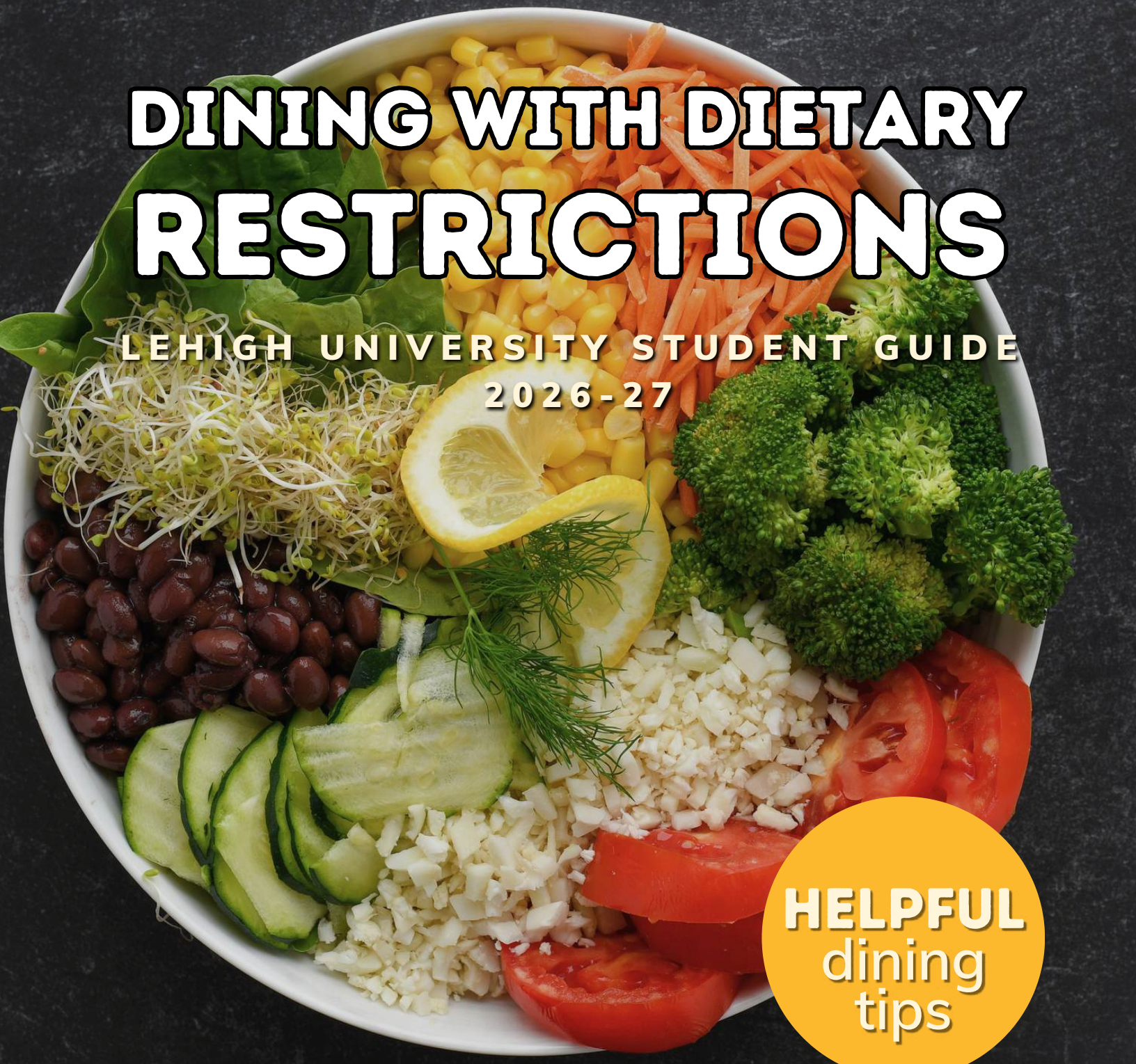
Dining Services
LEHIGH UNIVERSITY

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# DINING WITH DIETARY RESTRICTIONS

