



# Sant Cugat Campus Canteen



## Gastronomic proposal

### Composition of the breakfast:

- One of the following options
  - Pastries
  - Sliced bread toast with butter and marmalade
  - A small toasted loaf with tomato
- White coffee and
- A glass of natural orange juice

### Composition of the menu:

- 1<sup>st</sup> course (5 options to choose from)
- 2<sup>nd</sup> course (4 options to choose from)
- Dessert (6 options to choose from)
- Bread
- A drink
- Coffee

### Other available products (not included)

#### Morning (breakfast):

- Small loaves
- Cold and hot sliced-bread sandwiches
- Cold and hot sandwiches
- Pastries
- Small cakes
- Doughnuts
- "Churros"
- Muffins
- Hamburgers
- Portions
- Pizza
- Coffees
- Varieties of herb tea
- Juices
- Soft drinks
- Shakes

#### Afternoon (lunch):

- Combo dishes
- First course options
- Second course options
- With varieties:
  - Rices
  - Pastas and sauces
  - Meats
  - Chicken
  - Various garnishes
- Desserts
- Cold and hot sliced-bread sandwiches.
- Cold and hot sandwiches.
- Pizza
- Hamburgers

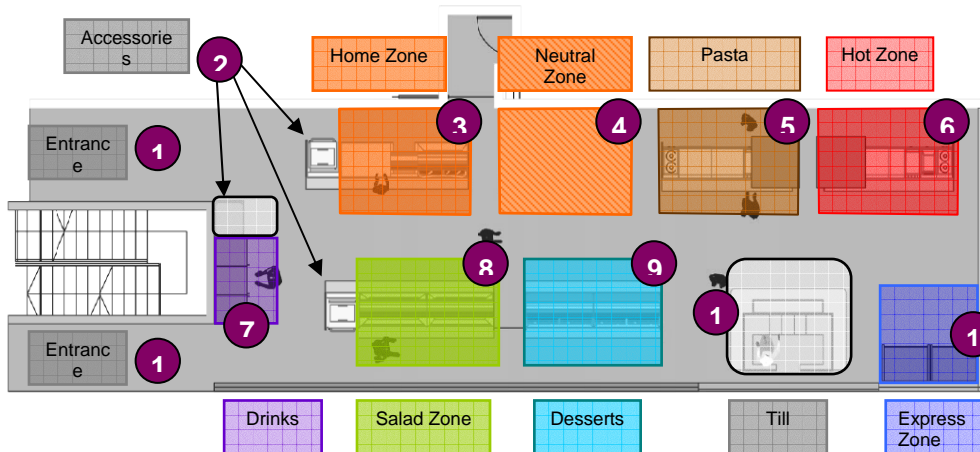


## Free-Flow Restaurant

ARAMARK is proud to offer its services to such prestigious universities as *Boston University*, *Massachusetts Institute of Technology (MIT)*, *New York University*, *University of Pennsylvania*, among other 420 universities in the USA and Canada. This gives us the knowledge and experience that has made it possible for us to develop a university restaurant concept that will address the students' needs. This restaurant will serve as a complement for the café service, which will be open all day.

This concept is known as Real Food on Campus<sup>®</sup>, which is based on an offer of fresh food, prepared to the taste of the customers and finished right in front of them. It has a free-flow design for the students to be able to move freely between the different areas, choosing their dishes from an offering oriented towards the flavour and quality of home food.

### Plan of the restaurant of ESADE Sant Cugat



### Service Timetable



## Food at the Campus ESADE Sant Cugat

One of the most recurring worries among parents whose children are living away from home is that of the food they are eating. "I wonder if he's eating well" and "I'm sure she's become sloppy with her food" are among their most common remarks.



We are conscious of the existence of such hazards as anorexia and bulimia, which might be excused by a lack of time to prepare one's own dishes or the unavailability of healthy food, of the type that would keep students' weight within desirable limits.

For example, let us give some important data on the people who eat a balanced breakfast:

- They absorb more vitamins and minerals, as well as less fat and cholesterol during the day.
- They have better control over their weight.
- They have more strength and resistance.
- Their cholesterol is lower, making it easier to prevent heart problems from an early age.
- They can concentrate better and are more productive in the morning. They also have better problem-solving skills as well as better visual and motor coordination.

At ESADE Sant Cugat, we shall benefit from the feeding service of ARAMARK, which is noted for its quality and its balanced culinary offer, informed by the advice given by its own nutrition and dietetics department. Its national experience is borne out by its record of serving prestigious institutions in 19 different countries.