday

Grab N Go	10:00am – 3:00pm
Hot Food	11:00am – 2:00pm

Friday

Grab & Go	10:00am – 2:00pm
Hot Food	11:00am – 2:00pm

Saturday & Sunday

CLOSED

EINSTEIN BROS. BAGELS – STEVENSON UNION

Monday – Thursday	8:00am – 3:00pm
Friday	8:00am – 2:00pm
Saturday & Sunday	CLOSED

SOUTHERN GROUNDS – HANNON LIBRARY

Monday – Friday	7:30am – 4:00pm
Saturday & Sunday	CLOSED

Hours are subject to change pending holidays and school closures.

Menus can be found online at:

sou.campus-dining.com

WELCOME

Welcome to Southern Oregon University's dining program, managed by Elior Collegiate Dining. We're proud to offer a program that fulfills the needs of today's college students. Each term we'll have exciting events, fresh menus, and great updates to your dining experience. These changes will be the direct result of feedback and input from the people we care about most—our guests. We're here to serve you!

STUDENT EMPLOYMENT

We offer a wide variety of engaging positions, competitive wages, and work accommodations, all while staying flexible for student schedules. For more information on student employment stop by the Food Service Office in The Hawk or visit our website using the QR code here!



SPECIAL DIETARY NEEDS

We strive to provide safe and delicious food to all our guests at every meal. We always label major allergens and common dietary restrictions. The Hawk also features Garden Kitchen, our dedicated vegan and allergen-friendly station, which provides lunch and dinner meals every day. We will work with students and healthcare providers to help manage special diets by reviewing menus together to determine what substitutions can be made to allow for a healthy and enjoyable diet. We also offer free consultations with a Registered Dietitian Nutritionist (RDN) through our website or email at askadietitian@elior-na.com.

RESIDENTIAL MEAL PLANS

\$2,184 Per Term

Red Plan | Unlimited Weekly Meals for cardholder only.
\$100 Raider Cash
10 Guest Passes

Black Plan | 17 Weekly Meals
\$150 Raider Cash
20 Guest Passes

All first-year students must have either the RED or BLACK plan.

\$1,846 Per Term

(S) Plan | 14 Weekly Meals
\$150 Raider Cash
10 Guest Passes

(O) Plan | 12 Weekly Meals
\$250 Raider Cash
10 Guest Passes

(U) Plan | 10 Weekly Meals
\$350 Raider Cash
10 Guest Passes

\$1,456 Per Term

Rocky Plan | 10 Weekly Meals
\$100 Raider Cash

\$1,020 Per Term

Madrone Hawk Plan | 5 Weekly Meals
\$400 Raider Cash
5 Guest Passes

\$940 Per Term

Madrone Raider Cash Plan | \$900 Raider Cash

Meal swipes are only accepted once per meal period. Raider Cash or another form of payment can be used to purchase additional meals.

SOU DINING RETAIL LOCATIONS

Elmo's Grill

In The Stevenson Union

Elmo's Grill offers all the favorites! From teriyaki bowls, burgers, pizza, and pasta, to fresh made-to-order salads and grain bowls. Citizen Chicken is our newest menu option, which features fresh, handmade chicken strips and sandwiches!

Grab-and-go options are also available such as sushi rolled daily, fresh sandwiches, candy, snacks, and beverages.

Einstein Bros. Bagels

In The Stevenson Union

Einstein Bros. is another option for food at the Stevenson Union. Located on the main level across from Elmo's Grill. Here you can find bagels, a variety of shmears, and delicious sandwiches.

We also feature full-service coffee menu.

Southern Grounds

Next To The Hannon Library

At Southern Grounds we exclusively feature Café Mam's fair trade, organic, and shade-grown coffee in this full-service coffee shop. We offer a wide assortment of grab-and-go items including sandwiches, salads, and snacks prepared fresh daily in our kitchens. You can also find seasonal drinks, fresh pastries, and deli sandwiches made to order.

COMMUNITY MEAL PLANS

Available to anyone without a residential plan, these plans include meals for The Hawk or Elmo's Grill and/or Raider Cash for use at any SOU Dining location.

Ashland Plan

\$190

20 Meals

Up to \$80 in Savings

University Plan

\$335

30 Meals

\$50 Raider Cash

Up to \$120 in Savings

Raider Plan

\$660

65 Meals

\$75 Raider Cash

Up to \$295 in Savings

Raider Cash Plan

\$400

\$435 Raider Cash



The Hawk

Located in Raider Village is Southern Oregon University's dining commons. The Hawk is open to students, staff, faculty, and the general public. The Hawk accepts all forms of payment.

