

FOOD FOR THOUGHT

2022/2023

MEET CHEF
DANIEL P.9

LEARN ABOUT
the caf P.5

OUR BEST CAF
HACKS P. 7



Carleton
University

Dining
Services

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 Certified Green 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



Carleton University

Dining Services

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

Table of Contents

3 Dietary Labels	17 Cool Foods!
5 What you need to know about <i>the caf</i>	18 Climate Friendly Dining
7 Caf Hacks	19 Meet our Dietitian
9 Q&A with Chef Daniel	21 A Day in the Life
11 Restaurants Across Campus	23 Local Suppliers
13 Dining Map	25 Urban Deli
15 Hey Chef	26 Bridgehead is Back
16 Market Pizza	27 Keep in Touch!



NO DAIRY*

Identifies items made without milk ingredients to assist those avoiding dairy 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.



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.



Our Vegan Pick:
Za'atar Tofu from The Greens

Introducing our **new** dietary labels!

Look for these icons across campus to find the right meals for you!



NO GLUTEN*

Applies to foods made without gluten ingredients to assist those avoiding gluten in their diet. *



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



LOCALLY GROWN

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



HALAL

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



Our Halal Pick:
Crispy Chicken Sandwich from Colonel By Chicken



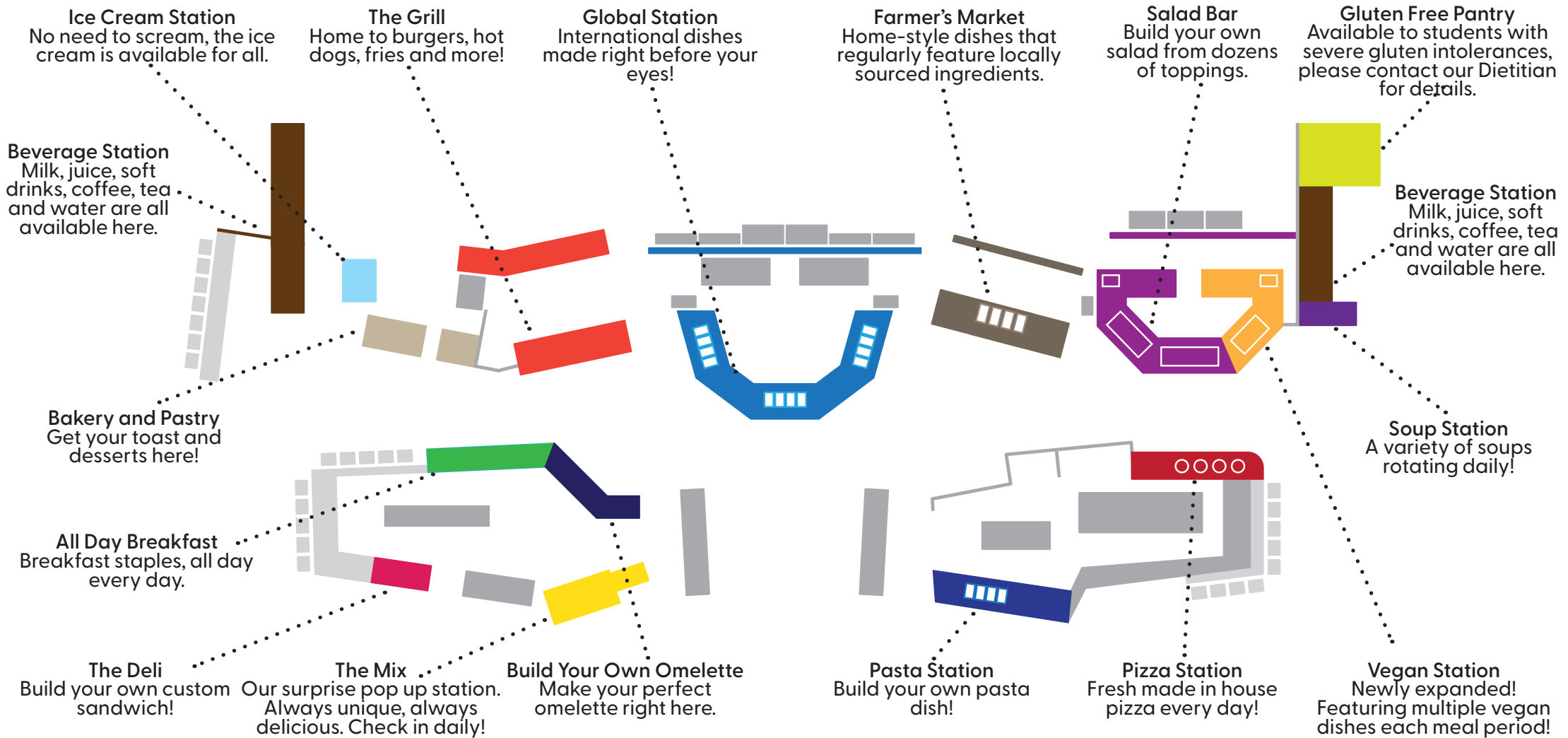
PLANT FORWARD

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.

