



# Caltech

## Green Labs Sustainable

## Coffee, Breakfast, and Dessert Guide

### 2023



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## Green Labs Sustainable Coffee, Breakfast, and Desserts Guide 2023

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## 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!





## 2. How to Plan a Sustainable Event

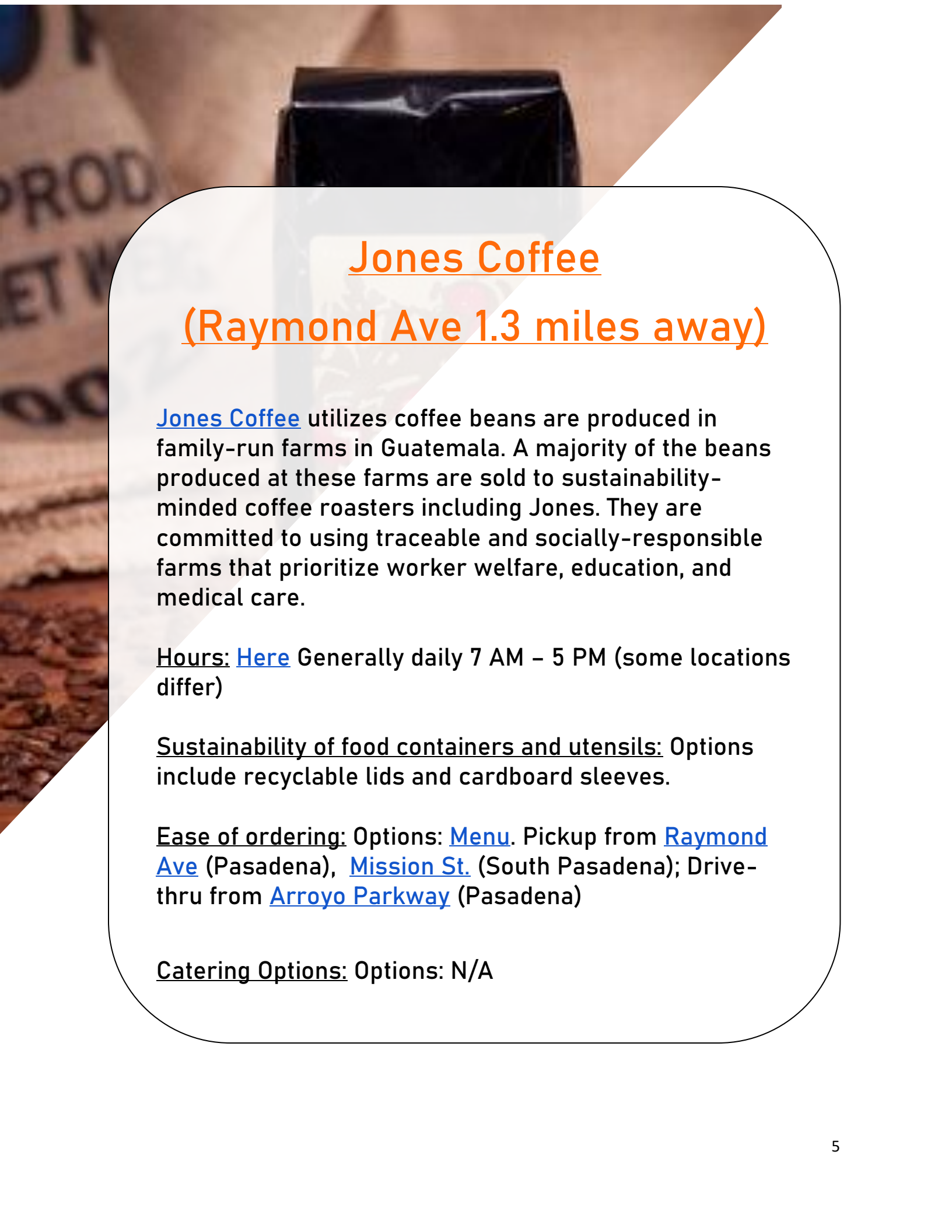
Planning a sustainable event means you plan your event with a set goal to reduce the amount of waste sent to landfills by reducing, reusing, and recycling where possible. Clever event planners can even plan zero-waste events by purchasing catering with compostable wrappings, serving food in bulk and 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 [Sustainable Event 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](#).



