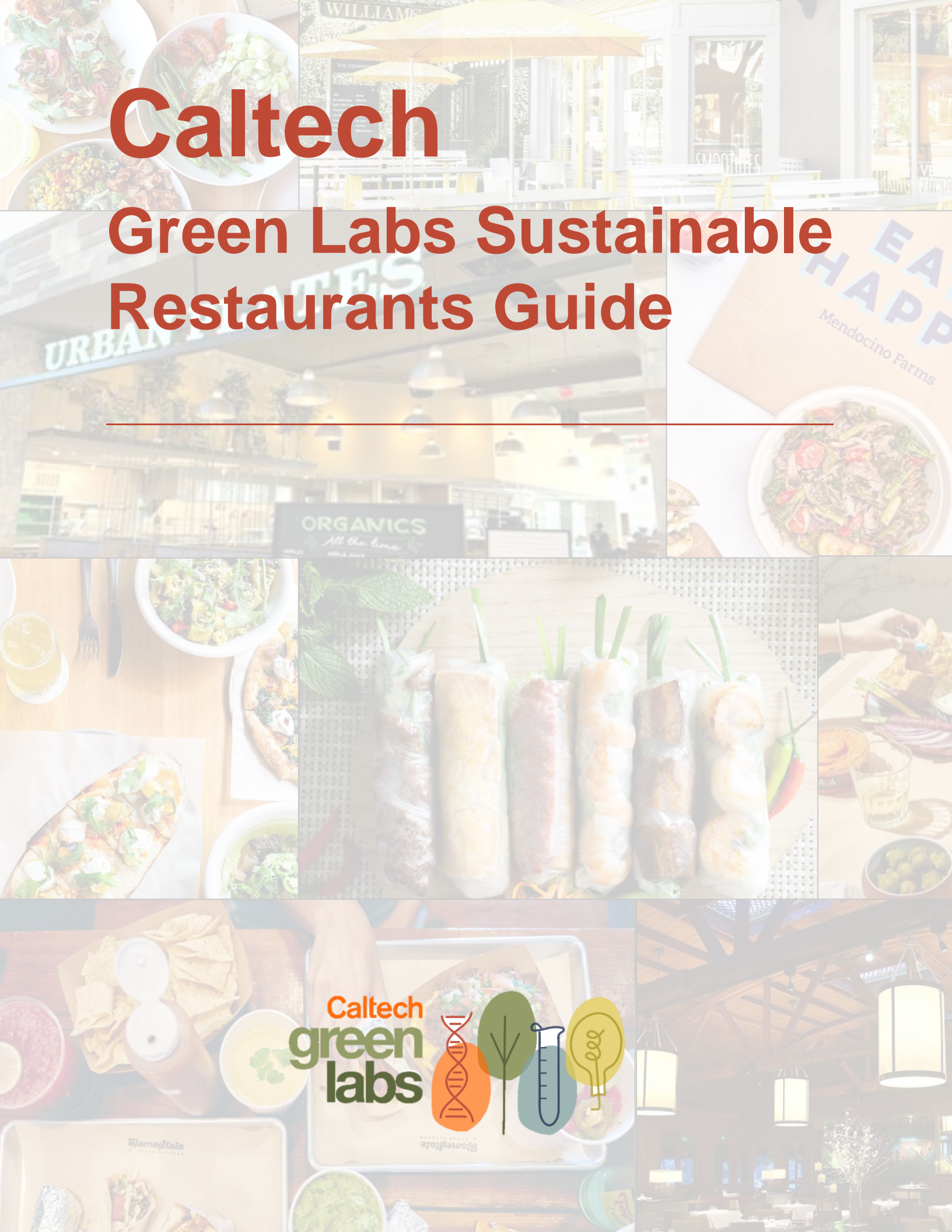


Caltech

Green Labs Sustainable Restaurants Guide



Caltech
green
labs



Caltech

Green Labs Sustainable Restaurants Guide

Contents

Page

1) Summary	3
2) How to Plan a Sustainable Event	4
3) Restaurants	
a) Veggie Grill	5
b) Lemonade	6
c) Urban Plates	7
d) Mendocino Farms	8
e) True Food Kitchen	9
f) Paper Rice	10
g) HomeState	11
h) Parkway Grill	11
i) Cava	13
j) Sage Regenerative Kitchen	14
k) Tender Greens	15
l) Urth Caffe	16
4) Special Thanks and Contributors	17



1. Summary

Green Labs has developed resources for labs to use to make their events more sustainable. Here, Green Labs has compiled and tested sustainable, vegetarian, and/or ethical restaurants that can serve Caltech. Many of these restaurants have been tested by Green Labs during our meetings. This is a living document, so please come back often to check out more restaurants or updated information!

