



WAKE FOREST
UNIVERSITY
DEACON DINING

2019-2020

**HARVEST
TABLE**
CULINARY GROUP

EVERY MEAL TELLS A *story*



WHAT WE *bring* TO THE TABLE

OUR *promise* TO YOU

We expect our food to taste good, but we want it to do more than that.

We want to know where it came from.

How it's made. Who prepared it. We want it to tell a story.

Our chefs are not just cooks proficient in technique and flavor development – they are educators, environmental stewards, wellness advocates, and innovators. They place Harvest Table's 5 culinary commitments front and center as pantry lists of ingredients and recipe collections are developed to serve Wake Forest guests at each of our unique locations across campus.



We start with clean, simple ingredients.



We are committed to the communities we serve.

In addition to purchasing from local farms and businesses, we also partner with local community organizations. Supporting food donations, organizing seasonal food drives, and participating in other hands-on volunteer opportunities.



We serve meals made fresh daily.

Our chefs develop unique menus designed to feature the absolute best produce the region is growing while appealing to individual palates and national needs.



We believe wellbeing is universal.

Local dietitians and nutritionists provide personal dietary consultations and wellness initiatives. They engage with guests about choices, provide information, and fun, interactive events, to help them make healthier decisions and establish healthier habits for life.



We care about where our food comes from.

How animals we eat are raised is important. The animal welfare standards we expect our partners to adhere to are central to our sourcing practices.

OUR standards

Nutritionally Balanced menu options are provided and promoted to encourage choices that have a positive impact on our guests' wellbeing.

Plant-forward choices are available daily, including plentiful vegetarian and vegan menus. Wake Forest was recently voted one of the **Top Ten Vegan Friendliest Schools in the Nation**.

Clean Label ingredients ensure that our recipes are made from nourishing whole foods.

Menu Transparency allows guests to make food decisions to support their personal goals. Menu items served across campus include ingredient, allergen and nutritional information transparency for all items served.

Wake Forest offers a **Nut-Free Dining Facility** – The Fresh Food Company (The Pit).

Hydration Stations with seasonal fresh fruit and herbs are available daily.

Performance Dining is a program at WFU that helps our guests choose foods for function, to support and fuel their mental and physical performance. Guests will find Performance Dining stations offering a symphony of fruits, vegetable, spices whole grains and more.

dietary preferences? NO PROBLEM!

We take dining preferences seriously and work very hard to incorporate menu items throughout our residential dining venues to meet the various needs and wants of our students. To make it easier, we clearly and carefully label menu items that are vegan, vegetarian or made without gluten. Look for these symbols on our menu boards and on our dietary preference filter online.



Vegetarian: Menu items that do not contain meat (turkey, fish, chicken, beef, and pork) or gelatin. Can include eggs, milk, and honey.



Vegan: Menu items that contain no animal products of ANY kind. No meat, eggs, milk, honey or gelatin. Vegan options can be found at every residential and retail location on campus.



Made Without Gluten (not to be confused with "gluten-free"): Here at Deacon Dining, we use the term "made without gluten" because we cook in a commercial kitchen and there can be a chance of cross-contamination. We do take proper precautions in storage, prep, cooking and serving to ensure cross contamination is minimal.

meet our REGISTERED DIETITIAN

BROOKE ORR MS RD LDN
Deacon Dining Registered Dietitian
orr-brooke@harvesttableculinary.com
336.758.6410



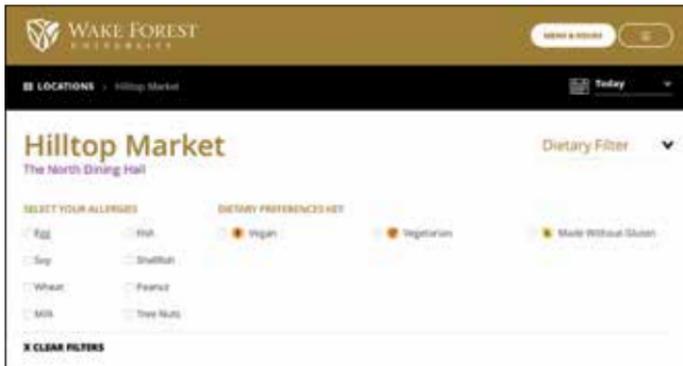
Our onsite dietitian, Brooke Orr, is here for YOU. She works with WFU Campus Health Services and Counseling Center to provide medical nutrition therapy for students with special dietary needs. The dietitian and executive chef work together to accommodate guests with specially prepared meals when needed. In addition, Brooke collaborates with the Office of Wellbeing and Campus Recreation to provide weekly nutrition education events with wellness tips to keep you fueled and ready to take on the day.

