

Gluten Free on Campus

Being gluten free on campus is doable. Build your own options is the go to all over campus. Look in our coolers for grab and go options, franchises for specific items, smoothies, Mexican and Asian bowls, Gluten Free breads for sandwiches and doughs for pizza in specific locations. Other options on campus are breakfast tacos, bowls, omelets, eggs, carvery proteins, vegetable sides, salads, and more.

Gluten Free Items per Location:

Grab and Go Campus Wide: Select Salads, Fruit Cups and Chips, Snack Packs, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items

The Commons:

- Gluten Free Bread at Grillz/Gluten Free Pizza Dough (Udi's, Upstairs they keep it frozen, please ask for it)
- Corn Tortilla on Mexican Line, Regular Fries (fried in common fryer), Wings (fried in common fryer)
- Asian ask to be cooked in separate skillets if cross contact is an issue (Gluten Free Sauce: Franks Sweet Chili Sauce, Sweet and Sour in single packages on condiment stations)
- Protein and Vegetables at Chefs Corner, Omelet Bar Upstairs, Yogurt Bar Upstairs, Smashed Potato Bar Upstairs.
- The Commons also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available
(Other Tips: Order a Gluten Free Pizza with our Tapingo App, this product takes about 10 minutes.)

Hulen/Clement (AYCE) Gluten Friendly Location:

- Gluten Free Wraps/Bread(Rudi's/Udi's)
- Salad Bar (fresh and whole fruit, protein salads, veggies, yogurts)
- Ice cream
- Regular Fries
- Gluten Free Pizza Crust on pizza line
- Gluten Free Waffle Station
- Gluten Free Desserts
- Gluten Free Chefs Line Options Daily: Asian, Home-style, Chef Specials!

The Market: (Unit Limited for Gluten Free Bread Options, Please focus on Salad, Carvery and Mexican Lines)

- Non-Breaded Carvery Options-Turkey, Pot Roast, Pit Ham, and Baked Fish (avoid Teriyaki/Crusted Topped Fishes, and Pasta Dishes)
- Salad Bar
- Regular Fries (Fried in Common Fryer)
- Available Upon Request: Corn Tortillas on Mexican and Breakfast Lines.
- AVOID: Asian unless cooked in separate skillet, Breakfast Lines: choose eggs, sausages, bacon and fruits.
- The Market also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items

The Market Fazoli's®: None and The Market Day Break® Coffee Café: Gluten Free Coffee Drinks, Smoothies

Food Truck: Corn Tortilla Options, Regular Fries (Fried in Common Fryer), **Avoid: Curly Fries (Wheat)**

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Fresh Plate Bledsoe/Gordon (All you care to eat location with specific hours/great discounts):

- Home-style Corner: Grilled Chicken, Baked Fish, Taco Tuesday and more. AVOID: Fried Catfish (RECIPE CONTAINS WHEAT) with rice, beans, cabbage, mixed veggies. Menu rotates daily.
- Breakfast: sausage, eggs, fruit and more
- Asian line is cooked separate skillet (Gluten Free Sauce: Franks Sweet Chili Sauce, Sweet and Sour)
- Regular Fries (fried in common fryer), **Avoid: Spiced Fries contain gluten**
- Salad Bar and Fresh Fruit Bar
- Vegetable Rotation (next to pizza) **Avoid: Fried Okra**

Raider Exchange West Village:

- Gluten Free Bread (Udi's) for burger/sandwich options,
- Salads
- Exchange also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items

Sam's Place Murray:

- Gluten Free Bread/Gluten Free Pizza Dough (Udi's) Try a Gluten Free Philly at this location!
- Asian is cooked in separate skillets (Gluten Free Sauce: Franks Sweet Chili Sauce), Regular Fries (Fried in Common Fryer), and Salads
- Mexican line: Taco Salad without the bowl, Sam's Place also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items
- Smoothie and Café Lines offer Gluten Free Options
- Murray also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items
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(Other Tips: Order a Gluten Free Pizza with our Tapingo App, this product takes about 10 minutes.)

Sam's Place Wall/Gates:

- Gluten Free Breads
- Corn Tortilla available upon request on Mexican Lines
- Build Your Own Mexican Bowl
- Salad and Smoothie Line
- Regular Fries (Fried in Common Fryer)
- Wall/Gates also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items

Sam's Place West:

- Gluten Free Bread
- Corn Tortillas available upon request on Mexican Lines/Fajitas/Nachos
- Asian not offered in separate skillets (cooked on common Hibachi Top Surface)
- Salad Line and Smoothie Line and Café Areas offer Gluten Free Options
- Regular Fries (Fried in Common Fryer), Wings (fried in common fryer)
- Sam's Place West also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items
- AVOID: Asian Line, Pizza/Italian

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Sam's Place West Chick Fil A®: Waffle fries in separate fryer, Lemonades, Grilled Chicken Salad, Try a Grilled Chicken no Bun with lettuce, tomatoes and pickles with fries or a fruit bowl. **The RCoBA Chick Fil A has Gluten Free Buns!** Avoid Sandwiches and Breaded Chicken <http://www.chick-fil-a.com/media/pdf/glutenfreeitemslist.pdf>

