Welcome to UC San Francisco. Take advantage of the variety of services and amenities at Parnassus for you to enjoy provided by Campus Life Services. Food, ATMs, parking, shuttles, places to relax, entertainment, business and family services are all right here.

We want your time at UCSF to be as comfortable as possible, regardless of your reason for being here.
### Food, Drinks, & Snacks

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Description</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>400-500 Parnassus</strong></td>
<td>(Elevator G, Breezeway)</td>
<td></td>
</tr>
<tr>
<td><strong>UCSF Farmers’ Market</strong></td>
<td>Local, seasonal, farm-fresh produce, nuts</td>
<td></td>
</tr>
<tr>
<td><strong>2 Koret Way</strong></td>
<td>(in front of ACC Building)</td>
<td></td>
</tr>
<tr>
<td><strong>Terzetto Express</strong></td>
<td>Coffee and espresso drinks, pastries, salads, sandwiches</td>
<td>Monday-Thursday: 6:00 am-3:30 pm Friday: 6:00 am-2:00 pm</td>
</tr>
<tr>
<td><strong>530 Parnassus Avenue</strong></td>
<td>(Kalmanovitz Library/Street Level)</td>
<td></td>
</tr>
<tr>
<td><strong>Caffé Central</strong></td>
<td>Hot and cold drinks, delectable pastries and tasty salads</td>
<td>Monday-Friday: 8:00am-6:00pm</td>
</tr>
<tr>
<td><strong>Ladle &amp; Leaf</strong></td>
<td>Serving soups and salads all made fresh and in house</td>
<td>Monday – Friday: 7:00 am – 4:00pm</td>
</tr>
<tr>
<td><strong>2 Koret Way</strong></td>
<td>(Floor 2, facing Saunders Court)</td>
<td></td>
</tr>
<tr>
<td><strong>Café Bellini</strong></td>
<td>Pizza, burgers, sandwiches, salads, smoothies, pastries</td>
<td>Monday-Friday: 7:00 am-8:00 pm Saturday &amp; Sunday: 8:00 am-5:00 pm 415.682.8038</td>
</tr>
<tr>
<td><strong>Panda Express</strong></td>
<td>Chinese-inspired appetizers, entrees, side dishes</td>
<td>Monday-Friday: 9:30 am-8:00 pm Saturday &amp; Sunday: 10:30 am-5:00 pm 415.665.7954</td>
</tr>
<tr>
<td><strong>Carmelina’s Taqueria</strong></td>
<td>Tacos, burritos, enchiladas, quesadillas, nachos, daily specials</td>
<td>Monday-Thursday: 7:30 am-7:00 pm Friday: 7:30 am-5:00 pm Saturday: 10:00 am-3:00 pm 415.502.1121</td>
</tr>
<tr>
<td><strong>Palio Caffé</strong></td>
<td>Espresso drinks, panini sandwiches, salads, lasagna, soup, pastries</td>
<td>Monday-Thursday: 6:30 am-6:00 pm Friday: 6:30 am-5:00 pm 415.681.9925</td>
</tr>
<tr>
<td><strong>Subway</strong></td>
<td>(Floor B1)</td>
<td>Monday-Friday: 7:00 am-7:00 pm Saturday &amp; Sunday: 9:00 am-5:00 pm 415.566.1260</td>
</tr>
</tbody>
</table>

### Transportation

<table>
<thead>
<tr>
<th>Shuttle Stop</th>
<th>Description</th>
<th>Route Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shuttle Stop 530 Parnassus Avenue</strong></td>
<td>(Library)</td>
<td>Monday-Friday: 6:30 am-7:45 pm</td>
</tr>
<tr>
<td><strong>Shuttle Stop 414 Parnassus Avenue</strong></td>
<td>(Langley Porter Psychiatric Institute-LPPI)</td>
<td>Monday-Friday: 6:15 am-10:08 pm</td>
</tr>
<tr>
<td><strong>Shuttle Stop 505 Parnassus Avenue</strong></td>
<td>Medical Center-Emergency</td>
<td>Monday-Friday: 6:15 am-6:38 pm</td>
</tr>
</tbody>
</table>

### UCSF Shuttle System

**NextBus**: nextbus.com/#1/ucsf

**UCSF Shuttle Hotline**: 415.476.GOGO (4646)
Parking

500 Parnassus Avenue, Millberry Union Public Garage
(Entrances on Parnassus and Irving)
3 Electric Vehicle (EV) Charging Stations, Floor P7

707 Parnassus Avenue, Westside/Kirkham Surface Lot
(Behind the School of Dentistry)

5th Avenue at Kirkham, Beckman/Koret Surface Lot

Public Parking Info
415.514.4520

Permit Parking Info
415.476.2568

Bicycle Parking
- Ambulatory Care Center
- Clinical Sciences
- Dental Clinics
- Health Sciences East
- Kalmanovitz Library
- Langley Porter Psychiatric Institute
- Millberry Union Parking Garage
- School of Nursing

Business Services

Aldea Center on Mount Sutro
The Aldea Center is the ideal venue for small to medium size gatherings. The bright and airy center can be set up and customized to meet the needs of your event.