If you want to see a simplified version of this list, please [click here](#).

Green Labs is also committed to making events themselves more sustainable. Below, we have provided an ever-growing page of resources to make your events more sustainable, or even zero waste!

1. How to Plan a Sustainable Event

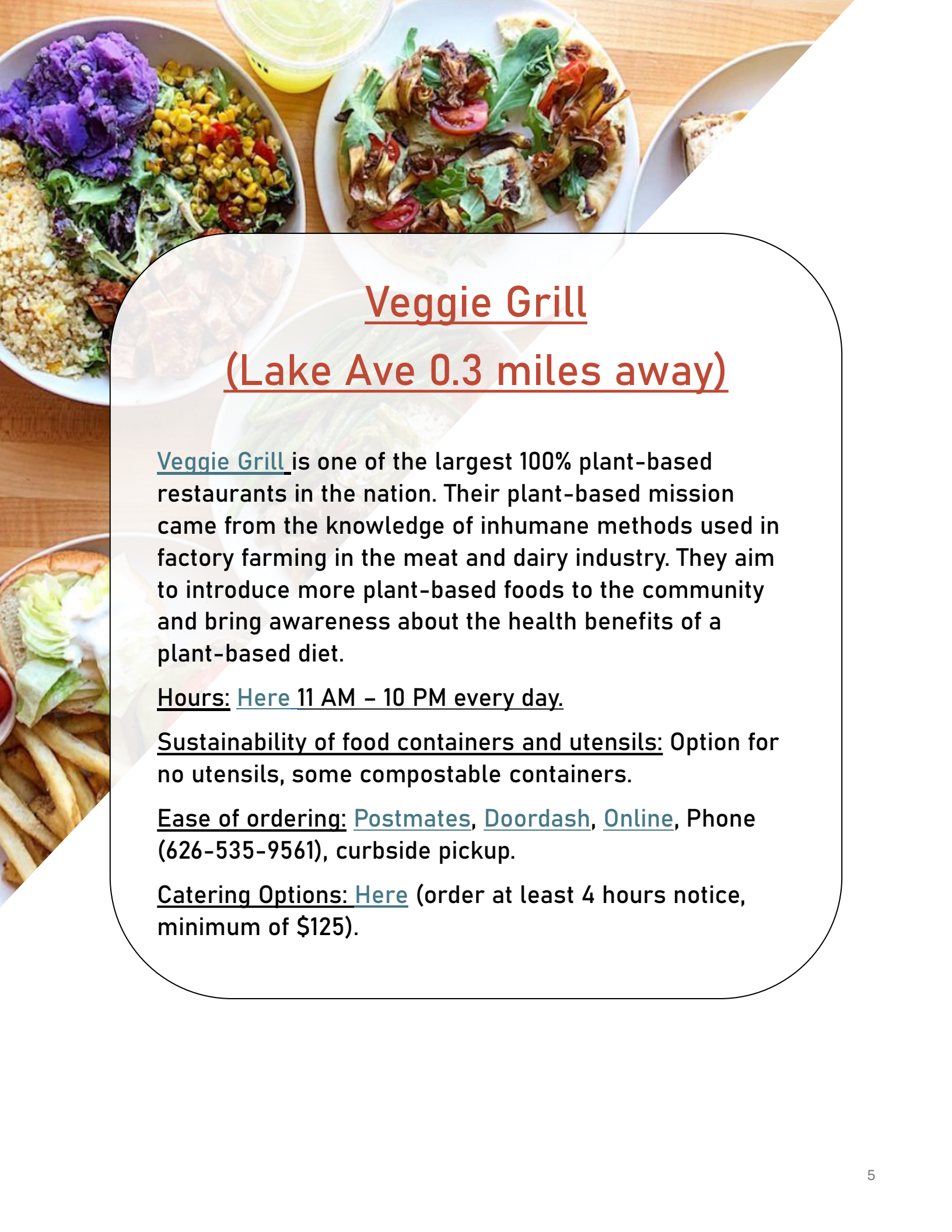
Planning a sustainable event means you plan your event with a set goal to reduce the amount of waste sent to landfills by reducing, reusing, and recycling where possible. Clever event planners can even plan zero-waste events by purchasing catering with compostable wrappings, serving food in bulk and avoiding individually-wrapped food items, and refusing any single-use plastics from vendors.

