2018-19 Visitors Guide

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WASHUBears #LetsGoWashU
### ADMINISTRATION

<table>
<thead>
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<th>Position</th>
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<th>Email</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Director of Athletics</td>
<td>Anthony J. Azama</td>
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</tr>
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<td>Associate AD for Varsity Programs/SWA.</td>
<td>TBA</td>
<td></td>
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<td>Associate AD/Recreation Programs &amp; Services</td>
<td>Bryan Lenz</td>
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<tr>
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<td>935-4703</td>
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</tr>
</tbody>
</table>

* Area Code 314

### SUPPORT STAFF

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assistant AD for Communications</td>
<td>Chris Mitchell</td>
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<td>935-5077</td>
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<td>Assistant Sports Information Director</td>
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<tr>
<td>Equipment Manager</td>
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<tr>
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<tr>
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<tr>
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<tr>
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<td>Assistant Athletic Trainer</td>
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</tr>
</tbody>
</table>

* Area Code 314
# COACHING STAFF

<table>
<thead>
<tr>
<th>Sport</th>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Pat Bloom</td>
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<tr>
<td>Football</td>
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<tr>
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<tr>
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<tr>
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<td>935-4496</td>
</tr>
</tbody>
</table>

Contact Information:
- Athletic Office: 935-5220
- Athletic Department FAX: 935-5545
- Emergency: 935-5555
* Area Code 314
EVENT/FACILITIES INFORMATION

**Baseball**
Games are played at Kelly Field, located on Forsyth Avenue. Visiting teams use the dugout on the first base side.

**Basketball**
Games are played in the WU Field House inside the Athletic Complex on Big Bend Boulevard. Locker rooms are available inside the facility.

**Football**
Games are played at Francis Field, located at the corner of Big Bend and Forsyth. Visiting teams use the north sideline opposite the press box. Locker rooms are located in the Athletic Complex.

**Golf**
The home courses for the Washington University women’s golf team are the golf courses at Forest Park.

**Soccer**
Games are played at Francis Field, located at the corner of Big Bend and Forsyth. Visiting teams use the southwest sideline. Locker rooms are located in the Athletic Complex.

**Softball**
Games are played at the WU Softball Field located at the corner of Big Bend and Forsyth. Visiting teams use the dugout on the first base side.

**Swimming and Diving**
Meets are held at the I.E. Millstone Pool in the Athletic Complex. Locker rooms are available adjacent to the pool.

**Tennis**
Matches are played at the Tao Tennis Center, located directly east of the Athletic Complex.

**Track and Field**
Meets are held on the Bushyhead Track at Francis Field, located at the corner of Big Bend and Forsyth.

**Volleyball**
Matches are played in the WU Field House inside the Athletic Complex on Big Bend Boulevard. Locker rooms are available inside the facility.

ADMISSION POLICY

Admission is free to all WashU sporting events except for football - tickets cost $5 for adults and $2 for children. Cash sales only. Pets, bikes, weapons, alcohol, coolers and glass bottles are prohibited. Photographers are required to obtain a WashU photo credential Assistant AD for Communications Chris Mitchell at (314) 935-5077 or mitchell@wustl.edu.

FACILITIES INFORMATION

Visiting teams in need of laundry service should contact WU Equipment Manager Mike Frank at (314) 935-5260 in advance of the event.

Visiting teams in need of practice space can contact WU Facility Manager Andrew Koch at (314) 935-4703.
DIRECTIONS TO CAMPUS & ATHLETIC COMPLEX

**From Lambert Airport**
- Exit terminal to I-70 E/St. Louis
- Bear right and take exit 238B to merge onto I-170 S toward Clayton
- Drive 6.5 miles and take exit IE to merge onto Forest Park Parkway
- Drive 1.3 miles, take the Forsyth Blvd exit and take a slight right onto Forsyth Blvd.
  **BUSES:** Drive 0.7 miles and turn left on Big Bend Blvd. The loading dock will be on the right.
  **CARS/VANS:** Drive 0.7 miles to the Big Bend Blvd intersection and follow directions on page 5 to locate parking.