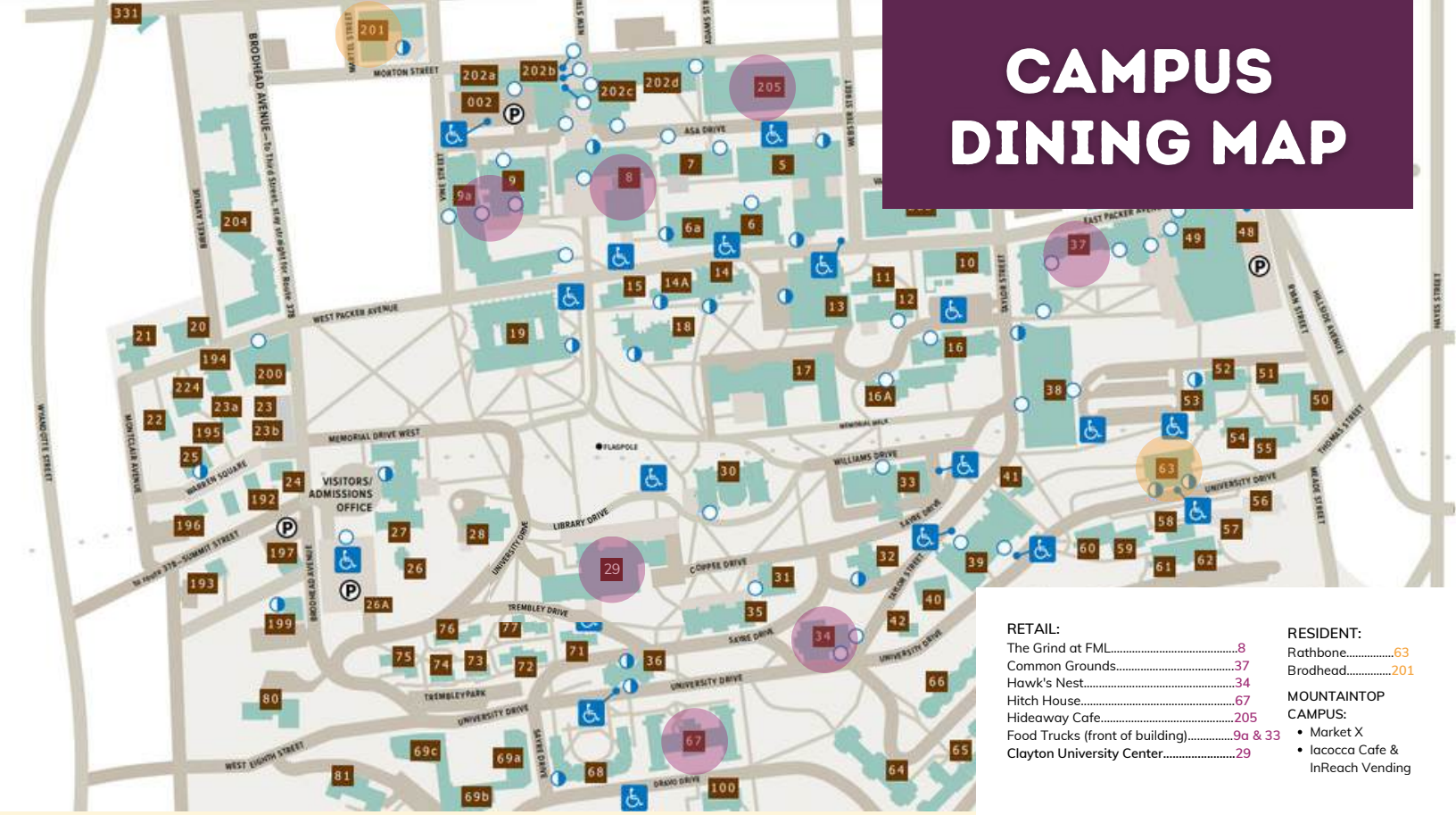
## LEHIGH UNIVERSITY STUDENT GUIDE
## 2026-27



**HELPFUL** dining tips

WWW.LEHIGHDINING.COM

# CAMPUS DINING MAP




RETAIL:

- The Grind at FML....8
- Common Grounds....37
- Hawk's Nest....34
- Hitch House....67
- Hideaway Cafe....205
- Food Trucks (front of building)....9a & 33
- Clayton University Center....29

RESIDENT:

- Rathbone....63
- Brodhead....201

MOUNTAINTOP CAMPUS:

- Market X
- Iacocca Cafe & InReach Vending

## RESIDENT DINING

**We have two "All-You-Care-to-Eat" Student Restaurants (Rathbone and Brodhead) that offer the BEST VALUE when eating on campus. Students can choose to dine-in, or if in a hurry, opt for a to-go box. You can use your MEAL PLAN SWIPES for these locations.**

**Rathbone** is located on the east-side of campus and is one of the most popular dining destinations with its incredible view of the Lehigh Valley. It is open seven days a week and features eight culinary stations, including our food allergy-conscious Simple Servings & SimpleZone.

