

# SPECIAL DIETARY OPTIONS

## NO GLUTEN ADDED

### EL MONTE GRILL



**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 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

#### EL MONTE GRILL

Flour Tortillas and Cookies are the only two items that contain gluten at this location.

#### EASY TO CUSTOMIZE YOUR BOWL, SALAD OR CORN TORTILLA TACOS

Cilantro Citrus Rice  
Cilantro Citrus Brown Rice  
Black Beans  
Peruano Beans

#### PROTEIN

Carne Asada  
Carnitas  
Pollo Asado  
Soyrizo Y Papas

#### TOPPINGS

3 Alarm Salsa  
Bell Peppers  
Corn Salsa  
Cheese  
Chipotle Honey Vinaigrette  
Lettuce  
Pico de Gallo, Mild  
Salsa Verde, Medium  
Sour Cream

#### SIDES

Chips  
Guacamole (Add-on)

#### CORN TORTILLAS AVAILABLE

## SPECIAL DIETARY OPTIONS

# DAIRY FREE

### EL MONTE GRILL



**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

#### EL MONTE GRILL

Cheese and Sour Cream are the only two items that contain Dairy at this location.

#### EASY TO CUSTOMIZE

Cilantro Citrus Rice  
Cilantro Citrus Brown Rice  
Black Beans  
Peruano Beans

#### PROTEIN

Carne Asada  
Carnitas  
Pollo Asado  
Soyrizo Y Papas

#### TOPPINGS

3 Alarm Salsa  
Bell Peppers  
Corn Salsa  
Chipotle Honey Vinaigrette  
Lettuce  
Pico de Gallo, Mild  
Salsa Verde, Medium  
Tortillas

#### SIDES

Chips  
  
Guacamole (Add-on)

# VEGETARIAN

## EL MONTE GRILL



**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

### EL MONTE GRILL

Black Beans contain Pork

### EASY TO CUSTOMIZE

Cilantro Citrus Rice  
Cilantro Citrus Brown Rice  
Peruano Beans

### PROTEIN

Soyrizo Y Papas

VEGAN OPTIONS AVAILABLE

\*PLEASE CONFIRM WITH MANAGERS OR  
CONTACT  
specialdiets@providerfoodservice.com

### TOPPINGS

3 Alarm Salsa  
Bell Peppers  
Cheese (Not Vegan)  
Corn Salsa  
Chipotle Honey Vinaigrette  
Lettuce  
Pico de Gallo, Mild  
Salsa Verde, Medium  
Sour Cream (Not Vegan)  
Sopes  
Tortillas

### SIDES

Chips  
Cookies  
Guacamole (Add-on)

# SPECIAL DIETARY OPTIONS

# SHELLFISH ALLERGIES

## EL MONTE GRILL



**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.

### ✓ 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

### ⊘ 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

### EL MONTE GRILL

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

### EL MONTE GRILL



**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
- ★ Ask Team Members for NUT Free daily options

#### ⊘ DON'T

- ★ **Always avoid** Baked Goods & Desserts
- ★ 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

#### EL MONTE GRILL

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.

#### ALWAYS AVOID BAKED GOODS

Choose prepackaged from manufacturer that identifies as nut free