**Heading east on I-64/ US 40**
- Take S Big Bend Blvd Exit
- Turn left onto S Big Bend Blvd.
  **BUSES:** Drive 1.6 miles on Big Bend Blvd and enter loading dock on right.
  **CARS/VANS:** Drive 1.5 miles on Big Bend to the Forsyth Blvd intersection and follow directions on page 5 to locate parking.

**Heading east on I-44**
- Take exit 276A-276B to merge onto I-270 N toward Chicago
- Drive 6.7 miles then take exit 12A-12B for 1-64 E/US 40 E
- Merge onto I-64 E/US 40 E
- Drive 6.4 miles then take S Big Bend Blvd Exit
- Turn left onto S Big Bend Blvd.
  **BUSES:** Drive 1.6 miles on Big Bend Blvd and enter loading dock on right.
  **CARS/VANS:** Drive 1.5 miles on Big Bend to the Forsyth Blvd intersection and follow directions on page 5 to locate parking.

**Heading west on I-64/ US 40**
- Take exit 33B for Big Bend Blvd N
- Turn right onto Big Bend Blvd
  **BUSES:** Drive 1.3 miles and enter loading dock on right.
  **CARS/VANS:** Drive 1.2 miles and follow directions on page 5 to locate parking.

**Heading south on I-70/I-55 (from Illinois)**
- Cross bridge into Missouri and continue on US40/I-64 West
- Take exit 33B for Big Bend Blvd N
- Turn right onto Big Bend Blvd
  **BUSES:** Drive 1.3 miles and enter loading dock on right.
  **CARS/VANS:** Drive 1.2 miles and follow directions on page 5 to locate parking.

**Heading north on I-55**
- Take exit 196 toward Kansas City/I-270 W and merge onto I-270 W
- Drive 11.6 miles and take exit 12A-12B for US 40/I-64
- Drive 0.8 miles and merge onto US 40E/I-64E
- Drive 6.5 miles and take S Big Bend Blvd Exit
- Turn left onto S Big Bend Blvd.
  **BUSES:** Drive 1.6 miles on Big Bend Blvd and enter loading dock on right.
  **CARS/VANS:** Drive 1.5 miles on Big Bend to the Forsyth Blvd intersection and follow directions on page 5 to locate parking.

**Heading east on I-70**
- Take exit 238B to merge onto I-170 S.
- Drive 6.5 miles and take exit IE to merge onto Forest Park Parkway
- Drive 1.3 miles, take the Forsyth Blvd. exit and take a slight right onto Forsyth Blvd.
  **BUSES:** Drive 0.7 miles and turn left on Big Bend Blvd. The loading dock will be on the right.
  **CARS/VANS:** Drive 0.7 miles to the Big Bend Blvd intersection and follow directions on page 5 to locate parking.

Note: Drivers using GPS can input 330 N. Big Bend Blvd to locate the Athletic Complex. Be aware this is the physical address for the loading dock, not the destination for car or van parking Spectator parking can be accessed off Big Bend Blvd. or Forsyth Blvd.
VISITOR PARKING
1. Hourly Parking (Monday-Friday 7AM-5PM)
Until PARCS (pull and pay garage equipment) is implemented across the campus garages, daily permits will be required to park in visitor spaces and hourly parking will be unavailable. Daily permits can be purchased through the Parking & Transportation Services office at North Campus. The address for the Parking & Transportation Services office is 700 Rosedale Avenue
St. Louis, MO 63112. A daily permit is $9.00 per day.

There will be a limited quantity of daily passes available at the DUC entrance and, for those visiting the Knight Center and parking in the Millbrook and Snow Way garages, permits can also be purchased inside the Knight Center.

Recommended Lot: Snow Way Garage, Level 4

2. Off-Hour Visitors
Visitors who will be parking on campus during weekends (between 5 pm and 7 am on weekdays) are permitted to park in yellow zones without displaying a parking permit.