The second of the two restaurants is the aptly named **Brodhead** Student Restaurant, tucked inside Brodhead Residence Hall. It is open Monday thru Friday for breakfast, lunch & dinner, and offers our second campus SimpleZone. All students have Brodhead Dining Hall.

## RETAIL DINING

**You may also choose to grab food at one of our Retail Dining locations using DINING DOLLARS. *These locations also accept MEAL EXCHANGE.**

- The Grind at FML *(EWFM Library)*
- Common Grounds *(Rauch Business Center)**
- Hawk's Nest *(Lamberton Hall)**
- Hitch Vending *(Hitch House)*
- Hideaway Cafe *(Health, Science & Technology Building)*
- Iacocca Cafe* & Vending *(Iacocca Hall)*
- Asa's Place*, South Mountain Grill & Deli*, Hearth*, Kalamata*, Leaf & Ladle*, Simple Servings*, Clutch n Go *(The University Center- UC)*
- Market X *(Mountain Top Campus Building C)*
- Food Trucks: *(STEPS Building & Flag Pole)*

**Nutrition and allergen information is located on the dining website or through the HawkWatch app. Ask our team for ingredient information for made-to-order foods. Pre-packaged grab-n-go items are labeled with nutrition information including ingredients and allergens.**

# DIETARY ICONS

Lehigh Dining offers many food choices to enhance your dining experience. Dietary Icons help you identify menu items that meet your individual needs.

Icons are conveniently located on menus and online for resident and retail dining locations.

## DIETARY ICONS HELP YOU MEET YOUR DINING NEEDS

Mindful: Recipe aligns with a healthy lifestyle and meets specific wellness criteria.

Vegan (VG): Dishes that do not contain any ingredients that come from animals. Will not contain sugar or honey.

Vegetarian (V): Dishes that do not contain meat or fish but may, or may not, contain dairy, eggs, sugar and/or honey.



# ACCESSING ONLINE MENUS

PREPARE TO PLAN

## RESIDENT DINING HALL NUTRITION INFORMATION

**Menu, nutrition, and allergen information are found in one easy-to-navigate location, allowing students and customers to tailor meals to meet their dietary needs. Follow these steps.**

STEP 1: Go to lehighdining.com *(available on the HawkWatch App > Support Resources > Dining Services).*

STEP 2: In the navigation bar, go to “Locations” and select “Resident Dining”.

STEP 3: Select Rathbone or Brodhead and scroll down on the page to view the menu, allergens, and nutrition calculator.

STEP 4: Click on the calories to add them to the nutrition calculator. Click on the item name to access a nutrition facts label.

***We try our best to ensure up-to-date online menus but sometimes menu changes occur. Make make sure to review the allergens at point of service or ask a staff member.*

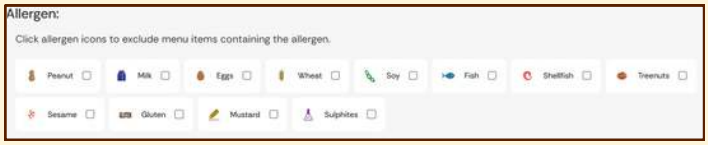
**RETAIL NUTRITIONINFORMATION can be found on the LU Dining Website.**

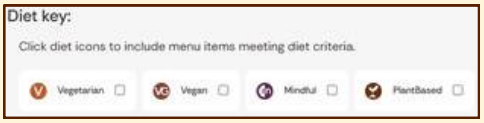
## USING THE ONLINE MENU

1 Use the date picker to select the day of the week you’d like to view.

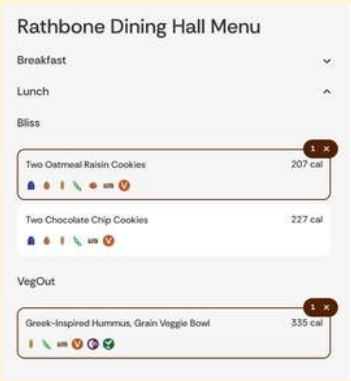


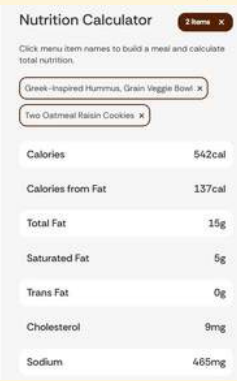

2 View and interact with the allergen and diet keys. If a menu item has an allergen or meets the diet key criteria, the menu item will display that icon.




