

Gluten Friendly on Campus

Choosing to be Gluten-Free on campus is possible. Build Your Own (BYO) food options are a go-to campus-wide. Look in our coolers for grab-and-go items and try our smoothies and Mexican and Wok/Stir Fry options. Gluten-Free bread for sandwiches and doughs for pizza are also available in certain locations. We offer tacos, bowls, omelets, eggs, carvery proteins, vegetable sides, salads, and more. Franchises also carry additional items. Concepts and menus subject to change.

Gluten-Free Items per Location:

The Commons:

- **(Closed During Covid)** All You Care to Eat upstairs has gluten free entrees with protein (Fish/Ham/Chicken/Beef), pizzas (Udi's/Riches Crust), grain salads, fresh salads, and vegetables upstairs
- Gluten-Free Bread- Just Say Cheese Line
- Corn Tortillas on Mexican Line (Avoid Mexican Rice), Regular Fries (fried in common fryer), Wings (fried in common fryer)
- Stir Fry-ask for it to be cooked in a separate skillet if cross contact is an issue.
Gluten Free Proteins are Grilled Chicken and Shrimp (Gluten-Free Sauce: Franks Sweet Chili Sauce, Sweet, and Sour in single packages on condiment stations) *Brown Sauces are usually created from Soy Sauce which contains Wheat*
- The Commons also has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items

Food Truck: New Menu Coming Spring 2019

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 with rice, beans, cabbage, and mixed veggies. Our menu rotate daily **Avoid: Fried Catfish (recipe contains wheat)**
- Breakfast: sausage, eggs, fruit and more
- Stir Fry line is cooked in separate skillets (Gluten-Free Sauce: Sweet and Sour)
- Regular Fries (fried in common fryer), **Avoid: Shoe String and Spicy Fries (Wheat Coated)**
- Salad Bar and Fresh Fruit Bar
- Vegetable Rotation (next to pizza) **Avoid: Fried Okra**
- Sandwich Station- Ask for the Gluten-Free Bread from Freezer to be defrosted
- Avoid Mexican Rice-may contain wheat

Grab-and-Go Campus-Wide: Select salads, fruit cups, chips, some snack packs, non-parfait yogurts, and drinks available as Gluten-Free side items

The Market:

- Non-Breaded Carvery Options-Turkey, Pot Roast, Pit Ham, and Baked Fish (avoid Teriyaki (contains Wheat)/ Crusted Topped Fishes, and Regular Pasta Dishes, this location does not carry GF pasta)
- Gluten Free Chicken Nuggets Upon Request
- Gluten Free Bread Upon Request- Sandwich and Burger Line
- Salad Bar
- Regular Fries (Fried in common fryer)
- Available Upon Request: Corn Tortillas on Mexican and Breakfast Lines
- Breakfast Lines: choose eggs, sausages, bacon, and fruits.
- The Market also has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items
- Mexican Rice, Cilantro Rice options do not contain wheat.

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The Market Fazoli's®: Salads without croutons and pasta available.

The Market Day Break® Coffee Café: Gluten-Free coffee drinks and smoothies

Raider Pit BBQ (Coming Fall 2018)

- Brisket with GF Rub, Half Chicken, Ribs, Sausage
- BBQ Sauce (Sweet Baby Rays)
- Coleslaw, Black Bean and Corn Salad, Ranchero Pinto Beans
- French Fries (Fried in Common Fryer)
- Jalapenos, Onions, Pickles

Raider Exchange West Village:

- Baked Fish, Bean Salad
- Gluten-Free Bread (Udi's) for burger/sandwich options and avocado toasts
- Salads
- Exchange also has 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/Riches): Try a Gluten-Free Philly
- Stir Fry 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, Avoid Mexican Rice-may contain wheat
- Smoothie and Café Lines: offer Gluten-Free Options
- Murray also has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items

(Other Tips: Order a Gluten Free Pizza with our App, this product takes about 10 minutes.)

Sam's Place Sneed:

- Grilled chicken plate
- Avoid Mexican Rice-may contain wheat
- Stir Fry cooked in a 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 has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items

Sam's Place Wall/Gates:

- Gluten-Free Bread- Try a Gluten-Free Philly
- Corn Tortilla available upon request on Mexican Lines
- Build Your Own Mexican Bowl, Avoid Mexican Rice-may contain wheat
- Salad and Smoothie Line
- Regular Fries (fried in common fryer), **Avoid: Shoe String and Spicy Fries (Wheat Coated)**
- Wall/Gates also has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items

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Sam's Place West:

- Gluten-Free Bread
- Corn Tortillas available upon request on Mexican Lines/Fajitas/Nachos, Avoid Mexican Rice-may contain wheat
- Non-Breaded Wings (Fried in common fryer)
- Stir Fry 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 (in common fryer), Wings non-battered are flash fried (in common fryer)
- Sam's Place West also has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items **AVOID: Stir Fry Line, Pizza/Italian**

Sam's Place West Chick Fil A®: Has Gluten Free Buns for Grilled Chicken Sandwiches!

- Waffle fries (fried in a separate fryer from fried chicken), Lemonade, and Grilled Chicken Salad
- Try a Grilled Chicken without a bun add lettuce, tomatoes, and pickles with fries or a fruit bowl
- **The RCoBA** 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>

Student Union Building (SUB)

SUB: 1923: Offers Gluten-Free bread for sandwiches

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

SUB: Reds Donut Shoppe: Coffee, milk, juices

SUB: Sam's Place: Rice bowls, Taco Tuesday, nachos (our taco meat is gluten free-campus wide)

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

SUB: Union Bistro:

- Gluten-Free Bread
- Eggs and Omelets, Egg Sandwiches on Gluten-Free Bread
- Boars Head Deli Meats are Gluten-Free

SUB also has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items

On the Plaza End of the SUB

Chick Fil A®: **Gluten Free Buns for Grilled Chicken Sandwiches!** Grilled Chicken Nuggets, waffle fries (fried in separate fryer), Lemonade, Grilled Chicken Salad, Avoid Sandwiches and Breaded Chicken <http://www.chick-fil-a.com/media/pdf/glutenfreeitemslist.pdf>

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

Sbarros®: Salad Options may be available

Union Grill: None for Sandwiches, Regular Fries (fried in common fryer)

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

Plaza also has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items

Rawls College of Business (RCoBA) Gluten Free Buns for Grilled Chicken Sandwiches!

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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 a separate fryer, and Lemonade.
<http://www.chick-fil-a.com/media/pdf/glutenfreeitemslist.pdf>

Einstein Bros® (Also located in The Common's): salads, smoothies (Blueberry and Strawberry), coffee drinks, juices and lemonades *see coolers*
http://www.einsteinbros.com/images/docs/EBB_Nutrition.pdf
Starbucks

Starbucks®: Gluten-Free Egg Options, coffees, smoothies, teas and some pre-packaged snacks
<https://www.starbucks.com/promo/nutrition>

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

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 if this is a concern.

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

Please ask our managers and culinary staff for options that can be made without gluten. Visit our Registered Dietitian to visit about other opportunities on campus.