



# DINING SERVICES

CARLETON UNIVERSITY

2019/2020

ALL ABOUT EATING  
ON CAMPUS

CARLETON STUDENTS WIN  
2019 IRON CHEF  
CHAMPIONSHIP P.13



INTRODUCING  
STARBUCKS NITRO  
COLD BREW P.3

THE  
**BEYOND  
MEAT  
BURGER**  
HAS ARRIVED! P.9

Dining Services is proud to announce that the Food Court, Oasis and *the caf* are

**CERTIFIED  
ZERO  
WASTE**

We Recycle.

You make the difference!



### Our Certifications



The *caf* has earned the first 3 star SPE Certification at a Canadian University, which recognizes our commitment to offering students a balanced menu with nutritious ingredient combinations.



Carleton University is a Fair Trade Designated Campus. Our campus is dedicated to educating the community about the power of Fair Trade while advancing Fair Trade product offerings.



The *caf* is a Green Certified Restaurant. The Green Restaurant Association certifies dining establishments whose operations reduce waste and protect the natural environment.



The Kitchen Exchange is recognized as a 100% gluten free restaurant by the Canadian Celiac Association.



We prioritize sourcing sustainable seafood across campus. The *caf* supports sustainable fishery operations by serving a wide variety of MSC Certified seafood dishes.

To learn more, visit [dining.carleton.ca/certifications](http://dining.carleton.ca/certifications)

### Telling our story

Hello and welcome to the 2019 edition of our Dining Services magazine. While we hope you find it both interesting and informative, you may also notice a few trends throughout the publication that we have been working on for the past year or so.

Our culinary staff have been out in the fields, so to speak, meeting with local farmers and growers to bring more fresh produce onto campus. In fact, this summer we brought a number of the farmers to Carleton to meet some international chefs who were visiting us from the UK and discuss our “farm to table” efforts. We will be bringing yet another local restaurant, Shawarma Palace, to the Food Court this fall to provide a “taste of Ottawa”.

Two national associations, namely the Canadian Association of University Business Officers (CAUBO) and the National Association of College and University Food Services (NACUFS), thought our efforts to reduce waste and strengthen our recycling initiatives were worthy of their innovation and sustainability awards. We said “no thank you” to single-use plastic straws and eliminated the use of plastic bags in our Subway outlets. The introduction of “Beyond Meat” and similar plant-based items will help us - and the planet - reduce our carbon footprint.

We have come a long way from the old “institutional cafeteria” style of dining, and have become an award winning service. We have to thank our students for ranking us as the second best university dining operation in Canada this past year. We are on a journey to provide you with more food choices, strengthen our leadership in the stewardship of resources, increase our local involvement with the Ottawa community and provide you with an exceptional customer experience.

Please enjoy the magazine, your time at Carleton and thank you from the Dining Services team.



Ed Kane  
Assistant Vice-President (University Services)



**FOLLOW US**

Follow us to be the first to know about all the latest events, deals, samplings, giveaways, and much more!



**CarletonDining**



# NITRO COLD BREW ARRIVES AT CARLETON

The Galleria Starbucks on the 4th floor of the University Centre has undergone a major renovation this year and is now bigger and better than ever!

We've rebuilt the location from the floor up and our extra space allows us to expand our menu. All new equipment means coffee perfection is at your fingertips.

Perhaps the most exciting addition to our menu is the introduction of Nitro Cold Brew Coffee. We start with our small-batch cold brew and infuse it with nitrogen for a naturally sweet flavor and cascading, velvety crema. Add some of our made-in-house vanilla sweet cream for a subtly-sweet coffee that's perfect for sipping. Nitro Cold Brew Coffee is also available at Page Break in MacOdrum Library.

Want to know more about Nitro Cold Brew? Visit [dining.carleton.ca/locations/starbucks](http://dining.carleton.ca/locations/starbucks) to see Bill Nye The Science Guy explain what makes Nitro Cold Brew so unique.



## We proudly support Spirit Days!

Get 20% OFF Ravens Coffee Co.  
and  
10% OFF at all non-franchise locations  
when you wear Carleton gear every Friday!