Sam's Place West Quiznos®: Salads only, Dressings are suggested to not contain gluten, Avoid Sandwiches <http://www.quiznos.com/Libraries/PDFs/NutritionalInfo.sflb.ashx>
<http://www.quiznos.com/Libraries/PDFs/AllergenTable.sflb.ashx>

Sam's Place Sneed (Limited Unit for Gluten Free Options):

- Grilled chicken plate
- Asian cooked in separate skillets (Gluten Free Sauce: Franks Sweet Chili Sauce, Single Serve Sweet and Sour Sauce)
- Regular Fries (Fried in Common Fryer)
- Salad
- Sam's Place Sneed also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items

Smart Choices on the Go Horn/Knapp: Snack Packs, Quinoa Cups, Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items, Misc. Grab n Go selections

Student Union Building (SUB)

SUB: Union Bistro:

- Gluten Free Whole Grain Bread (Riches)
- Eggs and Omelets, Egg Sandwiches on GF Bread.
- Boars Head Deli Meats that are gluten free.

SUB: Smart Choices: Salads, Fresh Pressed Juices, and Yogurt Bar (Avoid Tuna/Chicken Salad, Wraps)

SUB: Paciugo: Smoothies with added spinach/kale or supplements

SUB: Sam's Place: Rice Bowls, Taco Tuesday, Nachos

SUB: 1923: Offers gluten free bread for sandwiches

SUB: Reds Donut Shoppe: Coffee, Milk, Juices

SUB also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Sides

On the Plaza End of the SUB

Metro Deli: Regular Fries cooked in separate fryer are Gluten Free, No Gluten Free Bread Available

Zi's: Asian cooked in separate skillets (Gluten Free Sauce: Franks Sweet Chili Sauce)

Union Grill: None for Sandwiches, Regular Fries (Fried in Common Fryer)

Chick Fil A: Waffle fries in separate fryer, Lemonades, Grilled Chicken Salad, Avoid Sandwiches and Breaded Chicken <http://www.chick-fil-a.com/media/pdf/glutenfreeitemslist.pdf>

Sbarros®: Salad Options may be available

Plaza also have Coolers: Salads, Fruits, Non-parfait Yogurts and Drinks Available as Gluten Free Side Items

Einstein Bros® at The RCoBA and The Common's: have Coolers: Salads, Smoothies (Blueberry and Strawberry), Coffee Drinks, Juices and Lemonades

http://www.einsteinbros.com/images/docs/EBB_Nutrition.pdf

Starbucks

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Chick Fil A® at The RCoBA: Chick Fil A: Grilled Chicken ask for the Gluten Free Bun or get it without a bun: add lettuce, tomatoes, pickles for added healthy options, Grilled Chicken Salad, Waffle fries in separate fryer, and Lemonade. **The Rawls BA Chick Fil A has Gluten Free Buns!**
<http://www.chick-fil-a.com/media/pdf/glutenfreeitemslist.pdf>

Sushi with Gusto: Most contain Gluten: Products have nutritional and ingredients lists on packaging eat at own risk. http://www.sushiwithgusto.com/contractor/SWG_NUTRITION_CHART.pdf

Starbucks®: Gluten Free Sandwiches, Coffees, Smoothies, and Snacks
<https://www.starbucks.com/promo/nutrition>

Gluten Free Dressings on Campus:

Balsamic Vinaigrette (Monarch: Contains Soy)
Blue Cheese (Kraft: Contains Milk and Soy)
Creamy Caesar (Kraft: Contains: Milk, Eggs, Soy and Cheese)
Honey Mustard (Monarch: Soy and Egg)
***Honey Mustard/Single Serve (Ken's: Soy and Egg)**
Golden Italian (Kraft: Contains Soy)
Golden Italian (Monarch: Soy)
Zesty Italian (Hellmann's: Contains Egg, Soy and Cheese)
***Light Reduced Fat Italian/Single Serve (Kraft: Contains Soy and Cheese)**
***Fat Free Italian/Single Serve (Kraft: Contains Milk)**
Fat Free Italian (Harvest: Soy)
***Fat Free Ranch/Single Serve (Kraft: Contains Milk and Soy)**
Reduced Fat Ranch (Kraft: Contains Milk, Soy and Egg)
***Creamy Ranch/Single Serve (Kraft: Contains Milk, Soy and Egg)**
Hand Made Ranch (Contains: Milk, Soy and Egg)
Buttermilk Ranch (Kraft: Contains Milk, Egg and Soy)
Regular Ranch (Kraft: Contains Milk, Egg and Soy)
Raspberry Vinaigrette ()
***1000 Island/Single Serve (Kraft: Contains Soy and Egg)**
1000 Island (Harvest: Contains Soy and Egg)

*Dressings may be exposed to gluten from other salad line options, look for low cross contact dressings in single serving packages.

Dining locations may or may not serve listed varieties and may serve additional items not listed.