MEET CHEF DANIEL P.9

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OUR BEST CAF HACKS P. 7

Carleton University
Welcome to the 2022 edition of our Dining Services magazine! Our team has been working incredibly hard this summer so that we can provide our students with the best-in-class dining program that Carleton has become known for.

There are so many opportunities for you to take advantage of while dining at Carleton! Our all-you-care-to-eat dining hall, the caf, is open to everyone and offers a variety of different cuisines and dietary selections, including vegan, vegetarian, and halal options. Come join us for featured events throughout the year, cooking classes, and help us plan our menu through Raven’s Choice recipe submissions.

We pride ourselves on our local connections, from farm partnerships to Ottawa favourites such as Kettleman’s bagels, Suzy Q donuts, Equator and Bridgehead coffees - all are featured on our campus. We also strive to make the dining experience convenient for you, so be sure to download our Hey Chef app, which lets you order ahead from nearly every dining location on campus!

From brands like Starbucks, Tim Hortons and Bento Sushi, to Carleton exclusive restaurants such as Burger 101, Colonel By Chicken and Urban Deli, we strive to offer a variety of choices for your taste buds. Our team is passionate about food and serving our community, and this is just a small sample of what we have to offer you during your time at Carleton. Keep reading to learn more and come join the conversation with us on social media!

The Dining Services Team

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Introducing our new dietary labels!

**NO DAIRY***
Identifies items made without milk ingredients to assist those avoiding dairy in their diet.

**NO GLUTEN***
Applies to foods made without gluten ingredients to assist those avoiding gluten in their diet.

**VEGETARIAN**
For menu items that fit a lacto-ovo vegetarian diet.

Our Vegetarian Pick: Berry and Yogurt Parfait from Express

**SUSTAINABLE SEAFOOD**
Used for ingredients that are third-party certified as sustainably sourced.

Our Vegan Pick: Za'atar Tofu from The Greens

**VEGAN**
These foods are made from plant-based foods only. All vegan dishes are made without eggs, milk, dairy, honey, and any other animal-derived ingredients.

**LOCALLY GROWN**
These dishes are made with a majority of ingredients grown or raised within Ontario and Quebec.

Our No Gluten Pick: Custom sandwich on gluten free bread from Urban Deli.

**HALAL**
Highlights items that contain Halal permitted foods and exclude all Haram ingredients.

Our Halal Pick: Crispy Chicken Sandwich from Colonel By Chicken

**PLANT FORWARD**
For menu items that contain 2 oz (60 g) or less of animal-based protein per serving. Menu items that have this icon may or may not be vegetarian. Vegan items are plant forward.

**SUSTAINABLE**

*Due to the nature of our kitchen, we can't guarantee cross-contamination with allergens won't occur.

**LACTO-OVO VEGETARIAN Diets EXCLUDE meat, fish, AND Poultry BUT Include eggs, honey, milk, AND dairy products.**
Carleton’s premier residence dining facility is just one of the reasons why Carleton’s dining operations have consistently been voted as one of the best in Canada per MacLean’s university rankings!

Located on the 3rd floor of Residence Commons, the caf is an all-you-care-to-eat facility featuring a variety of unique stations that offer a wide selection of food choices to our students. Many of the stations are set up to allow our team of chefs to prepare food right in front of your eyes! The caf offers a variety of options every day, ranging from braised beef brisket, Asian stir fries and local Ontario-sourced meals, to curry fried rice and rotisserie roasted cauliflower.

Here are just some of the programs/features we offer through the caf:

- **Want a taste of home?** Use our Raven’s Choice program to suggest dishes for us to make!
- **In a rush?** Our boxed meal program lets you take a meal with you!
- **Do you have dietary restrictions?** Our Registered Dietitian can help you identify foods that meet your needs.
- **Did you know your res meal plan comes with guest meals?** You can bring a friend to dine with you up to 4 times a year!
- **Want a snack between meals?** You can take a piece of fruit or a cookie with you as you leave the caf!
Our Best Caf Hacks!

**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.

**Smoothie Bowl**
Grab a smoothie from the Bakery and Pastry station and add granola from the cereal bar, fresh fruit from the breakfast bar, and a drizzle of honey from the beverage station to make this delicious and filling breakfast.