Having clear signs posted about which waste goes where, and having enough waste stations (we recommend one waste station for every 50 attendees) is key. You can make a [Facilities Service Request](#) (one week in advance) to have extra bins for compost, recycling, and trash (if needed). There is signage available on the [Green Labs Events website](#) for things like recycling and compost. Caltech Green Labs has made a [Zero Waste Vendor Agreement form](#), which can be used to ensure vendors are respectful of Caltech's sustainability requirements and are responsible for any waste they produce while on campus. This agreement also asks vendors to use recyclable materials at the event, and to not bring items such as single-use plastic bags or non-recyclable marketing items like beach balls, stress balls, or bracelets.

Consider using [Caltech Dining Services](#), which offers a [zero-waste service](#) if you add this to your [Facilities Service Request](#) (at least one week in advance to guarantee availability). This means CDS will bring washable plates, utensils, and cups, and will provide meals in washable containers. Drinks are provided in carboys for easy dispersal.

For smaller events, lab members can bring their own reusable plates, cups, or utensils, or the event planner can provide them from one of the shared kitchens. As an alternative, you can purchase eco-friendly, compostable plates and utensils such as [these](#), [these](#), or [these](#), and compostable cups such as [these](#) or [these](#). You can also purchase drinks in recyclable cans or recyclable CRV plastic bottles, which are readily recyclable on campus.

A few other good resources for eco-friendly events include [dish soap](#), [sponges](#), [scrubbers](#), [napkins](#), [beeswax wrap](#) or [bags](#) for leftovers, and [disposable plates](#). And, of course, we can't forget the most necessary of all products: coffee! A few good eco-friendly options for this ever-necessary, and life-giving substance include coffee [stir sticks](#), [compostable K cups](#) and other [reusable capsules](#) or [reusable k-cup](#) coffee pods with [disposable filters](#). Lastly, but certainly not least, eco-conscious and/or ethically-sourced [coffee coffee coffee coffee](#).



Veggie Grill

(Lake Ave 0.3 miles away)

Veggie Grill is one of the largest 100% plant-based restaurants in the nation. Their plant-based mission came from the knowledge of inhumane methods used in factory farming in the meat and dairy industry. They aim to introduce more plant-based foods to the community and bring awareness about the health benefits of a plant-based diet.

Hours: [Here](#) 11 AM – 10 PM every day.

Sustainability of food containers and utensils: Option for no utensils, some compostable containers.

Ease of ordering: [Postmates](#), [Doordash](#), [Online](#), Phone (626-535-9561), curbside pickup.

Catering Options: [Here](#) (order at least 4 hours notice, minimum of \$125).

Lemonade

(Lake Ave 0.4 miles away)

Lemonade has a diverse and colorful menu containing ingredients that are all sourced from California and change based on the season.

Hours: 10 AM - 9 PM every day.

Sustainability of food containers and utensils: inquired about this, waiting to hear back (or visit!)

Ease of ordering: Individual online ordering for pickup or delivery is straightforward. Group orders are available online. You can share the order by email with group members and set a deadline for group members to complete their order request. Pickup or delivery turnaround time will be determined by group size. Also available: Grubhub.

Catering Options: Ordering for a catered event is possible online. Their separate catering menu offers sandwich or salad packages in units of about 10 servings. Individual lunchbox servings are also available in half or full sizes.

The background of the slide is a photograph of the exterior of an Urban Plates restaurant. The building has a brick facade, and the words "URBAN PLATES" are visible in large, illuminated letters above the entrance. A white, rounded rectangular box is overlaid on the right side of the image, containing text.

Urban Plates

(Lake Ave 0.3 miles away)

Urban Plates provides quality ingredients, including sustainable salmon, no added hormones or antibiotics, and grass-fed beef. Additionally, they guarantee that their “organics all the time,” list on the menu is all organic, all the time.

Hours: [Here](#), 11 AM – 9:15 PM daily

Sustainability of food containers and utensils: Waiting to hear back!

Ease of ordering: Options: [Plate Pass](#) program.