*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.

Everything you want to know about *the caf*



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!

Our students and staff are super creative! Here's a few of our favourite off-menu items that you can make in *the caf*!



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.

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.

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.

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!



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!

OASIS



Oasis
Res Commons

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



Booster Juice
4th UC

Booster Juice offers a variety of smoothies and grab-and-go meals that are perfect for students on the run!



Bridgehead
Nicol Building

Bridgehead is a fair trade coffeehouse serving coffee, organic teas, sandwiches, and snacks made in its own kitchen.



Burger 101
Food Court

Offers top quality burgers, fresh cut fries and poutine! Our burgers are made with never-frozen halal beef and no additives.



Pizza Pizza
Loeb Café

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



Second Cup
Canal Building

Canada's largest specialty coffee retailer, proudly serving premium coffee and great opportunities since 1975.



Shawarma Palace
Food Court

Shawarma Palace is back! Serving shawarma sandwiches, platters and more!



Colonel By Chicken
Food Court

Offers a variety of chicken options, such as chicken wings or our famous crispy chicken sandwich!



The Greens

Food Court, Loeb Café
With a wide variety of wholesome wraps and salads, these bites will have you coming back for more.



Grill Works
Loeb Café

An all-in-one kind of stop, offering a variety of delicious burgers and sandwiches hot off the grill.



Starbucks

Library, Res Com, 4th UC
Enjoy signature coffee blends and a plethora of snacks, ranging from sandwiches and wraps, to treats prepared daily.



Subway
Athletics

Choose from a variety of sandwiches and wraps made fresh every day and handcrafted to order.



Tunnel Junction
Library Tunnels

Located conveniently in the tunnels, it's the perfect spot to grab a coffee, salads, snacks, and more!



Il Forno Toscano
Loeb Café

Build your own pasta dish with your choice of sauce, noodles, protein and toppings!

the **KITCHEN** exchange



Kitchen Exchange
Food Court

This semester, our rotating restaurant features gluten free Mediterranean food, featuring pitas, bowls, and salads.



La Cocina
Food Court

La Cocina features authentic Mexican cuisine such as burritos, quesadillas and rice bowls!



Tim Hortons

Richcraft, 1st UC, Athletics
Tim Hortons serves a variety of freshly baked goods, freshly brewed coffee, plus other hot and cold drinks made to order.



Urban Deli
Food Court

Urban Deli offers both ready-made and custom sandwiches, with over 10 million possible topping combinations!



Scan this QR Code for our hours of operation! CU soon Ravens!

Map of Dining Services Locations



LA LOEB CAFE
1st Floor

GRILLE WORKS EXPRESS | READY TO GO

The Form

PIZZA PIZZA Ontario's #1 Pizza! **THE Greens**

ML MACODRUM LIBRARY
1st Floor

LIBRARY TUNNELS
Tunnel Junction

bento SUSHI EXPRESS | READY TO GO

CB CANAL BUILDING
Ground Floor

SECOND CUP COFFEE CO.

RO ROBERTSON HALL
5th Floor

EXPRESS | READY TO GO **THE Bent Coin**

RB RICHCRAFT HALL
1st Floor

Tim Hortons.

CO RESIDENCE COMMONS
1st Floor

OASIS

2nd Floor

3rd Floor

UC UNIVERSITY CENTRE
1st Floor

Tim Hortons.

2nd Floor

bento SUSHI THE MARKET | PRESS & READY

LA COCINA **Colonel By CHICKEN** **BASIL BOX**

THE Local OTTAWA **THE Greens**

EXPRESS | READY TO GO **URBAN DELI**

BURGER 101 **the KITCHEN exchange**

4th Floor

BAKERS **Starbucks** **Booster Juice**

NI NICOL BUILDING
1st Floor

BRIDGEHEAD

AC ATHLETICS BUILDING
1st Floor

SUBWAY **Tim Hortons.**

We hate lines too.



