



### **Café Phipps**

Bringing you fresh and healthy food that is good for you and the environment, since 2005.

*The mission of Café Phipps is to provide our guests with fresh and healthy food featuring local, organic, sustainable and seasonal ingredients; to present an enjoyable dining experience accented by compostable, reusable and recycled materials; and to highlight the connection between people, plants and the environment.*

Phipps Conservatory and Botanical Gardens is one of the world's greenest gardens. In the spirit of our overall commitment to live in harmony with the environment we are committed to featuring food that is grown sustainably, without the use of pesticides and chemical fertilizers, raised humanely, and produced by local farmers.

### **Our flavors are international, our Food Pyramid is Mediterranean**

We use the Mediterranean Food Pyramid as our guide for crafting healthy and delicious food options for you. The Mediterranean diet emphasizes whole grains, fruits and vegetables. In addition, we use olive oil as our primary oil, and focus on using minimally processed ingredients and foods that are low in fat with no added sugars.

### **Vegetables, Fruit and Herbs**

We incorporate organic, local and seasonally grown vegetables into our creations. The Dirty Dozen - fruits and vegetables that have shown to have the highest levels of residual pesticides - are always organic at Phipps (see the Dirty Dozen at [ewg.org](http://ewg.org)). All fruits and vegetables on the kids menu are always organic. All of other the fruits and vegetables we use are either organic, local or both when available. We source the majority our organic foods from those produced in the U.S. and Canada. We work with Paragon to source our fruits and vegetables from local farms to provide the quantities we need for our café and catering needs. See our local farmer list and photo exhibit in the café.

### **Meat**

We are beginning to see the pendulum swing back towards small family farms practicing humane sustainable agriculture. A change in agriculture policy in the early 1970s brought the rise of large-scale industrial factory farms throughout the U.S. Now, thanks to informed consumers who are demanding, sustainable farming practices and humanely raised animals, we are beginning to find suppliers who can meet our café and catering needs. Unfortunately there is not a local organization that functions like Paragon for meats; however, we have found some suppliers who are beginning to meet our minimum requirements. Those requirements for animal husbandry are: Access to adequate food and water, a vegetarian diet, no hormones, no antibiotics, freedom from stress and adequate space to exhibit normal behaviors. See our farmers list for our current list of suppliers.

### **Dairy**

We offer local milk from Schneider's Dairy which pledges not to use RsBt or any other hormones in their dairy cows. We do not offer artificially sweetened or flavored milk products for children. We are especially interested in sourcing local and regional cheeses for our menu items when available.

### **Eggs**

All of the eggs we used are produced regionally from 100% vegetarian fed chickens raised in a cage free environment.

**Phipps Conservatory and Botanical Gardens**

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**Fish & Seafood**

We choose the highest quality seafood raised sustainably and supported by the Marine Stewardship Council.

**Vegetarian & Vegan Options**

Eating meat- and dairy-free at least one day a week helps minimize our eco-footprint and may be healthier for you too. Café Phipps embraces this idea by offering a variety of vegetarian and vegan salads, sandwiches and soups each day on its menu. We also encourage our guests to support meat free Monday and offer an extra vegetarian selection on Mondays for guests who wish to participate.

**Coffee**

Café Phipps offers organic and Fair Trade Green Mountain coffee. Green Mountain is committed to environmental and social consciousness by ensuring the coffee-growing communities and farmers a fair and appropriate wage for their products.

**Water**

Phipps provides drinking water that has been filtered on-site. With this offering, we have eliminated bottled water from the entire facility, and instead offer reusable water bottles for purchase. The sparkling water we feature is produced in nearby New York State.

**Juices**

More and more pediatricians are recommending that juices be diluted with water to limit the amount of sugar that children are ingesting. We offer smaller packages of 100% organic juice that you can dilute with our filtered water.

**Wine and Beer**

Café Phipps offers a selection of red and white organic and sustainably produced wines and organic beer options.

**Serviceware**

Our china and silverware are washable and reusable, which eliminates the energy, material and water resources necessary to produce and haul disposable serviceware. Our cups are made from compostable vegetable-based starches, and our napkins are made of 100% unbleached, recycled paper.

**Take Out**

Need to take your food with you? We provide compostable containers and serviceware.

**Compost**

Over ninety percent of the products in the café are compostable. Upon leaving Phipps, organic waste is taken to a composting facility where it breaks down to become compost, a natural fertilizer and soil amendment rich in nutrients and minerals. A portion of this compost is brought back to Phipps to organically fertilize our sustainable landscapes and conservatory plant beds.

**Kids Menu**

Children are more sensitive to residual pesticides than adults, which is why our kids menu always features organic fruits and vegetables. A healthy kids menu should always contain fruit and vegetables, and be minimally processed, low fat, low salt, with no/low added sugar, and feature whole grains or mostly whole grain breads and pastas.

**Special Treats**

We offer a limited selection of ice creams, chocolates and pastries for those times when a special treat or occasion is celebrated.