

SPECIAL DIETARY OPTIONS

NO GLUTEN ADDED

FIRESIDE



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, Burger Buns.

NGA DESSERTS ON ROTATION

Brownies, Cookies, Rice Crispy, etc.

SIDES

Chips, Fruit

French Fries at this location share a fryer with items containing gluten. ADC offers no gluten added French Fries.

GRAB'N GO

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

GRILL

Lettuce Wrap Avocado Burger or Grilled Chicken, Lettuce Wrap Avocado Cheese Burger or Grilled Chicken, Lettuce Wrap Burger or Grilled Chicken

NGA TOPPINGS

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

SPREADS

Mayo, Mustard, Hummus

SPECIAL DIETARY OPTIONS

DAIRY FREE

FIRESIDE



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 daily options

⊘ DON'T

- ★ Do not hesitate to ask for assistance
- ★ Best rule: If in doubt of ingredients **do not** eat
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FOOD ITEMS TO CHOOSE FROM

SPECIAL DIET PRODUCTS

Must request: Cheeseless

DESSERTS AND SNACKS

Choose prepackaged items from the manufacturer only stating dairy free.

SIDES

Chips, French Fries, Fruit

GRAB'N GO

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

BURGERS CAN BE CHEESELESS UPON REQUEST

CONFIRM IF SPREAD HAS DAIRY IN IT

Can request to substitute condiments

COFFEE CORNERS

Milk Alternatives, Dairy Free Beverages
Available

SPECIAL DIETARY OPTIONS

VEGETARIAN

FIRESIDE



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

VEGETARIAN OPTION:

Veggie Burger
Beyond Dawg
Entree Salads

DESSERTS ON ROTATION

Request Vegetarian Option

SOUP OF THE DAY

Ask if VEGETARIAN is available.

SIDES

Chips, French Fries, Whole Fruit, Garden Salad

BURGERS CAN BE CHEESELESS, AND MEATLESS UPON REQUEST

GRAB'N GO

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

VEGAN OPTIONS AVAILABLE

*PLEASE CONFIRM WITH MANAGERS OR
CONTACT

specialdiets@providerfoodservice.com

SPECIAL DIETARY OPTIONS

SHELLFISH ALLERGIES

FIRESIDE



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
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FOOD ITEMS TO CHOOSE FROM

FIRESIDE

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

FIRESIDE



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

FIRESIDE

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

Choose prepackaged from manufacturer that identifies as nut free

BURGER BUNS: The Buns are 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 CORNERS

Almond beverages are served at these locations.