[DoorDash](#), [GrubHub](#), [Postmates](#), [UberEats](#), [Urban Plates Website](#).

Catering Options: Catering can be delivered or picked up, ordered [online](#) and can be ordered from this [menu](#) as boxed meals, plates, or trays.



Mendocino Farms (Lake Ave 0.3 miles away)

Mendocino Farms is committed to sustainable practices by providing locally sourced vegetables, fruits, and bread. They also ensure that their meats are humanely handled and that their poultry is 100% antibiotic free.

Hours: [Here](#) Mo-Su 11 AM – 9 PM

Sustainability of food containers and utensils: bags, food containers, and cutlery are all compostable.

Ease of ordering: Options: [DoorDash](#), [Postmates](#), [UberEats](#), [online](#) order, or phone ([626-773-3140](#)).

Catering Options: requires 48 hours notice. Order [online](#) or by phone ([626-773-3140](#)).



True Food Kitchen (Colorado Ave 1.8 miles away)

True Food Kitchen has ingredients that are sourced with a purpose that work to sustain the planet and nourish their customers. They have a commitment to ethical sourcing and work with farms such as organic Bianco DiNapoli tomatoes in order to promote ethical farming practices.

Hours: [Here](#). Su 10 AM – 9 PM, M-Fr 11 AM – 9/10PM, Sa 10 AM – 10 PM

Sustainability of food containers and utensils: Options to be updated.

Ease of ordering: Options: [DoorDash](#), [GrubHub](#), [PostMates](#), [UberEats](#), or [Online](#) ordering.

Catering Options: Options: [Here](#) for both pickup and delivery options



Paper Rice (Union St 1.7 miles away)

Paper Rice serves Vietnamese food with a unique build-your-own spring roll option. They stand to reinvent fast-food and are committed to serving healthy and satisfying food for on-the-go. They also help the environment through compostable food packaging and maintaining energy-efficient equipment.

Hours: [Here](#). M-Sa 11 AM – 9 PM, Su 11 AM – 7 PM

Sustainability of food containers and utensils: Options include compostable food packaging. Sustainable commitments [here](#).

Ease of ordering: Options: [DoorDash](#), [GrubHub](#), [PostMates](#), [UberEats](#), and [online](#) options.

Catering Options: Options: [Coming soon](#).



HomeState

(Lincoln Ave 4.3 miles away)

HomeState provides a refuge for Tex-Mex food lovers in Southern California. They serve breakfast, lunch, and dinner with the option of ethically sourced coffee on the side. They also help the environment through all recyclable utensils and to-go packaging. They also import their eggs and chicken from humane farms in Austin, Texas and Sonoma, California. They also develop special “band” tacos with local musicians and artists and share the taco profits with local charities focused on women, the unhoused, children, and music education.

Hours: [Here](#), M – Su 8 AM – 9 PM

Sustainability of food containers and utensils: Paper bags for takeout orders, but tacos are individually wrapped in foil. Other containers are waxed paper. They offer paper plates and biodegradable forks, spoons, and knives on their catering website.

Ease of ordering: [DoorDash](#), or [online](#) options.

Ordering online is very easy with a complete ingredient list and pictures. Pickup or delivery can be quick.

Catering Options: [Catering options](#) are either large taco cases (24 per box) and sides with servings of about 10. Two day advance preordering is required for catering and a 6% fee applies. A \$50 delivery fee is also applied to the order. Individual lunchbox ordering is also available with two tacos and a side. 72 hours notice required for lunchbox orders.



Parkway Grill

(Arroyo Parkway 1.4 miles away)

For over 25 years, [Parkway Grill](#) has held the practice of growing its own vegetables and herbs for their restaurant. Their garden is located behind the restaurant, and is guaranteed to provide a great farm-to-table dining experience.

Hours: [Here](#). Mo-Fr 12 PM – 8 PM, Sa/Su 5 PM – 8 PM

Sustainability of food containers and utensils: Options to be updated.

Ease of ordering: Options: [DoorDash](#), [GrubHub](#), [PostMates](#), [UberEats](#), and [sitdown](#) options from 5 PM onward.

Catering Options: No catering options.



Cava

(Lake Ave 0.4 miles away)

Cava is a Mediterranean restaurant that emphasizes fresh, high quality ingredients. They source many ingredients locally, or work with Greek suppliers to give an authentic Greek experience. They only use antibiotic-free proteins and have many vegetarian options.

