

## SCHOOL OF HOSPITALITY AND TOURISM

# DESTINATION FOR CULINARY INSPIRATION

**EAT DINE AND SHOP AT SAIT  
IN THE JOHN WARE BUILDING**



**Dining Centre**



### **PREPARED FRESH EVERYDAY**

#### **BREAKFAST**

is served from  
7:30 AM - 9:45 AM  
daily

#### **LUNCH**

is served from  
10:45 AM - 1:00 PM  
daily

#### **DINNER**

is served  
Monday to Thursday  
from 4:30 PM - 6:30 PM

### **THE HIGHWOOD PROVIDES WORLD CLASS CUISINE AND SERVICE!**

#### **LUNCH**

Monday to Friday starting  
11:30AM

#### **THURSDAY BUFFET**

11:00AM

#### **DINNER**

Monday to Thursday  
Reservation times  
6:00PM, 6:30PM and  
7:00PM

#### **RESERVATIONS**

highwood.reservations@  
sait.ca  
Or 403.284.8615 ext 2 to  
book your reservation

### **SHOP FOR BREAD, ASSORTED BAKED GOODS, FRESH PROTEINS AND HOME MEAL REPLACEMENT**

#### **HOURS OF OPERATION**

Monday to Thursday  
10:30AM - 6:30PM

#### **Friday**

10:30AM - 4:00PM

**FURTHER  
YOUR  
PASSION**

sait.ca