3 Menus will display by meal category and each station will reveal its planned menu.







4 Click on the item name to add them to your calculator.

Click on the calories to view nutrition facts.



# SAFE DINING TIPS

## FOR FOOD ALLERGIES

**Lehigh Dining is committed to accommodating your dietary needs. We take pride in serving wholesome ingredients and providing nutrition information for our menu items that includes top 9 allergens and gluten. We work hard to address food allergies and other special dietary needs.**

**Here are steps you can take to for a safer dining experience.**

### MEDICATION & EMERGENCIES:

- Educate yourself on what to do if an allergic reaction occurs.
- Always carry your emergency medication with you.
- Educate friends about the signs & symptoms of an allergic reaction and steps they should take if necessary.
- Dining services does not store or offer epinephrine, but campus EMS carries and can administer epinephrine 24-7 during academic session.

### COMMUNICATION:

You are your own best advocate!

- Schedule a consultation with Lehigh Dinings's Registered Dietitian to create a dining plan.
- Contact the dietitian at dietitian@lehigh.edu to set up an appointment, or scan the QR code above.
- Never guess about a food item. Introduce yourself to the dining staff and if you are concerned about ingredients, just ask our staff. We are here to help provide a safe dining experience.

### PLANNING:

- Once a week, review menus online or through menu apps.
- We try our best to ensure up-to-date online menus, but sometimes menu changes occur, so make sure to review the allergens at point of service or ask a staff member.
- Start with items that are safe for you, like food served at our allergen-conscious Simple Servings stations at Rathbone Dining Hall and the University Center.
- Consider items that meet your allergy needs offered in other areas.
- Look for made-to-order menu items that could work with slight modifications, such as a deli sandwich made with gluten-free bread.
- Keep in mind that self-serve areas are more prone to cross-contact between foods, so feel free to request the untouched "back-up" stock of menu items.

### 3 Checks for Safety:

- **Know Your Emergency Plan**
- **Check Menus Ahead of Time**
- **Ask if Unsure!**

# SIMPLE SERVINGS




**Simple Servings** at Rathbone Dining Hall serves foods are prepared without eggs, milk, peanut, sesame, shellfish, soy, wheat, or gluten. Fin fish is offered as an additional protein variety. The menu rotates daily and includes a variety of protein (i.e., chicken, beef, lentils), vegetables (i.e. broccoli, carrots, green beans), and starches (i.e. rice, potato, quinoa).

A taqueria style location, the **Simple Servings** at the University Center offers tacos, rice bowls, and a variety of salsas made without the major 9 allergen and gluten.

Both locations employee specially trained staff and use separate equipment/utensils, preparation and storage areas to minimize allergen and gluten cross-contact. We will only provide food on plates or containers provided by our **Simple Servings** team and ask that guests not bring food from other areas.

Both locations allow everyone, even those without allergy or gluten concerns, to enjoy the wholesome food selections.

While our **Simple Servings** are designed to allow customers an easy way to avoid allergens and gluten, we encourage our customers with special dietary needs to connect with our registered dietitian, chefs, or dining manager for any concerns.

**SIMPLE SERVINGS MENU ITEMS ARE MADE WITHOUT CERTAIN ALLERGENS AND GLUTEN.**



# SIMPLE ZONE

**SimpleZone** is our resident dining “pantry” where food items needed by students with gluten intolerance and/or peanut/tree nut allergies are available. Located at both Rathbone and Brodhead Dining Halls, **SimpleZone** gives students opportunity to be involved in their own allergen-safe meal preparation.

There are a variety of items made without gluten, peanuts & tree-nuts, such as cereals, breads, bagels, waffles, and desserts. Each **SimpleZone** features a designated microwave, toaster, refrigerator & freezer.

