



UCook lets students explore flavors, build valuable culinary skills, and take pride in what they create. Perfect for experimenting, learning, and enjoying a dish made just the way you like.

Choose fresh ingredients from any Miley Café station, follow simple recipes, and cook your own creations right in the dining hall.

Experiment with scrambles, sautés, stir-fries, omelets, pancakes, and more, all while building practical cooking skills you can use every day.



UCook is a unique and fun way to try new flavors, get creative, and enjoy a meal made exactly the way you like it. Induction burners, pans, utensils, plates, bowls, ingredients, and other materials are provided. Please note that outside ingredients are not permitted in Miley Café or the UCook space.



Download the Everyday App to view Miley Café menus, nutritional highlights, and more!

SALVE REGINA  
*dining*

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THE OFFICIAL  
MILEY CAFÉ  
DINING GUIDE

SALVE REGINA  
*dining*

# SAVORY CUSTOM KITCHEN

From hearty breakfasts to balanced lunches and mindful dinners, Savory is a staple at Miley Café. Build a plate with your favorites, including a protein, a starch, and a vegetable to keep you fueled. Grilled chicken is always available as a reliable protein option. Menus rotate regularly, offering diverse and delicious choices, with student feedback helping guide future selections.



# SPROUTS VEGAN + VEGETARIAN

Plant-based made easy! Sprouts offers globally inspired, fresh, complete meals made with clean ingredients. Sprouts is perfect for guests with dietary needs or simply trying something new. Delicious, nutritious, and plant-powered meals served all day, every day.

# SIMPLE ZONE

A safe and secure pantry in Miley Café, Simple Zone offers meals free from gluten, peanuts, and tree nuts. Inspired by the main entrée line, all dishes are prepared with care to prevent cross-contact. Enjoy hot options, a salad bar, cereals, snacks, desserts, and a UCook station, all clearly labeled for allergens and designed for peace of mind. All students who need access to Simple Zone must request access through our Registered Dietitian using [nutrition@salve.edu](mailto:nutrition@salve.edu).



## Our Stations...



## SMOOTHIES

+ MORE

Refresh with a custom-made smoothie at breakfast or lunch, or grab the smoothie of the day on the go. Perfect for a quick, portable snack, and don't miss Milkshake Friday during lunch!



## BLISS THE SWEET SPOT

Indulge in fresh cookies and desserts at every meal, including specials for menu pop-ups, national food holidays, and more. Enjoy New England Ice Cream and frozen yogurt daily near the Smoothie and UCook stations.



"Our goal is to Improve our piece of the Higher Education Journey through an Elevated and Amazing Dining Platform tailored towards Student Engagement and Satisfaction."  
-Executive Chef Parys Fortini

## SHOWCASE FLAVOR DESTINATION

Create your own stir fry with fresh vegetables, proteins, rice, lo mein noodles, and daily plant-based options. Enjoy breakfast specials, chef-curated pop-up menus, topping bars, and more!



## STACKED DELI CASE



## STACKED

DELI CASE

Build your perfect sandwich or wrap with fresh breads, proteins, cheeses, and toppings. Upgrade your sandwich with fresh, house-made potato chips or use our panini press. Look out for rotating specials and featured ingredients all week long.



## SPoonfull MIX

HEARTY BOWLS A SALAD EXPERIENCE

Enjoy a rotating menu of hearty soups and a fully stocked salad bar with fresh vegetables, fruits, proteins, and toppings. Don't miss the house-made dressing and composed salad specials of the day, tossed-to-order salads, and seasonal menu highlights. Mornings feature fresh-cut fruit, yogurt, overnight oats, and oatmeal with all your favorite mix-ins.



## SLICES

PIZZA + SUCH

Enjoy Sal's signature crust topped with melty mozzarella cheese and marinara sauce. Served as classic cheese, pepperoni, and rotating specialty pizzas, including calzones and stromboli.

## TWISTS PASTA KITCHEN

Each day, count on our pasta bar stocked with pasta, marinara, a specialty sauce from the kitchen, breadsticks, and a daily special including toasted subs, pasta casseroles, and more!



## GRILL + GRIDDLE SIZZLE

Dig into rotating favorites like smash burgers, crispy chicken sandwiches, quesadillas, nuggets, tenders, French fries, chef-curated menu popups, and daily plant-based options, always hot off the grill.



We are a student feedback-driven dining program. If there is something that we do not offer that you would like to see, please reach out using our online comment card.