87 Ways to Explore Cornell Dining

Explore what Cornell has to offer—everything from healthy, local, and unique eats, to indulgences and under the radar specials.

Health

4 Squeeze in some fresh orange juice and cut fruit at the North Star Breakfast Bar at Appel!
9 Eat an entirely vegetarian meal at Risley Dining; realize it's not that hard
10 Treat yourself to frozen yogurt and squeeze in a serving of fruit with fresh toppings
13 Tired of sandwiches for lunch? Order a whole grain flatbread salad from Martha's Café in Martha Van Rensselaer Hall
18 Visit Becker House for lunch or dinner - see why Cornell is ranked #2 most vegan-friendly colleges

23 Customize your stir-fry at Robert Purcell Marketplace Eatery with items from the salad bar
28 Enjoy a delicious Egg White Omelet with your choice of fillings at any meal at Risley Dining
33 Power up your study snack with a Fresh Take Quinoa Salad Cup
39 Refuel after a tough workout (or trek up the Slope) with a protein-packed smoothie from Synapsis in Weill Hall
44 Try a famous Ivy Room salad with housemade Green Goddess dressing
49 Find foods with the Eating Well apple logo: these items are trans-fat-free, 100 percent whole grain, and lower in fat, sugar and salt
54 Try Quinoa (KEEN-wah), Wheat Berries, and Bulgur at the Healthy Harvest Bar in Okenshields
59 Make your own Yogurt Parfait at Trillium with low-fat Cornell Dairy Yogurt, fresh fruit, and granola
62 Attend one of the NS 4880 dinners designed and prepared by Nutrition Students on West Campus in the spring
67 Start your day right – try the whole grain hot cereal bar at Trillium
72 Try the protein packed HumMiss sandwich from Cascadeli in Willard Straight Hall
77 Craving sushi? Sushi with Gusto offers brown rice and vegetarian options made fresh on campus daily and available throughout campus.
81 Start your day with Cornell Dairy made low fat yogurt – it comes in many flavors and has no additives

Local

5 Taste the local non-GMO Tofu available at Dining Rooms across campus
14 Go to Dilmun Hill, the student-run farm, and hand pick fresh vegetables
19 Attend a Compost Training session and finally learn what's compostable and what's not
24 Visit the Farmers' Market at Cornell on the Ag Quad for lunch and live music in between classes
29 If you're over 21, try Ezra's Red Ale at the Bear's Den in Willard Straight brewed by Bandwagon BrewPub in Ithaca
34 Drink a glass of Cornell Apple Cider at your favorite Dining Room
37 Celebrate finding the cows on the wall by trying the latest flavor of Cornell Dairy Ice Cream
40 Take the TCAT or walk up by the Vet School to see the Cornell Orchard and how the famous cider is made
45 Grind your own Natural Cornell Peanut Butter at Jansen's Market in Noyes
50 Try the Apple Brie Melt made with local apples at Goldie's in the Physical Sciences Building
55 Attend the Fall Harvest Dinner at Robert Purcell; learn about local and sustainable foods on campus
60 Before a break, use BRB's at Bear Necessities to stock up on locally-made products and bring them home for your family
63 Attend the Mann Library Local Food and Fiber Fair. Learn more about Ithaca's food movement.
68 Buy a reusable stainless mug at a Cornell Dining coffee shop for $4.99 and get refills for only $1.50
76 Stop by Martha's or Synapsis and enjoy a cup of locally roasted coffee from Finger Lakes Coffee Roasters
Good

3  Be first in line at the Mongo Station in RPCC, save yourself the 20 minute wait
8  Before your morning walk to class, grab a seasonal drink like the Peppermint Mocha Latte from Carol's Cafe in the Tatkon Center
12 Try a f'Real milkshake at Bear Necessities invented by Cornell alum Jim Farrell '77
17 Try the cheddar biscuits or pulled pork from the Seasonal 365 station at Trillium
22 Sip a hot Mighty Leaf tea and discuss Richard Meier B. Arch's '57 work at the student-run Green Dragon Cafe in Sibley Hall
27 Celebrate surviving your first prelim of the semester with Bubble Tea
32 Enjoy hand cut fries from Bear Necessities
38 Try the original recipe Thousand Island dressing at North Star Dining Room, created by Manager Murray LaLonde's great grandmother
43 Argue with a friend about the best sub at Bear Necessities--unanimously agree it's the Southwest Chicken
48 Go to Robert Purcell Marketplace Eatery brunch as a senior; feel nostalgic
53 Try the famous Pho bar at Keeton House Dining
58 Go to a Wednesday Night House Dinner on West Campus and enjoy a special 3-course meal
66 Sleep in on Sunday, barely make it to brunch at North Star, and celebrate with Belgian waffles
71 Find your favorite on-campus dish and ask one of Cornell's 13 Chefs for the recipe (Bonus: Try making it at home and appreciate having a meal plan)
74 Try MSC (Marine Stewardship Council) certified fish at Keeton House or RPCC
80 On Slope Day, sit on Libe Slope and eat a giant turkey leg
83 Head to the Ivy Room for made-to-order American classics
86 Share lunch with a friend at Synapsis Cafe over daily tomato soup and a specialty grilled cheese

