

SPECIAL DIETARY OPTIONS

NO GLUTEN ADDED

FOODOLOGY



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: NGA Bread.

NGA DESSERTS ON ROTATION-must ask

Brownies, Cookies, Rice Crispy, etc.

BREAKFAST BOWL

Egg White Scramble

SOUP OF THE DAY

Ask if No Gluten Added is available.

SIDES

Fresh Fruit, Whole Fruit

Fresh Chips and French Fries are not considered Gluten free because they are fried in a shared fryer. ADC and Chick-Fil-A offers no gluten added French Fries

HANDCRAFTED

Ancient Grain Salad,

Request NGA for:

Avocado Toast and Crazy Cali Toast

Acai Bowl- request no granola

GRILL

Lettuce Wrap Avocado Cheese Burger, Lettuce Wrap Burger

GRAB'N GO

NGA Sandwiches and Salads. Heat'n Eat:

Chicken Rice Veggie, Baja Bowls

SPECIAL DIETARY OPTIONS

DAIRY FREE

FOODOLOGY



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



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- ★ Introduce Yourself to a Manager
- ★ Ask Team Members for DF daily options



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FOOD ITEMS TO CHOOSE FROM

SPECIAL DIET PRODUCTS

Must request: Cheeseless, No Yogurt, etc.

DESSERTS AND SNACKS

Choose prepackaged items from the manufacturer only stating dairy free.

BREAKFAST BOWLS & BURRITOS

Request Dairy Free/Cheeseless

SOUP OF THE DAY

Ask if Dairy Free is available.

SIDES

Chips, Fries, Fresh Fruit, Whole Fruit

HANDCRAFTED

Avocado Toast, Crazy Cali Toast, Ancient Grain Salad, Acai Bowls,

GRILL

BURGERS CAN BE CHEESELESS
UPON REQUEST

CONFIRM IF SPREAD HAS NO DAIRY IN IT

Can request to substitute condiments

COFFEE CORNERS

Milk Alternatives, Dairy Free Beverages:
Coconut milk, Oatmilk, Almond Milk

GRAB'N GO

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

VEGETARIAN

FOODOLOGY



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.



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- ★ Carry EpiPen and Medications
- ★ Pay Attention to Food Labels
- ★ Introduce Yourself to a Manager
- ★ Ask Team Members for VEGETARIAN daily options



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FOOD ITEMS TO CHOOSE FROM

SPECIAL DIET PRODUCTS

Meatless protein is available on campus

DESSERTS ON ROTATION

Request Vegetarian Option

BREAKFAST BOWL/BURRITO

Vegetarian Egg White Scramble Bowl,
Vegetarian Egg White Burrito, Avocado Toast

SOUP OF THE DAY

Ask if VEGETARIAN is available.
Garden Vegetable Soup

SIDES

Chips, French Fries, Fresh Fruit, Whole Fruit

HANDCRAFTED

Fresh Berry Crepe, Acai Bowl, Ancient Grain
Salad, Gardein Chick'n

STACKED

Beyond Meat Beefless Burger

GRAB'N GO

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

COFFEE CORNERS

Milk Alternatives, Dairy Free Beverages:
Coconut milk, Oatmilk, Almond Milk

VEGAN OPTIONS AVAILABLE

*PLEASE CONFIRM WITH MANAGERS OR
CONTACT

specialdiets@providerfoodservice.com

SPECIAL DIETARY OPTIONS

SHELLFISH ALLERGIES

FOODOLOGY



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.



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- ★ 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
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FOOD ITEMS TO CHOOSE FROM

FOODOLOGY

Is a *Shellfish-free* friendly eatery.
Seared Ahi Tataki Salad is served at this location.

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

FOODOLOGY



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



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- ★ 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

FOODOLOGY

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

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 CORNERS

Almond beverages are served at these locations.