

## NUTRITION INFORMATION

# myfitnesspal

Join A'viands on MyFitnessPal.com. Check out nutritional information on your favorite menu items!

- Visit myfitnesspal.com OR Open MyFitnessPal app on your smartphone and sign into your account.
- Scroll to the bottom of the web page. Find the MyFitnessPal food search box.
- Type in **A'viands** (apostrophe must be included, does not have to be capitalized) & enter food item in food search box. Click on item to view nutrition information.

Please note:

You do not need a MyFitnessPal account to search food items on the MyFitnessPal website.

## LIONS BREW COFFEE SHOP



Enjoy fresh brewed coffee, an espresso creation made as you wait, prepackaged sandwiches, and quick grab-and-go snacks. Lions Brew is conveniently located in the lobby of Finlandia Café.



## BE THE FIRST TO KNOW!

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



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[finlandia.edu/diningservices](http://finlandia.edu/diningservices)

## CONTACT

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## FINLANDIA CAFÉ

The Finlandia Café, conveniently located in Finlandia Hall, offers the campus community a wide variety of dining choices.

**FIELD OF GREENS:** Create your own salad

**SWEET PEPPERS DELI:** Assorted breads and deli shaved meats and cheeses

**FRESH STARTS:** Breakfast selections available all day

**RED PLATE:** Traditional classic comfort foods prepared fresh daily

**OLIVE:** Assorted pizza and pasta

**WORLD FLAVORS:** Exhibition cooking that will take you on a tour of the world

**DESSERTS:** Something to satisfy your sweet tooth



THE **RED PLATE**  
*comfort classics*

*Fresh Starts* **FIELD OF GREENS**

**WORLD FLAVORS**

## HOURS OF SERVICE

### MONDAY - FRIDAY

Breakfast: 7:30am - 10:00am

Lunch: 11:00am - 1:00pm

Dinner: 4:30pm - 7:00pm

### SATURDAY - SUNDAY

Brunch: 12:00pm - 1:00pm

Dinner: 4:30pm - 5:30pm

### LIONS BREW

7:30am - 7:00pm

## RESIDENTIAL MEAL PLANS

*All students living on campus.*

**19** | **19 MEAL PLAN**  
19 Weekly Meals  
\$25 FLEX per semester

**15** | **15 MEAL PLAN**  
15 Weekly Meals  
\$90 FLEX per semester

**9** | **9 MEAL PLAN**  
9 Weekly Meals  
\$135 FLEX per semester

*If a meal plan is not selected you will be assigned the 19 Meal Plan. Weeks run Sunday thru Saturday.*

## COMMUTER MEAL PLANS

*Faculty, Staff and Non-Resident Students*

**40** | **40 MEAL PLAN**  
40 Meals | \$280

**80** | **80 MEAL PLAN**  
80 Meals | \$560

**FP** | **FLEX PLAN**  
(Available to Staff, Faculty, Students)  
Add \$1 to \$200 on your FLEX Plan to use as needed in the Café and Lions Brew

*Commuter meal plans do not expire, use your plan until it is gone or purchase more.*

## GENERAL GUIDELINES

- Students may choose a residential meal plan. If they use up their weekly allowance, students may use their FLEX to purchase additional meals.
- Students MUST present their photo I.D. when entering the Café.
- Students may not give their I.D. to someone else to use.
- Meals can only be used by the purchaser.
- To treat a friend, students can use their FLEX dollars.
- Students should remember to use their plan wisely. FLEX dollars are offered to give flexibility and should be used to augment the meals offered in their meal plan.
- If a student's FLEX dollars run low, they may add more to their account with cash, check, charge to student account or money order by visiting the dining services office.
- Students on the FLEX Plan can use as many dollars as they like at one time.
- FLEX dollars can be used at Finlandia Café or Lions Brew.
- FLEX dollars will carry from semester one to semester two.
- FLEX dollars will not carry from school year to school year.
- Meal plans do not include Christmas Vacation or Spring Break.
- Students can use up to three exchanges per week at the Lions Brew for a sandwich, chips and beverage.