Venue available
Monday-Friday:
8:00 am-7:00 pm
415.476.9888

Wi-Fi
Free wireless service; UCSFguest, no password

Department Seated Massage
Seated massage can come to your department at any UCSF location
415.514.4543

Teambuilding
Custom team challenges, ice breakers, local excursions, rock wall climbing parties, and more
415.514.4581

Documents & Media
500 Parnassus Avenue
(Millberry Union, Floor P8, Room 10E)

Printing, design, photography, stationery, multi-function printers
415.514.2054

Millberry Union Event & Meeting Center
Comfortable furnishings, audio-video capabilities, and Wi-Fi Internet access, dramatic views, for hosting workshops, meetings, lectures, receptions, for casual or formal events
415.476.2019

UCSF Parnassus

$ - ATMs
P - Parking
S - UCSF Shuttle
○ - Muni Bus Stop
 camino
- Entrance
(Accessible)
V - Vending Machines
柁 - Food
?” - Information
# Facilities Services

**Mission Bay:** 415.514.4848  
415.476.9888  
**Aldea Center on Mount Sutro:** 415.476.2019  
**Millberry Union Event & Meeting Services**

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# Lodging & Housing

**Housing Services**  
On-campus housing and related services for UCSF students, post-docs, residents, clinical fellows, and faculty; and referral brochure for short-term lodging along with resources to find housing off-campus

Aldea Center Housing Office  
155 Johnstone Drive (at the top of Medical Center Way)  
415.476.2231

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# Family Services

**Family Services**  
Child Care referrals, sitter search and back-up care resources, parent education events, parent networks, and more  
Myfamily.ucsf.edu

**Millberry Fitness & Recreation Center**  
Youth aquatics lessons, outdoor activities (family kayaking and backpacking), youth tae kwon do  
500 Parnassus Avenue  
415.476.1115

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# Laundry

**Laundry**

**Laundry Locker**  
(Floor B1)  
Drop off/pick up services are open to the public 24 hours a day, 7 days a week.  
website: laundrylocker.com

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# Shopping

**Vision Optical**  
(Floor B1)  
Comprehensive vision services, contact lenses, and quality frames  
Monday-Friday: 8:30 am-5:00 pm  
415.476.3100

**Walgreens at UCSF**  
(Street Level)  
Full service pharmacy, travel consultations, and vaccinations  
Monday-Friday: 8:30 am-8:30 pm  
Saturday & Sunday: 9:00 am-5:00 pm  
415.681.3394

**You See Flowers**  
(Street Level)  
Fresh flowers, plants, and arrangements for all occasions available for pick-up and delivery; online ordering available  
Monday-Friday: 9:00 am-5:00 pm  
415.476.2898  
youseeflowersatuc.com

**UCSF Campus Store**  
(Floor B1)  
Books, apparel, emblematic accessories, gifts, supplies, and personal technology needs  
Monday – Friday  
9:00am – 5:30pm  
415.681.3832
**Millberry Fitness & Recreation Center**
(500 Parnassus Avenue, Millberry Union, Floor B1)

More than a gym – a fitness lifestyle. Cardio, weights, classes, pool, sports, massage, personal training, and more; single-day, 10-visit passes, and monthly memberships available. Open to the public. UCSF and UC discounts available.

Monday-Friday: 5:30 am-10:00 pm
Saturday & Sunday: 7:30 am-8:00 pm
415.476.1115

**Relaxation & Fun**

### 500 Parnassus Avenue
(Millberry Union)

**Massage**
**Seated**
15-minute restorative massage done fully clothed
**Therapeutic (Table)**
75-minutes; includes day use of the fitness center, sauna, robe, towel service, and a lock

Call for appointment availability 415.476.1115

**Outdoor Programs**
Teambuilding, kayaking, hiking, camping trips
415.476.2078

**Arts & Events**
Concerts, movie screenings, discounts on local attractions, seasonal celebrations, staff appreciation, craft-making
415.476.2675

**Banking & ATMs**

### 513 Parnassus Avenue
**Golden 1**
(School of Nursing Lobby)

### 505 Parnassus Avenue
**Golden 1**
(Floor 2)

### 500 Parnassus Avenue
(Millberry Union, Floor B1)

**Bank of America**

**Documents & Media**
415.514.2054

**Event & Meeting Services**
Millberry Union Event & Meeting Center, Parnassus:
415.476.2019

**First Republic Bank**
(ACC Elevator Breezeway between 400-500 Parnassus)
**Golden 1**
(ACC Building, Floor J)
**Wells Fargo**
(ACC Building, Floor J)

**Facilities Services**
415.476.2021

**Family Services**
Myfamily.ucsf.edu

**Fitness & Recreation**

Parnassus: 415.476.1115
Other campus location:
Mission Bay: 415.514.4545

**Housing Services**
Aldea: 415.476.2331
Other campus location:
Mission Bay: 415.514.4550

**Retail Services**
415.514.4743

**Transportation Services**
415.476.4646

**Connect with us online.**
campuslifeservices.ucsf.edu
facebook.com/UCSFCampusLifeServices
instagram.com/ucsfcampuslifeservices
twitter.com/UCSF_cls

**Mobile Concierge**
CLS services app, available for Android or iPhone

Looking for something else, like hospital information or student services? Visit: ucsf.edu

**Directory**