## Jones Coffee

### (Raymond Ave 1.3 miles away)

Jones Coffee utilizes coffee beans produced in family-run farms in Guatemala. A majority of the beans produced at these farms are sold to sustainability-minded coffee roasters including Jones. They are committed to using traceable and socially-responsible farms that prioritize worker welfare, education, and medical care.

Hours: [Here](#) Generally daily 7 AM – 5 PM (some locations differ)

Sustainability of food containers and utensils: Options include recyclable lids and cardboard sleeves.

Ease of ordering: Options: [Menu](#). Pickup from [Raymond Ave](#) (Pasadena), [Mission St.](#) (South Pasadena); Drive-thru from [Arroyo Parkway](#) (Pasadena)

Catering Options: Options: N/A



## Twinkle Tea

(Lake Ave 0.3 miles away)

Twinkle Tea is a boba tea shop serving many kinds of drinks, ranging from smoothies to coffee, lemonade to boba tea, and much more. They also serve cafe food items like popcorn chicken, egg puffs, and french fries.

Hours: [Here](#). Su-Th 11AM - 9:45PM, Fr-Sa 11AM - 10:45PM

Sustainability of food containers and utensils: Options include #5 recyclable boba cups.

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

Catering Options: Options include ordering Milk Tea by the Gallon on any of the services above.



## Republik Coffee (Green St 0.9 miles away)

Republik Coffee utilizes high-quality and locally-sourced ingredients for all of its food items. All coffee beans are locally roasted in Pasadena, most of their syrups are made in-house with organic ingredients, all teas are made with loose leaf, and all their milk products are organic.

Hours: [Here](#) Daily 7 AM - 5 PM

Sustainability of food containers and utensils: Takeout options include recyclable lids and cardboard sleeves; indoor dining provides cups that are washed in-house.

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

Catering Options: Options: N/A





## Home Brewed Bar (S Madison Ave 1.1 miles away)

Home Brewed Bar specializes in artisan cold-brew coffee and tea, utilizes non-dairy milk made in-house, and boba from all over the world. Alternative location on Arroyo Pkwy.

Hours: [Here](#) Daily 8 AM - 4 PM

Sustainability of food containers and utensils: Takeout options include recyclable lids and cups with cardboard sleeves; indoor dining provides cups that are washed in-house.

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

Catering Options: Options: Catering menu [here](#). Requires 72 hours notice and a minimum of 60 brews; delivery charges depending on distance.





## Coffee and Plants

### (W Union St 1.9 miles away)

Coffee and Plants is committed to sustainably providing fully plant-based coffee products and food. This establishment is Black-owned. For every 100 cups sold they will plant a tree due to a partnership with the National Forest Foundation. Proceeds are donated to Hopefield Animal Sanctuary.

Hours: [Here](#) Daily 7 AM - 7 PM

Sustainability of food containers and utensils: Takeout options include compostable hot coffee cups and recyclable plastic cups. In-house dining provides cups that are washed in-house.

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

Catering Options: Options: N/A

The background of the slide features a close-up of a white paper cup filled with dark coffee, topped with a dusting of brown powder. To the left, a portion of the Einstein Bros Bagels logo is visible, showing a yellow circle with a black and white illustration of a man with a mustache and glasses, and the words "EINSTEIN" and "BROS" above and below him respectively. The word "BAGELS" is also visible below the logo.

## Einstein Bros Bagels (Lake Ave 0.6 miles away)

Einstein Bros. Bagels has made sustainable commitments (see [here](#)) a huge priority for their company, allowing them to qualify as an Ocean Friendly Restaurant (a restaurant that institutes self-regulated policies to reduce disposable plastic waste). They offer a variety of beverages alongside their breakfast and lunch foods.