**Affogato**
Make your own delicious affogato in the caf by adding a scoop of ice cream from the Ice Cream station to a cup and brewing a shot of espresso from the coffee bar over it.

**Chicken Caesar Salad**
To make a yummy chicken Caesar salad, grab some chicken from the Global station and the romaine lettuce, bacon bits, croutons, lemon wedge and Caesar dressing from the salad bar.

**Root Beer 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 Ice Cream station, and use the Coca-Cola Freestyle machines to choose from a near infinite variety of soft drinks.

**Breakfast Sandwich**
Craving a breakfast sandwich? Create your own custom sammie every morning! Grab meat from the Breakfast Bar, eggs from the Eggs Your Way station, your choice of bread from the Bakery (or waffles from the Global station!), and condiments from the condiment area!

**Shirley Temple**
To make your own Shirley Temple at the caf, add splashes of orange and cranberry juices to your choice of either lemon-lime soda or ginger ale.

**Ice Cream Sandwich**
Make a quick and easy custom ice cream sandwich in the caf. Simply grab your choice of cookies or brownies from the Bakery and add a scoop of your favourite ice cream from the Ice Cream station.
Q&A With Chef Daniel

Chef Daniel is the Executive Chef at the caf and has been working at Carleton for 5 years.

Fast Facts
- Born: Little Italy, Montreal
- Experience: 42 total years
- Specialty: Asian Influences, especially Japanese cuisine
- Travels: Japan, China, Italy, Mexico, USA
- Favourite Food: Italian and Mediterranean, anything with peppers and tomatoes
- Guilty Pleasure Food: McDonald’s Fillet o’ Fish
- Favourite Dishes at Carleton: Rotisserie Chicken with Roasted Vegetables, Vegan Breakfast Sausage
- Fun Fact: Hates messes, very organized and likes everything in its place.

Where did you work before coming to Carleton, and why did you choose to come here?
I worked at McGill and Concordia before coming to Carleton. Carleton toured Concordia’s campus and asked me to be their executive chef back in 2017.

What is the best part about working at Carleton?
The best part is the buzz. It’s a fast-paced environment that works like a well-oiled machine. It’s really rewarding to serve all those students from year to year.

What is the biggest difference between working in a restaurant and in a university cafeteria?
The biggest difference is that the caf is a much faster pace than a typical restaurant. In a restaurant, you don’t really know what to expect, whereas in the caf you know what the menu is and every day, we make every item on the menu for students to enjoy.

Does pineapple belong on pizza?
Yes, absolutely.

Any caf hacks you love? Unusual pairings or fun ways to combine foods?
I like to be creative in the caf. There are so many options and while certain menu items rotate, I love to see students get creative with culinary creations. Personally, I like to take one of the proteins from either the Global Kitchen or Farmer’s Market and add it to a custom built salad at the salad bar to have a healthy meal.

Did you always want to be a chef?
I wanted to be a chef from a young age but was also very interested in pursuing other creative arts like being a musician and stand-up comedian. My mom didn’t think I could make a career out of those so I ended up going to culinary school.

What are three dishes that every student should know how to make?
Any pasta dish (start by knowing how to make a simple sauce for your dish), knowing how to temperature control your meat in different cooking methods (internal temps of meat on grill, oven, stove top, etc.) and how to cook eggs in whatever style you enjoy the most!

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Restaurants Across Campus

**BAKERS**

- **Bakers**
  4th UC
  Sit down and enjoy a meal at Carleton's full-service restaurant on-campus, perfect for group meetings or a casual meal.

- **Basil Box**
  Food Court
  Basil Box offers the authentic tastes of Thai and Vietnamese cuisines for meals that are quick, flavourful, and healthy.

- **Bento Sushi**
  Food Court
  Get hand-crafted, custom sushi or prepackaged rolls, using only the freshest ingredients available.

**THE MARKET**

- **The Market**
  Food Court
  In addition to our fresh salads, hot entrées, casseroles and sides, The Market has added fresh pizza! Experience new and exciting flavours every week, with loads of halal and vegan/vegetarian options available.

- **Pizza Pizza**
  Loeb Café
  Pizza Pizza is Canada's number one destination for hot and fresh pizza made especially for you.

