

WELCOME TO

VANIER

What's for lunch ?

A guide for new students

# WHAT'S IN THERE?

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# SUBWAY

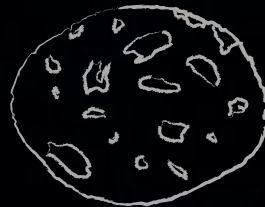
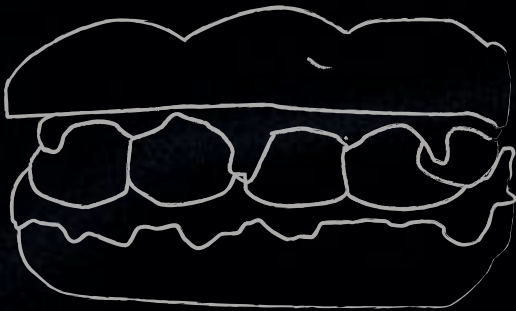
(Since 1965)

Eat fresh !

## « The easiest way » - N building

You want to devour a sandwich which is made in front of you? Subway's here for you  
It will please everyone: vegetarians, foodies and vegans.

You can choose between 5 different breads. So much choice you'll have a headache.



Tip 1 : Don't come around noon if you're in a rush.

Tip 2 : Try «Le Subway du Jour» each day.

Tip 3 : Psss... If you want cookies... Don't buy them here...

# JAKE'S CAFE

(Since 2014)

Help the community and help yourself !

## « The trendiest way » - Main building

Jake's Cafeteria was inaugurated in 2014. It's a restaurant run by students as well as made for them! There are a lot of different things to eat like bagels, salads, cookies, fruits, yoghurts and so on. You can have drinks too! It's not that expensive, it's pretty good, healthy and it helps Vanier College Students' Association!



Tip 1 : Hey pssss... Take the cookies here...

4 Tip 2 : Yeah there are fruits but seriously, go to the grocery store ...

Tip 3 : If you want to eat enough it's maybe not the best place to go.

# CAFETERIA

(Since 204)

A safe bet !

## « The healthiest way » - Main building

You feel guilty because it's been two months since you moved a muscle? The Cafeteria is the right place: you can have Chinese noodles! You'll only have to choose the vegetables that you'd like and the «protein»: beef, chicken or shrimps! There's other stuff like muffins, salads or yoghurt too.



Tip 1 : Wanna pay more and eat less? Take the shrimps! No, seriously, don't.

Tip 2 : Choose your sauce wisely, it can get very spicy!

Tip 3 : Fill your vegetable bowl as much as you can. Make it overflow.

# VENDING MACHINES

You're rich, aren't you ?!

« The worst way » - They're everywhere ! Run for your life !

You skipped breakfast and you just had 5 hours in a row without eating and your next class is in 30 minutes? Go for the vending machines... Otherwise don't you dare putting even a quarter in them. The devil is everywhere in Vanier... Yeah we're talking about the machines.



Tip 1 : «Wanna pay more and eat less» n° 2? Go ahead!

Tip 2 : Find a microwave and heat something that comes from home...

Tip 3 : If you really want snacks, stop in at Provigo. It'll be cheaper.

# RESTAURANTS

Wanna try something new huh ?



Pizza Vertu - 8 min by foot

More «underground» than Pizza Pizza but you'll pay less for more, plus, the staff is nice and helpful!

## Pizza Hut - 2 min by foot

Safe bet, near the CEGEP and the pizza is not disgusting.  
Maybe the best deal along with Domino's Pizza.

## Decarie Hot Dog - 7 min by foot

Yeah it's not very salubrious and the facade is scary ...

## A&W - 8 min by foot

Next to Metro Cote Vertu, obviously not the best burgers in town but sometimes you need to eat.. Take several «Buddy Burger» and put them on top of each other... We call it the «Crew Burger». You'll love it.

## Abu Elias Boucherie - 8 min by foot

That's a Lebanese shop where you can eat sandwiches and grilled food.  
We hear that's where you can find the best Shishtaouk ...  
Shhh don'task, just try. The meat is halal and grilled in front of you.



## McDonald's - 9 min by foot

Near Metro Cote Vertu, still not the best burgers in town but come on... Admit it... After a tough day what could be better than a McFlurry?

## Pizza Planet - 9 min by foot

Order something only if you're not served by the boss. He will try to make you pay more than what is written on the menu. Have a jumbo with a friend!

## PFK - 10 min by foot

Yeah Poulet Frit Kentucky... We're sorry about that, it shouldn't have been translated... If you're starving with some friends have a big bucket of chicken dips!



# MAP

Boulevard Décarie

 PIZZA PLANET

 McDONALDS

 METRO

 ABU ELIAS

Boulevard Cote-Vertu

 PFK

 PIZZA VERTU  
A & W

 DECARIE HOT DOG

Rue Decelle

Rue Barré

Rue de l'Église

 PIZZA HUT



MAIN BUILDING  
CAFETERIA  
JAKE'S CAFE



N BUILDING  
SUBWAY

# DO IT YOURSELF

Why spend money on food that you can make on your own ?

Here are some short and relatively simple recipes that will completely change your life !

Today on the menu : Potatoe Salad, Burger, Norwegian Waffles and an Oreo Milkshake



## Potato Salad - 20 min

(1 person)

### Ingredients

- 1/4 cup mayonnaise
- 2 tablespoons celery
- 1 tablespoon onion
- 1 tablespoon pickle relish
- 1 + 1/2 teaspoons Dijon Mustard
- 1 potato, cooked and cubed

### Method

- Combine all ingredients except potato in a bowl
- Mixe them
- Add potato
- Done !



# Norwegian Waffles - 30 min

(2 person)

## Ingredients

- 1 egg
- 1 tablespoon white sugar
- 1 + 1/2 tablespoon melted shortening
- 1 cup milk
- 1 teaspoon salt and vanilla extract
- 1 teaspoon baking powder
- 1 1/2 cups all-purpose flour

## Method

- Preheat a waffle iron
- Beat together eggs and sugar with an electric mixer until fluffy. Pour in shortening, milk, salt and vanilla, mix until well blended.
- Sift together the flour and baking powder.
- Mix the flour into the liquid.
- Spoon 2/3 cup of batter onto the preheated waffle iron at a time. Close the iron and cook until steam is no longer coming out and waffle is browned



## Oreo Milkshake - 10 min (2 persons)

### Ingredients

- 11 Oreos
- Vanilla Icecream
- Milk

### Direction

- Very difficult recipe.
- Blend the oreos, a scoop of vanilla icecream and some milk.
- Aaaaaaand, it's done ...

## THE Burger - 10 min

(1 persons)

### Ingredients

- 125g of minced beef
- 1/4 medium onion
- 1 egg

### Direction

- Put the diced onion the egg and the minced beef in a bowl.
- Roll the mixture and flatten it.
- Put the burger in the fridge during half an hour
- ( add the ingredient that you want: salad, tomato, cheese, sauce...)
- 15 min grill



STAY

HUNGRY

Stay

FOOLISH