Hours: [Here](#) Mo - Fr 5 AM - 2 PM, Sa - Su 6 AM - 2 PM

Sustainability of food containers and utensils: Options include paper straws on request, paper bags for to-go orders, and offering reusable tableware for onsite dining.

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

Catering Options: Options: [Menu](#) here. Orders placed after 3 PM will be ready for pickup/delivery after 730 AM the next day.



## Coffee Bean and Tea Leaf (Lake Ave 0.5 miles away)

Coffee Bean and Tea Leaf has committed to reducing disposable plastic waste. They source their teas and coffees directly from growers and have third-party verification of their ethics and sustainable business practices. They have also developed their own coffee pods for at-home use that are 100% compostable.

Hours: Here (hours vary by location) Mo - Fr 6 AM - 8:45 PM, Sa 7 AM - 9:45 PM, Su 7 AM - 9:15 PM

Sustainability of food containers and utensils: Options include 10% discount if you bring your own cups.

Ease of ordering: Options: DoorDash, Grubhub, PostMates, UberEats, and phone (626-744-9370) or online.

Catering Options: Options: N/A





## Yvonne's Vegan Kitchen (W Dayton St 1.5 miles away)

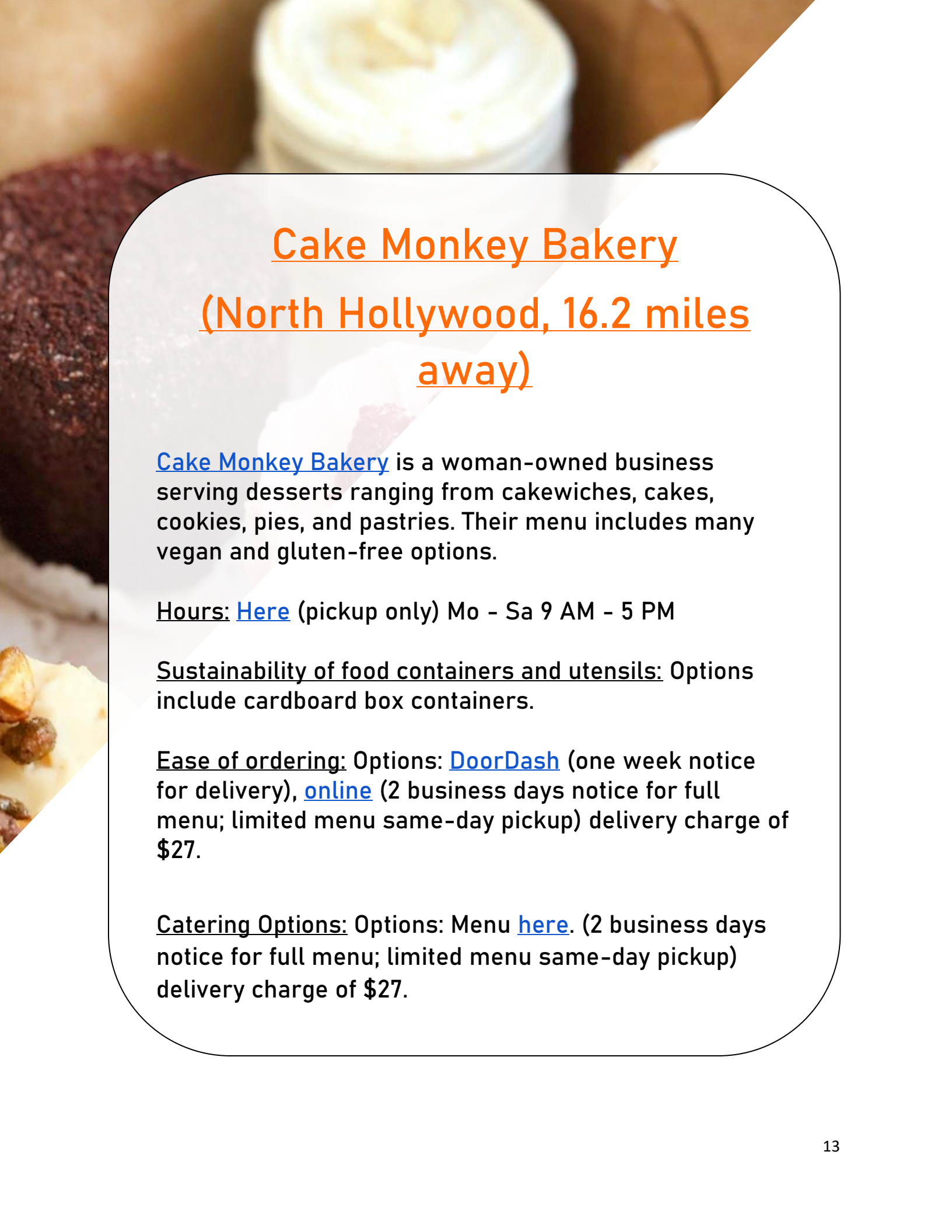
Yvonne's Vegan Kitchen is a woman-owned 100% vegan restaurant specializing in cakes, donuts, brownies, cookies, VeganCheeses, snacks, and platters. [Alternative locations](#) including on Fair Oaks Ave, South Pasadena.

