

# Colby

# Dining

**Dining Guide**  
**Fall 2023**

# ABOUT COLBY COLLEGE DINING

**Welcome!** As Colby's food service provider, Bon Appétit is passionate about creating community through food. We believe food is a vital part of college life. A meal with friends doesn't just nourish the body, it builds lasting relationships and feeds the soul. Our meals are not only delicious, they also embody our core values of 'from-scratch' cooking, wellness, and sustainability. We don't use corporate recipes. Instead, we give our chefs tremendous freedom to be creative, but we also have a long list of standards that their ingredients must meet. We commit to sourcing 20% of our ingredients from local farmers and artisans.

This dining guide is intended to help address common questions about dining on the Colby campus. Want more information? Take a deeper dive into information about our sustainability commitments, kitchen principles, hours of operation, dining plans, our team, and much more! Visit [colby.cafebonappetit.com](https://colby.cafebonappetit.com)

**We look forward to serving you!**

**- The Colby Dining team**



# LOCATIONS

**ROBERTS:** an all-you-care-to-eat location that features both cooked-to-order and self-service menu items. Roberts is open for continuous dining on weekdays so you can grab a late breakfast, or lunch, or create your own smoothie. Students line up for the chef's Taco Tuesday specials and our house-made bakery items.

**FOSS:** Located at the south end of campus, Foss is known for being the campus hub for locally sourced ingredients. It prominently features vegan, vegetarian, and plant-based international meals with the option to add chicken and seafood. Students are also able to create their own stir-fry or omelet dishes. New this year, Chef Lydia is introducing an international bowls concept that will feature a weekly special.

**DANA:** The largest residential dining facility, Dana is introducing two new customizable food platforms: performance bowls and noodle bowls. The performance bowl station will allow students to create their own healthy grain bowls topping them with fresh vegetables and proteins. The noodle bowl station will be available on one side of the salad bar daily. Additionally, Dana's Simply Oasis is our dedicated space that provides meals free of the 9 major allergens. Located in its own room next to the grill station, Simply Oasis has lunch and dinner hot entrée options that feature halal proteins and its own mini salad bar. While it is available to all students, we ask that nothing from other areas of the café be brought into this space.

**THE SPA:** The Spa also offers cooked-to-order Halal menu items and mobile ordering for select meal periods. When time is at a premium, the Take 4 program allows students to build a complete meal. Select a hot entrée, sandwich, or entrée salad, and then add two complimentary sides and a beverage.

**COLBY EATS FOOD TRUCK:** Located by Mary Low, on Runnals Walk, the menu will feature student favorites and provide another dining option for the busy lunch period.

**THE PUB:** Grab a bite at our newest lunch location. We also work closely with student organizations to feature Trivia Night, games, and much more!

# FOOD ALLERGIES + SPECIAL DIETS

We do our best to ensure that every student, faculty, and staff member has the option to eat creative, delicious, nutritious meals every day, even if they have allergies or special diets dictated by health, ethical, religious, or medical reasons. The dining services team is well-trained in food allergy awareness and offer a number of options for students with food allergies and celiac disease. This includes communication about and modification to existing menu items, special preparation of menu items, and access to special products as agreed upon with students. For questions about these services or to request food allergy accommodations, students should contact Kevin Murphy in Disability Services and the Colby Dining General Manager.

- Major 9 allergens are included in menu names and descriptions whenever possible. Questions about ingredients can be answered by our trained managers and chefs on-site. Scan for additional information about dining in our cafés with a food allergy.
- Menu items that are appropriate options for most students with celiac disease are labeled as “made without gluten-containing ingredients” and can be easily viewed on the webpage using the dietary preferences filter.
- We offer an outstanding array of clearly labeled vegan and vegetarian options in each dining cafe.
- Dana's Simply Oasis station serves meals that are prepared without the major 9 allergens and gluten. This station is located in a dedicated room and uses only simple ingredients, eliminating the need to screen package labels.
- Halal options are available daily at the Simply Oasis station in Dana and cooked-to-order from the grill at The Spa.



If you have additional questions about the foods we serve and how we can meet your needs, please email Daniele Rossner, MS RD-N, Regional Manager of Nutrition. Additionally, we welcome in-person meetings between students and our team.

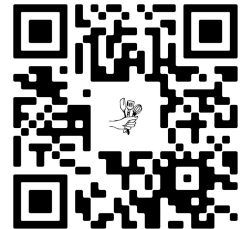


# MEALS ON THE GO

**MOBILE ORDERING:** Download the Transact app to begin ordering cooked-to-order Halal items from The Spa during lunch and dinner. Mobile orders are also accepted at Roberts during lunch and dinner.