Learn more about Spirit Days at [carleton.ca/seo/cuspirit](http://carleton.ca/seo/cuspirit)

## RAVENS COFFEE CO.

Our passion for coffee starts with the perfect bean.

Available at Tunnel Junction, Loeb Café, The Bent Coin and The Market in the Food Court



ROASTED IN CANADA

# Loeb Café

Nestled in the 1st floor of Loeb building, Loeb Café offers a wide variety of food options, from pasta and sandwiches, to coffee and breakfast options. Grab a snack and enjoy the view of the river!

Visit [dining.carleton.ca/cu-facilities/loeb-cafe](http://dining.carleton.ca/cu-facilities/loeb-cafe) for more info.

Featuring:



**the  
caf**  
CARLETON  
UNIVERSITY

Located on the third floor of Residence Commons, *the caf* is an all-you-care-to-eat facility, offering 14 unique stations with a wide variety of food and beverage choices.

Meals at *the caf* change on a daily basis. The menu ranges from roasted pork tenderloin to Asian stir fry and curry fried rice to Japanese eggplant, many of which feature locally-sourced ingredients. Most of the stations let you see the food as it's prepared by our chefs!

*The caf* also accommodates a variety of dietary needs, including gluten intolerance, vegetarianism, veganism, and more. The caf is a no nut facility, and also offers a "Gluten-Free Pantry" for students who follow a gluten-free diet due to an intolerance, allergy, or celiac disease. If you have any specific dietary restrictions please let us know so we may accommodate you.

If you have any feedback for us, please take a moment and leave us a note on the Napkin Talk board. Understanding how we can serve you better is one of our top priorities!



Experience the full creativity and culinary skills of our chefs at The Mix, as they serve up unique creations every day!



The Farmer's Market offers traditional meals featuring fresh, locally sourced seasonal ingredients.



# Caf Hacks You Need to Try!

With the variety of foods available at *the caf*, sometimes it pays to get a little creative and think outside the box!

1.

## Grilled Cheese

It may not be listed on the menu, but you can still get a grilled cheese sandwich whenever you want! Simply ask the staff at the Deli to whip one up for you.



2.

## Breakfast Sandwich

Craving a breakfast sandwich? Create your own custom breakfast sandwich every morning! Grab some meat from the Breakfast Bar, eggs from the "Eggs Your Way" Station, an English muffin from the Bakery and condiments from the Condiment Station!



3.

## Rootbeer Float

Move over ice cream shops! Now you can make your own delicious float anytime in *the caf*. Grab your choice of ice cream at the Bakery, and use the Coca-Cola Freestyle machines to choose from a near infinite variety of soft drinks.



4.

## Bruschetta

Make your own delicious bruschetta using toast from the Bakery, balsamic vinegar & olive oil from the Salad Bar, and salt and pepper from the Condiment Station.



For even more #cafhacks visit [dining.carleton.ca/2018/8-caf-hacks-you-need-to-try](http://dining.carleton.ca/2018/8-caf-hacks-you-need-to-try)



Send us your #cafhacks on social media! Every month we'll award \$50 to the submitter of our favourite hack.

# What's at the Food Court?

## BASIL BOX



Basil Box offers the authentic tastes of Thai and Vietnamese cuisines in a quick, flavourful, and healthy format.

## LA COCINA



La Cocina features fresh Mexican fare including hand-crafted tacos, burritos, bowls and more!

## BENTO



Bento Sushi offers everything from California rolls to poke bowls and even sushi burritos.

## EXPRESS



The Express is our grab and go destination featuring artisan sandwiches, protein rich snacks and crave worthy cookies.

## BURGER 101



Burger 101 offers a fresh, never frozen burger, the Beyond Meat burger, fresh cut fries and poutine!

## COLONEL BY CHICKEN



Enjoy our famous halal, made-from-scratch crispy chicken sandwich, our Chef's signature rotisserie pulled chicken sandwich or a quarter chicken meal.

## PIZZA PIZZA



Pizza Pizza is Canada's number one destination for hot and fresh pizza, guided by a vision to provide the "best food, made especially for you".