Please be aware that although our staff takes precautions to minimize gluten, tree nut and peanut cross-contact, we can not completely eliminate the risk in dining spaces.

# MORE ON FOOD ALLERGIES

Many of our desserts are prepared at our on-site bakery, where milk, eggs, peanuts, tree nuts, sesame, soy, wheat and gluten are used. Gluten, peanut and tree nut free desserts are located at **SimpleZone** in Rathbone & Brodhead Dining Halls. We also offer a variety of pre-packaged items in our retail locations at at Clutch n Go.

Some of our fryers are used for frying a variety of products that may contain any of the top 9 allergens or gluten and pose risk for cross-contact, so please ask prior to ordering.

We try to maintain separation of blender pitchers at retail locations where allergen containing milks and ingredients are used for smoothies, coffee and tea drinks.

Those with food allergies should first check out the food at **Simple Servings** in Rathbone and the UC plus **SimpleZone** at Rathbone and Brodhead.

Always review the allergen statements for our menu items or ask staff.

VG Vegan

## PEANUTS & TREE NUTS

We DO serve peanut & tree nut containing products in our facilities. Sunflower butter is available in resident dining Halls. Sliced bread, rolls, and bagels in our resident dining halls are prepared in a bakery that is without peanut and tree nut exposure.

## SHELLFISH

In addition to Simple Servings, the South Mountain Grill & Deli in the UC follows Kosher meat guidelines. Shellfish will not be offered in this space.

## EGG

Look for the light green VG (Vegan) Dietary Icon on all menu items. Be sure to also check the allergen statements.

## MILK

Look for the green VG (Vegan) dietary icon on menu items. Soy, rice and oat milks are available throughout dining locations.
In addition to **Simple Servings**, the **South Mountain Grill & Deli** in the UC follows Kosher meat guidelines. Milk will not be offered in this space.






### Resident Dining Halls

- We label for gluten in our allergen contains statements.
- Check out **SimpleZone** for a variety of pre-packaged gluten free items like waffles, desserts, and condiments.
- The salad bar offers gluten free items such as lettuce, carrots, eggs, cheese, cucumbers, broccoli, beans, cottage cheese, hummus, peppers & more! Request untouched backup stock to reduce the risk of cross-contact.
- **Want a sandwich?** Our staff can provide you with your deli choices and toppings so that you can build a sandwich with gluten free bread from **SimpleZone**.

### Retail Locations

Select **Retail Dining** locations provide an assortment of items made without gluten.

- **Iacocca Café** on Mountaintop and **Common Grounds** on ASA campus offer made-to-order sandwiches with gluten-free bread options.
- **Simple Servings** food in the UC is always made without gluten.
- **Kalamata** and Leaf & Ladle in the UC offer a variety of customized salads and bowls.
- French fries and gluten free felafel are available at **Kalamata** at the UC.
- At **Asa's Place** in the UC, gluten free waffles and bagels are available on request.
- **Udi's™** and **Little Northern Bakehouse™** branded gluten-free breads, muffins & bagels are available at select locations.
- A variety of grab-n-go options made without gluten are available across campus. Look for the "Made without gluten ingredients" symbol.

**For more information, view our guide to *Dining Without Gluten on Campus***

# PLANT-BASED EATING

## VEGAN & VEGETARIAN







## Look for V (vegetarian) & VG (vegan) icons

**on menu items throughout resident dining and retail locations.**

### Resident Dining at Rathbone & Brodhead

Rathbone

- Veggie patties at Diner, full salad bar, Veg-out, pasta, pizza and made to order options at GloBowl, plus a variety of plant-based items throughout each station.
- Bring veggies from other stations to Stack's Deli for a plant-based sandwich.

Brodhead

- A variety of plant-based items throughout each station, plus a full salad bar, pasta, and pizza.

### Retail Dining

Clayton University Center

- Concepts offer a variety of plant-based foods like falafel, pizza, and soup plus customizable salads, tacos, bowls, sandwiches and eggs.

