

Sustainable Catering

We define "sustainable catering" as restaurants that have one or more of the following attributes:

- Local, organic, and/or fair-trade ingredients
- Un- or minimally-processed foods
- Vegetarian and vegan entrées
- Minority- or woman-owned business
- Culturally inclusive cuisines
- Poultry, pork, dairy, and eggs are certified by a third-party for humane practices
- 100% grass-fed beef and lamb
- Sustainable seafood, listed on the <u>Monterey Bay Aquarium's Seafood Watch</u> guide as the best choice or good alternative, see the <u>Northeast Guide</u> for local options.
- Food containers and serving utensils are reusable, compostable, and/or recyclable

Definitions

 Organic: Foods that are certified <u>USDA Organic</u> or are certified organic by another third-party organization. Organic farming practices help to enhance and protect soil and water quality, reduce pollution from pesticides and fertilizers, and promote circular cycling of resources



• Fair-Trade: Foods and beverages that are Fair Trade certified by Fair Trade

USA or Fair Trade International. Purchasing fair trade certified products

ensures that the farmers and workers that produced the food were fairly
compensated. Most commonly, you will find fair trade certifications on coffee
and tea.





 Humane: Animal products that are certified humanely raised and handled according to the <u>Humane Farm Animal Care Standards</u> or by another industry-specific third-party organization. This certification ensures that the animals used in the food production are well treated and cared for without the use of routine antibiotics.



• **Local**: Food grown within <u>250 miles of Syracuse</u> or the event location, as defined by the <u>Real Food Challenge</u>. Purchasing from small local farms and businesses protects the environment and supports the surrounding community. By staying local, you help to reduce greenhouse gas emissions and their impacts from transporting the foods over a long distance.



Questions to Ask the Caterer

Ingredients

- Are any ingredients sourced from small, local farms?
 - Local is defined as farms located within 250 miles from Syracuse (or event location)
- Are any ingredients <u>certified organic</u>? If so, which certification?
- Is the poultry, pork, dairy, and/or eggs certified by a third-party as humanely.raised?
- Is the beef or lamb 100% grass-fed?
- Do you offer sustainable seafood listed on the <u>Monterey Bay</u>
 <u>Aquarium's Seafood Watch</u> list for best choice or a good alternative?
 - See the <u>Northeast Guide</u> for local options
- Do you offer any fair-trade certified coffees, teas, or other ingredients?

Dietary Restrictions

- Do you offer vegan and/or vegetarian options?
 - If so, are these similar in nutritional value and hunger satisfaction as the traditional options? (e.g. Vegan donuts & non-vegan donuts, or non-vegetarian entrees & vegetarian entrees, etc.)
- Do you offer allergy- and intolerance-friendly options?
 - o If so, which (peanut-free, lactose-free/non-dairy, gluten-free, etc.)?
 - Can you guarantee there is no potential for contamination? (e.g. Are these foods processed in a separate area of the kitchen? Made with separate equipment? Etc.)

Zero- and Low-Waste Packaging

- Can you provide beverages in bulk (larger than 1 gallon containers)?
- Can the food be packaged in reusable containers?
- Is the food packaged in compostable, recyclable, and/or made-from recycled-content containers?
- Can you supply reusable dinnerware (plates, bowls, cups), utensils, and/or serving ware?
 - If so, do you require a deposit or an extra fee for this service?



Syracuse Restaurants & Caterers

This list of restaurants is **not comprehensive** for all caterers in or around Syracuse that meet our criteria for sustainability. We included the following restaurants as a starting point, as they are well known by the campus community and were verified for meeting our criteria. If you know of other caterers that are not on this list, but feature one or more of the attributes listed on the previous page, please contact the Office of Sustainability so we may include it in this list to share with other campus members.

Symbols

• V : Vegan-friendly

• **(V)**: Vegetarian-friendly

• 🌇 : Minority-owned

• **W**: Woman-owned

Alto Cinco V V 🛂 🕠

• Cuisine: Vibrant, contemporary Mexican fare

Catering Menu

• Contact: (315) 422-6399, catering@altocinco.com



Angotti's Family Restaurant (v)

• Cuisine: Authentic Italian fare

Menu: <u>Page 1</u>, <u>page 2</u>

• Contact: (315) 472-8403



Apizza Regionale (V)

• Cuisine: Neopolitan, wood-fired pizza, featuring locally-sourced ingredients

• Contact: (315) 802-2607



Attilio's Restaurant Cuisine: Traditional Italian fare

Gluten-free options

• Contact: (315) 218-5085, attiliosonjames@gmail.com







Syracuse Restaurants & Caterers

Baghdad Restaurant VV

• Cuisine: Middle Eastern

Menu

• Contact: (315) 542-3989, <u>baghdad.restaurant.ny@gmail.com</u>



Big in Burma (V)

• Cuisine: Burmese

Menu

• Contact: (315) 308-0454



Boom Boom Mex Mex (V)

• Cuisine: Tex-Mex

Menu

• Contact: (315) 673-7166



Byblos Mediterranean Café VV 🕠 🛂 🕠

• Cuisine: Lebanese o Catering Menu

• Contact: (315) 254-7337



Cathy's Corner Café (V) W

• Cuisine: Italian-American fare, full-service catering

• Dining ware available for rent

V (V) 📞

Catering Menus

• Contact: (315) 479-6990, cathy@cathyscornercafe.com



China Café

• Cuisine: Chinese, Asian-fusion

Menu

• Contact: (314) 478-0888



Dosa Grill

• Cuisine: Indian restaurant offering, northern, southern, and street-style Indian fare