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!



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 DeIChef, a Montreal bakery.

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



Use promo code DININGMAG for 15% off! Offer valid from Sept 1st-30th, only eligible for one order. Cannot be combined with other promos.



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!

Climate-Friendly Dining

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 Dining at Carleton by the numbers:

2,744
Meals
provided

6,274 kgs
Greenhouses
gases diverted

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 will 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.

Scan here to learn more about Climate-Friendly Dining!



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.

Where is the Gluten-free pantry and how can I get access to it?

The Gluten-free pantry is located in *the caf* and is accessible only to students with a meal plan who have met with the Dining Services Registered Dietitian. To schedule an appointment with the Registered Dietitian, scan the QR code below!

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

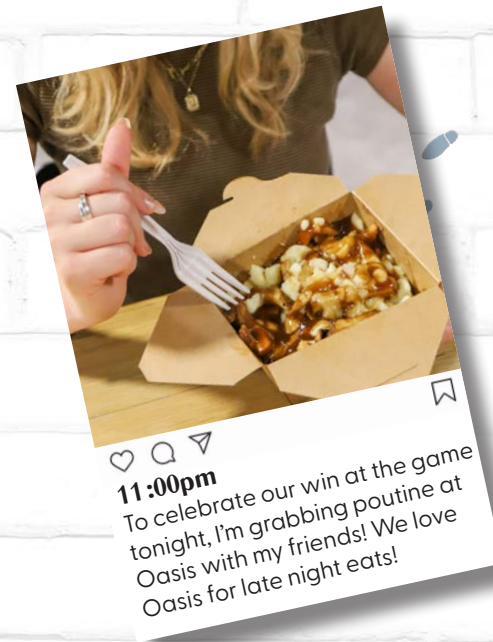
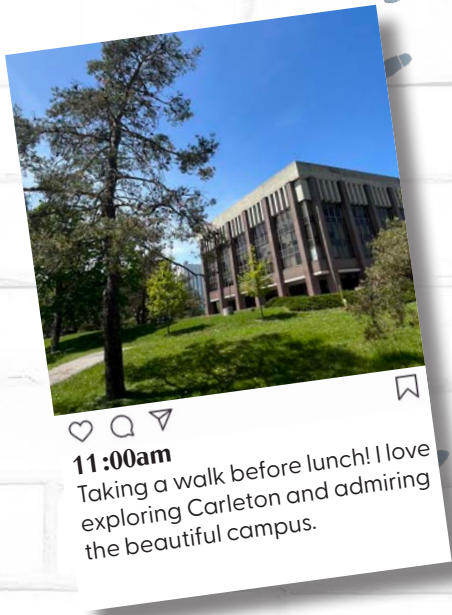
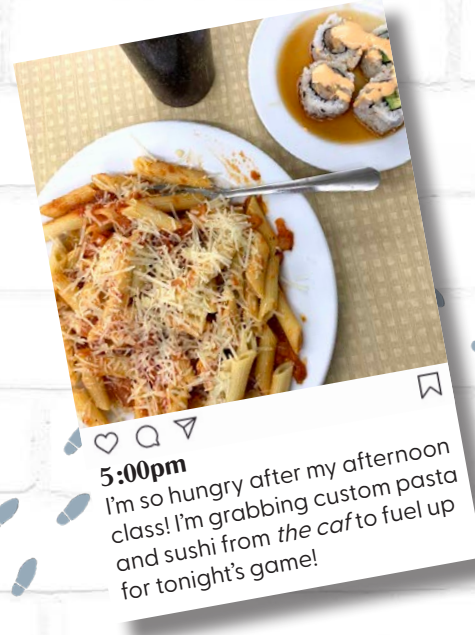
AskADietitian@carleton.ca or schedule an appointment by scanning the QR code below.

Want to connect with Ruba? Still have questions about *the caf*, Residence, or healthy eating on campus? Visit dining.carleton.ca/nutrition_dietitian or scan 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!



Rideau Pines Begins Growing Produce Specifically for Carleton



Supplier: Rideau Pines
Location: North Gower, ON
Distance from campus: 29 km
Products: Broccoli, Turnips, Cucumbers, Kale, and more!

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 caf'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

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.

BRIDGEHEAD IS BACK!



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.

KEEP IN TOUCH!

   @carletondining

 diningservices@carleton.ca



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!

