

## THEEXPONENT



#### Agave Azul 705 Sagamore Parkway W

Agave Azul offers all your Mexican and Tex-Mex favorites, including burritos, enchiladas, tacos, fajitas, tortas and taco salads. Agave Azul also serves the best margaritas in town. Stop in for lunch or dinner with your family and friends or to celebrate your special occasion.





Corelife Eatery 105 Farabee Drive South Whether you're an elite athlete, a weekend warrior, or you just want to feel great every day, what you eat is everything. The old saying "you are what you eat" is right on! There's something for everyone! Lifestyle bowls for paleo, Keto, vegan, vegetarian. Tuna Poke, Roasted Tofu, Grass Fed Beef, Antibiotic Free Chicken, Falafel. Room for everyone at the table!





Puccini's Smiling Teeth Pizza & Pasta 300 Brown St. For the last 25 years, Puccini's Smiling Teeth Pizza & Pasta has been specializing in innovative pizza, pasta dishes and salads of the highest quality, prepared fresh every single day.

The Smiling Teeth menu has expanded over the years to include Italian chicken dinners, calzones, sandwiches, low-carb meals and more than 50 gluten-free dishes!



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#### Help your server with good behavior

Dining out opens doors to new cuisines and gives people some time off from preparing meals at home.

The National Restaurant Association says that the restaurant industry brings in around \$800 billion in sales each year, providing jobs for 14.7 million people. In fact, restaurant workers make up 10 percent of the American workforce.

Line cooks, bussers and servers work hard, and many do so for low pay. According to the employment salary comparison source Glassdoor, restaurant servers typically earn an average of \$21,000 per year. The job-search site Indeed says some servers earn \$10.70 per hour, and most rely on tips to make ends meet. When dining out, diners should prioritize etiquette and friendliness, which can make restaurant staff feel respected and appreciated.

• Make reservations. If possible, or if it's a requirement on



busy nights, take the time to make a reservation. Reservations help establishments ensure they will have enough staff on hand to meet customers' needs, which can lead to better service. Show up on time or even a few minutes early.

• Put your phone on silent. Just because someone can reach you at all hours of the day doesn't mean you should always answer a call or text. Staring at the screen or talking on a call is not only rude, it also can delay table service, which may cause a trickledown effect that affects others' dining experiences.

• Don't make a scene. If you find a foreign object in your food or need your steak cooked to a different temperature, signal the server and handle the situation discreetly. He or she has no control over the quality of the food or how long it takes to prepare it.

• Know when to leave the kids home. Children should be taught proper restaurant etiquette, but not at the

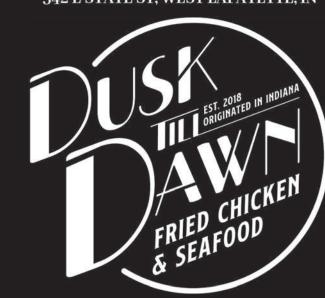
expense of other diners or the restaurant staff. Inquire if a restaurant is family-friendly before booking a table. Start the kids in family-friendly places and gradually move up to fine dining as they prove themselves capable. If a child has a meltdown, go outside or get the food to go.

• Tip accordingly. It is customary in many North American restaurants for diners to offer a gratuity to their servers and other staff. It is in poor taste to withhold a tip, even if service was not up to par. If service is subpar, it's still proper etiquette to leave a tip and then voice any concerns with the manager before leaving the restaurant or the next day. Even if a waiter or waitress is not up to snuff, tips may be pooled and are typically shared with bussers or even kitchen staff.

Proper etiquette while dining out can make for a more enjoyable night for all involved.



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#### How to make smart choices at the buffet

Buffet dining can be found everywhere from wedding receptions to all-inclusive resorts to cafeteria-style restaurants. Unlimited access to a wide array of foods means there's likely something for everyone to enjoy at the buffet table. But having so many foods at one's fingertips also may compel some people to overeat. Some people are tempted to get their money's worth, while others have difficulty controlling portions with so many delicious offerings beckoning.