## SUBWAY



At Subway you can choose from a variety of sandwiches, salads and wraps made fresh everyday with your choice of toppings.

## THE GREENS



Choose from a variety of tasty, nutrient-packed salads and wraps, or build your own creation.

## THE MARKET



The Market offers made-from-scratch entrées, salads, sides, sandwiches, breakfast, pastries and more.

# Take A Look at Carleton's Rotating Kitchens

Something new, every semester!

the **KITCHEN** exchange

## THE KITCHEN EXCHANGE



The Kitchen Exchange is one of two rotating restaurant concepts at Carleton. Each semester it features a new cuisine, offering a variety of tasty dishes from different parts of the world!

Everything on the menu contains no gluten! In fact, the Kitchen Exchange is one of Canada's first Gluten Free Dedicated restaurants and is just one of our gluten free offerings.

Stop by the Food Court to see what restaurant we are featuring this semester!

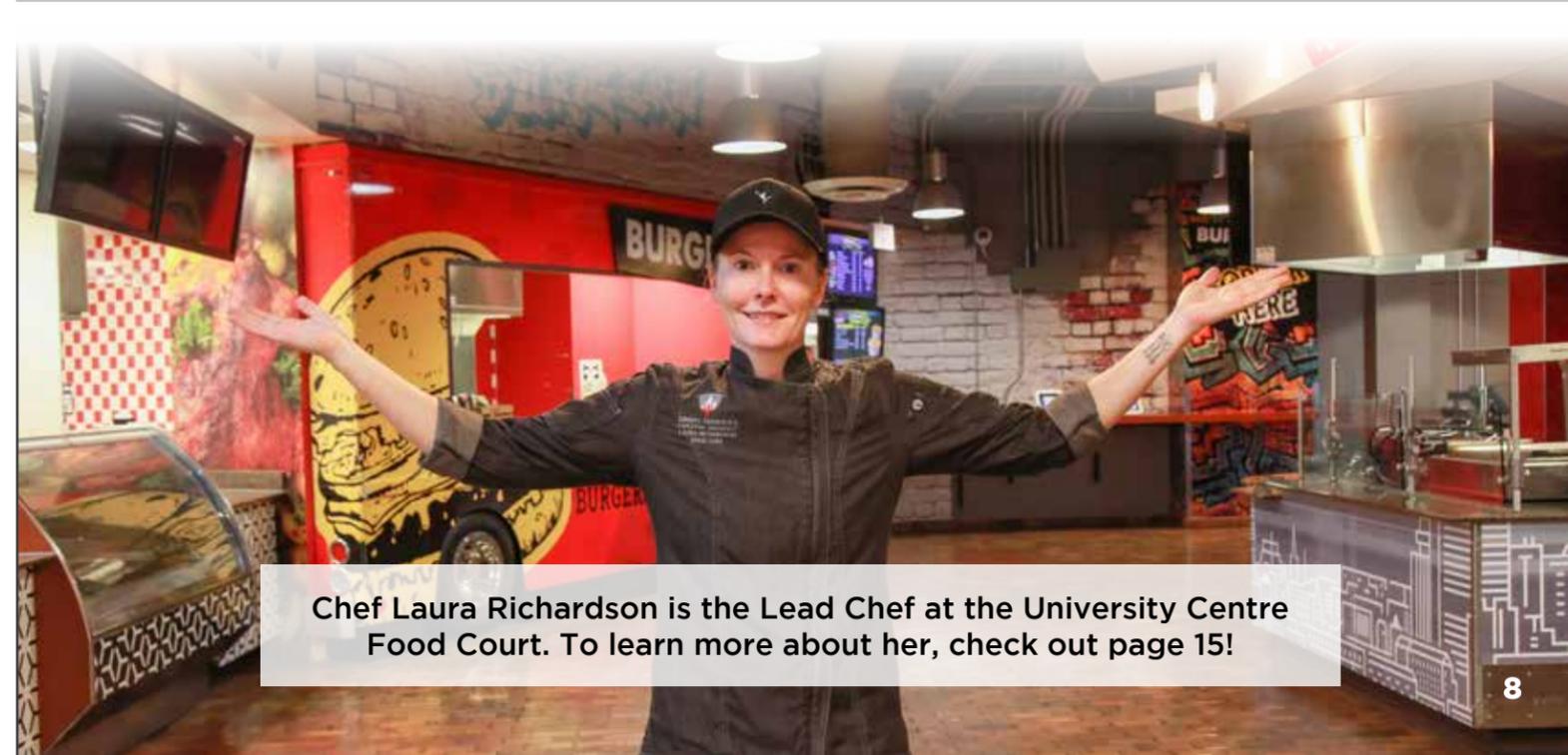


## THE LOCAL OTTAWA



The Local Ottawa is our second rotating restaurant and brings a new Ottawa-based restaurant to campus each semester. Previous restaurants include Bap (Korean food), Chez Anh (Asian fusion), and The Grilled Cheeserie. We are proud to be part of the Ottawa community and try to support local businesses as much as possible.

Stay tuned and follow @CarletonDining on social media to be the first to know what new culinary adventures are coming to campus this year!



**Chef Laura Richardson is the Lead Chef at the University Centre Food Court. To learn more about her, check out page 15!**

# We're thrilled to now serve Beyond Meat!



The Beyond Burger is the world's first plant-based burger that looks, cooks, and satisfies like beef without GMOs, soy, or gluten.

YOU CAN FIND BEYOND MEAT AT:



## OASIS

YOUR LATE NIGHT BITE DESTINATION

Open everyday from 7pm-2am

Located on the 1st floor of Residence Commons



Curious about the new Oasis?

Visit [dining.carleton.ca/cu-facilities/oasis](http://dining.carleton.ca/cu-facilities/oasis) to learn more.

# Eat Your Way!

Look for the icons below at Dining locations to find food options that meet your dietary needs.



VEGAN



VEGETARIAN



NO GLUTEN\*



HALAL



SUSTAINABLE