Hours: [Here](#). Su-Sa 10:45 AM – 10 PM

Sustainability of food containers and utensils: Options to be updated.

Ease of ordering: Options: [DoorDash](#), [PostMates](#), [UberEats](#), and [online](#) options. Cava also has an app available.

Catering Options: [Catering options](#) are available. They have a \$100 minimum for delivery.



Sage Regenerative Kitchen
(AKA Sage Plant Based Bistro)
(Hugus Aly 1.8 miles away)

Sage supports local regenerative and organic farmers who work to bring back the topsoil. While this restaurant used to be 100% vegan, it still offers many vegetarian or vegan options, alongside high-quality proteins such as grass-fed bison and beef, and organic chicken, cheeses, and milk options. They serve breakfast, lunch, and dinner, cocktails and beer, as well as deserts.

Hours: [Here](#). Mo-Th 11AM – 11 PM, Fr 11 AM – 11 PM, Sa 9 AM – 11 PM, Sun 9 AM – 10 PM

Sustainability of food containers and utensils: Options to be updated.

Ease of ordering: Options: [DoorDash](#), [Grubhub](#), [PostMates](#), [UberEats](#), and [online](#) options.

Catering Options: [Catering options](#) are available. They have a \$30 minimum for delivery and a \$7 fee.



Tender Greens (Colorado Blvd 0.9 miles away)

Tender Greens is dedicated to serving seasonal and responsibly-sourced food. They put sustainability at the core of all their choices, from food to the planet to the future of farming.

Hours: [Here](#). Su-Sa 10:30 AM – 9 PM

Sustainability of food containers and utensils: Options to be updated.

Ease of ordering: Options: [DoorDash](#), [PostMates](#), [UberEats](#), and [online](#) options.

Catering Options: [Catering options](#) are available. Orders must be placed 24 hours before desired delivery or pickup times.



Urth Caffe (Colorado Blvd 0.9 miles away)

Urth Caffe source their coffee beans and ingredients only from sustainably run, local, and (if possible) organic farms. They have menu items ranging from pastries to breakfast, to lunch and dinner, even desserts! Their menu has dozens of options for vegetarians, vegans, or those who are gluten-free as well, and great sustainable (or vegan) milk options for their coffees and teas.

Hours: [Here](#) Su - Th 7 am - 10 PM, Fr - Sa 7 AM - 11 PM

Sustainability of food containers and utensils: Options include cardboard carryout boxes, recyclable coffee cup lids, and compostable cutlery (occasionally). If you dine in, they serve you in reusable items.

Ease of ordering: Options: [DoorDash](#), [Grubhub](#), [Postmates](#), [UberEats](#), and [online](#).

Catering Options: Options: Options outlined [here](#) and [here](#).

Special Thanks

Division of Biology and Biological Engineering
Chen Institute
Maximilian Christman – Caltech Sustainability Offices
Caltech Sustainability Offices
Caltech Biosafety Offices
Caltech Health and Safety
Caltech Facilities
OLAR and IACUC
Procurement
WiBBE
GSA

Green Labs Group – for suggestions to all these great restaurants!

Contributors

Brianna Garcia – original formatting and restaurant choices

Jaasiel Alvarez – writing and links

Tasha Cammidge – writing and links

Manisha Kapasiawala – writing and links

Eva Kercmar – writing and links

Vijaya Kumar – writing and links

Marina Lecoeuche – writing and links

Kate Malecek – writing and links

Honami Tanaka – writing and links

Sarah Torres – writing and links

A close-up photograph of several pieces of sushi, likely maki rolls, served in a black and white checkered paper basket. The sushi is topped with a yellow sauce and black sesame seeds. The background is a soft-focus white surface.

Naughty Vegan Panda Might have closed (blkdlkslk)

Cava is a Mediterranean restaurant that emphasizes fresh, high quality ingredients. They source many ingredients locally, or work with Greek suppliers to give an authentic Greek experience. They only use antibiotic-free proteins and have many vegetarian options.

Hours: [Here](#). Su-Sa 10:45 AM – 10 PM

Sustainability of food containers and utensils: Options to be updated.

Ease of ordering: Options: [DoorDash](#), [PostMates](#), [UberEats](#), and [online](#) options. Cava also has an app available.

Catering Options: [Catering options](#) are available. They have a \$100 minimum for delivery.