Limitless food supplies often tempt people to dine on much more than they normally would at sit-down meals. Dubbed "buffet binging," individuals may walk away from buffet lines feeling bloated. However, there are some tricks to enjoy buffets without ending up with the post-buffet bloat.

• Do a sweep of the area first. Examine the buffer offerings before picking up a plate. If something looks irresistible, leave room for it by going spar-



ingly on other foods.

• Snack before arriving. Fill up on high-fiber foods before visiting the buffet line so you'll be less likely to overdo it. If that's not possible, have a salad or broth-based soup as an appetizer. Both options are filling but not too high in calories.

• Use a small plate. Pick a small plate so you can't fill it up with more food than you need to feel satisfied. If you're still hungry after finishing your plate, you can always go back for a second helping.

• Pick some protein. If the idea is to make the meal worth it from a financial standpoint, stick to protein-rich offerings like meat, poultry and seafood.

These tend to be the most expensive items on the spread.

• Choose unusual foods. When indulging in an item or two, select foods you don't regularly have access to. And don't hesitate to give signature dishes a try.

• Load up on veggies. Fill your plate with plenty of vegetables, which are filling and healthy. Just be wary of how veggies are prepared, skipping those that are coated in cream sauces or look laden with butter.

• Indulge wisely in desserts. Pick up very small pieces of dessert if you want to sample various offerings. Fill the rest of the plate with fresh fruit, which is refreshing and low in calories.

• Slow down. Eat slowly and register when you are full. This will help you eat with your stomach and not your eyes. After visiting the buffet line, sit beyond the sightline of the buffet so you're not tempted to revisit it.

#### Dieting and dining out

Dining out is big business. A 2016 Consumer Reports survey of more than 68,000 subscribers projected that Americans would spend \$720 billion at restaurants in 2016 alone. That equates to nearly half of every food dollar spent in the United States.

Dining out is a great way to try new things, experience new cultures without traveling overseas and spend time with friends and family. But men and women who are dieting or trying to gain greater control over the foods they eat may be nervous about dining out. Many restaurants feature nutritious foods that won't compromise dieters' goals of eating healthy. Dieters concerned about veering off course when they dine out can take the following steps to stay on course.

Research menus before choosing a restaurant. Apps such as Grubhub and Seamless make it easier than ever for diners to explore menus before booking reservations. Diners can utilize such apps or their corresponding websites to peruse menus so they can rest easy knowing they will ultimately patronize restaurants that won't compromise their commitments to eating healthy.

Controlling portion sizes can help dieters lose weight and keep the weight off. But many restaurants understandably serve large portions in an effort to ensure their customers get enough to eat and don't feel cheated when the bill is presented. Dieters worried about entrée portions and their ability to avoid the temptation to eat large portions can order exclusively from the appetizers menu. Appetizers are meant to be shared, so they should be filling when eaten by just one person. And many restaurants' appetizers menus are just as varied as their entrée offerings.

Few people have the time or ability to prepare restaurantstyle desserts at home. That makes desserts even more



special when dining out. However, dieters may want to skip dessert if the dessert offerings are limited to high-calorie, sugar-laden offerings. Dieters who simply must indulge in dessert can split desserts with fellow diners or opt for lowcalorie fare such as fruit.

Dieters can indulge in favorite foods or less healthy fare every now and then without feeling guilty. In fact, many dieting experts suggest the occasional indulgence as a motivator or reward for hard work. Diners who dine out infrequently can use their special nights out as their opportunities to indulge. Avoid overindulging, which can be both unhealthy and uncomfortable.

Dining out is incredibly popular, and dieters don't have to avoid their favorite restaurants.



