

# 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:

- Gluten-Free Bread- Just Say Cheese Line
- Corn Tortillas on Mexican Line, this location does have GF Mexican Rice, Beans, Cilantro Rice, Meats, and toppings for tacos, nachos, and bowls
- Regular Fries (fried in common fryer), Wings (fried in common fryer)
- The Commons also has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items
- Salad lines, avoid croutons
- Look for more options in our mini markets such bars, prepackaged foods such as chips, popcorn, microwave options and more

## 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, mushrooms, green beans, corn, carrots, cabbage, and mixed veggies. Our menus rotate daily  
Avoid: Fried Catfish (recipe contains wheat)
- Breakfast: sausage, eggs, fruit and more
- Stir Fry line is cooked in separate skillet (Gluten-Free Sauce: Sweet and Sour)
- Regular Fries (fried in common fryer), Avoid: Shoestring 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
- Avoid Mexican Rice at this location-may contain wheat
- Look for more options in our mini markets such bars, prepackaged foods such as chips, popcorn, microwave options and more
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**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, BBQ Sausage (Yes our regular BBQ sauce is GF) and Baked Fish (avoid panko topped fish), Mashed potatoes no gravy, green beans, corn, broccoli, and mixed seasoned vegetables (avoid Teriyaki (contains Wheat)/ Crusted Topped Fishes, and Regular Pasta Dishes, this location does not carry GF pasta due to franchise regulations)
- Gluten Free Chicken Nuggets or Chicken Strips (One Option Available) -Wing Line
- Gluten Free Bread Upon Request- Sandwiches/Sub Line and Buns on Burger Line
- Salad Bar (Avoid Croutons)
- Regular Fries (Fried in common fryer) Avoid Spicy, Curly, OR Seasoned Fries
- Breakfast Lines: Smoothies and Coffee at the Café or on regular breakfast line- choose eggs, cheese, potatoes sausages, bacon, oatmeal (not certified as GF with and fruits).

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- 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.
- Look for more options in our mini markets such bars, prepackaged foods such as chips, popcorn, microwave options and more

**The Market Fazoli's®:** Salads without croutons.

**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 skillet (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

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- 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: Shoestring and Spicy Fries (Wheat Coated)**
- Wall/Gates also has Coolers: salads, fruits, non-parfait yogurts, and drinks available as Gluten-Free side items
- Look for more options in our mini markets such bars, prepackaged foods such as chips, popcorn, microwave options and more

## Sam's Place West:

- Gluten-Free Bread
- Corn Tortillas available upon request on Mexican Lines/Fajitas/Nachos, Try our Refried Beans, sides, and toppings. Avoid Mexican Rice-may contain wheat
- Non-Breaded Wings (Fried in common fryer)
- 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**
- Look for more options in our mini markets such bars, prepackaged foods such as chips, popcorn, microwave options and more

## 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
- **Avoid** regular 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

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**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

- Look for more options in our mini markets such bars, prepackaged foods such as chips, popcorn, microwave options and more

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

**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](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](http://www.sushiwithgusto.com/contractor/SWG_NUTRITION_CHART.pdf)

## **Gluten-Free Dressings on Campus (brands are subject to change):**

**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**

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**\*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.

We are happy to share packaging and product information to improve the transparency of our food items.

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.