Special

6  Got Milk? Make your best milk moustache with Cornell Dairy Chocolate Milk, always made with real cocoa
15 Try the vegan chocolate cake from Cornell Dining's Bakery
20 Enjoy a baked potato or ear of corn in a Dining Room from Cornell's Homer C. Thompson Vegetable Research Farm
25 Enjoy a five-course Chef's Table in North Star Dining--hurry and make your reservations. Speak with Chef Bryan Roberts for more info because it gets booked semesters in advance.
30 Buy a Cornell-grown apple from the vending machine in the Plant Sciences Building
35 Enjoy lunch outside on a nice day at A.D. White's former Carriage House, now home to the Big Red Barn
41 Wait for fresh-from-the-oven chocolate chip cookies to appear at your favorite dining room's dessert table. Enjoy the warm gooeyness.
46 Experience “A Night at Hogwarts” at Risley--dress up as your favorite character and enjoy live performances, butter beer, and chocolate frogs
51 Attend the Yum Yum Dinner at North Star and celebrate Cornell's vibrant Asian community
56 Experience a Shabbat meal at 104West!
61 Celebrate Diwali, the Hindu festival of lights, at Jansen's Dining Room in Bethe House
64 Walk through Duffield Hall and buy a snack for an Engineer who looks like they've been there for days working on problem sets
69 Go to Bear Necessities after 1:00am on a weekend and see your entire freshman hall
73 Make a few new friends at the annual Block Party, Held on north campus opening weekend
75 Load up on samples at the North Campus Food Show in January at RPCC
78 Celebrate Chinese New Year at Okenshields with authentic cuisine
82 Savor delicious turkey and mashed potatoes at North Star's Pre-Thanksgiving dinner
84 Do you like late-night pancakes and eggs? Find out when RPCC does breakfast for dinner
1. Like Eat Well Cornell on Facebook (facebook.com/eat.cornell)
2. Make the rounds: try each North Campus Dining Room at least once and pick your favorite between North Star at Appel, RPME, and Risley Dining
3. Don't spend time waiting in line--order lunch online through webfood.com/
4. Become the Mayor of Trillium or the Ivy Room on Foursquare for at least one day
5. Tweet a picture of your meal @CornellDining
6. Find out what's for dinner @CornellDining
7. Find the Cornell Dining web site for daily menus at: Dining.Cornell.edu
8. Interested in improving Dining at Cornell? Find out how by attending a Student Assembly Dining Committee meeting
9. Become a secret shopper and get paid to eat on campus; Email Dining@Cornell.edu to sign up
10. Find the 8 Hidden Cows on the walls of the Dairy Plant in Stocking Hall
11. Go to the Bear's Den for live music (it's 18 to enter)
12. Meet the few Cornell Grads who work for Cornell Dining, including Food Service Director Gail Finan '69
13. Try the Tang's Ho Fun at the North Star Wok Station in North Star. Ask them about their famous Ithaca Chinese restaurant.
14. Make up a new nickname for Okenshield's, or Bear Necessities. Try and get it to spread.
15. Ask Happy Dave for a copy of one of his mix tapes
16. Sit in Amit Bhatia Libe Café when you have no work to do and talk about campus politics with members of the Student Assembly
17. Engage in Super Bowl festivities with friends at the Bear’s Den located in the Ivy Room
18. Find the current semester Cornell Dining Rocks location!

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**Bonus**

87. Submit your own way to Connect with Cornell Dining to dining@cornell.edu or on the Eat Well Cornell Facebook page (facebook.com/eat.cornell)

**Explore Cornell Dining**

These 87 tips are posted at various locations throughout campus. See if you can spot and complete them all!

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Check out this full list at dining.cornell.edu
Cornell University is home to more than 30 on-campus eateries offering endless varieties of delicious food and drink. In addition, numerous cultural and seasonal festivites take place throughout the year, serving up authentic cuisine and an unforgettable experience. Follow Explore Cornell Dining’s tips to discover what this place has to offer!

Explore Cornell Dining’s tips are grouped into 5 categories: Healthy, Local, Good, Special and Discover.

**Healthy:** Informational tips and advice on how to create and live in a healthier environment

**Good:** Highlights Cornell’s signature indulgences

**Local:** Acknowledges Cornell’s commitment to using local ingredients

**Special:** Recognizes unique events and festivals, along with everyday special moments, that are hits with students and faculty across campus

**Connect:** Offers ways to connect with and experience what makes Cornell Dining one of the best