

Bringing the Zest. Enhance. Enjoy. Energize. | October 2026



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Commons & Retail Happenings



Be sure not to miss out on these important dates!

Commons

- Thursday, October 1 - World Vegetarian Day
- Thursday, October 1 - Thursday, October 15- Grubhub Tech Pop-up

- Follow us on social media for more information
- **Sunday, October 4 - Saturday, October 10** - Homecoming Week!!
- **Monday, October 5-** Oktoberfest Dinner
 - 4:30 - 8 p.m.
 - Live Band!!!
- **Tuesday, October 6-** National Ramen Day
 - Ramen Day Giveaway winner announced
- **Thursday, October 8** - National Pierogi Day
- **Friday, October 9-** Taste of the Chesapeake Dinner
 - Treat your parents or friends with a guest pass
 - 4:30 - 8 p.m.
- **Saturday, October 10-** Homecoming Football Game!!
 - Go Gulls!
 - Flock Party
- **Monday, October 12-** Local Matters Day
 - Also, the Tibetan Monks arrive on campus
- **Thursday, October 15-** Tibetan Dinner
 - 4:30 - 8 p.m.
- **Monday, October 19 - Tuesday, October 20** - Fall Break
- **Friday, October 23** - National Boston Crème Pie Day
- **Saturday, October 24** - Open House
- **Monday, October 26-** Pumpkin Day
 - Guess the Weight Pumpkin Contest
- **Wednesday, October 28-** Lobster Night
 - Guest passes not permitted for this event
 - 1 lobster per person
 - Free with meal plan
 - No meal plan? - Door price: \$53.50
 - 4:30 - 8 p.m.
- **Friday, October 30-** Bingo in the Bistoro
 - SOAP event from 12 - 4 p.m.
 - First come, first served
- **Saturday, October 31** - Halloween Luncheon

Reduce the Wait and Order Ahead

- Gluten-free pasta, pizza, and vegan cheese pizza may be ordered in advance by calling 410-548-5598.

Trending Across Campus: October Specials

Guerrieri Student Union

Cool Beans Café



Cool Beans October Specials! 🍌☕

Fall favorites are back! Our Horchata is back, and the Cider Delight is available hot or iced. We're also excited to feature an all-new Barista-Created Strawberry Max Refresher, made with strawberry, peach juice, and hibiscus. Stop by Cool Beans and enjoy something new or welcome back an old favorite this October!

Guerrieri Student Union

Chick-fil-A®



🔥🍷 S'mores Frosted Coffee is Calling! ☕🔥

Treat yourself to the rich, creamy, s'mores-inspired goodness of the S'mores Frosted Coffee—complete with an irresistible coffee kick and all the cozy flavors you love. Not a coffee fan? We have that as a Milkshake too.

And while you're indulging, pair it with Chick-fil-A® Chicken & Waffles, featuring your choice of Original, Spicy, or Grilled chicken alongside golden, fluffy waffles.

Guerrieri Academic Commons

Chesapeake Coffee Roasters™



🍏🍷 Meet your new favorite fall sip! ☕🌟

Say hello to the **Iced Green Apple Caramel Latte** — a deliciously unexpected blend of crisp green apple, rich caramel, and smooth espresso, all poured over ice for the perfect refreshing pick-me-up.

Sweet, crisp, creamy, and totally craveable — it's the kind of drink that makes you want to savor every sip. 🍏❤️

Come grab yours and taste the season in a whole new way!

Hungry Minds Express



🍗👋 Say hello to your new favorite sandwich! 🔥

The **Chicken Bacon Ranch Grilled Chicken Panini** is loaded with tender grilled chicken, crispy bacon, creamy ranch, and melty cheese, all pressed together in a perfectly golden, toasty panini.

Savory, cheesy, crispy, and packed with flavor — **this one checks all the boxes.** 😊

Come hungry. Leave happy. 🍷🌟

Books & Bread at Arthur's Café



Gull Griller Special - \$6.50

Built like a chapter you can't skip. Thick Texas toast stacked with melted provolone and Monterey Cheddar, hickory-smoked ham, onion, tomato, and crisp lettuce, all tied together with garlic aioli and a dash of Old Bay® for that unmistakable coastal finish.

Get your Gull Griller for just \$6.50 - available as a sandwich, sub, salad, or wrap. Add SunChips and a drink for just \$1 more.

Bites from the Dietitian

Nourishing Calm: How Food Can Help You Manage Stress

Discover how simple nutrition and healthy routines can help support your body and mind during stressful times. From magnesium-rich foods and omega-3s to balanced meals, hydration, and quality sleep, learn practical ways to nourish calm and build stress resilience.

[Read more →](#)

What if your next cup could do more than warm you up? 🍵🌿

From better hydration and digestion to relaxation, focus, and heart health, different herbal teas offer different benefits. Discover which tea might be the perfect fit for **sleep, stress, nausea, digestion, or everyday hydration**—and get the dietitian's take on making herbal tea part of a healthy lifestyle.

Curious which tea is right for you? [Read the full article.](#)

Have a question about nutrition? Thinking about becoming a vegetarian or looking for the best way to eat for your lifestyle? Concerned about your weight, overall health, or managing food allergies or intolerances?

Reach out to Terry Passano for personalized guidance and support on your nutrition goals. **We love to hear from our readers! Do you have nutrition questions or topics you would like to learn more about? Email your questions, suggestions, and inquiries to Dining@salisbury.edu for publication in our next issue of *The Zest*.**



Article By
**Terry Passano, RDN, LDN,
CLT**
University Dietitian
[Make an Appointment](#)

Catering Corner



News from University Catering

Important Reminders

- **Friday, November 20** - Deadline for **December orders**.
 - Please have food and beverage orders submitted by this date. Final guest counts for these events are due three days prior.
- **Friday, December 11** - Deadline for the first two weeks of January orders.