Hours: [Here](#) (free pickup in Pasadena Mo - Fr 8 AM - 5:30 PM, Sa 9 AM - 5:30 PM, Su 11 AM - 4:30 PM)

Sustainability of food containers and utensils: Options include utilizing cardboard boxes to store foodstuffs.

Ease of ordering: Options: [DoorDash](#), [UberEats](#), [online](#) or by phone ((626) 799-0156)

Catering Options: Options: Catering menu [here](#). Policies [here](#).



## Cake Monkey Bakery (North Hollywood, 16.2 miles away)

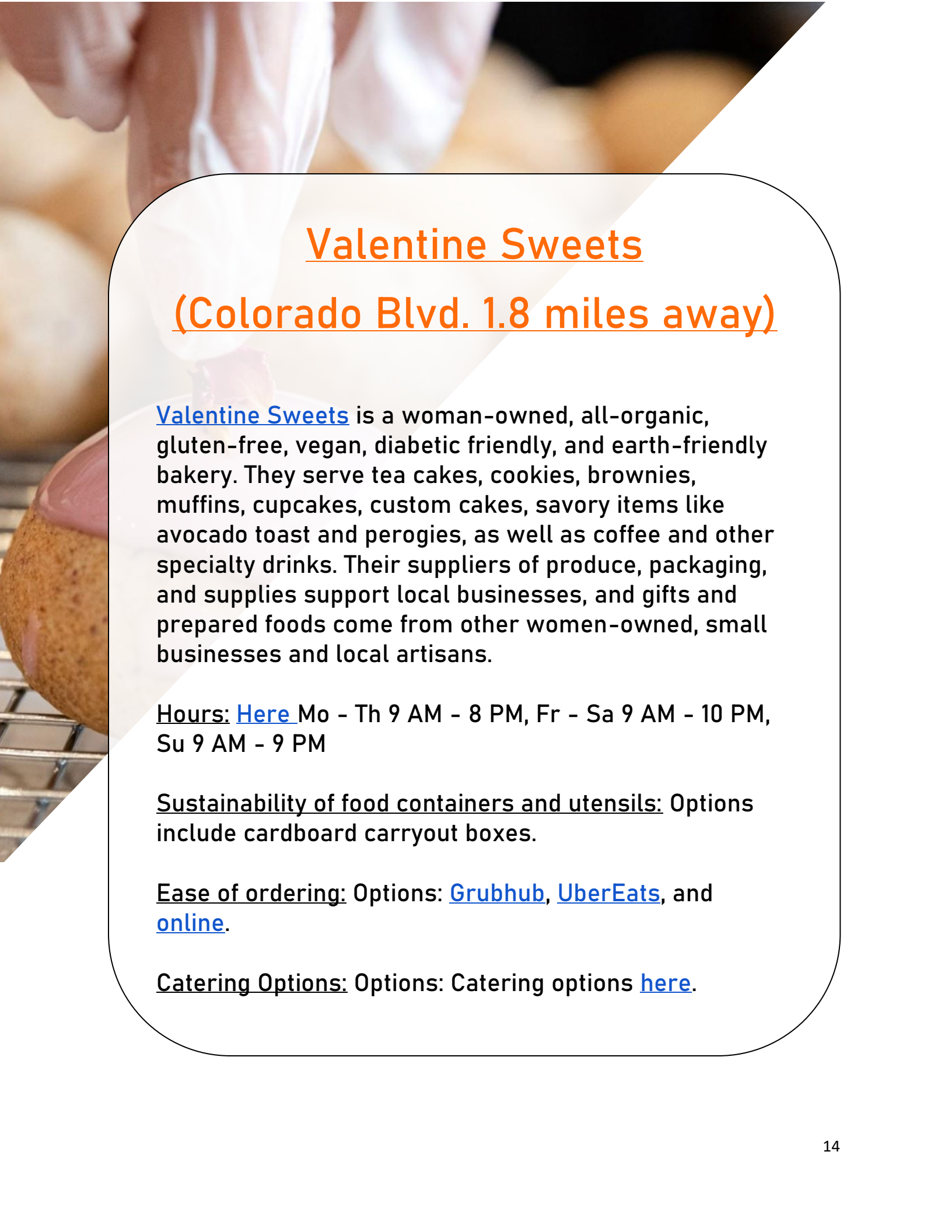
Cake Monkey Bakery is a woman-owned business serving desserts ranging from cakewiches, cakes, cookies, pies, and pastries. Their menu includes many vegan and gluten-free options.

