



HARVEST
TABLE
CULINARY GROUP

UNIVERSITY OF
Redlands

dining on campus
2023-2024



every meal tells a *story*



we are Harvest Table

We're a team of chefs, hospitality experts, and foodies dedicated to delivering a different kind of culinary experience. Together, we turn fresh, local and responsibly-sourced ingredients into authentic food experiences where students learn, collaborate and create lifelong memories.

**PULL UP A SEAT AND GET READY TO EXPERIENCE
FOOD SERVICE DONE DIFFERENTLY.**



welcome to Redlands

"The Harvest Table dining team is committed to providing an incredible dining experience! We promise to provide fresh, vibrant, responsibly sourced ingredients from local, Southern California farms and community partners. Every meal with us tells a story and provides you healthy menu options that have a positive impact on your well-being and academic excellence. We look forward to you pulling up a seat at our table"

**AMBER YOUNG, EXECUTIVE DIRECTOR OF HOSPITALITY
HARVEST TABLE CULINARY GROUP**

our culinary commitments



THE TABLE

AT IRVINE COMMONS

The Table features fresh and inspired cuisine carefully crafted by our culinary team using only the finest local and responsibly sourced ingredients. This is an all-you-care-to-eat location, so once you swipe your card, you can enjoy a meal without having to budget for individual dishes. OZZI® reusable containers are also available for a meal on the run!

Saute Station - Made to order omelets in the mornings and then variety the rest of the day from pastas, stir fries, and much more. Build your own mac and cheese is a favorite and served often.

allgood Station - This station was created for those with food allergies and sensitivities—and for you. Actually, it's just really good food, made fresh, made healthy—made without the top nine allergens. Beyond offering a delicious tasting, nutritionally balanced collection of recipes, our chefs work closely with suppliers to source products and ingredients that meet our culinary commitments and strict criteria for inclusions in this station. We're committed to keeping our guests safe and healthy. That's why allgood provides a variety of wellness driven options that work for those with sensitivities or special dietary preferences.



These nine foods account for 90% of allergic reactions: Eggs, Milk, Peanuts, Tree Nuts, Fish, Shellfish, Soy, Wheat/Gluten and Sesame.¹



eggs



milk



peanuts



tree nuts



fish



shellfish



soy



wheat | gluten



sesame

Although we banish each recipe, the possibility for cross contact in a largely self-service community setting does still exist. Due to the nature of open kitchen environments, we cannot guarantee that any food item will completely free of a specific food allergen. If an allergen free choice is required, guests should contact the on-site manager to discuss their unique dietary needs and request a packaged selection instead of one prepared and served with other foods.

¹Millinery & Company, September 2022
²United States Food and Drug Administration, 2022

THE STREET GRILL

Our indoor food truck, with sandwiches and handheld favorites: burgers, burritos, quesadillas, tacos and chicken sandwiches. Different foods and flavors from the region and the world. All of our meats are humanely-raised, no antibiotics ever and sourced from farms right here in California.

PLANT POWER STATION

A plant based vegan station that offers a variety of delicious items such as Jackfruit tenders, Buffalo Cauliflower, Eggplant Meatballs, Roasted Vegetable Wellington, and so much more. These flavorful items will cater to any pallet whether you are vegan or not.

GREENS & GRAINS

This station is where you can build your own salad with fresh, local produce with a variety of topping and house-made salad dressing.

FRUTAS

Frutas carts are the most popular vending carts in So Cal, and we have our very own indoor version- Greek yogurts, fresh cut fruits, and all the traditional toppings – Tajin, Chamoy, and more.

DELI

Customize your favorite fresh made-to-order sandwich or wrap with a variety of local ingredients and toppings that can be combined in many ways. You can finish it off by having it toasted, adding local Lot22 Olive oil & Vinegar, and enjoying our house-made kettle chips.

OVEN STATION

This station features a variety of hot oven pizza, and stromboli's made with house-made dough and sauce. You can even get house-made baked pastas, warm cinnamon rolls and Chef's special creations. We also offer made without gluten and vegan options.

retail dining location



A coffee shop and café. The Den is the “must stop” for the campus community. This spot is a great place to gather and relax on campus. Serving up hand-crafted beverages, featuring local Redlands Wild Goose Coffee Roasters and Summit Tea Co. Breakfast sandwiches, gourmet sandwiches, and salads from Redlands Olive Avenue Market, house-made pastries, poke, and featured monthly fun new creative drinks. It’s a cool place just to hang out, enjoy a meal or snack with your favorite drinks or a local adult beverage from Hangar24.