Garden Kitchen

Focused on a Vegan Lifestyle Prepared Free from Gluten, Tree Nuts, Peanuts, Eggs, Dairy, Fish and Shellfish

Street Food

Imported Flavors from Global Markets

Red Plate

Classic American Comfort Foods

Sauce & Stone

Signature Pizzas, Pastas, and Pasta Sauces

Greens

Self-Serve Salad Station Featuring Local Produce

Global Fare

Internationally Inspired Cuisine

Flame

A Modern Twist on Freshly Prepared Burgers and Fries

The Rogue Deli

Fresh Soup and Sandwiches Made with Local Bread

The Landing

The Landing is our convenience store located inside The Hawk. Here, we proudly serve Starbucks® coffee and offer a great selection of beverages, groceries, grab-and-go items, and snacks from both local vendors and well-known favorites.

The Landing accepts cash, credit, debit, and Raider Cash.



SOU Dining is committed to bringing nutritious food to the table and making the healthy choice an easy choice for all our guests. We created **BeWell** as a guide to make it easier for our guests to choose well in their dining. The program uses two approaches for better dining. First, our Eating Approach combines the latest in nutrition science and culinary trends to create crave-worthy, nutritious menu choices. Second, our Wellness Approach encourages positive behavior change through our promotions, wellness education programs, and partnerships. In addition, dining guests can use an interactive menu guide for highlighting healthier options and viewing nutritional information for our daily menus. Guests can find this menu on our website at sou.campus-dining.com.



GREEN TO-GO BOXES

Need to eat your meal outside The Hawk? Save time, money, and waste, by purchasing a reusable Eco Box for only \$10! Available for use only at the Hawk. This program lets you take your meal to-go, rather than dine in. Eco Boxes are limited to one per person, and regular meal charge rates still apply. When you return with your used Eco box, you can freely trade it in for a clean Eco box for immediate use, or you can ask for a marked carabiner from the cashier to trade for an Eco box later. Please note that if you are taking your meal to-go, you will not be able to eat in The Hawk, unless you pay for a second meal. Purchases can be made with your meal plan, credit card, debit card, cash, or Raider Cash.

CATERING FOR EVERY OCCASION

We believe every meeting or gathering can be more memorable and more effective when paired with something great to eat. Our dedicated event experts can help you select the perfect breakfast menu for a quarterly meeting or celebrate a milestone with seasonal fare.

One of our commitments is to provide world-class catering at every level. We are creative, innovative and responsive to every catering client and guest we serve. We have an extensive menu of options for any event, but we are happy to customize and create a menu that's uniquely perfect for you and your event.

We also offer a discounted student menu available to SOU students only. Minimum orders are for 12 people and are pick-up only at either Elmo's in the Stevenson Union or The Hawk. Please state when placing your order if any accommodations for diet or budget are needed.

Catering Inquiries

Give us a call:

(541) 552-8000

Visit our website:

SouthernOregonUniversity.CaterTrax.com



*Making Memories
One Event at a Time*

SUSTAINABILITY IN ACTION

We believe in feeding people healthy and delicious food, but we also take seriously our responsibility to make a positive change in our community and environment. With a focus on food, planet, people, and wellness, we're committed to changes that create a better dining experience. So far, this commitment has led to the following improvements:

- » Composting all preconsumer fruit and vegetable scraps from our kitchens.
- » Offering all students living on campus a free reusable to-go container at the beginning of the school year.
- » Making weekly donations to the Student Food Pantry in the Stevenson Union.
- » Using as much fresh produce as possible from the SOU Farm in our daily menus.
- » Recycling our used cooking oil for conversion into sustainable diesel fuel.
- » Utilizing the generosity of others through SOU Catering's Second Serving. Food made available.
- » Donating meals to food insecure students through the Raiders Helping Raiders program.
- » Holding a monthly Food Committee with open forum discussions between management and students.

We're proud of the accomplishments we've made so far, but we won't stop here. Contact us at our website to learn more and follow us [@raidersdining](#) for the latest news and updates.



RAIDER CASH

Raider Cash is available for use exclusively in each of our SOU Dining locations for any purchases. For students with residential meal plans, Raider Cash will carry over each term and will be voided when the student moves out of University Housing or by August 31st, whichever comes first. For questions regarding Raider Cash, please visit our website or call The Hawk office at **541-552-6042**.

