Eat Well - We know that great taste, nutrition and healthy eating are important to you. That’s why our program is based around home-cooked meals using wholesome, seasonally fresh ingredients.

Convenient & Social – Leave the grocery shopping, food prep, cooking and cleaning to us – and enjoy sharing meals with your friends every day!

Meal Plan Options - All residents choose between a 5-day (M-F) or 7-day meal plan. Both plans receive $200 flex dollars for the ‘On the Go’ counter or the Kelly Café.

All Inclusive - Residents may visit the Canada Room as many times a day as they like and enjoy ‘all one cares to eat’.

Special Diets - Our program is designed to accommodate the diverse needs of today’s students including vegetarian, vegan, halal and gluten-free diets.

Bag Lunches – Are available on request during the breakfast period. NB – Bag lunch recipients are not able to enter the Canada Room again until 4 PM.

Themed Meals – Enjoy themed meals on special occasions: Thanksgiving, Halloween, Grey Cup, Chinese New Years, Superbowl, Valentine’s Day, etc.

Fun Events – Build your own sundae bar, hot wings eating contest, sushi nights, cooking contests and more!

Guest Passes – All residents receive 6 guest passes which allow them to bring their friends or family to eat in the Canada Room for only $4!

Food Stations Include:

The Kitchen
Hearty entrees, including vegetarian & halal

Trattoria
Brick fire oven pizzas, pastas and flatbreads

The Grill
Grilled favourites, beef burgers, jerk chicken, BBQ ribs and more!

Salad Bar
Stocked daily with a wide variety of fresh seasonal ingredients.

Deli Station
Allows you to customize and create your own subs and sandwiches

Dessert Station
Delectable cakes, squares, brownies, and pies, just to name a few treats!

My Pantry
Cook your own meals in our assisted kitchen

Hours of Operation:
Monday – Thursday 7:30 AM – 9 PM
Fridays 7:30 AM – 7 PM
Weekends & Holidays 10 AM – 7 PM

81 St Mary Street
Brennan Hall