

# a guide to dining



carleton college

2011 – 2012

## about bon appétit!

Bon Appétit Management Company is an on-site custom restaurant company offering full food service management by providing café and catering service to corporations, colleges and universities, and specialty venues. We have over 192 clients in 27 states. Founded in 1987 as a catering company, the hallmark of Bon Appétit's expertise is serving fresh food that is prepared from scratch using authentic ingredients. We also have made a commitment to social responsibility by supporting sustainable food suppliers and local producers.

We believe that food service serves a much larger purpose for the community. Dining rooms and cafés are gathering places. Breaking bread together helps to create a sense of community and comfort. We recognize the important role we fill and take great care to honor our partnership.

## dining services at carleton college

*Welcome to dining services at Carleton College and a whole new style of campus dining. This new experience is not only your passport to a view of the world's different cuisines, but an adventure through culinary selections that hold no boundaries to spices and flavors, coupled with a great presentation and a flair beyond tradition.*

### **East Dining**

Our **Farmer's Market** includes a selection of fresh toppings and seasonal products that reflect the regional palate.

At our **Market Deli** we make sandwiches to order from a selection of traditional cold meats, sliced cheeses, grilled seasonal vegetables and offers a diverse choice of breads and spreads. Want it hot? We've got a Panini grill for you! We also offer pre-made entrée salads and specialty sandwiches.

**American Regional Cuisine** features specialty grill sandwiches, fresh ground chuck beef patties, grilled chicken sandwiches, appetizers, fries and other traditional sides. We also serve entrees with a "down-home" flair.

Our **Cucina** features our own, classic Bauccio brothers, hand-tossed dough and sauce. We offer at least three pizzas made from scratch with one vegetarian and one featured daily special. Our Cucina also offers "made-to-order" classic and contemporary dishes inspired by the Italian kitchen by combining a variety of proteins, vegetables and Italian based sauces.

The **Wild Thymes** station offers vegan and vegetarian foods made from scratch using fresh, local ingredients by combining regional and international flavors and cooking techniques.

## dining services at carleton college

### *East Dining, cont.*

Our **Chopsticks and Woks** station offers a culinary journey through Southeast Asia. Whether the lightly prepared Thai curries that reflect the culture of nearby India with strong aromatics or the herbaceous cookery of Vietnam with fish sauce and strong vegetarian tradition with Chinese values and Buddhist influences. The Indonesian Islands with the “New World” significance of the seafaring Spanish, Portuguese and the colonizing Dutch blended with dominant Asian accents or unifying the cross-cultural thread of Singapore through it’s cuisine represented by traces of Thai, Chinese, the Middle East, the neighboring Malay and Western traditions to name a few. Try the many tastes and flavors that are represented in this corner of Asia and maybe a nod or two from the Far East.

### **eXpress Lunch Window**

In an effort to accommodate students' busy schedules and ease congestion in the dining halls, eXpress lunch meals are a to-go option available to any student on a Carleton meal plan. An eXpress lunch meal can replace either lunch or dinner the day it's picked up, but not breakfast. No reservation is required. The meal will be paid for with the student's OneCard and the card must be present for the transaction, just as it is when entering a dining hall. Students will be allowed to swipe the card for the meal that they are currently eating, breakfast or lunch, as well as for the eXpress lunch they are picking up for lunch or dinner.

*eXpress lunch is available at East Dining during the following hours:*

|                            |  |
|----------------------------|--|
| MONDAY, WEDNESDAY:         | 7:30 a.m. – 10:00 a.m.<br>11:30 a.m. – 2:00 p.m. |
| TUESDAY, THURSDAY, FRIDAY: | 7:30 a.m. – 10:00 a.m.<br>11:30 a.m. – 1:45 p.m. |

## your passport to flavor

### **Burton Dining**

Our **Global Fare** concept is where you will find fresh, authentic flavors of various regional cuisines from around the globe.

**Sizzle** features specialty grill sandwiches, fresh ground chuck beef patties, grilled chicken sandwiches, appetizers, fries and other traditional sides.

