DINING WITHOUT GLUTEN ON CAMPUS



2026-2027

Please be mindful that we do not operate in certified gluten-free facilities. Nutrition information is available on request and our team can also provide you with a list of ingredients.

RESIDENT DINING HALLS

SIMPLE SERVINGS

Located at Rathbone Hall, Simple Servings offers complete meals made without 8 of the top 9 allergens, plus gluten. This station is available for breakfast, lunch & dinner, 7 days a week, and boasts built-in controls to minimize cross-contact for storage, preparation, and service.

All staff receive intensive allergy training, and many hold certificates in AllertrainU®.

SIMPLE ZONE

Available at Rathbone and Brodhead Dining Halls, check out SimpleZone for a variety of pre-packaged gluten free items such as waffles, condiments & baked goods. Each SimpleZone location has a dedicated microwave and toaster to minimize cross-contact.

Dining at Rathbone or Brodhead?
We label for the top 9 allergens, plus gluten, at all stations in our resident dining halls.



- **Want a sandwich?** Our meats, cheeses, most toppings, and spreads are without gluten. Our staff can provide you with your deli choices so that you can build a sandwich with gluten free bread from SimpleZone, or we can build it for you.
- The salad bar offers many items that are naturally gluten free; greens, veggies, eggs, cheeses, yogurt, fruit and more! Request untouched backup supplies to reduce the risk of cross-contact if you are uncomfortable with self-serve.
- Chefs make our soups from scratch each day, and many are thickened with cornstarch instead of flour.
- Order separately-prepared eggs, burgers, and grilled chicken at Rathbone's Diner.

RETAIL DINING LOCATIONS

The following locations offer a variety of packaged to-go items like sandwiches, fruit and hummus that are made without gluten:

Common Grounds @ RBC | Hideaway Cafe @ HST | The Grind @ FML
Iacocca Cafe @ Mountaintop Campus

Ordering at Common Grounds or Iacocca Cafe?
These locations have dedicated safe prep spaces to minimize gluten cross-contact.

Hawk's Nest, tucked within Lamberton Hall, offers labeled & pre-packaged sushi, making it easy to choose items, plus rice bowls made without gluten & rolls for burgers.

DINING AT THE CLAYTON UNIVERSITY CENTER

FLOOR 1

CLUTCH AND GO

Asa's PLACE

- Clutch And Go, our Amazon Just Walk Out storefront, offers packaged items with ingredient labels.
- Look for the specially marked area for gluten free items like Oreos®, oatmeal & ramen.
- At Asa's Place, gluten free waffles, toast, and bagels are available upon request. French fries and breakfast potatoes are prepared in their own fryer to keep them separate from gluten cross-contact.

FLOOR 2

SIMPLE SERVINGS

LEAF & LADLE

KALAMATA

- Our Simple Servings taqueria offers tacos, taco bowls, and taco salads made without the top 9 allergens and gluten.
- Leaf & Ladle and Kalamata offer a variety of build-to-order salads and bowls that can be customized for your needs.
- Kalamata has a dedicated fryer, allowing French fries and falafel to be made without gluten.



CATERED EVENTS ON CAMPUS

Planning to attend a catered event on campus? Inform the event host or the Lehigh Catering department of your needs ahead of time to ensure safe food is available for you.

ACROSS CAMPUS

(includes vending)

- A variety of packaged items made without gluten, including salads, sandwiches, and baked goods are available.
- Udi's® gluten-free muffins, bagels & breads, plus Northern Bakehouse® gluten-free bread & rolls are available at select locations.
- The majority of beverages including smoothies, coffees & teas are made without gluten.

QUESTIONS?

WE ENCOURAGE A CONVERSATION WITH OUR REGISTERED DIETITIAN, EXECUTIVE CHEFS, OR DINING MANAGERS.

IN MANY SITUATIONS, OUR DINING TEAM CAN EASILY ASSIST WITH SPECIAL NEEDS.

OUR CONTACT INFORMATION IS LOCATED ON THE LEHIGH DINING WEBSITE.

TO MAKE AN APPOINTMENT WITH OUR REGISTERED DIETITIAN, SCAN THE QR CODE BELOW OR CONTACT HER AT DIETITIAN@LEHIGH.EDU

Dining Services
LEHIGH UNIVERSITY

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