

VCU Dine Dietary Guide

2026 -2027



Our Commitment

Good nutrition is essential to good health. That's why at VCU Dine, we're committed to nourishing every student through healthy, nutritious food options. Our daily offerings allow you to build a balanced meal around fruits, veggies, lean meats, grains and low-fat dairy. With educational health and wellness events throughout the year, VCU Dine also gives you the skills and knowledge necessary to lead a healthy lifestyle, both during your time at VCU and beyond.



Quinn Taylor, RD
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Email or call to set up your meeting today.

Our Registered Dietitian

Our Registered Dietitian, Quinn Taylor, is your on-campus health and wellness resource. Quinn is available for one-on-one consultations with students and personalized dining hall tours to discuss any food allergies, special dietary needs and overall healthy eating strategies on campus. She can also introduce you to members of the VCU Dine team in order to make your dining experience more comfortable.

Icons to look for in our dining locations:



Low in calories, saturated fat, & sodium, with a full serving of nutrient-rich ingredients.



Contains no meat, fish or poultry.



Contains no animal products of any kind.



A plant-centered cooking style with minimal animal protein.



Made with whole grains.

Mobile Resource

My Dining Hub can be accessed from the VCU Mobile App - under the "Dining" icon. Also access online menus, Swipe options and more.

Online Resources

To view nutrition and allergen information, visit vcu.mydininghub.com. For up-to-date info about VCU Dine health and wellness events and activities, check out our social media accounts. @VCU_Dining | @VCUDietitian



Campus Guide to Healthy Options

Check out these locations for our most popular healthy options!

1 Harrison & Grace

Au Bon Pain

2 Shafer & Grace

Ram City Market

3 Laurel & Grace

Mama Luisa's
Bento

4 Shafer Court Dining Center

Market 810
Shake Smart
Einstein Bros. Bagels

5 University Student Commons

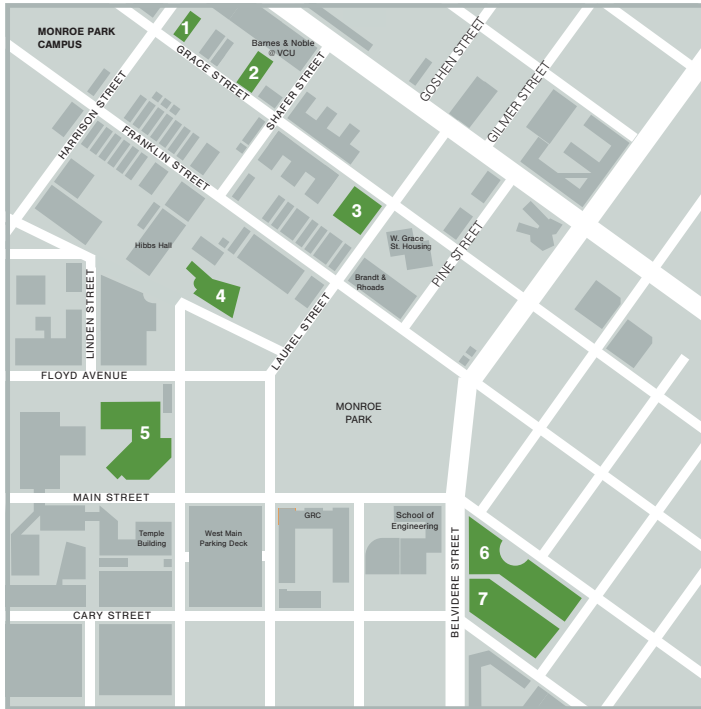
P.O.D. Market
Subway
Choolaah

6 Snead Hall

Saxbys (Coming Soon)

7 Engineering Research Building

Au Bon Pain - Ram Bytes



true balance

The True Balance Station, located at Shafer's Market 810, offers meals made without gluten and the top 9 food allergens (milk, eggs, wheat, soy, shellfish, fish, tree nuts, peanuts and sesame). Each recipe has been carefully selected and prepared to ensure safety for those with dietary restrictions while still focusing on flavor and variety.

Special Dietary Needs

We also offer a variety of items to accommodate special dietary needs at many locations, including:

Made-without-gluten products

Such as cereals, breads, buns, pizza crust and dessert items are available at Shafer's Market 810 and Ram City Market.

Dairy alternatives

Such as soy and almond milk, and cheeses are available in Shafer's Market 810 and select retail locations across campus, including Shake Smart and Starbucks.

Vegan options that are made without eggs and dairy

Vegan and vegetarian products and menu items are available at multiple locations across campus, including Shafer's Market 810, Shake Smart, P.O.D. Market, Ram City Market and more.

To Reduce the Risk of Cross-Contact*

1. Ask the dining employee to change their gloves
2. Ask the dining employee to use a new utensil or a fresh pan at made-to-order stations
3. Take caution with deep-fried foods, as frying oil is reused during the day before being changed

Be Prepared

1. Know the symptoms of allergic reactions and how/when to tell someone you might be having an allergic reaction
2. Carry medication/EpiPen and emergency contact information at all times in case of exposure

*Aramark relies on our vendors' allergy warnings and ingredient listings. Because we operate as a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

Medical & Religious Dietary Restrictions

If you have specific questions or concerns about your dietary or religious needs while on campus, our registered dietitian is available for one-on-one consultations. Looking for dining accommodations info? Visit sao.vcu.edu and click "request your accommodation letter" at the bottom of the screen.

For More Info

Scan the QR code to access our allergen guide and to receive more information about dining on-campus with a food allergy.





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