

# SPECIAL DIETARY OPTIONS

## NO GLUTEN ADDED

### BRISCO'S



**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
- ★ Ask them to change gloves
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen & 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: NGA Bread, Flatbread, Muffins, etc.

#### NGA DESSERTS ON ROTATION - must request

Brownies, Cookies, Rice Crispy, etc.

#### BREAKFAST BOWL

Request No Gluten Added Option

#### SOUP OF THE DAY

Ask if No Gluten Added is available.

#### SIDES

Chips, Whole Fruit

#### GRAB'N GO

NGA Sandwiches and Salads. Heat'n Eat: Chicken Rice Veggie, Baja Bowls

#### BUILD YOUR OWN SANDWICH

Daily Build to order Sandwiches that allows you to customize based on your Special Diet Needs.

#### NGA PROTEIN

Roast Beef, Ham, Turkey

#### NGA CHEESE

Provolone, Cheddar, Pepper Jack, Swiss

#### NGA TOPPINGS

Avocado, Bell Pepper, Banana Peppers, Cilantro, Cucumber, Jalapeno, Lettuce, Spinach, Tomato, Onion.

#### SPREADS

Mayo, Chipotle Mayo, Garlic Mayo, Mustard, Honey Mustard, Hummus, Ranch, Vinegar, Oil

## SPECIAL DIETARY OPTIONS

# DAIRY FREE

## BRISCO'S



**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
- ★ Ask them to change gloves
- ★ Read All Descriptions Carefully
- ★ Ask Questions/Clarifications
- ★ Carry EpiPen & Medications
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager
- ★ Ask Team Members for DF 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: Cheeseless

### DESSERTS AND SNACKS

Choose prepackaged items from the manufacturer only stating dairy free.

### BREAKFAST BOWLS/BURRITOS

Request Dairy Free Option

### SOUP OF THE DAY

Ask if Dairy Free is available.

### SIDES

Chips, Whole Fruit

### GRAB'N GO

Read Labels, Salads with removable cheese and dressing. Dairy Free Sandwiches and sides.

### BUILD YOUR OWN SANDWICH

Daily Build to order Sandwiches that allows you to customize based on your Special Diet Needs.

### SANDWICHES CAN BE CHEESELESS UPON REQUEST

### NON DAIRY SPREADS

Mayo, Chipotle Mayo, Garlic Mayo, Mustard, Honey Mustard, Hummus

### COFFEE CORNERS

Milk Alternatives, Dairy Free Beverages Available

## SPECIAL DIETARY OPTIONS

# VEGETARIAN

### BRISCO'S



**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 & 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

Request Vegetarian Option

### BREAKFAST BOWL

Request Vegetarian Option

### SOUP OF THE DAY

Ask if VEGETARIAN is available.

### SIDES

Chips, Whole Fruit

### VEGAN OPTIONS AVAILABLE

\*PLEASE CONFIRM WITH MANAGERS OR  
CONTACT

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

### BUILD YOUR OWN SANDWICH

Daily Build to order Sandwiches that allows you to customize based on your Special Diet Needs.

### SANDWICHES CAN BE CHEESELESS AND MEATLESS UPON REQUEST

### VEGETARIAN OPTION:

BTO Sandwiches, BTO Veggie Wrap

### GRAB'N GO

Vegan Baja Bowl, Soy Chicken Rice Veggie Bowl, Almond Soy Chicken Berry Salad

# SPECIAL DIETARY OPTIONS

## SHELLFISH ALLERGIES

### BRISCO'S



**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

#### BRISCO'S

Is a *Shellfish-free* friendly eatery

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

#### 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

# SPECIAL DIETARY OPTIONS

## NUT ALLERGIES

### BRISCO'S



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

#### ✓ 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
- ★ Communicate Allergies with Peers.

#### ⊘ DON'T

- ★ **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

#### BRISCO'S

Is 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.

#### GRAB'N GO

Salads, Meat Sandwiches, Heat'n Eat Meals  
Remove or avoid salads with packaged nuts.  
Avoid Peanut Butter Sandwiches.

#### ALWAYS AVOID BAKED GOODS/DESSERTS

Choose prepackaged from manufacturer that identifies as nut free

**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.

#### COFFEE Add Ins

Almond beverages are served at these locations.