Our **Cucina** combines traditional and contemporary stylings of the Italian kitchen with daily, made from scratch pizzas and other specialty items right from the oven such as baked pastas, strombolis and calzones.

**Heartland Prairie Cuisine** offers regional comfort foods made from locally raised cattle, poultry and vegetables.

Our **Farmer's Market** includes a selection of fresh toppings and seasonal products that reflect the regional palate.

At our **Market Deli** you may build your own sandwich from a selection of traditional cold meats, sliced cheeses and grilled seasonal vegetables offering a diverse choice of breads and spreads. Want it Hot? We've got a Panini grill for you.

## your passport to flavor

### Weitz Café

Weitz Café in the Weitz Center for Creativity will be opening in the Fall of 2011. The Café will be open Monday through Friday from 8:00 a.m. – 1:30 p.m. running on the academic calendar. The Café will be equipped to provide a light menu including espresso drinks, grab & go food, and bakery items.

### Sayles Café

With more flexible hours to accommodate many schedules, Sayles Café is a convenient stop for early morning coffee, snacks, lunch, dinner or even late night snacks. Our **Taqueria** offers made-to-order tacos, burritos and quesadillas with assorted toppings and fresh salsas. The Salad Bar includes a bountiful array of fresh seasonal and local produce. The **Grill** features specialty sandwiches, fresh ground chuck beef patties, chicken sandwiches, appetizers, fries and other traditional sides. The **Barista Café** serves coffee, coffee drinks, espresso and cappuccino paired with freshly baked desserts, scones, pastries, cookies, bars and smoothies. **Grab & Go** offers pre-made sandwiches, salads and parfaits for those on the go.

## meal plans

*Meal Plans are active only when students are enrolled full time and on campus. They may only be used by the student whose name is on the OneCard; they are not transferable. Meal Plans are available for use in either Burton or East Dining Hall. Dining Dollars may be used to make purchases for guests. There are no reimbursements for remaining balances at any time. Unused meals do not carry over to the next day, week, or term. Unused dining dollars are also not carried over from term-to-term. Meal plans run from Friday to Thursday.*

### **20 Meal Plan**

The 20 meal plan is Carleton's full board plan. This plan offers 20 guaranteed meals per week, with \$75 in dining dollars that may be used in Sayles Café or the dining halls. An added feature of this plan is the option of using one of the week's 20 meals as a meal equivalency in Sayles Café. See below for a complete description of how a meal equivalency works.

### **12 Meal Plan**

The 12 meal plan offers 12 guaranteed meals per week, along with \$275 in dining dollars provided for use in Sayles Café and the dining halls. The 12 meal plan also has 3 guest meals per term that may be used to invite a friend or family member to dine with you.

*NOTE: Guest meals are not available until the meal plan change period has closed (typically the Friday of the first week of a term).*

## meal plans

### **5 Meal Plan**

The 5 meal plan offers 5 guaranteed meals per week, with \$175 in dining dollars to be used in Sayles Café and the dining halls. This is the minimum meal plan for students living in the following houses: Benton, Douglas, Hall, Hunt Cottage, Stimson, and Williams. The 5 meal plan is also an excellent way for Northfield Option students to dine occasionally on campus, especially during the lunch period or for dinner on a day when the student has a late afternoon meeting or practice and eating at home is an inconvenience.

This meal plan is available to faculty and staff as well as students.

### **10 Meals Per Term Plan**

This is a voluntary meal plan that offers 10 meals per term and \$50 in dining dollars. It is intended for those who aren't required to be on a meal plan but would like to eat occasionally in the dining halls. There is no carryover from term to term of unused balances, either of meals or Dining Dollars. This meal plan is available to Faculty and Staff as well as students.