3. Weekend Parking
Visitors may park in yellow zones without displaying a parking permit (with the exception of the Danforth underground garage) from 5 p.m. Friday through 7 a.m. Monday. Yellow-zone parking is also permitted on official university holidays, which include Dr. Martin Luther King Jr. Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day and New Year’s Day.

4. Golf Cart Escort System
Students, faculty, staff and visitors who have accessibility needs and must park further than normal from their destination can request a ride by calling 314-935-3648 between 8 and 5:30, Monday through Friday. Calls must be received prior to 5:15 pm for the last pick up. Under special circumstances, the service will meet a passenger at his or her vehicle or building but most passengers who wish to use the service will be directed to the nearest pick up location (Zone 1: south leg of Brookings Hall; Zone 2: patio outside the entrance to the DUC garage; Zone 3: The Knight Center entrance; and Zone 4: The South 40 House circle drive). Reservations are not accepted.

5. Parking Meters
Parking meters are located on the South 40, just south of the Wallace Garage. The enforcement schedule and time limits are indicated on each meter. Parking meters in this location may be double-sided, which means that one parking meter accepts coins and marks time for two separate parking spaces. If you are parking at one of these double-sided meters, please make certain that you select the appropriate space before inserting your coins.

6. Parking Tickets
Each individual is responsible for paying all violations. Fines are printed on each ticket placed on vehicles. Payment for all fines is due seven (7) days from the date the violation was issued. Fines are payable online, in person at Parking & Transportation Services, or by mail. Fines may be paid in person at the Parking & Transportation Services office or by mailing in your payment using the yellow envelope provided with your citation.

VISITING TEAM BUS & TEAM VAN PARKING
Team vans should park in the Snow Way Garage on the top level. When you arrive, we will provide you with a hangtag for your vehicle. By exiting the top level of the Snow Way Garage, you will be roughly 100 yards from the Athletic Complex, which is located directly to the right (west) of the tennis courts.

Coaches driving oversized vans will need to contact the Athletics Department in advance to make parking arrangements. Please call Sara Burton, Associate Director of Athletics, at (314) 935-5128.

Team drop off and Bus Parking: Buses should drop off teams at the loading dock of the Athletic Complex located at 330 North Big Bend Boulevard. Coaches need to call Marc Martindale 10 minutes prior to arrival at the loading dock for access to the building at (314) 935-4553.

Buses will be asked to park at West Campus. West Campus parking lot, on the north side of the West Campus garage, located at 7425 Forsyth Boulevard (approximately 1 mile west from the Athletic Complex).
ATHLETIC TRAINING

The athletic training staff at Washington University in St. Louis would like to take this opportunity to welcome you and acquaint you with some of the medical services we provide to visiting athletic teams.

The athletic training facility, located on the second floor of Francis Gym in the Athletic Complex, will be available prior to practice and competition. Special arrangements can be provided upon advance request. The Washington University Athletic Training Staff can provide taping and treatment services, but we request that you provide your own supplies.

We will provide taping tables in your locker room. The therapeutic modalities available include: whirlpools, hydrocollator, ultrasound, diathermy, and muscle stimulation. Water, ice, and coolers will be provided, with splints, stretchers, and crutches available should the need arise. The athletic training staff will provide coverage at all home contests. Our orthopedist will be in attendance or on call, to handle your needs.

Here is a list of phone numbers which may be helpful to you:

Rick Larsen, A.T.C. Office - (314) 935-6461 Cell - (314) 322-1518
Jim Anderson, A.T.C. Office - (314) 935-6604
Mary Tarzon, A.T.C. Office - (314) 935-6604
Bailey Draheim, A.T.C. Office - (314) 935-6604

Emergency Telephone Numbers:
Ambulance 911
Barnes Hospital Emergency Room (314) 362-9123
Washington University Campus Police (314) 935-5555
Health Services (314) 935-6666

SPORTS INFORMATION

The Sports Information Office at Washington University will attempt to provide an outstanding arrangement for visiting teams. Please contact one of our staff members for radio phone lines, credentials or Internet Access:

Assistant AD for Communications: Chris Mitchell, (314) 935-5077, mitchell@wustl.edu
Assistant Sports Information Director, Kevin Stiner, (314) 935-4709, kstiner@wustl.edu

For Football
• Programs, working space arrangements, and stats will be provided for visiting SID/statisticians.
• A numerical roster will be updated and available prior to the game that will include all players dressed for that game.
• Updated season cumulative statistics will be available prior to the game. Upon completion of the game, stats provided will include final team and individual statistics, a play-by-play, halftime statistics and a scoring summary.