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Au Bon Pain Wilmeth Active Learning Center (WALC) Au Bon Pain offers freshbaked goods and breads prepared daily by our bakers and café team. Enjoy hot or iced coffee and tea, made-to-order sandwiches and salads, savory soups, breakfast sandwiches and pastries. Pre-made salads, sandwiches, wraps, yogurt parfaits and snacks are also available.





Peppercorns Kitchen 360 E. State Street Peppercorns Kitchen's cuisine originates from the Sichuan Province in China, and the restaurant's owners do everything they can to make sure they offer an authentic experience for customers looking for great Chinese food. That starts with the chef, who has 22 years of experience and comes from Sichuan.

They know that every customer is different, so the restaurant is happy to make



dishes to each customer's tastes. They'll be happy to make dishes spicier or to make them milder. Peppercorns Kitchen just wants its customers to be happy. Pappy's Sweet Shop Purdue Memorial Union A favorite of Boilermakers since 1927, Pappy's serves old-school favorites in a classic diner setting. Enjoy a variety of menu items, including favorites like buttermilk pancakes or biscuits and gravy, burgers, fries, grilled cheese and more – all at an affordable price. Satisfy your sweet tooth with an ice cream creation, including shakes, malts, cones and sundaes, each made with



the original Purdue Creamery recipe ice cream.

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Top 25 Best Irish Pubs in US - Foursquare Top 50 Best Pub in US for St. Patrick's Day - Travel + Leisure "The Irish Pub Worth Traveling To" - TripAdvisor "The Best Irish Pub in Indiana" - IrishCentral "The Best Tenderloin in Indiana" - USA Today 10Best "The Best Pint in the USA" - Diageo/Guinness





Nine Irish Brothers 119 Howard Avenue Nine Irish Brothers Traditional Irish Pub, located down the hill from the Union, is an award-winning traditional Irish pub. recently named the

award-winning traditional Irish pub--recently named the Best Irish Pub in the State of Indiana by Yelp and Buzzfeed, as well as the "Irish Pub Worth Traveling For" by TripAdvisor. The family-owned-andoperated restaurant serves premium Irish food and spirits and has a full bar and menu,



with items ranging from salads to steak to Irish favorites such as Guinness Stew, Shepherd's Pie, and Fish & Chips.

Sichuan House 2 S 4th Street A Chinese restaurant in downtown Lafayette, just across from the Regions Bank. Hit the road and enjoy the very best of traditional Chinese cuisine!

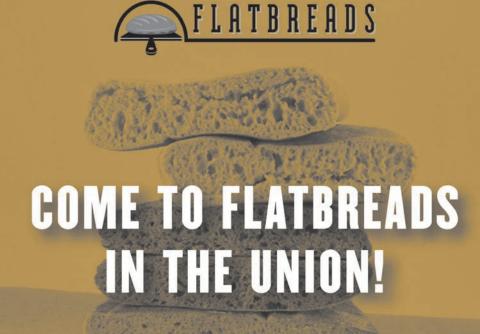
Don't miss out this chance; stop in and try our wellknown Chef Yan's fabulous dishes. An unforgettable dining experience is just around the corner!



McGraw's Steak **Chop & Fish House** 2707 South River Road Every year Wine Spectator Magazine releases a state by state list of restaurants with the most innovative and diverse wine list. Twenty-four restaurants in Indiana made the list. Of those, only three restaurants were selected for the publication's Best of Excellence: St. Elmo, Capital Grill and McGraw's. Also, Journal and Courier readers chose McGraw's as the best place to



get a steak seven years in a row and McGraw's regularly wins the category in The Exponent's Readers' Choice voting. McGraw's also offers awardwinning Jack Daniels beef tenderloin tips.



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Freshii, a health casual restaurant, offers fresh energizing food with a diverse and completely customizable menu of burritos, bowls, soups, salads, wrap and juices.