***What is a meal equivalency?** A meal equivalency allows you to buy food in Sayles Café by using one of your weekly meal plan meals. The 20 meal plan allows the use of 1 meal per week as a meal equivalency. If you use a meal equivalency in a given week, then you have 19 meals available to use in the dining halls. If you don't use a meal equivalency in Sayles Café in a given week, then you have 20 meals available in the dining halls. There is no carryover of meal equivalencies that don't get used.*

## hours of operation

### East Dining

#### *Breakfast*

|                 |                        |
|-----------------|------------------------|
| Monday – Friday | 7:30 a.m. – 10:00 a.m. |
| Saturday        | 8:00 a.m. – 9:30 p.m.  |
| Sunday          | Closed                 |

#### *Lunch*

|                     |                        |
|---------------------|------------------------|
| Monday, Weds        | 11:30 a.m. – 2:00 p.m. |
| Tues, Thurs, Friday | 11:30 a.m. – 1:45 p.m. |
| Saturday            | 10:30 a.m. – 1:00 p.m. |
| Sunday Brunch       | 10:30 a.m. – 1:00 p.m. |

#### *Dinner*

|                 |                       |
|-----------------|-----------------------|
| Monday – Sunday | 4:45 p.m. – 7:00 p.m. |
|-----------------|-----------------------|

#### *eXpress Lunches Available*

|                 |                       |
|-----------------|-----------------------|
| Monday – Friday | 7:30 a.m. – 1:30 p.m. |
|-----------------|-----------------------|

### Burton

#### *Breakfast*

|                   |                        |
|-------------------|------------------------|
| Monday – Friday   | 7:30 a.m. – 10:00 a.m. |
| Saturday – Sunday | Closed                 |

#### *Brunch*

|                   |                        |
|-------------------|------------------------|
| Saturday – Sunday | 11:30 a.m. – 1:00 p.m. |
|-------------------|------------------------|

#### *Lunch*

|                 |                        |
|-----------------|------------------------|
| Monday – Friday | 11:30 a.m. – 1:30 p.m. |
|-----------------|------------------------|

#### *Dinner*

|                 |                       |
|-----------------|-----------------------|
| Monday – Sunday | 5:45 p.m. – 8:00 p.m. |
|-----------------|-----------------------|

### Sayles Hill Café

|                   |                       |
|-------------------|-----------------------|
| Monday – Thursday | 8:00 a.m. – midnight  |
| Friday            | 8:00 a.m. – 1:00 a.m. |
| Saturday          | 9:00 a.m. – 1:00 a.m. |
| Sunday            | 12:00 p.m. – midnight |

\*grill closed daily from 4 – 8 p.m.

grill available from 8 p.m. – close

### Weitz Café

|                 |                       |
|-----------------|-----------------------|
| Monday – Friday | 8:00 a.m. – 1:30 p.m. |
| Closed weekends |                       |

*committed to excellence*

Bon Appétit Management Company is committed to excellence. We enjoy meeting with parents and students to talk about food! If you have any questions or feedback for us please contact us at **507-222-4066** or by e-mailing:

**BonAppetit@carleton.edu**



## our kitchen principles

Menus are seasonal and regional featuring ingredients that are local, sustainable and organic

Turkey breast and chicken are produced without the routine use of antibiotics as a feed additive

Hamburgers are ground chuck raised on vegetarian feed without antibiotics or hormones

Turkey and beef are roasted in-house daily for deli meat

Milk is free of antibiotics and artificial Bovine Growth Hormone as available

Shell eggs are cage-free and Certified Humane

Vegetarian options are plentiful at every meal

Healthy menu items are a mainstream offering

Trans fats are not used in our kitchens

Salsas, sauces, stocks and soups are made-from-scratch

Seafood is purchased fresh when available locally

We support the Monterey Bay Aquarium's Seafood Watch guidelines

Olive and canola oils are used for salad dressings

All salad dressings are made-from-scratch, except nonfat and low-calorie dressings

MSG and peanut oil are never used in the preparation of our food

Mashed potatoes are made from fresh potatoes

Cookies, muffins and breads (where possible) are baked fresh daily

*Learn how food choices impact the environment, community and your well being at: [www.CircleofResponsibility.com](http://www.CircleofResponsibility.com)*

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Bon Appétit at Carleton College  
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[bonappetit@carleton.edu](mailto:bonappetit@carleton.edu)

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MANAGEMENT COMPANY

*food services for a sustainable future®*

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