

# Your Guide to Eating Gluten-Free in the Dining Commons

## Mix Salad Bar

\*Foods from back-up containers may be requested at any time to avoid cross-contact in this self-service area.

- Fresh fruit salad
- Composed salad sometimes are made without gluten
- Spring mix, baby spinach, and iceberg lettuce
- Cucumber
- Grape tomatoes
- Bell pepper
- Roasted red pepper
- Red onion
- Banana pepper
- Shredded carrot
- Broccoli
- Quinoa
- Craisins
- Chickpeas
- Black olives
- Jalapeños
- Hummus
- Feta
- Hard-boiled eggs
- Shredded cheddar cheese
- Shredded parmesan cheese
- Marinated tofu (usually made without gluten)
- Plain tofu
- Edamame
- Diced turkey
- Diced chicken

## Twists Pasta Kitchen

\*Gluten free pasta and marinara sauce available at Simple Servings

\*\*Disclaimer: Despite extreme training and effort to prevent cross-contact, foods prepared and served from this station are still produced in a facility that handles foods containing the top 9 allergens.

## Stacked Deli

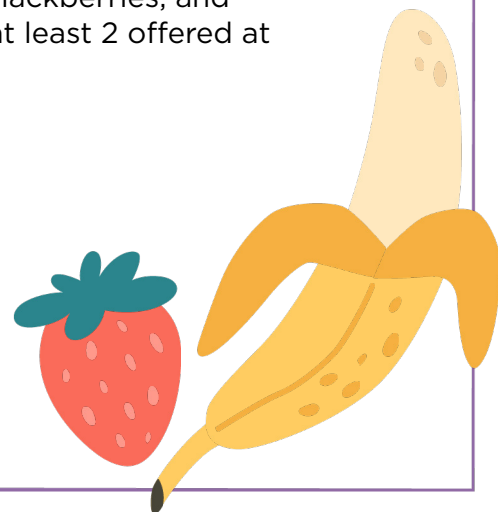
\*Feel free to remind employees to change gloves, wash their hands, and use a new cutting board and knife when preparing a gluten free sandwich. Employees receive continuous training on allergens and cross-contact. Students may request a manager to prepare their food in the back kitchen, as well.

- Gluten-free bread available upon request
- Lettuce
- Tomato
- Onion
- Sliced cheese
- Deli meats
- Balsamic roasted vegetables
- Mayonnaise

## Smoothie & Berry Bar

\*All blenders are thoroughly washed and sanitized after every use to prevent cross-contact.

- Vanilla and strawberry non-fat Greek yogurt
- Rotating offering of strawberries, blueberries, blackberries, and raspberries (at least 2 offered at a given time)
- Mango
- Baby spinach
- Oat milk
- Almond milk
- Soy milk
- Regular milk
- Fruit juices



## Simple Servings

\*Dedicated station with separate production area and separate serving area to produce food that does not contain 8 of the top 9 allergens (does serve fin fish as a lean protein option to increase variety).

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- Protein – always made without gluten
- Starch – always made without gluten
- Vegetable – always made without gluten

Check out our daily menu for today's offerings.  
[Menu link](#)

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## Grown

Check out our daily menu for offerings made without gluten.  
[Menu link](#)

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## Spoonful

Check out our daily menu for offerings made without gluten.  
[Menu link](#)

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## Flyer Favorites (Savory)

Check out our daily menu for offerings made without gluten.  
[Menu link](#)

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## Slices @ Phil's Pizza Parlor

Daiya is dairy-free pizza made without gluten which is available upon request.

## Naz Bowls

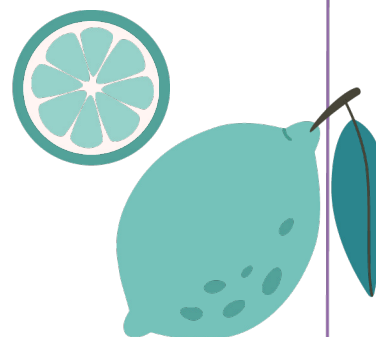
\*Weekly rotation of the following three fusion menus.

### *Tex Mex Rotation:*

- Cilantro lime rice
- Brown rice
- Refried beans
- Corn and red bell pepper sauté
- Braised chipotle chicken
- Cumin rubbed tofu
- Morningstar vegan chorizo
- Bell peppers
- Onions
- Poblano peppers
- Sweet potatoes
- Zucchini
- Black beans
- Mushrooms
- Cilantro
- Sour cream
- Shredded cheddar
- Guacamole
- Pickled red onion
- Pickled jalapenos
- Pico de gallo
- Roasted tomato salsa
- Salsa verde
- Tortilla chips

### *Asian Fusion Rotation:*

- Cilantro lime rice
- Brown rice
- Lemongrass chicken
- Coriander dusted tofu
- Broccoli
- Bell pepperes
- Shredded carrots
- Water chestnuts
- Onions
- Mushrooms
- Scallions
- Cilantro
- Sweet chili sauce
- Lime wedges
- Soy sauce
- Sesame oil
- Furokake
- Wasabi
- Toasted sesame seeds
- Pickled ginger



*Naz Bowls Continued on next page.*

## Naz Bowls *Continued*

\*Weekly rotation of the following three fusion menus.

### **Indian Fusion**

- Cilantro lime rice
- Brown rice
- Bombay potatoes
- Indian fried cabbage
- Garam masala chicken
- Marinated chickpeas
- Diced paneer
- Onions
- Bell peppers
- Roasted cauliflower
- Sweet potato
- Marinated eggplant
- Diced tomatoes
- Fresh spinach
- Cilantro
- Cucumber salad
- Diced mango
- Garlic achar
- Raita
- Pickled red onion
- Pickled jalapenos
- Cilantro chutney
- Pineapple chutney

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### **Sizzle - Grill**

\*Please request any items from the Grill to be prepared separately in the back kitchen to avoid cross-contact.

- Made-to-order eggs (scrambled, over-easy, omelet, etc.)
- Grilled chicken breast
- Hamburger/cheeseburger
- Veggie burger
- Gluten-free buns

## **Simple Zone**

\*This area does not contain any gluten, peanuts, or tree nuts. Some items contain dairy. Items are individually wrapped/ packaged to ensure no cross-contact.

\*\*We work diligently to stock this area, but if you do not see something you usually see, please let our Executive Chef, Registered Dietitian, or any manager know.

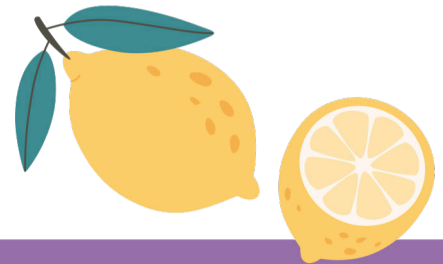
- Gluten-free bread
- Gluten-free buns
- Gluten-free muffins
- Certified gluten-free oatmeal
- Gluten-free cereal
- Gluten-free granola bars
- Gluten-free cookies
- Gluten-free frozen meals
- Gluten-free, dairy-free popsicles

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### **Ice Cream Bar**

\*Cross-contact may occur with hard ice cream and flavored ice.

- Vanilla and chocolate soft serve from machine
- Vanilla hard ice cream
- Chocolate hard ice cream
- Lemon ice
- Other hard ice cream flavors may contain gluten



For more information contact our Registered Dietitian,  
Megan Dennis at [Megan.Dennis@sodexo.com](mailto:Megan.Dennis@sodexo.com).