[New catering brochure](#)

Tips on ordering catering

- **First Steps**
 - When you make your reservation, you can place your food & beverage order at the same time. If you are waiting to order, *you must select* "not ready to place food & beverage order." **This is the only way Catering gets notified of your event.**
- **Online Ordering**

- Orders are placed through your reservation and may be placed up to eleven days before the event. Email late orders to Kelli Delgado or April Schneider.
- Account codes for billing are needed at the time you place the order.
- Order tables, event technical needs, and other necessary elements through your reservation.
 - Apart from events in The Commons building, Catering does not supply tables. These need to be arranged with Support Services or Housekeeping depending on location.
 - How many tables should you order?
 - One 6 ft rectangle table for every three catering items ordered.
- Struggle with online ordering?
 - We are happy to offer one-on-one or group training - just ask.
- Information to share with Catering for a seamless event
 - Guest arrival time
 - Program start time
 - Meal time
 - Estimated end time
 - Special dietary needs
 - Account codes
 - Final guest counts are due three business days before the event

Sweet Treats

SMITH ISLAND CAKE- \$42.00
Sumptuous layer cake made popular on Maryland's own Smith Island. The official state cake of Maryland consists of 10 amazing layers of cake and frosting. Happy Birthday cake topper included.
~Yellow cake with chocolate icing
~Red velvet
~Cookies & cream

DOZEN COOKIES- \$12.75
(includes chocolate chip, sugar, and M&M)

DOZEN BROWNIES- \$14.50

Call 410-543-6173 (8 AM-3 PM) to place orders

Party Favorites

FRESH DOUGH PIZZA: cut into 8 slices
~Three Cheese - \$14.00
~Pepperoni- \$15.00
~Sausage- \$15.00
~Vegetable-\$15.00
~Meat Lovers- \$16.00

CHICK-FIL-A CHICKEN NUGGET PARTY PLATTER
(with Dipping Sauce)
SMALL, 64 NUGGETS- \$37.00
MEDIUM, 120 NUGGETS-\$72.50
LARGE, 200 NUGGETS- \$118.00

CHICK-FIL-A FRUIT PLATTER
Small serves 12- \$37.50
Large serves 26- \$74.00

JUST
BECAUSE
PACKAGES

Beverages

CHILLED 12-PACK SODA- \$10.00

BOTTLED WATER- \$2.39 EACH

CHICK-FIL-A LEMONADE 1 GALLON- \$12.25

CHICK-FIL-A SWEET TEA 1 GALLON- \$6.50

CHICK-FIL-A SUNJOY 1 GALLON- \$10.50

How To Place An Order

~Please place order a minimum of 3 business days before needed
~Personalized message included
~Plates, forks & napkins- included with purchase
~Student will be e-mailed and texted that a treat has been ordered for them.

~The student must contact Dining Services at 410-543-6173 (Monday-Friday, 8 AM-3 PM.) to arrange for pick up day and time from the Commons Cashier Station.
~Credit card payments only.



HERE FOR THE FOOD
Creating Memorable Dining Experiences

Commons Event Calendar



Staff Spotlight

Each month, Dining Services is proud to recognize our team's outstanding efforts through our Employees of the Month program. Their hard work, dedication, and positivity help make our campus dining experience the best it can be.

Stay tuned for September's winners.

Our students are central to our commitment to quality and an agile program that serves the campus community. Join our team and [apply](#) today!

UDS Hours of Operation



Check out our dining operations on campus.

Chesapeake Coffee Roasters

- Monday-Thursday: 7:30 a.m.-9 p.m.
- Friday: 7:30 a.m.-4 p.m.
- Saturday-Sunday: Closed

Chick-fil-A®

- Monday-Saturday: 11 a.m. - 9 p.m.
- Sunday: Closed

Cool Beans Café

- Monday-Friday: 7:30 a.m.-7 p.m.
- Saturday-Sunday: Noon-7 p.m.

Conway Café

- Temporarily Closed

Books & Bread *at Mr. Arthur's Café*

- Monday-Thursday: 8:30 a.m.-3:30 p.m.
- Friday-Sunday: Closed

π (Pi)

- Thursday-Sunday: 7 pm.-Midnight
- Monday-Wednesday: Closed

Commons

- Monday-Thursday: 7:15 a.m.-8:30 p.m.
- Friday: 7:15 a.m.-7:30 p.m.
- Saturday:
 - 9:30 a.m.-2:30 p.m.
 - Dinner: 4:30 p.m.-7:30 p.m.
- Sunday:
 - 9:30 a.m.-2:30 p.m.
 - Dinner: 4:30 p.m.-8 p.m.

Hungry Minds Express

- Monday-Thursday: 10 a.m.-11 p.m.
- Friday: 10 a.m.-4 p.m.
- Saturday: Closed
- Sunday: 5-11 p.m.

Shore Café

- Monday-Thursday: 7:30 a.m.-7 p.m.
- Friday: 7:30 a.m.-3 p.m.
- Saturday-Sunday: Closed

"HERE FOR THE FOOD"

Dining Services

Commons Building (CB)

salisbury.edu/dining



Salisbury
UNIVERSITY

Make Tomorrow Yours

PLEASE NOTE: Visitor parking permits are required to park at SU; please request a permit at salisbury.edu/parking

SU is an Equal Opportunity/AA/Title IX university and provides reasonable accommodation given sufficient notice to the University office or staff sponsoring the event or program. For more information regarding SU's policies and procedures, please visit salisbury.edu/equity.

Header and calendar image were generated using ChatGPT.

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