

“We are committed to providing fresh, wholesome and nutritious food with an emphasis on local and sustainable ingredients. Our culinary focus and approach includes local, traditional and comfort foods, while simultaneously striving to offer globally inspired and culturally inclusive menu choices.” - Marquis Hall Culinary Centre



Halal

When you see the halal logo, it guarantees:

- Certified halal meat
- No alcohol
 - No wine vinegars
 - No beer/wine/liquors
 - No Dijon mustard (wine)
- No deep fried foods

Did you know?

- During Ramadan a significant halal protein is served every night at supper
- Halal meat is prepared separately from other meat and may be kept off the buffet too ensure these options are readily available for those who eat halal
- These options are **available upon request**.
 - Ask the staff for the halal meat option of the day, and they will bring it to you!



Gluten Sensitive

- Gluten-free pasta available upon request
- Gluten-free pizza options
- Gluten-free bread
- Gluten-free dessert options

Did you know?

- Located at the cereal bar area is a designated gluten free toaster with gluten free bread
- The gluten free bread at the deli station is cut with a separate knife and cutting board to avoid cross-contamination



Vegan/Vegetarian Plant-Based/Plant-Forward



- The vegan logo certifies the dish has no animal based products
- The vegetarian logo means the dish is made with no animal meat, it may still contain animal-based products, milk, cheese, and eggs
- Plant-forward means eating mostly foods that come from plants

Did you know?

- You can build your own nourish bowl at the station which has plant forward ingredients
- Create a salad at the bar
- Can request vegetarian sandwiches and pizza
- There are many plant-based protein options available



Dairy Sensitive

- Dairy sensitive offered in Marquis Hall includes foods that are free of dairy

Did you know?

- You can access dairy free milk options in the mini fridge located at the cereal bar during breakfast service
 - If you have any questions or concerns about foods that may contain dairy ask any of the chefs with white hats and they will be able to help

Worried about cross contamination?

- Culinary Services staff participate in food allergy training which provides information about food allergies, intolerances, and dietary preferences
- Our **chefs are trained** in proper cutting board and knife procedures to ensure there is no risk for cross contamination of allergens
- **Although we take precautions**, manufacturers may change their product formulation or consistency without our knowledge and product availability may fluctuate
- It is the **responsibility of the customer** with food allergies or other nutritional concerns to choose to eat the foods selected



Creating a Balanced Plate with a Dietary Accommodation

“Real food, clean eating. We believe in offering healthy food choices that are both good for you and the planet. We take great care in choosing quality ingredients and offer well-balanced and healthy menus that meet the needs of our campus community.” - Marquis Hall Culinary Centre



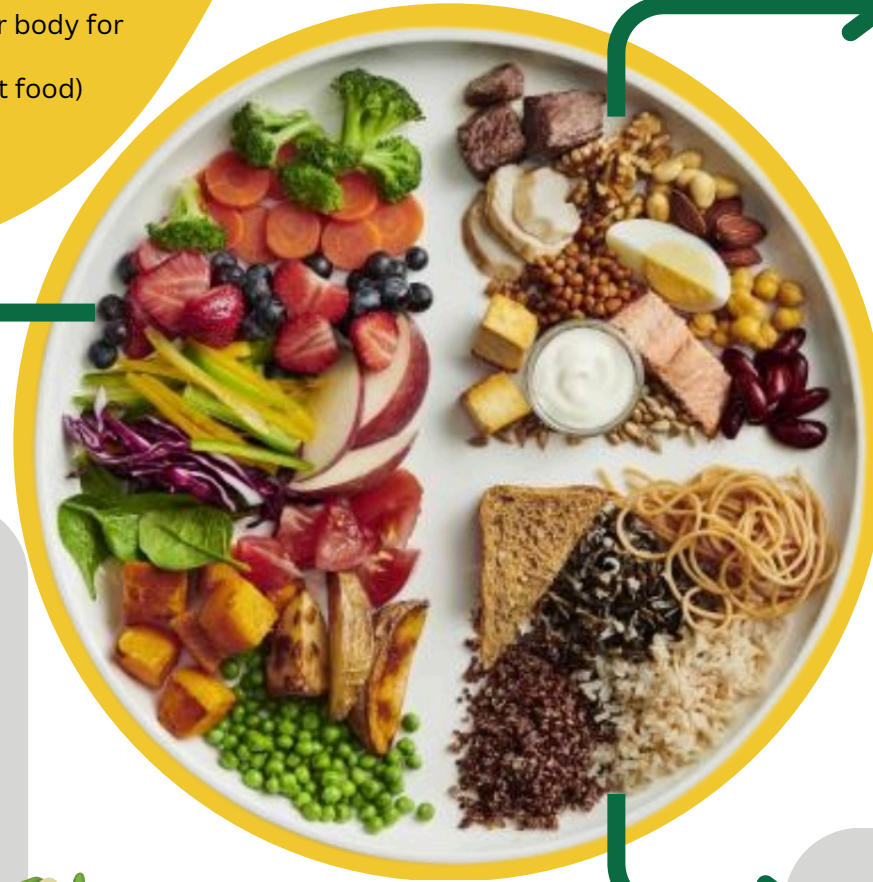
1/4 of your plate should contain a protein source

- **Protein can be animal based or plant based.** Marquis Hall has a wide variety of halal meats and plant-based protein sources
- **Vegan protein sources can include:** nuts, seeds, whole grains, quinoa, legumes/beans, and soy
- **Vegetarian protein sources can include;** all vegan protein sources plus, eggs, milk, and cheese
 - Make sure to **pair plant-based proteins** so your body gets everything it needs to thrive!
 - Examples: pair legumes, nuts, or seeds with whole grains, or pair rice with beans.



1/4 of your plate should have a carbohydrate source

- **Carbohydrates are found in a variety of foods including:** bread, pasta, potatoes
- Canada's Food Guide to Healthy Eating recommends choosing whole grain options
- **Gluten free carbohydrate sources include:**
 - Quinoa, rice, gluten-free; breads, pastas, and pizza crust



Healthy eating is more than just the foods you eat:

- Eat with others
- **Be mindful when eating,** listen to your body for signs of fullness
- Limit highly processed foods (e.g., fast food)
- **Make water your drink of choice**



Fill Half your plate with fruit/vegetables

They contain **many vitamins and minerals** for proper health!

- Marquis has a salad bar, nourish bowl station, fresh vegetables/fruit, vegetable based soups, and many other vegetable rich dishes to offer!



Visit these references to learn more!

- Canada's Food Guide: <https://food-guide.canada.ca/en/>
- <https://health.clevelandclinic.org/do-i-need-to-worry-about-eating-complete-proteins>