

AUGUST 2021

# RUSM FALL 2021 DELIVERY GUIDE

Prepared by:  
Office of Campus Life



This guide will help you throughout your quarantine stay. In the guide, you'll find delivery services and other helpful information to keep you and our community safe during this period.

If you have questions, you can reach out to us at [campuslife@rossu.edu](mailto:campuslife@rossu.edu)

Stay safe!  
Office of Campus Life

## IMPORTANT NUMBERS & CONTACTS

RUSM SECURITY AT COVERLEY: 1-246-627-8011

MINISTRY OF HEALTH, COVID HOTLINE: +1 246-536-4500

POLICE EMERGENCY: 211

FIRE EMERGENCY: 311

HOUSING: [Housing@rossu.edu](mailto:Housing@rossu.edu)

IT: [DMITHelpDesk@Rossu.edu](mailto:DMITHelpDesk@Rossu.edu)

Student Affairs: [StudentAffairs@rossu.edu](mailto:StudentAffairs@rossu.edu)

## DELIVERY GUIDELINES

- **DELIVERY TIMES 10:00AM TO 8:00 PM AST**
  - **No deliveries will be allowed past security outside of these hours.**
- Only approved vendors are allowed in to the quarantine zone. Any vendor not on the approved list below will not be able to deliver to you.
- You must pre-pay for all deliveries. You will not be allowed to pay upon delivery.
- Do not wait outside your home or interact with delivery providers. This includes leaving a cash tip. Try to tip in advance using online platforms when available.
- Any violations of quarantine protocols will be reported to the Office of Student Conduct.
- Once cleared from quarantine, and in your permanent housing assignment, you can continue to utilize any of these vendors for their delivery services!

# 04

## GROCERY DELIVERY



### **PRICEWHIRL: PRICEWHIRL.COM**

DELIVERY FEE: EMAIL CUSTOMERSUCCESS@PRICEWHIRL.COM FOR STUDENT MEMBERSHIP

DELIVERS: GROCERIES, RESTAURANTS, OTHER

SPECIFY WHATSAPP CONTACT IN COMMENTS BOX FOR DELIVERY DRIVER  
ORDERS@PRICEWHIRL.COM

### **CLIFTON MARKET: CLIFTONMEATS.COM**

DELIVERY FEE: \$25 BDS, MIN ORDER: \$150 BDS

DELIVERS: MEAT, GROCERIES, VEGAN/GLUTEN FREE SPECIALTY ITEMS

SPECIFY WHATSAPP CONTACT IN COMMENTS BOX FOR DELIVERY DRIVER

### **PELICAN PRODUCE: PELICANPRODUCE.COM**

FREE DELIVER FOR ORDERS OVER \$50 BDS

DELIVERS: FRUITS AND VEGETABLES

CONTACT 246-426-1250 TO PAY IN ADVANCE

### **MASSY GROCERY STORES: [HTTPS://WWW.SHOPMASSYSTORESBB.COM/](https://www.shopmassystoresbb.com/)**

**[THTTPS://WWW.SHOPMASSYSTORESBB.COM/](https://www.shopmassystoresbb.com/)**

05

## RESTAURANT DELIVERY

**HOPSCOTCHFETCH: HOPSCOTCHFETCH.COM**

DELIVERY FEE: VARIES BY RESTAURANT

DELIVERS: RESTAURANT MEALS

246 236 9729 OR HELLO@HOPSCOTCHFETCH.COM

SPECIFY WHATSAPP CONTACT IN COMMENTS BOX FOR DELIVERY DRIVER

COVERLEY RESTAURANTS ON HOPSCOTCHFETCH: CHICKEN BARN, CHUTNEYS,  
URBAN KITCHEN, MISO, RB'S, HAPPY TACO

**CHEFETTE: CHEFETTE.COM**

DELIVERY FEE: \$10 BDS, MINIMUM ORDER OF \$20 BDS

DELIVERS: FAST FOOD (BURGERS, PIZZA, CHICKEN, ROTIS

SPECIFY WHATSAPP CONTACT IN COMMENTS BOX FOR DELIVERY DRIVER

**KFC: [HTTPS://CDN.TICTUK.COM/WEBVIEWFLOW/TAKEDELIVERYTYPE.HTML?](https://cdn.tictuk.com/webviewflow/takedeliverytype.html?L=EN&C=1107831815349009&REF=WEBSITE)**