LOCALLY GROWN

To learn more about our dietary labeling program, visit: [dining.carleton.ca/nutrition\\_dietitian/dietary-labeling](http://dining.carleton.ca/nutrition_dietitian/dietary-labeling)

## WHERE TO EAT FOR YOUR DIETARY NEEDS



VEGAN



VEGETARIAN

### VEGAN/VEGETARIAN FAVOURITES

Loco for Mexican? Try our **3 Sisters Bowl** or **Burrito** from **La Cocina!**



Craving a burger? Get a **Beyond Burger** at **Burger 101** or **Oasis!**

Longing for Asian food? Create your own **custom bowl** with Coconut Curry Tofu at **Basil Box!**



NO GLUTEN\*

### GLUTEN FREE FAVOURITES

Try our 100% free-from-gluten location, **The Kitchen Exchange!** Every semester we feature a new menu that's gluten free!

Longing for pasta? **Il Forno Toscano** can help curb your craving with their **gluten free pasta!**

Do you crave sushi all the time like us? Try our **hand-crafted sushi** at **Bento Sushi!**



HALAL

### HALAL FAVOURITES

Have a craving for chicken? Enjoy a **Chicken Sandwich** or **Rotisserie Chicken** from **Colonel By Chicken.**



Want to sit down and enjoy a nice meal? Try the halal **Bakers Burger** at **Bakers!**

Both **Pizza Pizza** locations (Food Court and Loeb Café) offer Halal pepperoni upon request.

# Dining Locations

For location hours visit:  
[dining.carleton.ca/locations](http://dining.carleton.ca/locations)

Name	Location						
------	----------	---	--	---	---	---	---

Residence Commons							
	Third floor, Residence Commons	•	•	•	•	•	•
	Second floor, Residence Commons	•					
	First floor, Residence Commons	•	•	•		•	•

University Centre							
	First floor, University Centre	•					
	Food Court, University Centre	•	•	•			
	Food Court, University Centre	•					•
	Food Court, University Centre				•		•
	Food Court, University Centre	•	•	•	•		•
	Food Court, University Centre	•	•	•		•	•
	Food Court, University Centre	•					
	Food Court, University Centre	•	•	•			
	Food Court, University Centre	•	•	•			
	Food Court, University Centre	•	•				•
the KITCHEN exchange	Food Court, University Centre			•			
	Food Court, University Centre						
	Food Court, University Centre	•	•	•	•	•	•
	Fourth floor, University Centre	•	•	•			
	Fourth floor, University Centre	•	•	•			
	Fourth floor, University Centre	•	•	•	•	•	•