**Common Grounds, The Grind, Iacocca, Hideaway, and Hawk's Nest Cafés**

- Feature made-to-order vegetarian and/or plant-based sandwiches or meals.
- Fresh fruit smoothies with the options of vegan protein powder, omitting yogurt, and juice instead of milk.
- Daily pastries, baked goods, and steel-cut oatmeal.
- *Hideaway Café* features a build-to-order smoothies plus smoothie bowls with yogurt or acai.
- *Hawk's Nest* features veggie burgers, alternative meat nachos, and Asian-inspired stir fries, sushi and poke bowls.
- *Iacocca Cafe* offers sandwiches, pizza, and soups.

Food trucks

- *The FudTruk* offers all day breakfast sandwiches, including the Miji and Plain Jane, tomato soup and grilled cheese and fries.
- *The Talon* features a spinach artichoke panini, various soups, and tater tots.

Grab n Go & Vending

- A variety of plant-based items are located throughout campus at **Clutch n Go** in the UC, grab n go fridges, and vending areas.

*WE DO NOT OPERATE IN CERTIFIED VEGAN FACILITIES, THEREFORE THE POSSIBILITY OF CROSS-CONTAMINATION WITH ANIMAL-DERIVED INGREDIENTS IS POSSIBLE.*

Dining Services
LEHIGH UNIVERSITY

# HALAL OPTIONS

## RESIDENT DINING

*In Resident Dining, look no further than Rathbone Dining Hall for rotating halal options. Rathbone's Globowl station has hand-harvested, halal certified meats available upon request during lunch and dinner.*

## RETAIL DINING

*Halal options are available in retail! The Grind offers a variety of pre-packaged halal sandwiches, wraps and more from York Street Market!*
*You should know: Halal options from York Street Market are kosher!*

## UNIVERSITY CENTER

*Kalamata exclusively serves hand-harvested, halal certified dining options. Located on the 2nd floor of the University Center.*

## WONDERING WHAT'S HALAL?

HAND HARVESTED · حلال · HALAL MEATS
100% CERTIFIED

*Look for this logo at our dining locations across campus, and on select pre-packaged meals at The Grind.*

# MEAL PLAN ACCOMMODATIONS OR ADJUSTMENTS

**MORE RESOURCES**

## DEFINITIONS



A **Meal Plan Accommodation** request is a formal request for special dietary support, a change from the allowable meal plan options, or a meal plan exemption based on medical need and requires medical documentation.

A **Meal Plan Adjustment** request is a request to reduce to a meal plan that is lower than the requirement for the student's housing assignment or a request for an exemption from the meal plan. These requests may be **financial and/or religious** in nature.

**Meal Plan Accommodations or Adjustments** are not automatic and are generally given only for well-documented, extraordinary circumstances. Location of residence hall and lifestyle diets (vegetarian, weight loss, etc.) *are not* considered extenuating circumstances for a meal plan accommodation or adjustment.

## PROCEDURE

Scan the QR code to view the entire procedure & submission links (listed below) on our website, or click here if you are viewing this document digitally.

A **Meal Plan Accommodation** must be submitted to formally request a change from the allowable meal plan options. While completing the accommodation, you will need to have these documents available to submit based on your reasons for an accommodation. Requests will not be reviewed until all documentation is received by the Disability Support Services Office.

- Medical: Students requesting an accommodation based on a medical need must register with Disability Support Services (DSS) and submit the required medical documentation. Accommodation requests will be reviewed by the DSS. Accommodation requests must be submitted for special dietary support, a change from the allowable meal plan options or a full exemption.

- A Meal Plan Accommodation request must be submitted through this link: MEDICAL ACCOMMODATION

**A Meal Plan Adjustment must be submitted through these links:**

- ADJUSTMENT FOR FINANCIAL/DIETARY/OTHER REASONS
- ADJUSTMENT FOR RELIGIOUS REASONS



# LET'S NOURISH YOUR POTENTIAL TOGETHER!

Nourish Your Potential with mindful

is Lehigh Dining's commitment to student health & wellness. Be sure to check out our variety of Registered Dietitian-led nutrition services & events on campus throughout the year so that we can help you grow into the best you!

# STILL HAVE QUESTIONS?



## CONTACT
## YOUR DIETITIAN

**Sue Hurd, RDN, LDN is your Lehigh University on-campus Registered Dietitian.**

Email: dietitian@lehigh.edu
Schedule an Appointment:

## CONNECT WITH US!

WWW.LEHIGHDINING.COM

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UPDATED FOR THE 2026-27 ACADEMIC YEAR