

Boulder Garden Cafe

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-Andrew Sunderhaft, 2024

Boulder Community



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By Matt Carpentier

It is October 16th — I am trapped in the throes of mid-terms week. I have been running from one class to another all day and my three-page to-do list is spinning in my brain. My anxiety and stress levels are through the roof, and I have not had a chance to catch my breath the entire day. Like a beacon of hope, my phone dings ... my friends are meeting at the Boulder Garden Cafe at 6 pm for dinner. As I sit down to enjoy my Old Bay Chicken Sandwich, laughing along with all my friends, I begin to feel a sense of calm while in the eye of the storm. This is exactly the break I needed to refocus in order to be able to finish my Effective Writing essay that I have been procrastinating. Instead of sitting in my dorm room, dwelling on all the work I must do, I was able to reset and come back later with a fresh mind. The Boulder Garden Cafe is more than a restaurant: It is a community where everyone finds their place. At Boulder, we not only enjoy food, but also enjoy the friendships we make. Boulder is where we go for first dates, group projects, meetings with professors, or just casual gossip conversations. Personally, I always leave with a smile on my face, when Miss Diane says, "have a good day handsome." Boulder has a place in my heart for the memories I have already made and the memories soon to come.

Community at Boulder

The best part about the Boulder Garden Cafe is the atmosphere and the community shared in one restaurant. Every day at Boulder, you can try new food while sitting in a booth with your friends. What's better than that? Mike Mansfield, Executive Director of Financial and Auxiliary Operations at Loyola, shared that his favorite part about Boulder is "the variety of the food they offer, and the open seating that allows for the ability to have conversations with anyone." Even as an Administrator, who has the ability to eat anywhere on or off campus, he still chooses to eat at Boulder because of the great food and community it has. Nick Trela, Class of 2028, shares that his favorite feature of Boulder is "the great sense of community you feel. It is so easy to sit around with old and new friends and enjoy great food" which perfectly explains the restaurant's popularity on campus. I and so many other students would agree that the open concept allows for every meal to feel like a family dinner with your friends. Boulder is a gathering place for everyone, where you can make new, stronger connections.

At the Boulder Garden Cafe, almost every student has en-

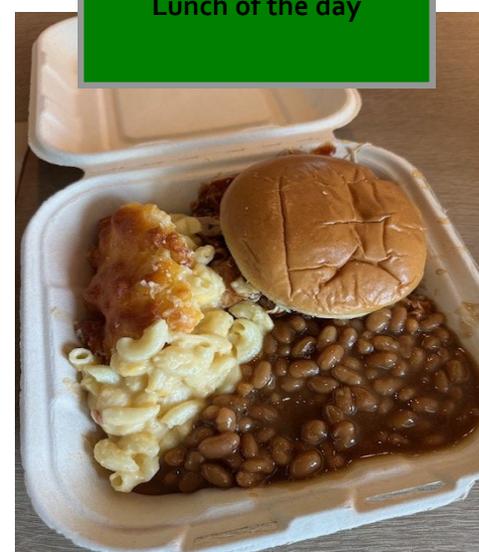
joyed a meal there to eat pizza, a burger, or a deli sandwich,. On the surface, Boulder is a restaurant or a cafeteria, however you look at it. But, if you truly experience Boulder, you learn about how Loyola students, of all class years, come together like a community. "Community" is defined as a group of people who have a particular characteristic in common. At Boulder, we all share the characteristic that we have raised anxiety levels due to the grueling day of essays and exams but go to Boulder to distract ourselves with our friends. When entering Boulder, you will notice sports teams, clubs, and friends enjoying the food together like a community. Andrew Sunderhaft, Class of 2024, shares: at Boulder "we share a lot of cherished memories that have occurred in this dining hall, and it's a small 30 minutes or an hour of peace throughout the chaotic day here. It is a place where you can bond over food and have a simple, relaxing time with my friends." As a student who eats at Boulder almost regularly, I can confirm their goal for Boulder has been achieved. In your first few months at Loyola, you will see the development of relationships with other students and with the servers, creating a strong familiarity, making Boulder your favorite place to go.