For Basketball
• Working space arrangements, and stats will be provided for visiting SID/statisticians.
• A numerical roster will be updated and available prior to the game that will include all players dressed for that game.
• Updated cumulative season statistics will be available prior to the game. Upon completion of the game, stats provided will include halftime statistics, a complete NCAA box summary and a play-by-play.

For Soccer, Softball, Baseball, and Volleyball
• Working space arrangements for visiting SID/statistician will be provided.
• A numerical roster will be updated and available prior to the game that will include all players dressed for that game.
• Updated cumulative season statistics will be available prior to the game. Upon completion of the game, stats provided will include a complete NCAA box summary and a play-by-play.

For Swimming, Tennis, and Track & Field
• Programs, statistics and results can be made available where applicable.
Rental Vans
The Washington University Athletic Department has made arrangements with Enterprise Rent-a-Car to offer visiting teams the same daily rates (including unlimited mileage) as Washington University receives. The rates, if you are interested in renting from Enterprise are:

- $54 per day for a minivan
- $90 per day for a 15 passenger van

Please call (314) 863-6886 - they can assist you with all your rental van needs. For service from Lambert Airport, call (314) 427-7757.

Upon arrival to St. Louis, proceed to the baggage area and locate the Enterprise Counter. Enterprise will direct you to a shuttle pickup area and take you to the Enterprise office to pickup your rentals. Airport Enterprise is open seven days a week 6 a.m. to 11 p.m.

Buses
Washington University’s Athletic Department recommends the following three local bus companies.

- Cavallo: 1-800-527-5675
- Mid-American: 1-800-365-8687
- Central States: 1-888-731-8436

MetroLink
The University City-Big Bend MetroLink station is located within walking distance of the Washington University Athletic Complex. The station is located at the corner of Big Bend Blvd and Forest Park Parkway. MetroLink provides rail travel with stops located across the city, including service to Lambert Airport and downtown St. Louis. Tickets for the MetroLink can be purchased at any MetroLink station. Fares for the MetroLink are as follows:

- One-ride ticket — $2.50
- Two-hour pass — $3.00
- Two-hour pass from Lambert Airport w/ transfer — $4.00
- One-day pass — $7.50
- Weekly Pass — $27.00

Note: Reduced fares are available for seniors, children, and people with disabilities. Children under age 5 ride for free. The information is available at www.metrostlouis.org or by calling 314-231-2345.
**On Campus**
Charles F. Knight Center  
Corner of Throop Drive & Snow Way, St. Louis, MO 63130  
Contact: Front Desk, 314-933-9400  
Rate: $109, includes free continental breakfast, wireless Internet and snack pantry

**Near Campus**
Drury Inn & Suites Near Forest Park (4 miles)  
2111 Sulpher Ave., St. Louis, MO 63139  
Contact: Jessica Park, 888-820-6074, jessica.park@druryhotels.com  
Rate: $80-$95, includes free breakfast, parking, Internet

Spring Hill Suites St. Louis Brentwood (4 miles)  
1100 McMorrow Ave, St. Louis, MO 63117  
http://cwp.marriott.com/stlrh/wustl/  
Contact: Ann Degnan, 314-647-8400  
Rate: $99-$109, includes breakfast buffet, Internet

Sheraton Clayton Plaza (2 miles)  
7730 Bonhomme Ave, Clayton, MO 63105  
Contact: Mitzi Bax, 314-719-4306  
Rate: $99-$109, includes breakfast, Internet