**L=EN&C=1107831815349009&REF=WEBSITE**

DELIVERY FEE: FREE WITH MIN. ORDER OF \$20 BDS

SPECIFY WHATSAPP CONTACT IN COMMENTS BOX FOR DELIVERY DRIVER

**THE GRIND ARTISAN CAFE: GRINDARTISAN.CAFE**

DELIVERY FEE: VARIES BY RESTAURANT

DELIVERS: BAKERY AND RESTAURANT DELIVERY

WHATSAPP: 246-256-2808

# 06 MEAL DELIVERY SERVICES



**TINY FOODS MEAL DELIVERY- SEE FLIER FOR DETAILS**

NATALIEGONZALEZ428@HOTMAIL.COM

**THE GRIND ARTISAN CAFE: BAKERY**

[HTTPS://GRINDARTISAN.CAFE/](https://grindartisan.cafe/)

BREADS, QUICHE, DESSERTS AND MORE!

FREE DELIVERY OVER \$100 BDS

WHATSAPP: +1 246-256-2808

**GREEN BOX BARBADOS: VEGAN MEAL DELIVERY (SEE FLIER FOR MENU)**

[HTTP://GREENBOXBARBADOS.COM/](http://greenboxbarbados.com/)

**MISO BARBADOS: ASIAN FUSION MEAL DELIVERY (SEE FLIER FOR DETAILS)**

WHATSAPP: +1 (246) 847-8432 OR +1 (246) 256-5055

FREE DELIVERY WITHIN COVERLEY

**TREEHOUSE 246- GLUTEN FREE BAKERY & MEAL DELIVERY**

IANPROVERBS@GMAIL.COM

WHATSAPP: 246-259-9177

**CHEF FITTZ KITCHEN: JAMAICAN MEAL DELIVERY**

WHATSAPP: +1 246-837-0298

CHEFFITZKITCHEN@GMAIL.COM

SEE FLIER FOR MENU

# 07 MEAL DELIVERY SERVICES



## **ISLAND GIRL CATERING- MEAL DELIVERY**

WHATSAPP: +1 246-259-9177

ISLANDGIRLCATERING.BB@GMAIL.COM

SEE FLIER FOR MENU

## **6701 BLENDED STREET- JUICE DELIVERY**

WHATSAPP: +1 (246) 253-6701

6701BLENDEDSTREET@GMAIL.COM

## **J-SCAPE BAR: MEAL DELIVERY**

WHATSAPP: +1 246-833-0822

SEND A MESSAGE ON WHATSAPP TO GET DAILY MENU

\$18 BDS/MEAL, WITH DISCOUNTS FOR WEEKLY MEAL PLANS

## **ISLAND PLATES: MEAL DELIVERY, AVAILABLE AFTER AUGUST 16**

WHATSAPP: +1 246-252-7793

DINING@ISLANDPLATESBB.COM

[HTTPS://WWW.ISLANDPLATESBB.COM/STORE](https://www.islandplatesbb.com/store)

