

# SPECIAL DIETARY OPTIONS

## NO GLUTEN ADDED

### ALUMNI DINING COMMONS



**No Gluten Added (NGA)** identifies that the recipe itself does not include gluten; however, the facility it was produced in and the facility it is prepared in may contain gluten. If you have Celiac intolerance or gluten sensitivity, use your best judgment according to the severity. The following guidelines are intended to assist you in navigating. You may also reach out to our [coordinator](#) at for additional assistance.



**DO**

- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen and Medications
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager
- ★ Ask Team Members for NGA daily options



**DON'T**

- ★ Do not hesitate to ask for assistance
- ★ Best rule: If in doubt of ingredients **do not** eat
- ★ Do not feel uncomfortable about your special diet needs. We take special diet needs seriously and are here to help.

### FOOD ITEMS TO CHOOSE FROM

#### SPECIAL DIET PRODUCTS

Must request access: NGA Bread, Bagels, Muffins, etc. NGA toaster available.

**NGA DESSERTS ON ROTATION must request**  
Brownies, Cookies, Rice Crispy, etc.

#### BREAKFAST

Protein, Eggs, Potatoes, NGA Cereal  
Oatmeal is listed as NGA. Use your own discretion with personal allergies.

#### SOUP OF THE DAY

Ask or look for No Gluten Added symbols.  
Crackers are separate & packaged.

#### SALAD BAR

It is a No Gluten Added Self Serve Station.  
Croutons are separate and packaged.

#### FRUIT STATION

Avoid granola topping.

#### CLEAN EATS - CALIFORNIA FRESH

This station's menu items are specifically No Gluten Added to serve our No Gluten and Celiac Students on Campus.

ENJOY DAILY:

Proteins, Starches, Vegetables and Sauces.

#### NGA PASTA UPON REQUEST CORN TORTILLA CHIPS AVAILABLE

#### GRILL

Lettuce Wrap Burgers and Gluten Free Buns.  
ADC offers no gluten added French Fries.

#### PIZZA STATION

No Gluten Added pizzas are available.  
If celiac, please inform the staff. Airborne gluten is a concern at this location and they may or may not have an oven available. Use your own discretion with personal allergies.

## SPECIAL DIETARY OPTIONS

# DAIRY FREE

## ALUMNI DINING COMMONS



**Dairy free** means there has been no milk added to the products. Dairy products include but not limited to cheese, cream, butter, and yogurt.



**DO**

- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen and Medications
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager
- ★ Ask Team Members for DF daily options



**DON'T**

- ★ Do not hesitate to ask for assistance
- ★ Best rule: If in doubt of ingredients **do not** eat
- ★ Do not feel uncomfortable about your special diet needs. We take special diet needs seriously and are here to help.

## FOOD ITEMS TO CHOOSE FROM

### SPECIAL DIET PRODUCTS

Must request access to DF bread, bagels, etc.

### DF DESSERTS ON ROTATION- must request

Brownies, Cookies, etc.

### BREAKFAST

Protein, Eggs, Potatoes, NGA Cereal

### SOUP OF THE DAY

Ask or look for Dairy Free symbols.

### SALAD BAR

Self Serve Station has cheese, dairy dressing.

### FRUIT STATION

Avoid yogurt topping.

### CLEAN EATS - CALIFORNIA FRESH

This station's menu items are specifically No Dairy Added to serve our No Dairy Students on Campus.

ENJOY DAILY:

Proteins, Starches, Vegetables and Sauces.

### PASTA STATIONS

Look for Dairy Free symbols. Beware of cheese and dairy in sauces.

### GRILL

Request cheeseless or cheese alternatives.

### PIZZA STATION

Dairy Free pizzas are available. Request cheeseless or cheese alternatives.

## SPECIAL DIETARY OPTIONS

# VEGETARIAN

## ALUMNI DINING COMMONS



**Vegetarian** means to abstain from meat products. One type of vegetarianism is lacto-ovo vegetarian. It includes eating plant foods, dairy products, and eggs which applies here.



**DO**

- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen and Medications
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager
- ★ Ask Team Members for VEGETARIAN daily options



**DON'T**

- ★ Do not hesitate to ask for assistance
- ★ Best rule: If in doubt of ingredients **do not** eat
- ★ Do not feel uncomfortable about your special diet needs. We take special diet needs seriously and are here to help.