Hours: [Here](#) (pickup only) Mo - Sa 9 AM - 5 PM

Sustainability of food containers and utensils: Options include cardboard box containers.

Ease of ordering: Options: [DoorDash](#) (one week notice for delivery), [online](#) (2 business days notice for full menu; limited menu same-day pickup) delivery charge of \$27.

Catering Options: Options: Menu [here](#). (2 business days notice for full menu; limited menu same-day pickup) delivery charge of \$27.



## Valentine Sweets

### (Colorado Blvd. 1.8 miles away)

Valentine Sweets is a woman-owned, all-organic, gluten-free, vegan, diabetic friendly, and earth-friendly bakery. They serve tea cakes, cookies, brownies, muffins, cupcakes, custom cakes, savory items like avocado toast and perogies, as well as coffee and other specialty drinks. Their suppliers of produce, packaging, and supplies support local businesses, and gifts and prepared foods come from other women-owned, small businesses and local artisans.

Hours: [Here](#) Mo - Th 9 AM - 8 PM, Fr - Sa 9 AM - 10 PM, Su 9 AM - 9 PM

Sustainability of food containers and utensils: Options include cardboard carryout boxes.

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

Catering Options: Options: Catering options [here](#).





## Susie Cakes

(Lake Ave 0.5 miles away)

Susie Cakes is a woman-owned bakery that utilizes simple ingredients to create all kinds of cakes, cupcakes, and cookies, including vegan and gluten-free options.

Hours: [Here](#) Mo - Th 9 AM - 8 PM, Fr - Sa 9 AM - 10 PM, Su 9 AM - 9 PM

Sustainability of food containers and utensils: Options include cardboard carryout boxes.

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

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



## Porto's Bakery (Glendale 8.8 miles away)

Portos Bakery is a woman-started, Cuban-inspired bakery that creates delicious pastries, cakes, cupcakes, and cookies, including vegan and gluten-free options. Their menu has grown to include breakfast and lunch options. Alternative locations can be found [here](#).

Hours: [Here](#) Generally 6:30 AM – 8 PM (varies by location and holidays)

Sustainability of food containers and utensils: Options include cardboard carryout boxes, compostable plates and carryout containers.

Ease of ordering: Options: [DoorDash](#), and [online](#) (pickup only).

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



## Special Thanks

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