MENU *Transparency*

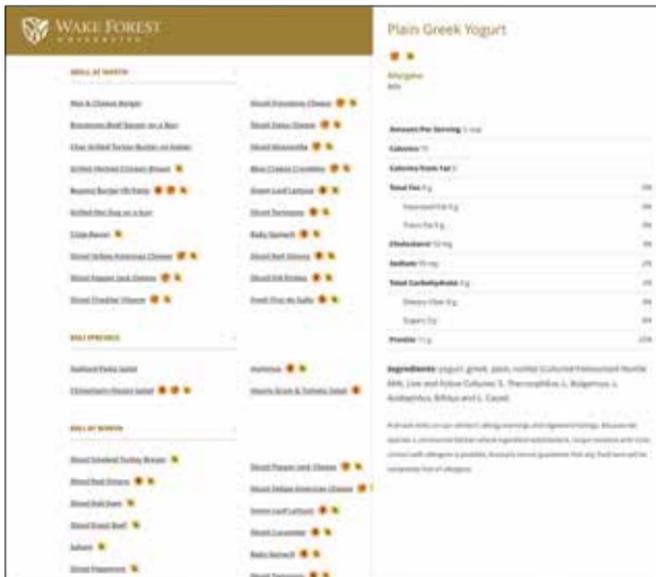
Although the variety of options are seemingly endless, we provide you with the tools to make navigating the selections easy. Our interactive menus provide you transparent information with the simple click of a button.

how-to

1. Go to deacondining.com.
2. Select Menus + Hours, then choose the time and location you plan to eat.
3. Choose "Dietary Filter" or click on menu items for full nutrition and ingredient list.



Select your dietary preferences.



View nutrition information for specific menu items.

meal plan BASICS

	Meal Swipes	Old Gold Swipes	Food Dollars	Guest Meals	Total Cost (tax included)
All Access Plan All Students	Unlimited	100	\$400	10	\$3,590
Black Plan All Students	165	60	400	-	\$3,055
Base Plan All Students	150	35	\$400	-	\$2,727
Gold Plan North Residents, Off Campus, Upperclassmen	110	30	\$800	-	\$2,613
Screamin' Plan North Residents, Off Campus, Upperclassmen	75	25	\$450	-	\$1,805
Apartment Style Plan Off Campus, North Residents	35	20	\$300	-	\$1,035
Commuter Plan Off Campus	20	10	\$250	-	\$649

dates TO KNOW

AUG 01
last day to decrease fall meal plan

SEP 30
last day to increase fall meal plan

JAN 03
last day to decrease spring meal plan

JAN 31
last day to increase spring meal plan

GET IT *to-go*

For a one-time charge of \$5.00, you can receive a re-usable to-go container. This container can be brought into The Pit, Hilltop Market, and Magnolia Room and used to take your meals with you! You can return the container for a fresh container or a chip that can be redeemed later for a new container. Your \$5.00 will be refunded at the end of the year when you return your box/chip.

meal plan TERMS



Meal Swipes: A designated number of meals to be used at Residential Dining Venues. This includes The Fresh Food Company (The Pit), Hilltop Market and The Magnolia Room. Unused meal swipes expire at the end of each semester.



Old Gold Swipes: Designed to add variety, convenience, and flexibility to your meal plan. They are pre-designated combo meals at all restaurants, retail, café and coffeehouse locations. Old Gold Swipes can also be used to enter our Residential Dining Venues just like a regular Meal Swipe! Unused Old Gold Swipes expire at the end of each semester.



Food Dollars: Like a gift card for food on campus! They are accepted at retail locations, cafes, coffeehouses, restaurants, and convenience stores on campus operated by Deacon Dining. Food Dollars will roll over from fall to spring semesters. Additional Food Dollars can be added in increments of \$50. Food Dollars are non-refundable and expire at the end of the spring semester. A student must have a valid Meal Plan to add additional food dollars. Sales tax will be charged on additional food dollar transactions at the point of purchase.

eat on campus. COOK AT HOME



HOME CHEF

Gold Meal Plan Holders are eligible to add on a **Home Chef Meal Kit** to their meal plan for an additional \$120 + tax. You will be able to shop online, select the meals you want and have them delivered right to your door! Meal kits include recipe cards and all ingredients to make a simple delicious meal at home! Recipes require you to have basic cooking equipment (oven/stove, pots/pans).