 \*Varies by semester

For more information on our dietary labeling program, visit [dining.carleton.ca/nutrition/dietary-labeling](http://dining.carleton.ca/nutrition/dietary-labeling)

Loeb Building							
	First floor, Loeb Building	•		•	•		
	First floor, Loeb Building	•	•	•			
	First floor, Loeb Building	•					
	First floor, Loeb Building	•	•	•		•	•
	First floor, Loeb Building	•	•				•

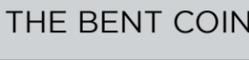
MacOdrum Library							
	Second floor, MacOdrum Library	•	•	•			

Canal Building							
	First floor, Canal Building	•	•				

Richcraft Hall							
	First floor, Richcraft Hall	•					

Athletics							
	First floor, Athletics	•					
	First floor, Athletics	•	•	•			

Tunnel Junction							
	Tunnels near the Library	•	•	•		•	•

Robertson Hall							
	Fifth floor, Robertson Hall	•	•	•			
	Fifth floor, Robertson Hall	•	•	•		•	•

# Carleton Students win 2019 Inter-University Iron Chef Championship!

What started as a culinary contest among McGill's 10 residence halls in 2011 has grown into an international competition with serious bragging rights on the line.

In 2014, McGill opened up their Student Iron Chef competition to schools across North America, naming it the Inter-University Iron Chef Competition. The 2019 competition was the sixth iteration of the event, and was hosted by the University of Massachusetts Amherst, the winner for 4 of the past 5 years. 2019 was the second year Carleton participated, and the first time a Canadian University took the trophy home.

The event included competitors from the University of Massachusetts, University of Ottawa, University of Toronto, and McGill University. Throughout the weekend, students had the chance to socialize and share their passion for cooking with each other.



From left to right: Grace Park, Emma Khazzam, Zitian Zhang.

Carleton's Food Science students Emma Khazzam, Hye Ryung (Grace) Park, and Zitian Zhang had to cook two dishes from scratch in just two hours. Their main dish was served tableside with a blue heirloom carrot chicken brodo that turned red on contact with the lemon juice in the bowl (using the pH dependent color change of anthocyanins).

The dishes were evaluated based on flavor, plate representation, culinary technique and how each team personalized the meal. This competition is unique in that none of the competitors are culinary students.

In the end, the Carleton students won both best appetizer and main dish, giving them a clean sweep of the competition!

We are extremely proud and thankful for all the hard work the students and other Carleton members put in for this achievement. Special thanks to Chefs Daniel Poulin and Lucas Baxter from Carleton Dining who helped the students prepare for the competition, as well as Jane Skapinker and Christine Stewart who helped with the logistics and marketing. The 2020 competition will be happening at Carleton, CU there!

If you would like to participate in next year's competition, message us on social media (@CarletonDining)!



## Join the 3rd Annual Carleton Iron Chef Competition!



Carleton has its own students-only Iron Chef competition! Participants work with chefs from Dining Services to create amazing dishes to wow a panel of judges. If you want to take your cooking skills to the next level and join the fun, message us on social media!



# MEET THE CHEFS

Meet the creative minds behind the food you see at Carleton!

**Laura Richardson**  
Lead Chef - Food Court



**Born:** Edmonton, AB  
**Experience:** 12 years  
**Specialty:** Canadian and soups



**Favourite Food:** My mom's homemade perogies  
**Guilty Pleasure Food:** Eating chocolate chips by the handful.

**Luke Baxter**  
Lead Chef - *the caf*



**Born:** Ottawa, ON  
**Experience:** 15 years  
**Specialty:** Local and Seasonal Food



**Guilty Pleasure Food:** "American" style Chinese food  
**Favourite Dish at Carleton:** Kati Taco at The Mix or Margherita pizza at Oasis  
**Fun Fact:** Coached Carleton University's Student Iron Chef team to championship at the Inter-University Iron Chef Competition at University of Massachusetts. First time south of the border, NABD.