LAUNCH

— A TEST & GUEST KITCHEN —

Launch Kitchen is a full kitchen that offers grilled sandwiches, burgers, wraps, salads, and will feature different restaurant concepts that will rotate every few months. Harvest Table's talented chefs have created menu concepts from all over the globe to bring authentic, local ingredients to our guests with the ability to personalize their meals. There are also convenience store items if you are just looking for something to grab and go, snacks or select dorm room essentials are all available to purchase with your meal plan declining dollars.

accepts: meal exchanges, dining dollars, credit, cash



meal plan basics

WHAT IS AN ALL-YOU-CARE-TO-EAT MEAL?

An All-You-Care-to-Eat-Meal is just that! Utilize The Table at Irvine Commons just as you would your personal kitchen. Stop in to enjoy a meal with your friends or grab a hot meal to-go using one of our sustainable OZZI boxes. Once you swipe your card you can enjoy an All-You-Care-to-Eat-Meal without having to worry about budgeting for individual dishes.

WHAT ARE WEEKLY PLANS?

Weekly Plans come with a set number of weekly meals that can be used in two different ways. They can be used at The Table at Irvine Commons as an All-You-Care-to-Eat Meal. Seven meals per week out of your meal plan can be used as a Meal Exchange at our on-campus retail dining locations. Weekly meals refresh on Sunday before breakfast, but do not rollover week to week.

WHAT ARE MEAL EXCHANGES?

Select on-campus retail dining locations offer Meal Exchange. A Meal Exchange is a set combo that can be used at any on-campus retail dining locations. You can typically get an entrée, side, and drink. Each location has different offerings for your Meal Exchange meal. So variety abounds!

IF I HAVE A WEEKLY MEAL PLAN, DO UNUSED MEAL SWIPES ROLL OVER TO THE NEXT WEEK?

In this type of plan, each week begins with the same set number of meals available to you. Unused meal swipes do not roll over from week to week.

WHAT ARE BLOCK PLANS?

Block Plans have a set number of meals that can be used throughout the semester. They do not have a daily or weekly limit. You can use your Block Plan as an All-You-Care-to-Eat-Meal at The Table in the Irvine Commons or as a Meal Exchange at any on-campus retail dining locations. You can also use your Block Plan to purchase a meal for a guest at any on-campus dining location. Instead of being distributed weekly, these meals are distributed at the beginning of each semester. Meals in a Block Plan roll over from the Fall to Spring semester, but expire on the last serving day of the Spring semester.

get it *to go*

For a one-time charge of \$5.00, you can get a re-usable Ozzi to-go container. This container can be brought into the dining facilities and used to take your meals with you! You can return the container for a fresh container or for a coin that can be redeemed later for a new container.

meal plan basics

	Meal Swipes	Meal Exchanges	Dining Dollars	Total Cost Per Semester
All Access Plan All Students	Unlimited	up to 7/week	\$250	\$2,600
Weekly 14 Plan First year/Sophomore traditional residents'	14	up to 7/week	\$150	\$2,170
Weekly 10 Plan All junior and senior traditional residents'	10	up to 7/week	\$150	\$1,865
100 Block Plan Campus Apartment Residents' and organizational houses'	100	Unlimited	\$150	\$1,415
75 Block Plan North Residents, Off Campus, Upperclassmen	75	Unlimited	\$150	\$1,065
All Dining Dollar Plan All commuting students'			\$100	\$100
May Term Plan	50		\$75	\$443



MEAL SWIPES: Meal Swipes is a set number of weekly meals that can be used in two different ways. They can be used at The Table at Irvine Commons as an All-You-Care-to-Eat Meal. Seven meals per week out of your meal plan can be used as a Meal Exchange at our on-campus retail dining locations. Meal swipes refresh on Sunday before brunch, but do not rollover week to week.



DINING DOLLARS: Dining Dollars are included in your meal plan to purchase a snack or a cup of coffee at one of our on-campus retail dining locations. Dining Dollars are perfect for this type of purchase, allowing you to save your meal swipes for full meals at our on-campus retail dining locations. Dining Dollars roll over from the Fall to Spring semester, but expire on the last serving day of the Spring semester. These dollars are built into the price of your plan.