- **Second Cup**
  Loeb Café
  Second Cup is Canada's largest specialty coffee retailer, proudly serving premium coffee and great opportunities since 1975.

**OASIS**

- **Oasis**
  Res Commons
  Enjoy great deals on delicious late-night bites, as well as an engaging atmosphere to socialize with your peers.

**BOOZE & BITES**

- **Bottle Shop**
  Res Commons
  Enjoy a wide selection of wines, beers, and spirits.

- **Burgers & Fries**
  4th UC
  Offering a variety of burgers, fries, and sides.

- **La Cocina**
  Food Court
  Enjoy delicious Mexican cuisine such as burritos, quesadillas, and rice bowls.

**URBAN DELI**

- **Urban Deli**
  Food Court
  Urban Deli offers both ready-made and custom sandwiches, with over 10 million possible topping combinations!
Map of Dining Services Locations
We hate lines too.

**Introducing Pizza at The Market!**

We are tremendously excited to introduce pizza at The Market! Pizza is always a popular choice with students, and with the plethora of options available across Ottawa, it’s hard to make something that stands out from the crowd. However, we think Executive Chef Daniel Poulin has done just that – and we encourage you to come try it yourself!

The Market’s pizza is truly a product of passion, with the majority of elements being produced in-house or locally sourced. Take the dough for starters, which will be made in-house daily using a unique “Caputo 00” flour that’s milled to be extra fine, and is being imported from the home of pizza itself: Italy. Similarly, our pizza sauce is also being made on site, using hand crushed Roma tomatoes mixed with a custom blend of spices. Our pepperoni comes from Roma Foods in Montreal, and many of the vegetables used come from local suppliers.

There will be 5 different pizzas on offer each day, made fresh in our stone-fired oven that reaches a toasty 650 degrees. 4 of our most popular offerings – pepperoni, cheese, veggie, and BBQ chicken will be available every day, and the remaining slot will rotate. Lastly, we’re happy to say that we’ll also be offering calzones that are handmade at DelChef, a Montreal bakery.

We hope you’ll stop by and try all of our new offerings out!

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**Skip the line by ordering ahead!**

Our new Hey Chef mobile app provides a convenient way for you to order ahead, skip the line and get your food faster. Satisfy your cravings, and order when you want it, how you want it!

With more locations than ever on the app, you have the ability to pre-order across campus, as well as use your Dining Dollars to make purchases through the app.

Scan the QR code below and use code RAVEN to start using the app today!

**Use promo code DININGMAG for 15% off! Offer valid from Sept 1st-30th, only eligible for one order. Cannot be combined with other promos.**
Did you know the single-most impactful way to reduce your diet’s environmental footprint is through plant-forward eating? Plant-based protein sources require significantly less water, land, and energy to produce than the equivalent amount of almost all animal-based proteins. Reducing your consumption of just a few animal-based ingredients, such as beef or lamb, throughout the week and substituting them with protein-rich plant alternatives can dramatically reduce the amount of greenhouse gas emissions associated with your food.

Climate-friendly eating also means fighting food waste! According to the World Wildlife Fund, approximately 7% of all human-caused greenhouse gas emissions could be reduced if we stop wasting food! At Carleton Dining, our chefs are trained to fight food waste through a variety of food preparation and menu planning techniques. In the event we have good food that we know will go to waste, we donate it to campus and community partners, such as CUSA’s Unified Support Centre or Second Harvest’s Food Rescue platform. Dining Services has averted over 6,200 kgs of greenhouse gases and provided over 2,700 meals through our food waste fighting partnership with Second Harvest.

Climate-Friendly Dining at Carleton by the numbers:

2,744 Meals provided
6,274 kgs Greenhouses gases diverted

Introducing Cool Foods!

Cool Foods is coming to Carleton! This fall we are rolling out the Cool Foods Meal program in the caf, making it even easier to eat sustainably on campus! Some foods have a larger impact on the environment and the climate than others. The Cool Food Meals icon helps us know which foods have a lower impact.

What is a Cool Food Meal?

Cool Food Meals have a low carbon footprint, already meeting the level of food-related emissions we need meals to have by 2030. Cool Food Meals are a simple and delicious way for you to help the planet.

