

BUDS RESIDENTIAL GUIDE TO DINING WITHOUT GLUTEN



Binghamton University Dining Services understands the importance of a balanced and nutritious diet for those dining without gluten. We provide a variety of options across campus that are made without gluten. While our dining facilities are not gluten free, we have made it easy for you to identify what items contain gluten ingredients. Menu items that contain major allergens (milk, egg, soy, wheat, fish, shellfish, peanuts, tree nuts and sesame) and gluten as part of their ingredients are identified on our menu screens and identifiers. If you are sensitive to cross-contact and/or require a gluten-free diet, please contact our dietitians to best determine how BUDS can meet your dietary needs.

Alexa Schmidt, RD, CDN

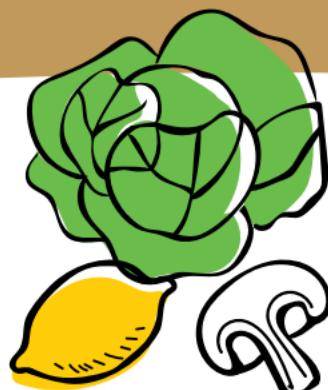
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**YOU CAN ALWAYS ASK TO SPEAK WITH A
MANAGER IF YOU HAVE QUESTIONS, COMMENTS,
CONCERNS OR JUST CAN'T FIND WHAT YOU
ARE LOOKING FOR AT YOUR DINING HALL.**



**BINGHAMTON
UNIVERSITY
DINING SERVICES**



SIMPLE SERVINGS:

This station is located at C4 and Appalachian Dining Hall. The Simple Servings station does not offer foods made with the FDA's most common allergens of peanuts, tree nuts, wheat, soy, milk products, eggs, shellfish or sesame. All foods offered are made without gluten-containing ingredients. Simple Servings team members are trained to prepare and serve safe food. Separate equipment, storage areas, utensils and preparation areas minimize the chances of gluten and allergens in food served at this station.

SIZZLE AT CIW DINING HALL

Exclusively at CIW, all items are made without gluten at this grill station including cheeseburgers, grilled chicken sandwiches, Beyond Burgers, chicken wings and more.

SIZZLE AT APPALACHIAN, C4 AND HINMAN DINING HALL

These grill stations offer classics like burgers, grilled chicken and grilled cheese. Beyond Burgers are also available. Gluten-free bread and rolls are available upon request.

DELI AT ALL DINING HALLS

Made-to-order Boar's Head sandwiches are available at all delis. All deli meats and cheeses are gluten-free. Gluten-free bread is available upon request.

MIX AT ALL DINING HALLS

Mix is a build-your-own salad bar available at all dining halls, offering a wide array of toppings including veggies, fruit, beans, yogurts and more! All items are available from our backup supply upon request.

All Dining Halls offer pre-packaged gluten-free items including bagels, muffins, bread, brownies, yogurt, cereal, milk (cow, almond, soy, oat and Lactaid), pretzel/hummus packs, chips, bars and ice cream.

SPECIAL MEALS/ITEMS AVAILABLE UPON REQUEST:

Items listed below can be prepared separately to minimize risk of cross-contact. Order times may vary, to avoid waiting we suggest that you request your items in advance by contacting the dining hall manager.

- Hamburger
- Cheeseburger
- Chicken Tenders
- French fries
- Pasta
- Pizza
- Tofu Stir Fry
- Chicken Stir Fry
- Sandwiches
- Salad



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