Parkway Hotel (2.5 miles)  
4550 Forest Park Blvd., St. Louis, MO 63108  
Contact: Tina Torgerson, 314-256-7714  
Rate: $99-$129, includes breakfast, Internet

The Chesire (1 mile)  
6300 Clayton Road, St. Louis, MO 63117  
www.cheshirestl.com  
Contact: Lauren Barry, 314-486-9688  
Rate: $85-$115, includes breakfast, internet, parking

**Renaissance Lambert Airport**  
9801 Natural Bridge Road  
St. Louis, MO 63145  
Contact: Joseph Fahrney, 314-890-3047  
Rate: $79-$109

Hilton St. Louis Airport  
10330 Natural Bridge Road  
St. Louis, MO 63143  
Contact: Emily Landis, 314-253-5254  
Rate: $79-109, includes airport shuttle

**Downtown**
Courtyard St. Louis Downtown (7 mi. from WU)  
2340 Market Street, St. Louis, MO 63105  
http://cwp.marriott.com/stlrh/wustl/  
Contact: Ron Wilshusen, 314-241-9111  
Rate: $105, includes parking and Internet

Hilton St. Louis at the Ballpark  
1 South Broadway, St. Louis, MO, 63102  
Contact: Mark Wolfard, 314-421-1776  
Rate: $89-$98

Crowne Plaza (2 miles)  
7750 Carondelet, Clayton, MO 63105  
Contact: Cyndi Brasken, 314-719-1144  
Rate: $89-$169

Residence Inn St. Louis Galleria (3 miles)  
1231 Strassner Drive, St. Louis, MO 63144  
http://cwp.marriott.com/stlrh/wustl/  
Contact: Adam Plous, 314-862-1900  
Rate: $89-$109, includes breakfast buffet, Internet

Moonrise Hotel (1 mile)  
6177 Delmar Boulevard, Saint Louis, MO 63112  
Contact: Amy Moser, 314-685-3419  
Rate: $129-$169, includes complimentary internet, parking

Homewood Suites (3 miles)  
8040 Clayton Rd., Richmond Heights, MO 63117  
Contact: Jill Rabinowitz, 314-450-2202  
Rate: Between $99-$129, includes breakfast buffet, Internet

Holiday Inn Forest Park (3 miles)  
5915 Wilson Ave., St. Louis, MO 63119  
www.hiforestparkmo.com  
Contact: Lauren Barry, 314-486-9688  
Rate: $82-115, includes internet and parking

Marriott St. Louis Airport (15 min. from WU)  
10700 Pear Tree Lane  
St. Louis, MO 63134  
Contact: Emily Landis, 314-253-5254  
Rate: $79-109, includes airport shuttle

Drury Inn Union Station (7 miles from campus)  
201 South 20th St., St. Louis, MO 63103  
Contact: Jennifer Grunzinger, 888-820-6074  
Rate: $89-$99, includes hot breakfast, parking

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#WASHUBears  
#LetsGoWashU
## RESTAURANTS

### On Campus
- **Danforth University Center**
  - The Village
  - Subway
  - (Several dining options)
  - First Floor - Mallinckrodt
  - (314) 935-7098

### Close to Washington University
- **St. Louis Bread Company**
  - Boston Market
  - Einstein’s Bagels
  - 6734 Clayton Rd.
  - 6690 Clayton Rd.
  - 6682 Clayton Rd.
  - (314) 644-9500
  - (314) 647-4500
  - (314) 644-1360

- **Chinese Express**
  - Mike Duffy’s Pub & Grill
  - Peacock Diner
  - 7022 Clayton
  - 6662 Clayton
  - 6261 Delmar Boulevard
  - (314) 781-8898
  - (314) 726-1141
  - (314) 721-5555

- **Crazy Bowls and Wraps**
  - Market Pub House
  - Qdoba
  - 7353 Forsyth
  - 6655 Delmar
  - 6701 Clayton Road
  - (314) 725-5030
  - (314) 727-8880
  - (314) 863-5252