Cool Food is run by the World Resources Institute (WRI), a global research non-profit organization that builds solutions to urgent environmental challenges.

How is a Cool Food Meal identified?

Certifying Cool Foods starts with a daily carbon allowance which guides you towards eating in a climate friendly way. Using an ingredients list, WRI calculates a dish’s carbon footprint by analyzing the agricultural supply chain and land used to produce the meal. If the carbon footprint falls below an established per-meal threshold and meets nutritional standards, it is certified as a Cool Food Meal. The Cool Foods threshold for breakfast recipes is 3.81 kg CO2e/portion and for lunch and dinner recipes it is 5.71 kg CO2e/portion.

To find Cool Foods Meals in the caf, just look for the icon at the top of this page!
MEET RUBA
our Residence Dietitian,
and find answers to some
of her most commonly
asked questions.

Introducing Dining Services’ very own Registered Dietitian, Ruba El Mokahal! Ruba graduated from McGill University with a degree in Dietetics and worked in healthcare before joining us here at Carleton! As Carleton Dining Services’ Registered Dietitian, Ruba is responsible for developing, implementing, and maintaining nutrition programming for students and faculty on campus. She cares about the wellness of the Carleton community and provides personalized nutrition counselling to students living in residence.

I’m trying to watch what I eat - what are some nutritious breakfast options I can have at the caf?
Some of our nutritious breakfast offerings include fresh fruit with yogurt and granola, a bowl of oatmeal topped with sunflower seeds, and eggs made any way you like on wholegrain toast.

I’m Muslim. Does the caf offer halal food?
Yes! The caf offers a large variety of halal chicken and halal beef dishes. Look out for the red Halal dietary icon on the menu boards at the caf or reach out to our Registered Dietitian if you have any concerns or require additional support.

I follow a vegan diet, are there enough vegan options at the caf?
At the caf we have a designated vegan station that serves a variety of hot vegan entrées daily. We offer a daily vegan soup, vegan dessert and vegan smoothie. You can also find a variety of options at our made-to-order stations including pasta, deli and salad bar.

I’m finding it hard to eat healthy at the caf when pizza, cookies and pasta are always available. How can I make better choices at the caf?
It can be challenging to make healthy choices when eating outside of your home. If you currently live in residence and are on a meal plan, you may book an appointment with our Registered Dietitian to receive individualized nutrition recommendations and support.

I live off campus, can I schedule an appointment with the Registered Dietitian?
One-on-one nutrition consultations are only open to students living in residence and on a meal plan. You may submit general nutrition-related questions through our Ask-a-Dietitian program by emailing us at AskaDietitian@carleton.ca.

I have a food allergy, how does Carleton Dining Services accommodate students with food allergies?
We make every effort to provide the information that students need to make an informed decision regarding their food choices at our dining locations. This includes providing menu ingredients and specific product ingredients whenever necessary, as well as using appropriate dietary icons for each menu option. Students with food allergies or requiring specific diets due to a medical condition can contact our registered dietitian via e-mail at AskaDietitian@carleton.ca or schedule an appointment by scanning the QR code below.
A Day in My Life!

Join Lauren McLaughlin on a day in her life on campus as a student in Residence!

8:00am
Good morning! I'm starting off my morning with a cup of coffee and a pastry from the Residence Commons Starbucks.

10:45am
After my morning class, I make a quick stop at Tim Hortons for a snack to keep my energy up.

5:00pm
I'm so hungry after my afternoon class! I'm grabbing custom pasta and sushi from the caf to fuel up for tonight's game!

7:00pm
It's game time! I love spending my evenings at basketball games to cheer on my fellow Ravens!

11:00am
Taking a walk before lunch! I love exploring Carleton and admiring the beautiful campus.

12:00pm
I love going to the Food Court for lunch, there's always something new to try! Today I'm having a cheeseburger from Burger 101.

11:00pm
To celebrate our win at the game tonight, I'm grabbing poutine at Oasis with my friends! We love Oasis for late night eats!

12:00am
Time to rest! Heading to bed in my dorm! Thanks for joining me for a my day in the life!
Rideau Pines Begins Growing Produce Specifically for Carleton

Carleton Dining’s connection to the Ottawa food community grows stronger every year as we continue to increase the presence and visibility of local producers across our menus. We recently took our local investment strategy to the next level by beginning to engage in crop planning with Rideau Pines, a family farm in North Gower, ON and long-standing local partner of Carleton Dining.