## **HOOKEED: MEAL DELIVERY, INCLUDING VEGAN/VEGETARIAN OPTIONS**

WHATSAPP: +1-246-236-5123

FOLLOW ON INSTAGRAM FOR WEEKLY MENU @HOOKEEDBARBADOS

## **PIERRE'S EXQUISITE SERVICES (CHEF KONG) MEAL DELIVERY**

WHATSAPP: 246-826-1890

FOLLOW ON INSTAGRAM FOR MENU @CHEFKONGFOODSWAG

# 08 DELIVERY SERVICES



**WIFETCH: WIFETCH.COM**

DELIVERY FEE: \$10-25 BDS

DELIVERS: GROCERIES, PHARMACY/BEAUTY, RESTAURANTS, AND MORE

WHATSAPP CONTACT: 246 264-8994

INFO@WIFETCH.COM

**DELIVACART: GROCERIES, KITCHEN SUPPLIES, ELECTRONICS AND OFFICE SUPPLIES**

**DELIVACART.COM**

DELIVACART@GMAIL.COM

WHATSAPP: 246-248-6868

**DLVRD! GROCERY SHOPPING AND PERSONAL ERRANDS**

WHATSAPP: +1 246-282-9315

DLVRD.HTY@GMAIL.COM



# ROSS UNIVERSITY STUDENT WEEKLY MEAL PLANS

**Tiny Foods**

Eat Healthy ON THE GO



(ONE) Fresh Garden Salad  
with Roasted Almonds &  
Homemade Balsamic Vinaigrette

+

(FIVE) Meals from the below menu:

- Slow Cooked Beef Stew + side
- Slow Cooked Chicken Stew + side
- Chicken Tikka Masala + side
- Slow Cooked Lamb Stew + side
- Hawaiian Pineapple Chicken + side
- Chickpea Stew + side
- Lentil & Carrot Stew with Tumeric + side
- Coconut & Ginger Sweet Potato Stew + side
- Vegetarian Chili + side
- Vegetable Lasagna
- Beef Lasagna
- Chicken Lasagna
- Shepherd's Pie
- Chicken Salad
- Tuna Nicoise Salad
- Homemade veggie burger salad

## SIDE OPTIONS

- 🌱 Rice
- 🌱 Sweet Potato Mash
- 🌱 Quinoa

Any extra meals, outside of the 5 included in the meal plan will be an additional USD\$11 each

## ***SOUP ADD - ONS !***

**Additional \$8 USD each**

- ★ Butternut Squash & Coconut Soup
- ★ Lentil & Black Bean Soup

**\$118 BBD**

**\$59 USD**



# WELCOME!

**Miso** by Naru — a fast-casual dining experience with a modern twist.



Pick your base, your protein, add your mix-ins, select your toppings and add your flavours!

- **NOODLES YOUR WAY**
- **POKE YOUR WAY**
- **SUSHI TO GO**
- **DESSERTS**



Dine-in and Curbside Pickup available

We offer **FREE** contactless delivery to students residing in The Villages at Coverley.

Simply call to place your MISO order.

T: 1 (246) 427-0415







# TREEHOUSE

Contactless  
payment via  
bank transfer  
available

Delicious kung pao chicken, pad thai, meat pies, shepherd's pie, and more....



**Hot Meals  
available  
Wednesdays  
& Fridays!  
We deliver!**



**Order now!** (246) 234-0220 or email: [thetreehouse246@gmail.com](mailto:thetreehouse246@gmail.com)

IFP Products & Services Inc., Airy Hill, St. George

# RUSM Wellness

Medical school can be challenging;  
moving to a new home in Barbados can be challenging;  
please utilize these resources that RUSM has to offer to take care of your mental health & wellbeing!

## Wellness & Counseling Center

- Counseling Services
- Individual Coaching
- Support Groups
- Wellness Groups



## Mind-Body Medicine

- Mind Body Skills Group
- Walk-In Wednesdays
- Mind Body Medicine Ambassadors
- Social Media Events
  - Instagram: @mindbodyrusm
  - Facebook: @mindbodyrusm
- Faculty Mentor Meetings

## Events

- Physician Suicide Awareness Day
- Mental Health Awareness Week
- Tai Chi with Dr. Ferrari
  - Look out for an email with date/times or email [TFerrari@rossu.edu](mailto:TFerrari@rossu.edu)