Running low on Raider Cash? Students and family can easily add more to their account by calling the dining office at **541-552-6042**, scanning the QR code here, or visiting sou.campuscardcenter.com

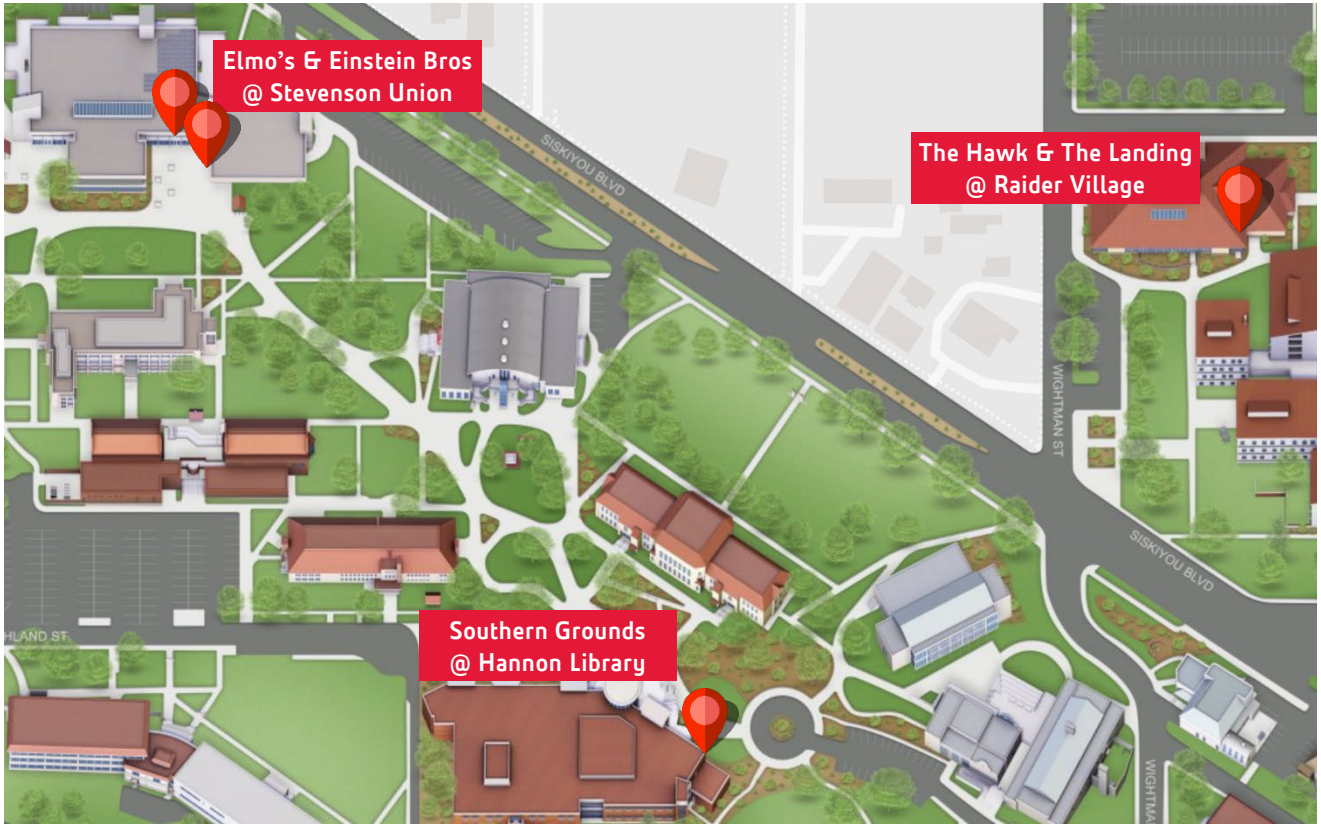


MEAL EXCHANGE

Don't have time to get to The Hawk between classes? Save time and money by using a meal swipe to purchase a complete meal at Elmo's with the Meal Exchange program. Look for the Meal Exchange icon shown here to see which entrées and sides qualify, and get a small drink to complete your meal. If any items outside of the meal combo are purchased, Raider Cash or another form of payment must be used to complete the transaction. Please note, **the amount of meal swipes per day depends on the plan.**



SOU DINING CAMPUS MAP



RAIDER CASH

Nearly all meal plans come with Raider Cash, which is a declining balance of campus dining dollars. Raider Cash can be used at any SOU Dining location for any purchases. Anyone can add more Raider Cash onto any account by visiting sou.campuscardcenter.com or by scanning the QR code here.



TREATS FROM HOME

Whether it's a birthday, holiday, or some other celebration, give the gift to make those moments shine! Treats From Home is the most convenient option on campus for gourmet baked desserts and seasonal gift baskets. To learn more, including how to download the app and get started, visit our website or use the QR code shown here.



CONTACT INFORMATION

For more information, contact us at 541-552-6042 • sou.campus-dining.com



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