102 N Chauncey Ave. | West Lafayette | 765.250.9182 | www.Freshii.com





Latea Bubble Tea Lounge 358 E. State Street

Latea is not your ordinary tea shop. Sure, they specialize in authentic Taiwanese bubble tea and iced tea, but they also offer plenty of fresh and tasty options in an inviting space that keeps you coming back. Latea uses natural, high-quality ingredients for beverages, comfort food, and desserts that you're sure to remember. Think 40+ flavors of organic



tea, handcrafted pastries and seasoned fries.

Dusk Till Dawn 342 E State Street Come try our fresh and crispy fried chicken with our signature Dusk Till Dawn sauce. We're also known for our flavorful seafood. Enjoy an experience of asian cuisine and southern style food. We bring a simple and traditional recipe to the table that guarantees impeccable taste and delight. Fried chicken is healthy for the soul, keep calm and lobster on.





Lemongrass Purdue Memorial Union International flavors abound with wok-fired entrees and a variety of appetizers, emphasizing vegetables, sauces and spices found primarily in China, Vietnam and Thailand. Customize an order of wings your choice of Asian sauce, add potstickers or egg rolls to any meal, and polish it all off with an egg tart for dessert.



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AJ's Burgers and Beef 134 W. State Street, Suite D AJ's Burgers started out as two guys who had a great sense of what college students wanted to eat. So, they started a restaurant that specialized in the Chicago-style food they loved when they were growing up: good 'ol burgers, Vienna hot dogs and Italian beef. They also make the best fries around.

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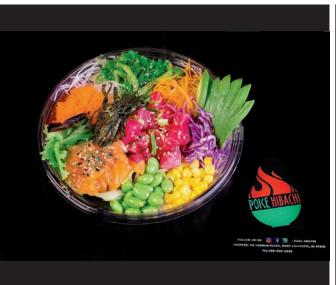
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# FLATBREADS

#### Flatbreads

**Purdue Memorial Union** Serving gourmet sandwiches, salads and soups featuring hot, artisan breads baked in a gasfired, open-hearth oven. Start your day with a hot breakfast, including sandwiches and wraps, or stop by to sample a lunch menu including flatbread pizzas. All flatbreads are made to order and are available on a gluten-free crust.





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## GET SOME SWEET TREATS AT PAPPYS!

Image: Provide the second second

#### Most popular ethnic cuisines across the country

What constitutes "ethnic" food differs from person to person. Someone of Italian descent may dine regularly on garlic-infused pasta dishes, while a person from another area of the world may find such foods exotic.

In the cultural melting pot of North America, various cuisines representing countries that span the globe are within arm's length for many people. According to Technomic, a Chicago-based research firm, 77 percent of Americans enjoy ethnic foods while dining out once a month. Around 38 percent order ethnic food weekly. In addition, many more people prepare ethnic cuisine at home.

A growing interest in ethnic foods is fueled by young people. Technomic notes that millennials are more apt to want to try various cuisines and then incorporate them into their regular dining experiences. The National Restaurant Association found that 60 percent of people are likely to



"tie their favorite ethnic food to their family history." Interest in ethnic foods tends to be highest in urban areas where restaurants and ingredients may be more readily available.

When it comes to the top ethnic cuisines enjoyed throughout the states or provinces and territories, Chinese, Mexican and Italian rally for the top spots on diners' plates. While the NRA has Italian cuisine as earning top-billing, Technomic's list says that Chinese food, at 76 percent, followed by Mexican food (74 percent) and Italian (71 percent) comprise the biggest ethnic draws. Japanese or sushi comes in a distant fourth at 32 percent in the United States. The statistics portal Statista indicates that, as of January 2015, Chinese, American and Italian foods are quite popular in Canada. However, the percentage of people who cook these foods as opposed to eating them out at a restaurant varies. Chinese food is most widely enjoyed in a restaurant setting, while Italian food is frequently whipped up at home.

As immigration tides change, ethnic cuisine may change with them. However, interest in experiencing ethnic dining is likely to remain consistent.