How it Works:

1. Purchase a Gold Meal Plan on WIN at win.wfu.edu.
2. Visit Deacon Dining Office in Reynolda Hall Room 12 anytime during the semester to add on Home Chef. Home Chef can be added in increments of \$120 + tax.
3. The office will provide you with an Access Code for Home Chef to select and redeem your meals.

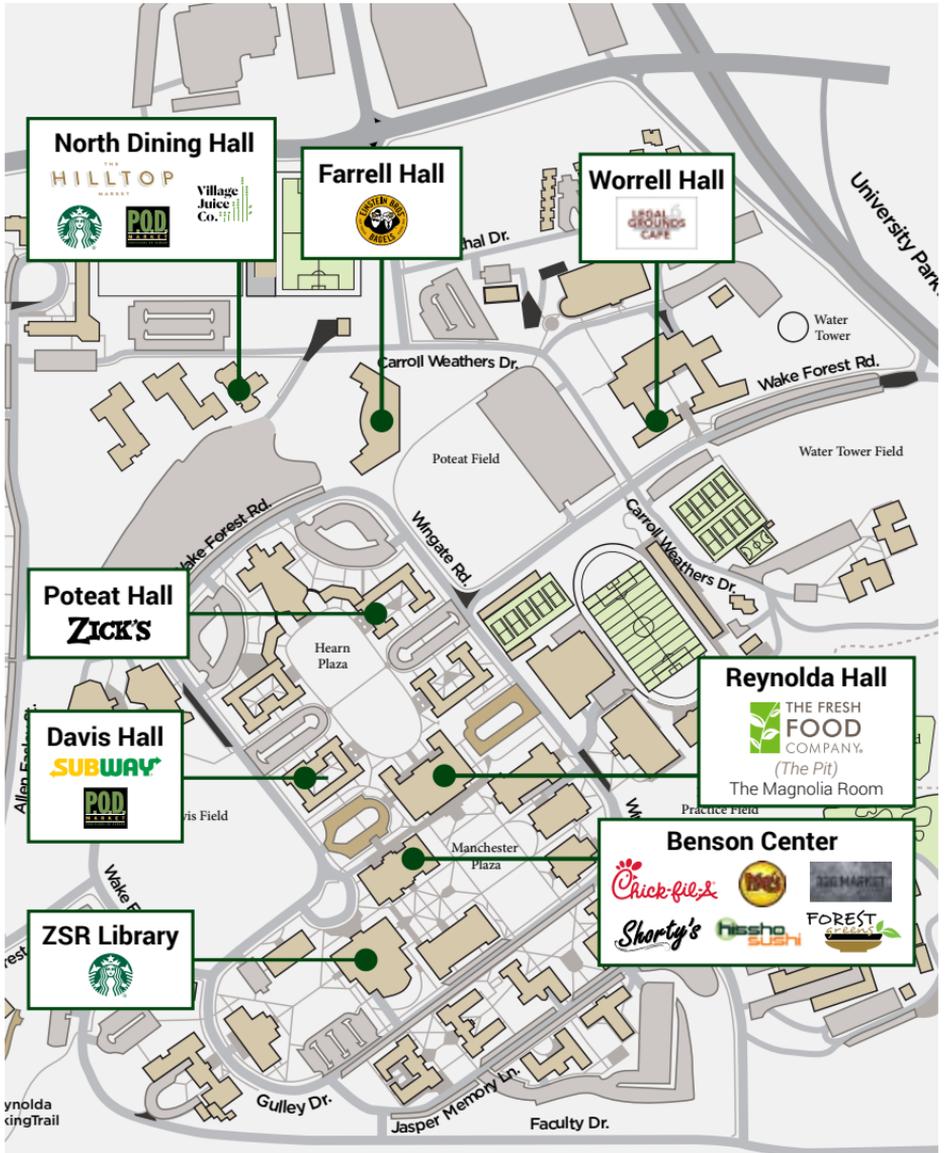
Visit win.wfu.edu to select your Meal Plan. To upgrade Meal Plans contact Residence Life & Housing @ 336-758-5185 or housing@wfu.edu. Contact Deacon Dining for additional questions or to add on Additional Food Dollars, located in Reynolda Hall Room 12, by phone @ 336-758-5607 or at deacondining.com

* Residential Meal Plans are academic year long contracts. Average meals per week was calculated using 16 weeks.