## FOOD ITEMS TO CHOOSE FROM

### SPECIAL DIET PRODUCTS

Meatless protein is available on campus.

### DESSERTS ON ROTATION

Look for Vegetarian symbol.

### BREAKFAST BOWL

Vegetarian Options Available

### SOUP OF THE DAY

Ask or look for VEGETARIAN symbols.

### FRUIT STATION

Yogurt is served at this station.

### VEGAN OPTIONS AVAILABLE

\*PLEASE CONFIRM WITH MANAGERS OR  
CONTACT

[specialdiets@providerfoodservice.com](mailto:specialdiets@providerfoodservice.com)

### SALAD BAR

Cheese and dairy is served at this station.  
Vegans: Hard boiled eggs and tuna salad may be on rotation.

### PASTA STATIONS

Look for Vegetarian symbols.

### GRILL

Vegetarian Burgers Available: French fries, onion rings. Chick'n Tender Alternatives.

### PIZZA STATION

Vegetarian pizzas are available.

# SPECIAL DIETARY OPTIONS

## SHELLFISH ALLERGIES

### ALUMNI DINING COMMONS



**Shellfish allergy** is an abnormal response to the consumption of marine animals. This includes shrimp, crab, lobster, squid, oysters and scallops. Fish including salmon, tuna, and mahi-mahi are all acceptable to consume, however, you should still be cautious with consuming any **fish** due to possible cross-contamination with shellfish at processing facilities.



- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen and Medications
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager



- ★ Do not hesitate to ask for assistance
- ★ Best rule: If in doubt of ingredients **do not** eat
- ★ Do not feel uncomfortable about your special diet needs. We take special diet needs seriously and are here to help.

### FOOD ITEMS TO CHOOSE FROM

#### ALUMNI DINING COMMONS

Is NOT a *Shellfish-free* eatery.

Shellfish is served on campus. Although it is limited to mostly the *Main Dining Commons* it can appear in other menu items.

Allergies differ from one person to the next, use your own discretion with personal allergies regarding all seafood products.

#### COMMON ITEMS THAT COULD CONTAIN SHELLFISH AND SHOULD BE AVOIDED

Cajun Shrimp & Grits  
Firecracker Shrimp  
Cantonese Shrimp  
Honey Walnut Shrimp  
Garlic Shrimp (Pasta Station)  
Sushi: Shrimp Nigiri, Shrimp Tempura Roll  
Poke Bowl/Poke Station  
Shrimp Fajitas  
Shrimp Tacos

# SPECIAL DIETARY OPTIONS

## NUT ALLERGIES

### ALUMNI DINING COMMONS



**Nut allergy** include any form of tree nut including peanut, walnut, almond, hazelnut, cashew, and pistachio.



- ★ Tell Team Members About Your Allergy or Intolerance
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen and Medications
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager
- ★ Communicate Allergies with Peers.



- ★ **Always avoid** Baked Goods & Desserts in the bakery cases and dessert refrigerators
- ★ Request prepackaged from manufacturer that identifies *nut free*
- ★ Do not hesitate to ask for assistance
- ★ Best rule: If in doubt of ingredients **do not** eat
- ★ Do not feel uncomfortable about your special diet needs. We take special diet needs seriously and are here to help.

### FOOD ITEMS TO CHOOSE FROM

#### ADC

Is NOT a *Nut/Peanut-free* friendly eatery

Peanuts and Tree Nuts are served on Campus. As a general rule we use the name of the nut in the title to assist in identifying.

#### FRUIT BAR

Avoid granola at this station.

#### CEREAL STATION

Honey Nut Cheerios and other nut based cereals at this station.

#### ALWAYS AVOID BAKED GOODS/DESSERTS

Choose prepackaged from manufacturer that identifies as nut free-must request

BREADS: Bread is nut free but not made in a nut free facility. Use your own discretion with personal allergies. Please confirm with manager which breads are safe to consume.

Peanut butter is in individual sealed package. Beware of other students consuming tree nut/peanut products.

#### COFFEE CORNERS

Almond beverages are served at these locations.