**ECO-CLAMSHELL:** We realize that students have busy schedules and occasionally need a meal on the go. The eco-clamshell program allows students to bring the reusable eco-clamshell into the all-you-care-to-eat café, make selections from any station, and go. The dirty eco-clamshell is returned to the café in exchange for a clean one, or a carabiner is given instead of a replacement box when a student elects to dine in the café. The carabiner can be saved for the next time they choose to take a meal to go. Students appreciate this added flexibility in the dining program, and we are proud of the sustainable alternative to disposable waste. This program is free to sign up and to receive your eco box. You can sign up at the cashier station at Dana, Roberts or Foss Hall.

**STUDENT PACKOUT:** Whether a team, student organization, or study group, groups of 5 or more are welcome to enjoy a meal outside of the café in exchange for one meal swipe. Meals are packaged in bulk and can be picked up in Roberts. Orders must be placed a minimum of 7 days in advance via order form.



# WE WANT TO HEAR FROM YOU

Student feedback is one of the most important ingredients in our dining program. We welcome all feedback! Students are welcome to email our team directly, connect with us on social media, and even join our Student Dining Advisory meetings.



# ANSWERS TO THOSE F.A.Q.

## **How does the Unlimited meal plan work?**

Unlimited meal plan holders can swipe into the all-you-care-to-eat cafés on campus as many times per day as desired. The Spa's Take 4 program allows 3 swipes per day. Each meal plan is for the meal plan holder's use only. Additionally, meal plan holders receive 5 guest meals per semester.

## **What are my meal plan options if I live in the Alfond Apartments or downtown apartments?**

Students in these residences are eligible for the 100 block plan.

## **Can I visit the dining cafés without a meal plan?**

Yes! Each café accepts Colby Cards and credit cards. Door rates are posted at the entrance.

## **Where can I use my meal plan?**

Colby Dining has 3 all-you-care-to-eat cafés: Dana, Roberts, and Foss. The Spa, located in Cotter Union, offers a la carte retail items in addition to the Take 4 meal exchange program. Your meal swipe can also be used in the Colby Eats food truck.

## **What is the Take 4 program in the Spa?**

When time is at a premium, the Spa has you covered with the Take 4 program. Take 4 offers "meals in a minute" for students on the meal plan. Students choose between a hot entrée, sandwich, or an entrée salad. Then add three other items such as the day's side dish, fresh fruit, or a dessert, and then to top it off with a beverage. Students can swipe up to three times a day in the Spa.

# ANSWERS TO THOSE F.A.Q.

## **Do you have Halal options?**

We offer Halal options at Dana's Simply Oasis station and cooked-to-order at the grill in The Spa.

## **How does mobile ordering work?**

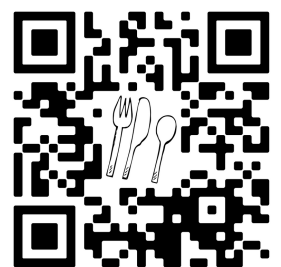
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## **Can I take food out of all-you-care-to-eat dining halls?**

Students enrolled in the eco-clamshell program can! Just bring the approved reusable eco-clamshell, build a meal from any stations within the cafe, and you are on your way. The dirty eco-clamshell is returned to the café in exchange for a clean one, or a carabiner is given instead of a replacement box when a student elects to dine in the café. This program is free and you can sign up at the cashier station at Dana, Roberts or Foss.

## **What is the pack out program?**

Whether a team, student organization, or study group, groups of 5 or more are welcome to enjoy a meal outside of the café in exchange for one meal swipe. Meals are packaged in bulk and can be picked up in Roberts. Orders must be placed a minimum of 7 days in advance via the Colby Dining catering page.



## **How can I get involved in planning and recommendations for Colby Dining?**

We want to hear from you! Join the dining advisory committee simply by emailing [richard.frost@cafebonappetit.com](mailto:richard.frost@cafebonappetit.com).

# LET'S CONNECT

**Richard Frost, Interim General Manager**

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**Joseph Gleeson, Executive Chef**

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**Daniele Rossner, MS RD-N**

**Regional Manager of Nutrition**

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**Mark Stamper, Director of Operations**

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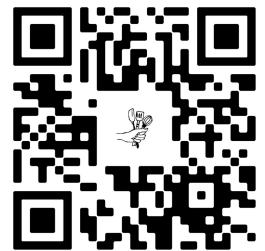


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