**Daniel Poulin**  
Executive Chef



**Born:** Montreal, QC  
**Experience:** 35+ years  
**Specialty:** French, Italian and Japanese



**Guilty Pleasure Food:** Hot Dogs! Specifically Montreal Style Steamies  
**Favourite Dish at Carleton:** Tofu Scramble or Butter Chicken at *the caf*  
**Fun Fact:** I love languages and enjoy listening to music in foreign languages even though most of the time I don't understand the meaning of the lyrics, only the melody and the sounds of the words. I actually learned Italian and most of the English I know by listening to music.

# ASK A DIETITIAN

## TOP 3 WAYS TO CURB YOUR SWEET TOOTH AT THE CAF

In a featured Ask A Dietitian Q&A, a student asked for our advice on choosing healthier dessert options when dining at our residence cafeteria - *the caf*. Read on for our advice!

**Q: I have a sweet tooth and most of the time I will look for dessert in *the caf* after dinner. Are there any healthy dessert options that you recommend at *the caf* (other than fruit)? Thanks!**



### MEET THE DIETITIAN

Hi Ravens! I'm **Jackeline Samaniego**, your **Registered Dietitian!** I grew up in Ecuador but lived most of my life in Toronto. I completed my dietetic training with Western University, and I'm extremely excited to be working with Dining Services at Carleton U! #GoRavens

If you have any questions about eating on campus or would like a free nutrition consultation please book an appointment with me at: [calendly.com/dietitian-appointment](https://calendly.com/dietitian-appointment)

Great Question! Here are our top 3 tips and tricks to choosing a healthier dessert:

- 1** Keep an eye out for the Get the Good Stuff logo next to certain desserts on the bakery screen. The Get the Good Stuff logo helps to identify healthier, more nutritious foods around *the caf*, including healthier dessert options. To read more about Get the Good Stuff program, check out the following link [dining.carleton.ca/nutrition/gtgs](https://dining.carleton.ca/nutrition/gtgs)
- 2** You have probably seen our wide selection of pies, crumbles, tarts and crisps. When choosing from these options, keep in mind that the less pastry on the dessert, the better. Fruit-based crumbles and crisps generally have less pastry and therefore less fat and calories.
- 3** Did you know that the first bite of food has a much stronger taste and creates a stronger sensation than the next bite? And the more you eat, the less additional pleasure you get from each bite. So, try splitting dessert with friends. Even just a bite or two of dessert can help satisfy your sweet tooth. Lastly, don't forget that it's okay to indulge sometimes! Remember, there are no forbidden foods – eat the foods that you love in moderation!



*Do you have questions about food and nutrition? Ask your on-campus Dietitian!  
Email us at [AskADietitian@carleton.ca](mailto:AskADietitian@carleton.ca).*

# Sustainable Dining



Hi! My name is Gabriella and I'm the Sustainability Manager for Dining Services. I grew up in the United States, came to Canada for University, and loved it here so much I decided to stay!

I am passionate about helping people understand the nearly infinite ways in which our lives are connected to our planet.

Everything we eat has a sustainability story behind it. That story starts long before the food ends up on our plates and extends long past them as well. I am tasked with helping tell that story while also continually advancing the sustainability culture within our dining operations, from local food to recycling.

Meeting students, hearing their ideas, and answering their questions is one of my favorite parts of this job. If you are interested in learning more about our sustainability initiatives or have ideas about taking our sustainability work to the next level, please do not hesitate to reach out!

*Gabriella Carrier*

**Gabriella Carrier,  
Sustainability Manager**

Learn more about sustainable dining at Carleton University at:  
[dining.carleton.ca/sustainability](https://dining.carleton.ca/sustainability)

# How Do We Eat Green?



## LOCAL INGREDIENTS

We support the Ottawa community by sourcing ingredients from local farmers and producers whenever possible. Our chefs take into account seasonal produce availability when developing recipes, ensuring local offerings are part of our menus year-round. Each semester we host Local Food Week featuring local farmers and artisans with a week-long special menu at The Mix in *the caf*. Throughout the week students have the opportunity to meet producers and farmers from the Ottawa community to learn about their craft.