AN *inspiring* FOOD EXPERIENCE



DINING Locations



dining location DETAILS

REYNOLDA HALL

- **"The Pit"** - The Fresh Food Company is affectionately known around campus as "The Pit" due to its location in the lowest level of Reynolda Hall. Enjoy all-you-care-to-eat-dining for breakfast, lunch and dinner.
- **"Mag Room"** - Enjoy delicious all-you-care-to-eat dining for lunch Monday through Friday on the 2nd floor of Reynolda Hall.

DAVIS HALL

- **Subway** provides fresh salads and sandwiches made to order, located in Hearn Plaza in Davis Hall.
- A **Provisions on Demand (P.O.D.)** convenience store is attached to the Subway for quick one stop shop for a meal on the go, quick snack, and your dorm room essentials.

BENSON STUDENT CENTER

- **Benson Food Court** is located on the 2nd floor of the Benson Center, and features national brands and local favorites, including **Chick-fil-A**, **Hissho Sushi** (freshly prepared sushi and Asian cuisine), **Forest Greens** (craft your own chopped salad or sandwich, along with soups and **Village Juice Smoothies**), and **Moe's Southwest Grill**.
- The **336 Market** is available for a meal on the go, quick snack (build your own berry & yogurt bar), and your dorm room essentials.
- **Shorty's Bar & Grill** – Shorty's, a favorite dining and gathering place for the Wake Forest community, is known for its delicious tavern menu, featuring a wide variety of hamburgers, big screen TV and fun trivia nights!

POTEAT RESIDENCE HALL

- **Zick's** - Named in honor of Ken Zick, former vice president and dean of student affairs. Zick's is a favorite hangout and dining venue - Ranked #1 in Winston-Salem for their Flat Bread Pizza. They also feature shareable appetizers, wings, salads, billiards and more!

ZSR LIBRARY

- **Starbucks** is one of the best places on campus to grab a coffee and pastry, study and hang out with friends.

WORRELL HALL

- **Legal Grounds** - Conveniently located off Hearn Plaza. Stop by to enjoy locally roasted coffee and artisan-crafted products.

NORTH DINING HALL

- **Hilltop Market** combines the dining style of a modern servery with the fresh and healthy choices of a traditional residential restaurant. It is an all-you-care-to-eat dining location, open daily for lunch and dinner.
- **Village Juice** local franchise offers smoothie bowls, salads and grain bowls, toasts and fresh pressed juices.
- **Starbucks and Provisions on Demand (P.O.D.) Market** - Starbucks is a full service venue serving breakfast and lunch selections alongside its celebrated beverages. It is adjacent to the P.O.D. Market convenience store a quick one stop shop, for a meal on the go, quick snack, and your dorm/apartment essentials.

FARRELL HALL

- **Einstein Bagels** - Known for its perfectly baked bagels, Einstein Bros. also boasts its famous Caribou Coffee and espresso, deli sandwiches, breakfast egg sandwiches, lunch catering and delicious baked snacks and sweets.

events + PROGRAMMING

Gold Apron – Deacon Dining partners with the Office of Wellbeing and Campus Recreation to offer weekly hands on nutrition events, with recipes and activities, aimed to help students approach eating well with confidence.

Farmer Series – Deacon Dining Culinary Chefs partner with local farmers once a month to feature special recipes highlighting fresh, local ingredients.

Global Foods – The WFU Global Food Committee brings together WFU students, faculty and staff and Deacon Dining to share diverse cultural and religious holidays, celebrations, and heritages as expressed through our foods several times a month.

Pop Up Events – Deacon Dining features fun, random, interactive dining pop up events at various locations throughout the year to surprise and delight students.



OPEN *communication*

We want to know what you are thinking and how we can better serve you!

Have an idea, question or need? Just jot it down on a napkin and put it up on the **Napkin Talk Board**. We will get back to you as quickly as we can with a response. Napkin Talk boards can be found in The Pit and Benson Food Court.

YourDiningVoice.com allows us to collect all of your feedback. We want to insure we are serving you and meeting all of your dining needs in our Residential Dining Venues and our National and Local retail food establishments.

Let us know how we're doing, anytime - we want to hear from you!



KEEPING IT

authentic, collaborative, & personalized



KEEPING OUR
PRODUCTS *local*

questions? CONTACT US TODAY!

336.758.5607 | deacondining.com

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