Menu

Contact: (315) 445-5555







Syracuse Restaurants & Caterers

Epicuse V V W

• Cuisine: Fresh, local, made-from-scratch gourmet American café fare

o Catering menu

• Contact: (315) 382-0274, <u>catering@epicuse.net</u>



• Cuisine: Thai

Menu

• Contact: (315) 445-8152



• Cuisine: Authentic Jamaican fare

Menu

• Contact: (315) 299-5011

Euro Bazar

• Cuisine: Eastern European market featuring Bosnian and other Mediterranean fare

o Menu: Page 1, page 2, page 3, page 4, page 5

Contact: (315) 229-6201

Eva's European Sweets (V) W

• Cuisine: Authentic Polish fare with European-style deserts

Gluten-free options available

Menu

• Contact: (315) 487-2722, evasweets@gmail.com

Francesca's Cucina (V)

• Cuisine: Authentic Italian fare

• Gluten-free options available

Catering Menu

• Contact: (315) 425-1556

Firecracker Thai Kitchen V V 🖏 🕠

• Cuisine: Bangkok-style Thai cuisine

Menu

Contact: (315) 362-1700, info@firecrackersyr.com















Syracuse Restaurants & Caterers

Firudo (V)

• Cuisine: Japanese fare including hibachi, sushi, and more

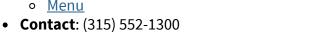
Menu

• Contact: (315) 802-2615



• Cuisine: Mexican

Menu



Habiba's Ethiopian Kitchen 🎷 🕡 🌇 🕠

• Cuisine: Ethiopian

Menu

Catering Info

• Contact: (315) 299-4099, eat@habibaskitchen.com

Karen's Catering **V W W**

• Cuisine: Upscale Italian and American fare with customizable menus - from boxed lunched to full course meals

- Gluten and allergen-friendly (if notified ahead)
- Dining ware available for rent
- Sample menus

Contact: (315) 472-9528, karenscateringoffice@gmail.com

King David's Restaurant VV

- Cuisine: Mediterranean
 - Gluten-free options available
 - <u>Catering Menu</u> (Fairmount)
- **Contact**: (315) 373-0034, Fairmount (315) 637-0485, Fayetteville, info@kingdavids.com



• Cuisine: Upscale Pacific-Rim Thai fare

Contact: (315) 475-1111, Contact form



Karen's Catering









Syracuse Restaurants & Caterers

Mamma Hai V V 🛂 🕠

- **Cuisine**: Traditional Vietnamese fare blended with local flavors
 - Menu/Order Online
- Contact: (315) 313-5611



- Cuisine: Latin American
 - Menu
- Contact: (315) 960-0009



- Cuisine: Latin American fare including traditional dishes from Mexico, Guatemala, El Salvador, Puerto Rico, and the US
- Contact: (315) 870-3392, micasitarestaurant@yahoo.com



- Cuisine: Soul food
 - Menu
- Contact: (315) 703-3000, missprissysd@gmail.com

Munjed's Mediterranean Restaurant & Lounge V V

- Cuisine: Middle Eastern and Greek fare
 - Menu
- Contact: (315) 425-0366

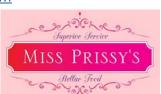
Oh My Darling (V)

- **Cuisine**: American comfort fare "with a twist of orange"
 - o Catering Menu
- Contact: (315) 290-3330

Original Grain

- Cuisine: Fresh California-style café fare
 - Catering Menu
- **Contact**: (315) 299-5011, <u>Contact form</u>





li Casa Grande









Good Food . Good People . Always,



Syracuse Restaurants & Caterers

Pastabilities VV W

- Cuisine: Contemporary Italian fare
 - Catering Menu
- Contact: (315) 701-0224, info@pastabilities.com

- Plant Made Alternative (PMA) Foods

 ◆ Cuisine: 100% Vegan, American comfort food

 - Contact: (315) 708-6892

Ponchito's Taqueria W

- Cuisine: "Roadside -style" Latin American fare
 - Menu
- Contact: (315) 870-3392, micasitarestaurant@yahoo.com

Red Chili Restaurant VV

- Cuisine: Szechuan-style Chinese fare
- Menu
- Contact: (315) 446-2882

Secret Garden VV

- Cuisine: Korean and Japanese
 - Menu
- Contact: (315) 449-3333

Sinbad Restaurant VV

- Cuisine: Middle Eastern
 - Catering Menu
- Contact: (315) 565-5655

Soulutions 🛂

- Cuisine: Southern-style soul food
 - Catering Menu
- Contact: (315) 299-5011, Contact form

















Syracuse Restaurants & Caterers

Strong Hearts VV

- Cuisine: 100% Vegan, American comfort food
 - Gluten and allergen friendly (if notified ahead)
 - Catering menu
- Contact: (315) 468-0000, catering@stronghearts315.com



Sweet Basil Thai & Vietnamese (formerly Taste of Asia) V (V)

- Cuisine: Vietnamese and Thai
 - Menu
- Contact: (315) 751-5168



Syracuse Cooperative Market VV

- Cuisine: American finger foods, including sandwich platters, fruit and vegetable trays, cheese boards, and "build your own" bars
 - Community-owned market, specializing in low-waste, local, and organic foods
 - Catering Menu
- **Contact:** (315) 472-1385 Kensington Rd. (315) 552-0029 - S. Salina St. (Salt City Market)



Victoria Restaurant



- Cuisine: Spanish and Dominican
 - Menu
- Contact: (315) 378-4328

THE VICTORIA RESTAURANT

Vince's Gourmet Italian Imports (V)

- Cuisine: Italian
 - Catering Menu
- Contact: (315) 452-1000



Wegman's \vee (V)

- Cuisine: American, Italian, and Asian, finger foods and more
 - Gluten-free options available
 - Catering Menu
- Contact" (315) 446-1180, Dewitt