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#### **Popular trends in the restaurant industry**

Dining out is no longer reserved for celebrating milestones or other special occasions. Many people dine out regularly for meals. A 2016 Gallup poll found that 61 percent of Americans eat dinner out at least once a week, and 16 percent are frequent diners, eating out three or more times per week.

People who regularly dine out may have noticed some of the growing trends that have emerged in recent years that are helping to shape dining experiences.

• Picked-on-property offerings: Many restaurants now serve foods grown, picked and processed on the premises. Rooftop or small courtyard gardens enable restaurateurs to pass the freshness on to customers. Chefs grind their own spice blends, harvest their own eggs, cure their own bacon, and embrace other hyper-local fare.

• Gut-friendly foods: Some



restaurants are experimenting with preparing and offering foods that are friendly to the digestive tract. These establishments emphasize prebiotic and probiotic ingredients and focus some of their efforts on producing menus with foods that boast anti-inflammatory properties.

• Streamlined menus: Food waste is a problem across the

globe. Operating a sustainable restaurant requires careful decisions about the foods that make it onto the menu. Instead of offering five different chicken dishes, a restaurant may focus on two or three popular standards to cut back on waste.

• Fast casual: Fast casual restaurants do not offer full table service, but offer a higher quality of food than traditional fast-food restaurants. These establishments also may be headed by trained and experienced chefs who add unique twists to popular menu items.

• Extended delivery options: Dining out doesn't have to mean eating away from home. A growing number of restaurants are emphasizing their curbside takeaway, drivethroughs and delivery services. Travel-friendly fare and heatand-eat meals are competing with convenient options available at grocery stores.

• Back to basics: More and more customers are looking for classic dishes they equate with home cooking. As a result, many restaurants are stripping away the pretense and extra ingredients and turning to traditional recipes. Restaurant trends continue to evolve as a greater number of diners are going out to eat.

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#### Freshii

**102 N. Chauncey Ave** Freshii is a health casual restaurant concept that serves fresh food designed to energize people on the go. With a diverse and completely customizable menu of breakfast, soups, salads, wraps, bowls, burritos, frozen yogurt, juices and smoothies served in an eco-friendly environment, Freshii caters to every dietary preference and type of taste buds.



Also, contact Freshii for all your catering needs.



#### Oasis Café

Purdue Memorial Union Enjoy a casual coffee house atmosphere, featuring a full line of richly brewed Seattle's Best <sup>™</sup> coffee and showcasing an abundance of freshly baked pastries, bagels and breakfast sandwiches. For lunch, savor one of many hot or cold gourmet sandwiches created to fit your appetite or a hearty bowl of soup.





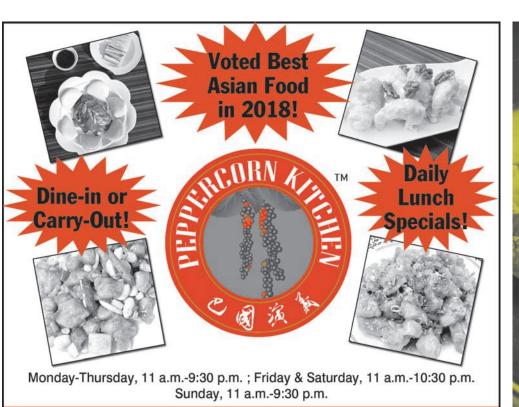
Town & Gown Bistro 119 North River Road Nestled near the beginnings of West Lafayette and Lafayette, Town & Gown Bistro hopes to be a favorite place for visitors to campus and year-round residents of this vibrant college-town.

The owners, Matt and Regen O'Neill, are dedicated to creating a welcoming environment for all, and hope to offer good food for good prices, suiting a student's budget and tastes

*emongrass* 



as well as staff seeking out a meeting spot or families enjoying Brunch for dinner!



#### Peppercorns Kitchen

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