

BON APPÉTIT AT

MOUNT SAINT MARY'S UNIVERSITY

BREAKFAST

Monday - Thursday: 5 am - 10 am
Friday: 6 am - 10 am
Saturday and Sunday: 9:30 am - 11 am

LUNCH

Monday - Friday: 11 am - 2 pm
Saturday - Sunday: 11:30 - 2 pm

DINNER

Monday - Thursday: 4:30 pm - 8 pm
Friday - 4:30 pm - 7 pm
Saturday and Sunday: 4:30 - 6 pm

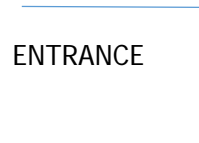
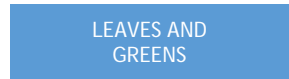
THE HANGOUT

Monday - Thursday: 7 am - 2 pm
Friday: 7 - 2 pm

Snacks, grab & go salad and sandwiches, and beverages will be available for purchase throughout the day.



EXIT



AT BON APPÉTIT, IT'S ALL ABOUT THE FOOD.

There is no need to leave campus for a delicious restaurant quality meal! Our Executive Chef Kiley Davis starts by cooking from scratch using the freshest, highest-quality ingredients, sourced with care, so you'll never get bored. We present our menus artfully yet without gimmicks, and create a welcoming place for our guests to gather. We believe in helping our guests make choices that are healthy for you, healthy for farmers, farmworkers, farm animals, communities, and the environment, too.

KNOW BEFORE YOU GO!

Sign up for menu mail today and get the specials delivered to your in box daily at: themount.cafebonappetit.com



BREAKFAST

There is no better way to fuel your mind and body than breakfast at the cafe; whether you want lighter fare like steaming hot steel-cut oats or a heartier breakfast of cage-free eggs and humanely raised bacon, you'll find an option. On the go? Pick up a freshly-prepared breakfast burrito or sandwich perfectly packaged to go or a yogurt and house-made granola parfait from our Grab and Go cooler made with the same care and consideration as all of our meals.

PERFORMANCE BOWL /WELL- BEING STATION

We heard you, you want a made-to-order healthy destination! A station where you know will always be a choice focused on your well-being. We are pleased to introduce our Performance Bowl station, which focuses on local, sustainable, and healthy plant-forward bowls made-to-order. Fuel up with fresh greens, layers of produce, and a healthy portion of whole grains. Top it off with a lean or plant-based protein and a reasonable portion of house-made sauce. Have it served hot or cold, the choice is yours.

LEAVES AND GREENS (SALAD BAR)

Our Salad Bar offers healthy stem to root options for our guests featuring delicious, seasonal locally grown produce harvested by our farm partners and artisans within 150 miles of campus. As the seasons change, so will your salad bar, and farm to fork offerings featuring a wide variety of freshly harvested produce, whole grains, proteins, and tempting garnishes for our guests to create their own masterpieces. Our dressings are made in-house with heart-healthy olive or canola oils, and low-fat options are always available. This station is charged per the oz. providing flexibility in size and price, you only pay for what you choose.

FARM TO FORK

We emphasize simple preparations at our farm to fork station, letting ingredients' innate flavors speak for themselves. Look for a daily-changing selection of composed salads and seasonal toppings that reflect the diverse food preferences of the Mount community.

THE HERBIVORE

Our herbivore station offers vegan and vegetarian options as well as plant-based proteins, and whole grain options for everyone.

KETTLES

Soup is a great addition to any entrée, or a perfect meal all on its own. In the Chalon café, making soup is a multi-day affair! We believe the best soups start with great stock, so we make ours from scratch using roasted beef, chicken bones, fresh vegetables and herbs. Slowly simmered all day, our stocks develop rich flavor without the addition of extra fats, salts or sugars. We believe that's the only way to achieve the deep, soul-satisfying layers of flavor that a good bowl of soup provides.

THE CUTTING BOARD (DELI)

We obsessively build each sandwich and wrap with layers of textures and flavors in a quest to make each bite “the perfect bite.” Chef Kiley combines house-roasted meats, cooked and raw seasonal vegetables, local artisan breads, and house-made spreads such as hummus, sun-dried tomato pesto, and basil aioli, to elevate the art of the sandwich. Meat lovers will take solace - as part of our many commitments to sustainability and health, turkey and chicken are produced without routine antibiotics, bacon is gestation crate-free, and eggs are certified cage-free.

THE FAMILY TABLE (COMFORT)

Chef Kiley will rotate a variety of entrées from around the globe. Whether featuring American regional classics, pan-Asian, Mediterranean or specials from other faraway lands. The fresh ingredients and low fat preparation techniques will bring you a world of flavor and ensure a satisfying meal that is beneficial for your health. By utilizing seasonal ingredients and timeless technique, these authentic dishes are vibrant, restaurant-quality, and always wonderful!

THE BROILER (GRILL)

A comprehensive and chef-driven grill and hot entrée program highlights both American and ethnic specialties, drawing from rich culinary histories and new trends. While you may always order traditional grilled items such as 100% certified humane burgers house-made vegetarian patties, daily-changing sandwiches, and grilled entrées with complementary sides, you'll likely be tempted by gourmet specials dreamed up daily by Chef Kiley.

THE PASTRY SHOP

We make enticing desserts from scratch in the kitchen at the Mount, using real ingredients like whole grain flour, sugar, butter, certified cage-free eggs, and Farm to Fork fruit. We never use any additives, preservatives, artificial flavors or sweeteners, or trans fats. Whether it's a fresh cookie for an afternoon treat, a decadent seasonal cupcake, a mini zesty lemon bar, or a fresh, house-made fruit tart, our desserts are prepared and portioned to delight health-conscious guests and those with a declared sweet tooth.

THE HANGOUT (COFFEE BAR)

The coffee bar will offer a variety of hot, cold, and blended specialty drinks along with house-made fresh produce smoothies and a grab 'n' go specialty sandwich or salad. As implied by the name, the hangout is the inviting spot on campus for students, staff and faculty to gather throughout the day and even provides charging stations.