Over this past winter, our culinary team met with Matt Vandenberg, owner of Rideau Pines, to identify crops that would be planted specifically for Carleton Dining. By providing volumes in advance, we minimize the uncertainty farmers face around the future demand for the crops they plant and ensure a more predictable level of sales throughout the harvest season.

Rideau Pines Farm has dedicated one acre to Carleton Dining for the 2022 season. Bok choy, pickling cucumbers, kale, and cherry tomatoes were identified as ideal products for the cafe’s menu needs. Some of these planned crops were chosen because they have a long growing season and extend Rideau Pines’ offerings late into the semester. We are excited to expand our crop planning partnership with Rideau for the next season, and hopefully form similar relationships with additional local farms in the near future.

Meet Some of our Local Suppliers!

We work with hundreds of local suppliers every year, here are just a few of them:

**Supplier:** La Soyarie  
**Location:** Gatineau, QC  
**Distance from campus:** 9.5 km  
**Products:** La Soyarie supplies all tofu used in all restaurants on campus

**Supplier:** Carleton University Biology Dept.  
**Location:** Ottawa, ON  
**Distance from campus:** 0 km  
**Products:** Prof. Myron Smith and his Biology students produce potatoes, peppers, garlic, and honey

**Supplier:** Equator Coffee  
**Location:** Almonte, ON  
**Distance from campus:** 50 km  
**Products:** Fresh, fair-trade, organic coffee

**Supplier:** Slipacoff’s Premium Meats  
**Location:** Ottawa, ON  
**Distance from campus:** 7 km  
**Products:** Chicken, Pork, Beef

**Supplier:** St Albert Cheese Co-op  
**Location:** St Albert, ON  
**Distance from campus:** 59 km  
**Products:** St Albert supplies cheese curds for Burger 101 and Oasis poutines
When we opened Carleton's first Bridgehead location last year, we had no idea how popular it was going to be, but we're planning on building upon that success this year with a newly expanded menu! For those of you not familiar with the brand, Bridgehead is an Ottawa staple that offers delicious Fairtrade coffee, savoury foods, and a friendly atmosphere.

Bridgehead opened its first Coffeehouse in Ottawa in 2000 and has been serving Fairtrade coffee ever since. Every cup of coffee they serve uses beans roasted locally in small batches at the Bridgehead Roastery.

Bridgehead believes strongly in fostering great relationships with the farmers they work with so that they can help guests better understand where their coffee comes from. All of their baked goods and breakfast and lunch wraps – including several vegan/vegetarian options – are made from scratch at their Ottawa kitchen, using as many local ingredients as possible.

Urban Deli: Your new favourite sandwich

Perhaps the biggest food change on campus last year was the introduction of Urban Deli, Carleton's very own custom sandwich shop! According to Executive Chef Daniel Poulin, Urban Deli is inspired by the traditional Italian sandwich shop, and will focus on putting fresh, locally sourced ingredients into every sandwich we make.

We'll be featuring bread from a number of local Ottawa bakeries, such as baguettes and Kevin's Dynamite Loaves from Art-is-in Bakery near Hintonburg, and our cheese bread from the Portuguese Bakery just outside of the Byward Market. In total we'll have 7 fresh, local bread options to choose from!

We'll also be featuring a variety of meats from local butchers, such as our Jambon Blanc from a small charcutier in Montreal, and we've sourced quality vegetables from a variety of farms in Eastern Ontario and Western Quebec, including cucumbers from Rideau Pines Farm for our made-in-house pickles! With over 35 toppings to choose from, there are more than 10 million possible combinations to put in your sandwich!

In a rush? In addition to offering custom sandwiches, Urban Deli will also feature a grab and go section that features the same quality ingredients. For sides, we have a variety of salads and soups, plus a bakery section filled with delicious desserts such as biscotti and cookies.
Carleton Dining is Hiring!

Are you looking for a part time job during the school year? Do you want to work in a fun, fast paced, and rewarding environment? Then join our team!

For more information check out: dining.carleton.ca/careers or scan the QR code below!