ADD-ON DOLLARS: Dining Dollars are included with each meal plan and cannot be added to. However, a separate tender known as Add-on Dollars (cash value), can be added at any time of the year and they never expire. You can add funds right here on the dining.redlands.edu website, or you can visit the dining office located in The Table. Whenever you add more than \$100 to your card, you also will receive a 10% bonus in Add-on's! These funds can be used at any of our on-campus dining locations.

dates to know

- **SEP 01**
last day to change fall meal plans
- **DEC 08**
Breakfast is the last meal served for fall meal plans
- **JAN 07**
last day to change spring plans
- **APRIL 28**
Brunch is the last meal served for spring plans

our culinary *commitments*



SIMPLE, CLEAN, & HONEST

We keep our ingredients as clean as possible, so they taste the way nature intended. That means no artificial ingredients, additives or synthetic chemicals.



INGREDIENTS WITH INTEGRITY

Our chefs pick the right ingredients for the right reasons. We support partners who share the same mission and care for their products, livestock and crops with respect and responsibility.



COMMITTED TO THE COMMUNITY

We make sure a minimum of 20% of our ingredients are grown, harvested or produced within 150 miles of campus to keep food fresh and communities thriving.



HANDMADE MAKES A DIFFERENCE

We take a hands-on approach to the way we prepare our meals. Our recipes are chef-developed and prepared in-house in small batches to ensure peak flavor.



ROOTED IN HEALTH AND WELLNESS

Our wellness managers ensure the menus we create work for a variety of nutritional needs to nourish every student's body and mind.

dietary preferences? no problem!

We take preferences seriously and work very hard to incorporate menu items throughout our dining halls to meet the various needs and wants of our guests. 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 Redlands Dining, we use the term "made without gluten" because we cook in a commercial kitchen and there can be chance of cross-contamination. We do take proper precautions in storage, prep, cooking and serving to ensure cross contamination is minimal.

meet our registered dietician

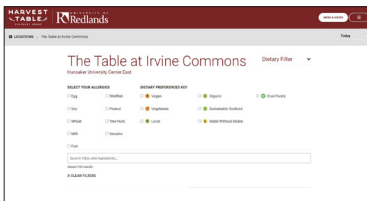
Andrew Coyle
Redlands Dining Registered Dietitian
coyle-andrew@aramark.com
909.748.8956

If you need nutrition information or guidance, we've got you covered with our on-site RD, Andrew Coyle. Andrew, works closely with the culinary team and management staff to ensure a variety of nutrient-dense food options are available at each of our dining locations. Healthy dining options are vital for overall well-being and nourishing the campus community is our top priority.

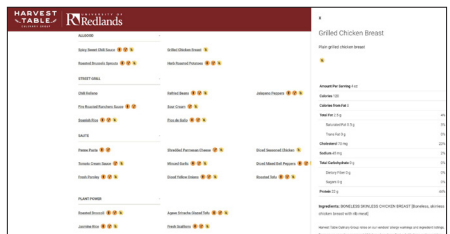
Although the variety of options is seemingly endless, we provide you with the tools to make navigating the selections easy. Our interactive menus provide the transparent information with the simple click of a button.

menu transparency

1. Go to dining.redlands.edu.
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.

events on campus

POP-UPS

Harvest Table Culinary Group at Redlands frequently holds impromptu pop-ups around campus as a surprise for guests. These events are aimed to showcase an exciting, customizable menu and special treats, such as a fresh squeezed orange juice bar or a plant-forward slider station and feature a local partner.

FARM TABLES & TEACHING KITCHENS

The Redlands dining team showcases its culinary talent every day, but Farm Tables are a great opportunity for guests to meet and interact with the people behind their food. Harvest Table chefs prepare a dish that inspires their culinary passion and serve it directly to our guests. These one-on-one interactions between our chefs and our guests strengthen campus connections and bring more meaning to mealtimes.

WOW EVENTS

Once each semester we will transform The Table into a whole new, exciting experience through decked out décor and a chef-crafted themed menu.

Follow us on instagram @htredlands or visit our website to stay up to date on our calendar of upcoming events!





Sign up today!

**FIND THE PERFECT MEAL PLAN TO FIT
YOUR LIFE ON CAMPUS.**

Our dining team on campus is excited to welcome you to the table with a variety of different plans centered on authentic culinary experiences. We want to make dining on campus easy, so our plans offer access to a convenient combination of sit down meals, grab and go snacks, retail restaurants, marketplaces, coffee shops, guest meals, and more. Read about all of our available plans by scanning the QR code or visiting us on our website @dining.redlands.edu and learn about the features of our plans.

QUESTIONS? CONTACT US TODAY!

909.748.8953 | dining.redlands.edu

  @htredlands