### University City/Delmar Loop
- **Chinese Noodle Cafe**
  - Cicero’s
  - Mi Ranchito
  - 6138 Delmar
  - 6691 Delmar
  - 887 Kingland
  - (314) 725-9889
  - (314) 862-0009
  - (314) 863-1880

- **Fitz’s Bottling Company**
  - Pasta House
  - Dewey’s Pizza
  - 6605 Delmar
  - 8213 Delmar
  - 559 North & South
  - (314) 862-5507
  - (314) 991-2022
  - (314) 726-3434

- **Blueberry Hill**
  - Q’Doba
  - Chipotle
  - 6504 Delmar
  - 6625 Delmar
  - 6316 Delmar
  - (314) 727-0880
  - (314) 862-3320
  - (314) 678-3200

### Clayton
- **C.J. Muggs**
  - Barrister’s
  - First Watch
  - 200 S. Central
  - 15 N. Meramec
  - 8001 Forsyth
  - (314) 727-1908
  - (314) 726-5007
  - (314) 862-7400

- **House of Wong**
  - 46 N. Central
  - (314) 726-6291

### Forest Park Area
- **Applebee’s**
  - Boathouse in Forest Park
  - Talayna’s at the Park
  - 4550 Forest Park
  - Government Drive
  - 310 Debaliviere
  - (314) 454-6636
  - (314) 367-3423
  - (314) 367-7788

- **Chinese Express**
  - Highlander Pub & Grill
  - Steinberg Ice Rink
  - 311 Debaliviere
  - 5656 Oakland
  - Jefferson Dr. in Forest Park
  - (314) 367-8884
  - (314) 644-4646
  - (314) 361-0613
# RESTAURANTS

## Downtown
- **Charlie Gitto’s Pasta House**  
  207 N. 6th  
  (314) 436-2828
- **Joe Buck’s**  
  1000 Clark  
  (314) 436-0394
- **The Old Spaghetti Factory**  
  727 N. First Street  
  (314) 621-0276
- **Maggie O’Brien’s**  
  2000 Market  
  (314) 421-1388
- **Eat Rite Diner**  
  622 Chouteau  
  (314) 621-9621

## Midtown
- **City Diner at the Fox**  
  541 N. Grand  
  (314) 533-7500
- **The Fountain on Locust**  
  3037 Locust  
  (314) 535-7800
- **The Good Pie**  
  3137 Olive  
  (314) 289-9391
- **Pappy’s Smokehouse**  
  3106 Olive  
  (314) 535-4340

## Southwest St. Louis (“The Hill” Neighborhood)
- **Zia’s**  
  5256 Wilson Avenue  
  (314) 776-0020
- **Amighetti’s**  
  5141 Wilson Avenue  
  (314) 776-2855
- **Gioia’s Deli**  
  1934 Macklin  
  (314) 776-2855
- **Mama Josephine’s**  
  4000 Shaw  
  (314) 771-4001
- **O’Connell’s Pub**  
  4652 Shaw  
  (314) 773-6600

## Fast Food
- **Subway**  
  6633 Delmar Blvd  
  (314) 726-6940
- **Taco Bell**  
  6451 Clayton Rd #103  
  (314) 721-7827
- **Chick-fil-A**  
  851 N. Skinker Blvd.  
  (314) 863-3315
- **Subway**  
  7744 Forsyth Blvd  
  (314) 721-2400
- **Wendy’s**  
  2130 Hampton Ave.  
  (314) 781-4569
- **Subway**  
  307 DeBaliviere Ave  
  (314) 367-1000
- **Steak n’Shake**  
  1253 Hampton Ave  
  (314) 646-7200
- **Jimmy Johns**  
  6681 Delmar Blvd  
  (314) 862-6565
- **Starbucks**  
  6621 Delmar Blvd  
  (314) 862-2664
- **McDonalds**  
  1420 Hampton Ave  
  (314) 781-8032
- **Starbucks**  
  7036 Clayton Ave.  
  (314) 932-7827

Danforth University Center (DUC), our Student Union, has several restaurants in its food court. Bon Ap- petit is the University’s food service provider.