



Peanuts & Tree-Nut Allergies

WHAT ADVICE DO WE HAVE FOR YOU?

THE REBER-THOMAS DINING CENTER:

1. Allergen Friendly: A station that serves breakfast, lunch, and dinner, with foods free of all common allergens (except fish). You will have an entrée, vegetable, and grain or starch. We also offer a small salad bar at this station, gluten free pasta with red sauce, deconstructed sandwiches, and fruit.
2. If cross-contamination is a concern for you, please avoid the breads and spreads station. If you'd like a bagel, English muffin, or bread, please ask a server to get an untouched package for you.
3. There is shredded coconut on the yogurt bar at the Salad, Soups, and Sides station.
4. Use caution at our internationally inspired stations such as Chopsticks.
5. If tree nuts or peanuts are a concern, please be cautious to consume any baked goods prepared on campus as the risk of cross contamination exist in our bakery.
6. Please see the digital menu boards or food identifiers at each station before taking the dish. The screens will list the recipe title, nutritional breakdown, and list any of the top eight allergens.

RETAIL:

1. Please be aware of the high risk of cross contact in Auntie Anne's and Einstein's Bagels. If you have a severe tree nut allergy, it is recommended to avoid both locations.
2. Star Ginger's grill and pho bowls are safe for a customer with peanut and tree nut allergies. The broths and marinades do contain soy, fish, and wheat, however.
3. Use caution when ordering a drink or smoothie at a place that also offers a tree nut milk (almond or soy milk). Such places would be Shake Smart, Dunkin', and Starbucks.
4. The pesto used at Woodfire does not contain pine nuts. If you see pesto offered anywhere else on campus as a special, please ask a server or staff for more information regarding food served in that location.
5. We sell baked goods that may contain peanuts and/or tree nuts in various locations around campus. Please note, other baked goods are produced in the same bake shop as other items containing nuts.

All food supervisors, chefs, and managers have been trained to identify food allergens and how to avoid cross-contamination.

***This list is subject to change throughout the school year. For the most accurate information, please speak with our dietitian.**