

COLLEGE OF CHARLESTON

FARMERS MARKET

Spring 2019

Tuesday, April 9

on George Street from 11am - 2pm

Seasonal produce, fresh dairy, local artisanal products and more will be available. Local farm Vertical Roots will be on-site to showcase their offerings, which are featured throughout campus!

* Dining Dollars, Credit, and Cash are all accepted forms of payment for the locally sourced produce and products.

NOW JOINING US:

Root Note and Oh So Gelato Food Trucks

in partnership with Wonder Trucks Charleston.

* Credit, Debit, and Cash are accepted forms of payment for the participating Food Trucks.

For more information, find us on social media @cofcdining



LOCALLY SOURCED CULINARY SHOWCASE

WEDNESDAY, APRIL 10TH
LUNCH AT LIBERTY FRESH FOOD COMPANY

Celebrate Sustainability Week
with CofC Dining!

Each station will feature dishes prepared
with ingredients from local farms and
artisan partners in South Carolina.



SIP SMARTER

SKIP THE STRAW

TURN THE TIDE
ON PLASTICS
IN OUR OCEANS

CofC's Strawless Week

By using these reusable stainless steel straws you are helping the College reach their 2017 waste goal and keeping plastic straws out of our streams and waterways! We encourage you to be more mindful of the products that you use and hope that you will have a great time!

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MARTY'S MENU WEEK 1

JAN. 6-10 FEB. 3-7 MARCH 2-6 APRIL 6-10

ENTREES • \$9.29

Pesto Penne (V)

Penne pasta tossed with vegan spinach pesto, and served with garlic bread.

Feta Artichoke Pizza (MWG)

10" pizza with marinara sauce, a blend of mozzarella and feta cheese. Topped with artichoke hearts.

Fried Cauliflower Tacos (V)

Crispy cauliflower topped with fresh slaw, salsa, and smashed avocado.

Loaded Baked Potato (V*) (MWG*)

Baked potato with shredded cheddar, tempeh bacon, sour cream, butter, and scallions.

Black Bean Torta Wrap (V)

Torta-style wrap filled with seasoned black beans, shredded romaine lettuce, tomato, pickled onion, and smashed avocado.

Spartan Grain Bowl (V*) with Falafel

Bulgur wheat bowl with baby spinach, feta, cucumber, and tomato salad. Topped with smashed chickpeas, kalamata olives, and pickled onions. Served with a Greek vinaigrette..

PICK 3

Your choice of 3 sides.

(V)=Vegan (MWG)=Made without Gluten
 (V*)=Make it Vegan (MWG*)=Make it without Gluten

- Marty's Hours of Operation -
 Monday-Thursday: 11am-8pm
 Friday: 11am-3pm

MARTY'S MENU WEEK 3

JAN. 21-24 FEB. 17-21 MARCH 23-27 APRIL 20-24

ENTREES • \$9.29

Black Bean Quesadillas

Crispy tortillas filled with seasoned black beans, and cheese. Served with sour cream and pico de gallo.

Loaded Baked Potato (V*) (MWG*)

Baked potato with shredded cheddar, tempeh bacon, sour cream, butter, and scallions.

Whole Grain Spaghetti (V)

Served with falafel meatballs, house-made marinara, and garlic bread.

TLT Sandwich

Tempeh bacon stacked with lettuce, tomato, and vegan mayo. Served on toasted bread.

Margherita Pizza (MWG)

10" pizza with marinara, mozzarella, fresh tomato, and basil.

Vegan Chick'n Nuggets (V)

Crispy vegan nuggets. Served with your choice of sauce.

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MARTY'S MENU WEEK 2

JAN. 13-17 FEB. 10-14 MARCH 9-13 APRIL 13-17

ENTREES • \$9.29

Grande Bowl (MWG) (V*)

Brown rice bowl with seasoned black beans, salsa, cheddar cheese, sour cream, smashed avocado, and scallions.

Broccoli and Cheddar Baked Potato (V*) (MWG)

Baked potato with broccoli, cheddar cheese, and butter.

Falafel Pita (V*)

Falafel, vegan tzatziki sauce, shredded lettuce, feta, and tomato wrapped in a flour tortilla.

Yerushalmi Kugel

Elbow macaroni tossed with a vegan cheese sauce.

BBQ Pizza (MWG*)

10" pizza with Sweet Baby Ray's BBQ sauce, mozzarella, tempeh bacon, and caramelized onions.

General Tso's Cauliflower (V)

Crispy cauliflower tossed with General Tso sauce. Served with brown rice.

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MARTY'S MENU WEEK 4

JAN. 27-31 FEB. 24-28 MARCH 30-APRIL 3

ENTREES • \$9.29

Black Bean Tacos (V*) (MWG*)

Tacos with seasoned black beans, shredded lettuce, sour cream, and pico de gallo, and cheddar cheese.

Broccoli and Cheddar Baked Potato (V*) (MWG)

Baked potato with broccoli, cheddar cheese, and butter.

Pesto and Red Pepper Pizza (MWG)

10" pizza spread with vegan basil pesto and topped with shredded mozzarella and sliced fresh red pepper.

Falafel Burger (V*)

Pressed Falafel burger topped with shredded lettuce, tomato, pickled red onion, feta cheese, and vegan tzatziki sauce.

Sriracha Cauliflower (V)

Crispy cauliflower tossed with sriracha sauce. Served with celery and carrots.

Tortellini Marinara

Cheese tortellini tossed with marinara sauce. Served with garlic bread.

PICK 3

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Introducing Registered Dietitian

Emily Ackerberg



Where are you originally from?

- Montague, Michigan

What do you love most about Charleston?

- The character of the city

What do you like to do outside of work?

- Lounge at the beach, travel, explore Charleston, and cook!

You can contact Emily at ackerberg-emily@aramark.com with any questions or comments regarding your dietary needs!