The Food

With a diverse student population at Loyola, the Boulder Garden Cafe strives to add variety to their menu every day. Whether the staff is serving Latin beef, meat sauce lasagna, or cous-cous and jackfruit stuffed mushroom, options are available for everyone. Boulder does an excellent job of providing food that can account for everyone's interest and need. The station at Boulder named Boulder Bravissimo encapsulates the excellent experience we all share. Bravissimo means that something is well done; we all believe that the food at Boulder is excellent, which is why we all continue to come back for seconds. Even if you have eating restrictions, you can always find a delicious meal to eat at Boulder. Traveling away from home to go to Loyola can be scary, and at Loyola, the entire university tries to help everyone feel a sense of home. At Boulder, you can miss home just a little less by enjoying cuisine like home. You also get to try new foods as well. Before coming to Baltimore, I had never tried Old Bay seasoning before. Now my favorite meal from Boulder is the Old Bay chicken sandwiches they serve. Every day, students have the chance to try new foods and bond with their friends over the new cuisines. By sharing new experiences, like trying Old Bay, a Baltimore staple, you are enriching the connections you have with your friends and building a stronger sense of community. Meals at Boulder will feel like an extension of your home rather than just another place to eat. This is how Boulder feels like more than just a restaurant.



Lunch station of the day



Lunch of the day

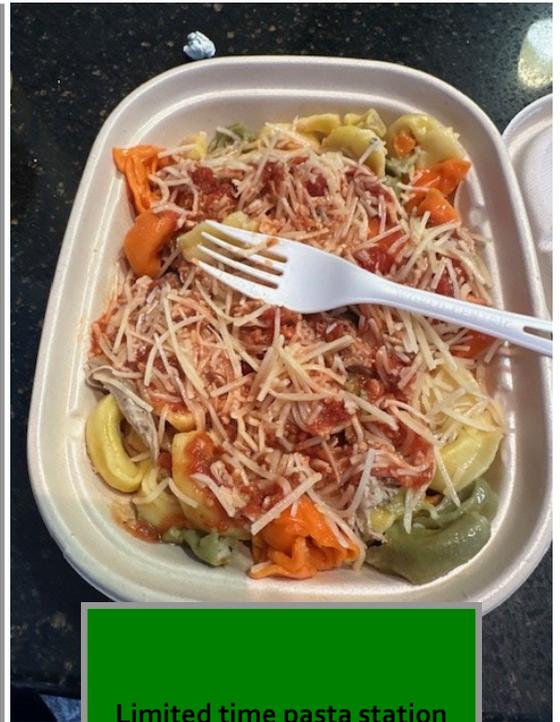
Tips For First-Years

When I was an incoming freshman, I felt uncertainty if the norm was to eat in dining halls or to take the food with me back to my dorm. At Boulder, that decision is totally up to you. No matter what meal—breakfast, lunch, or dinner—you can always sit and enjoy your food or take it to go. As an athlete, I enjoy being able to take my food with me if I have a time cramp in between class and practice. I also enjoy being able to enjoy my food in the dining hall with my friends, though. Some of the best friendships I have made at Loyola were built by going to lunch after class if I had time. Sitting down to enjoy chicken tenders with your friends is a lifelong memory waiting to be made. Boulder provides a piece of calm in your crazy lives and allows you to relax. Seeing your friends over a meal at Boulder is a great way to decompress and go back to work rejuvenated.

By going to Boulder, you are fulfilling the value of “Cura Personalis” which is Loyola’s main goal for their students. You are tending to your physical health by eating a nutritious meal. Your mental health is improved by relaxing and enjoying time with people who make you happy. And finally, you can improve your spiritual health by meeting with a community service club president to discuss how you can improve your community. Caring for the whole person starts with enjoying a meal at Boulder where you can feel the sense of belonging with all your new friends.

As an incoming freshman, your transition into college will not be easy — however, everyone at Loyola is trying to make it as easy as possible. As someone who has made the transition, I will tell you that eating at Boulder helps make the transition more manageable. Enjoying cookie dough ice cream with your friends takes your mind off the stresses of being a college student and allows for new relationships to form. Boulder is more than a restaurant, it is a community where everyone belongs.

“Caring for the whole person starts with enjoying a meal at Boulder where you can feel the sense of belonging with all your new friends.”



Limited time pasta station