## WIPING OUT WASTE

Sustainable operations require fighting waste and inefficiency along every step of our food's journey. All of the food waste coming out of our kitchens is sent to an organics facility for composting. We have made recycling easy by installing recycling centres across campus. These centres feature a physical piece of each type of packaging used in the dining location, hung above the proper waste stream. To promote the use of reusable dishware, our Lug-a-Mug program offers a \$0.25 discount when you bring your own cup to any coffee shop on campus.



## SUSTAINABLE INGREDIENTS

We prioritize purchasing from ethical producers who engage in practices that are conscious of their social impacts and minimize pressures placed on natural resources. Carleton is a Fair Trade Designated Campus. All coffee served at Carleton University Dining Services' proprietary locations is Fair Trade Certified. We invest in the health of our oceans by serving a wide variety of Marine Stewardship Council (MSC) Certified seafood dishes. MSC Certified seafood is sourced from fisheries which have undergone a rigorous assessment of their operations' impact on marine ecosystems. You can find flavorful sustainable fish options like haddock and cod across campus.



# Eat Local on Campus

We work closely with local suppliers and farmers to offer the freshest food possible. See below for just a sampling of our partners, and where you can find their products on campus!



**St. Albert Cheese Co-Op**  
St. Albert, ON  
Distance from campus: 59 km  
Find St. Albert Cheese Curds at Burger 101



**Kettleman's Bagles**  
Ottawa, ON  
Distance from Campus: 2.5 km  
Find Kettleman's Bagels at the caf, The Market, and Bent Coin



**Pete's Gluten Free**  
Ottawa, ON  
Distance from Campus: 10 km  
Find Pete's Gluten Free products at The Kitchen Exchange



**Soyarie**  
Gatineau, QC  
Distance from Campus: 9.5 km  
Find Soyarie's tofu at the caf, The Market, Bakers, and more

## Some of Our Farms

Find local crops all over campus!

\*specific crops depend on the season



**Meriposa Farms**  
Plantagenet, ON  
Distance from Campus: 37 km



**Rideau Pines Farm**  
Ottawa, ON  
Distance from campus: 29 km



**Broadwood Farm**  
Ottawa, ON  
Distance from campus: 22 km

# HELP US WIPE OUT WASTE ON CAMPUS



## LUG-A-MUG

Bring your own reusable mug to school! Use it at any water fountain on campus, or bring it to any Dining Services location and skip using a disposable cup to receive a \$0.25 discount through our Lug-a-Mug program! **GET A RAVENS TRAVEL MUG AT THE FOOD COURT FOR ONLY \$1**



## SAY "NO THANKS" TO PLASTIC STRAWS

Use reusable straws. Since our Say "No Thanks" to Straws campaign launched last year, we have stopped 150,000 plastic straws from going into landfills. Want to go a step further? Skip the lid as well.



## CARRY A TO-GO CUTLERY KIT

Put a to-go cutlery kit in your bag or purse so you can divert the waste of plastic cutlery from going into our landfills. Come find us at different events to get your own Dining Services to-go cutlery kit.



## COMPOST

Give your food waste a second-chance by composting it! New recycling centres have recently been installed that include a compost bin, making composting available all across campus!



## COCA-COLA VALID FILL

Dining Services and Coca-Cola are partnering up to decrease Carleton's ecological footprint by introducing the Valid Fill program. Use a Carleton Valid Fill cup as many times as you like in the Coke machines at the UC Food Court and Oasis!

You make the difference!



**DINING SERVICES**  
CARLETON UNIVERSITY





# DINING SERVICES

CARLETON UNIVERSITY

2019/2020

HELP US ELIMINATE

WASTE ON CAMPUS



FIND OUT WHERE YOU CAN  
EAT LOCAL ON CAMPUS P.19

LEARN HOW TO

**EAT GREEN**

WITH OUR SUSTAINABILITY MANAGER! P.17