

SIMPLE SERVINGS

ALLERGY-FRIENDLY FARE

Beatty Café's **Simple Servings** station provides fresh meals prepared with minimal processed ingredients! Open to all guests, this dynamic station serves foods prepared exclusively **without** the following: milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, and gluten. Our lunch and dinner menus change daily and feature a variety of protein options and vegetarian dishes.

Our kitchen prepares many other foods with gluten and all the other listed allergens. Simple Servings team members are carefully trained to avoid the cross-contact of ingredients. Separate equipment, storage areas, utensils, and preparation areas minimize, but do not eliminate, the chances of allergens and gluten in our Simple Servings dishes.

Need help navigating the dining halls?

Send us a message:
eatatcof.usa@sodexo.com

*We're here
to help!*



@EatAtCOF
eatatcof.sodexomyway.com

Welcome
**To Beatty
Café**



Dietary Accommodations:

Colleges of the Fenway Dining has a Registered Dietitian on our team to assist students in navigating the dining halls for appropriate and safe food choices. If you have dietary restrictions, food allergies, or general nutrition questions, please contact us at: EatAtCOF@sodexo.com

For Your Health:

For Your Health, a part of Sodexo's **A Better Tomorrow** plan, is a commitment to provide healthy and well-balanced meals. For more information, visit: tomorrowstarts2day.com

Look for these For Your Health icons on menu signs to help identify menu items that fit your needs.



Religious Restrictions:

Although our dining locations do not have kitchens dedicated to Kosher or Halal preparation, our team will gladly work with students on an individual basis to best accommodate their needs. E-mail us at EatAtCOF@sodexo.com for an appointment.

Low in calories.

Low in fat.

Packed with flavor.

Just look for the green apple logo!



mindful
enjoy health™

Colleges of the Fenway Dining fully understand the value of health and wellness to our community. With Mindful by Sodexo, the healthy choice is the easy choice! We offer dishes that balance enticing flavors with necessary nutrients while minimizing saturated fats and calories.

MINDFUL MEALS CONTAIN:

- 600 calories or fewer
- 35% fewer calories from fat
- 10% fewer calories from saturate fat
- Less than 800mg of sodium
- NO trans fats

Mindful choices are easily identified by their green apple Mindful Icon.

For more information about Mindful dining, please visit: mindful.sodexo.com

As more Americans choose a plant-based diet, we are pleased to introduce **Rustic Roots**: A fully plant-based station located at Beatty Café. Prepared without meat and animal products, Rustic Roots is abundant in flavor and innovative ingredients! Enjoy alternative proteins, whole grains, fresh vegetables, and even dessert!

Plant-based menu items offered at Rustic Roots and other stations will be labeled with Vegetarian or Vegan icons for easy identification.

Meat, fish, egg, and milk products are also kept separate from produce at Fenway Greens Salad Bar.

Rustic Roots

