

2020-2021  
RESIDENT

# Dining Guide



This guide was created to help you make the most informed decisions possible about your dining experience. You're in control! Whatever you choose, rest assured that quality is at the core of everything we do.

With an ever-present focus on craftsmanship, our daily offerings will always be made from scratch. You'll enjoy fresh, consciously sourced food with a focus on seasonal items, a wide variety of delicious and healthy meals, build-your-own meal concepts, and special options for every diet.

We're here to nourish, comfort, and excite through our food offerings every single day. We can't wait to serve you!

## ••• RESIDENT DINING OPTIONS

<b>UNLIMITED PLAN</b> <ul style="list-style-type: none"><li>• Unlimited access to Canova Commons</li><li>• \$50 Dining Dollars</li><li>• 5 guest meals</li></ul>	<b>190-BLOCK PLAN</b> <ul style="list-style-type: none"><li>• 190 meals per semester</li><li>• \$50 in Dining Dollars</li></ul>	<b>150-BLOCK PLAN</b> <ul style="list-style-type: none"><li>• 150 meals per semester</li><li>• \$50 in Dining Dollars</li></ul>
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*Meal Plans EXPIRE at the end of EACH semester*

## ••• SPECIAL DIETARY NEEDS



Cedar Crest College Dining Services is committed to assisting students with specific nutritional needs. Whether you have food allergies, dietary restrictions, or simply need particular guidance with your food selections, Cedar Crest College Dining Services can provide resources to help you make the right choices. Though we clearly label menus with the top eight allergens along with gluten friendly, vegetarian, and vegan items, students with special dietary needs should contact Dining Services prior to the start of the semester to present individual needs. Students may set up a meeting with Nandi Sams, General Manager at [nandi.sams@cedarcrest.edu](mailto:nandi.sams@cedarcrest.edu) or Kelly Cartwright, Assistant Director of Operations at [foodsvcs@cedarcrest.edu](mailto:foodsvcs@cedarcrest.edu).

## ••• STUDENT JOB OPPORTUNITIES

Student team members are very important to us. We have part-time positions available at Canova Commons, the Falcon's Nest, Starbucks, and in our Catering Department, and would love to have you join our team!

Please ask to speak to a manager regarding online applications.

## ••• CAMPUS DINING LOCATIONS

### CANOVA COMMONS

Our premier dining location, Canova Commons serves all-you-care-to-eat meals to please any appetite, including our , daily entree features, V2 vegan and vegetarian station, as well as our Allergy Friendly Zone.

**FALCON'S NEST:** Our retail cafe features made-to-order offerings from the Grill, Deli, fresh pizza, salad bar, house-made dough, and a wide variety of On the Go! items. All items will have to be placed through the mobile ordering app; more information coming soon. Falcon's Nest will be open for walk-up grab and go during normal business hours.

**CYBER CAFÉ:** Proudly serving your favorite Starbucks beverages and house-made pastries.



# OUR CULINARY GOLD STANDARDS



- Allergen-Friendly Zones
- Customized Orders
- Soups Made from Fresh Stock
- House-Made Pastries and Muffins
- FarmSource® — Fresh. Local.
- Pizza Dough Made from Scratch
- Fresh, Never Frozen Hamburgers
- Fresh-Cut French Fries
- Entrée Meats Roasted In-House
- Free-Range Organic Eggs
- Fresh Fruits and Vegetables Featured Daily
- Real Mashed Potatoes
- Pasta Dishes with Homemade Sauces
- Chef-Attended Display Cooking
- Global Cuisine Prepared with Authentic Ingredients
- Daily Vegan and Vegetarian Offerings
- Real Cheese
- Real Bacon Bits
- Trans Fat-Free Cooking Oil

## CEDAR CREST COLLEGE DINING SERVICES

[cedarcrestdining.catertrax.com](http://cedarcrestdining.catertrax.com)

Email: [foodsvcs@cedarcrest.edu](mailto:foodsvcs@cedarcrest.edu)

Phone: 610.435.7051 (campus ext. 3446)

Monday – Friday, 8:30 a.m.–4 p.m.

## • • • 365 MARKET

Offering grab and go sandwiches, salads, snacks, and drinks. Located in the Cressman Library. Now accepting payments in the form of Falcon Funds, Dining Dollars, or credit cards. This machine does not accept cash.

## • • • DINING DOLLARS

Dining Dollars are included with each meal plan and can be used to pay for guest meals at Canova Commons or to purchase items from the other retail locations. Dining Dollars automatically carry over from the fall to spring semester but expire at the end of the academic year.

Additional Dining Dollars cannot be purchased throughout the year; however, students are able to load Falcon Funds to their student account which carry over from year to year.

## • • • STUDENT CATERING

We know that occasionally there is a need for student-catered events. We are happy to provide all levels of catering services for student groups and will work with you to make sure we exceed your expectations. Visit our Cedar Crest Catering website to browse our standard menu offerings and place an order. If you don't see what you need, we can customize a menu to suit your event and budget!

[cedarcrestcatering.catertrax.com](http://cedarcrestcatering.catertrax.com)

## • • • BAG MEAL REPLACEMENT OPTION

For those times you can't make a meal, you have the option of ordering a Bag Meal Replacement ahead of time. Ask a cashier in the Falcon's Nest for a Bag Meal Replacement order form. One Bag Meal Replacement equals one Meal Swipe.

## • • • NUTRITIONAL INFORMATION

Do you want to know the calorie content of a menu item, identify gluten-free menu items, or find other nutritional information? Visit our website at [www.cedarcrest.edu/diningservices](http://www.cedarcrest.edu/diningservices) and click the NetNutrition tab to obtain the nutritional information of our menu items.

## • • • FREQUENTLY ASKED QUESTIONS

### How can I find out what's on the menu?

Weekly menus may be accessed on the Dining Services website at [cedarcrestdining.catertrax.com](http://cedarcrestdining.catertrax.com).

### May I take food or drink out of Canova Commons?

If you are dining in Canova Commons, you may have all you care to eat while dining in, but no food or drink is permitted to be taken out. For those "on the go" we do offer a takeout option. You may leave your student ID with the cashier. You will be provided with a takeout container to fill and take with you. Please remember to pick up your ID from the cashier when exiting Canova Commons.

### May I bring a guest with me into Canova Commons?

Yes, if you would like to bring a guest, you may use a meal/guest meal, use your Dining Dollars, or pay with cash or credit card.

### What is Cash Equivalency?

You may use your meal plan in Falcon's Nest or Cyber Cafe to pay for any retail offerings in exchange for a meal swipe. The value of the swipe changes by meal period and is listed below. Any overage in the total purchase price will need to be paid for by using your Dining Dollars, Falcon Funds, cash, or credit card. No refunds or credits will be applied if the purchase price is less than the equivalency value. You may use up to three swipes in a meal period.

- Breakfast 6.00
- Lunch 7.50
- Dinner 7.50

### How does the Unlimited Meal Plan work?

The Unlimited Meal Plan provides unlimited access to Canova Commons, our all-you-care-to-eat venue. It gives you the flexibility to enjoy dining in Canova Commons anytime during the hours of operation. You may enjoy a full breakfast buffet in the morning, stop back in for a late morning pastry and coffee, then come back to have an incredible lunch. And if you get hungry in the afternoon, stop by for homemade dessert and a nice cold beverage... the flexibility is yours! The Unlimited Meal Plan also comes with five guest meals and 50.00 in Dining Dollars for the semester.