

# Gluten Friendly on Campus

Choosing to be gluten-free on campus is possible. Build Your Own (BYO) food options are a campus-wide go-to. Look in coolers for grab-and-go items and try our smoothies, Mexican, and Wok/Stir Fry options. Gluten-free bread is available at all locations and gluten-free doughs for pizza are available in select 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:

Our gluten-free bread option is Norther Bake House in either white or whole grain. All locations offer gluten free bread (select locations carry white and whole grain).

### **The Commons:**

- Just Say Cheez-Sandwich Line: Gluten-free bread, a fan favorite is gluten-free Philly, Grilled Cheese or any grilled or non-grilled sandwich
- Parrillas-Mexican Line: Corn tortillas - this location does have gluten-free Mexican Rice, beans, Cilantro Rice, meats and toppings for tacos, nachos, and bowls
- Greens and Things Salad Line: **Avoid croutons and wrap tortilla options**
- Kluckers-Chicken Line: Regular fries, waffle fries, and wings (fried in common fryer)
  - **Avoid shoestring and spicy/spiral fries (wheat-coated)**
- **Second Floor:** Opening Dates To Be Determined.
  - Look for Gluten Friendly Options from Grillz (burgers), Pi (pizza) Select Alfredo sauces may contain wheat, and Chef's Corner (select entrees and sides). **Avoid shoestring and spicy/spiral fries (wheat-coated) all fries fried in common fryer.**
- Coolers: salads, fruits, non-parfait yogurts, and drinks available as gluten-free side items
- Look for more options in our mini markets such as bars and 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.
  - Menus rotate daily
  - **Fish Fridays: Avoid fried catfish (contains wheat)**
- Breakfast: sausage, eggs, fruit, and more
- Regular fries (fried in common fryer)
  - **Avoid shoestring and spicy/spiral fries (wheat-coated)**
- Salad Bar and Fresh Fruit Bar
- Vegetable Rotation (next to pizza): **Avoid fried okra**
- Sandwich/Burgers: Ask for a gluten-free option
  - **Avoid Mexican Rice at this location (may contain wheat)**
- Look for more options in our mini markets such as bars and prepackaged foods such as chips, popcorn, microwave options, and more
- Pizza: Ask for the gluten-free pizza option

**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: Oven-roasted turkey, smoked pulled pork, roast beef, pot roast, pit ham, BBQ sausage (regular BBQ sauce is gluten-free), blackened tilapia, and peri peri chicken,

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baked fish (**avoid panko-topped fish**), mashed potatoes (no gravy), quinoa blend, green beans, corn, broccoli, mushrooms, and mixed seasoned vegetables

- **Avoid traditional teriyaki (contains wheat), crusted-topped fishes, and regular pasta dishes (this location does not carry gluten-free pasta due to franchise regulations)**
- Wings: Gluten-free chicken strips
- Subs & Wraps and Buns on Burger: Gluten-free bread upon request
- Toss'd Salads: **Avoid croutons**
- Regular fries (fried in common fryer)
  - **Avoid shoestring and spicy/spiral fries (wheat-coated)**
- Breakfast: Smoothies and coffee at the Café or on regular breakfast line choose eggs, cheese, potatoes (fried in common fryer), sausages, bacon, and oatmeal (**not certified gluten-free**).
- Coolers: Salads, fruits, non-parfait yogurts, and drinks available as gluten-free side items
- Tech Mex: Mexican Rice and Cilantro Rice (**Mexican rice at select locations may contain wheat**)
- Look for more options in our mini markets such as bars and prepackaged foods such as chips, popcorn, microwave options, and more

**The Market Fazoli's®:** Gluten-free pasta based on availability

**The Market Day Break® Coffee Roasters & More:** Gluten-free coffee drinks and smoothies

## **Raider Pit BBQ**

- Brisket with gluten-free rub, smoked turkey, ribs, sausage
- BBQ sauce (Sweet Baby Ray's)
- Coleslaw, Potato Salad, Ranchero Pinto Beans
- Condiments: Peppers, pickles, and onions

## **Raider Exchange West Village:**

- Baked fish, black bean and corn, garlic, and Vera Cruz toppings available
- Gluten-free bread for burger/sandwich options and avocado toast
- Gluten-free chicken strips (based on availability)
- Salads
- Coolers: salads, fruits, non-parfait yogurts, and drinks available as gluten-free side items

## **Sam's Place Murray:**

- Guns Up Grill & Burgers and Bell Tower Pizza: Gluten-free bread/pizza crust\*
  - Try a gluten-free Philly
- Stir fry cooked in separate skillets (gluten-free sauce: teriyaki and single-serving tamari soy sauce or sweet and sour sauce)
- Crinkle-cut unseasoned fries and tater tots (fried in common fryer)
- Salads **Avoid Croutons**
- Raider Cantina Mexican Cuisine: Taco Salad without the bowl
  - **Avoid Mexican Rice: may contain wheat**
- Smoothie and Café: gluten-free options
- Coolers: salads, fruits, non-parfait yogurts, and drinks available as gluten-free side items
- Cauliflower Pizza Crust is available upon request. Select Alfredo sauces may contain wheat.

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## Sam's Place Wall/Gates:

- Gluten-free bread: Try a gluten-free Philly
- Mexican: Corn tortilla available upon request. BYO Mexican Bowl, veggie fajita
  - **Avoid Mexican Rice: may contain wheat**
- Smoothies
- Regular fries (fried in common fryer)
  - **Avoid seasoned fries (wheat-coated)**
- Coolers: salads, fruits, non-parfait yogurts, and drinks available as gluten-free side items
- Look for more options in our mini markets such as bars and prepackaged foods such as chips, popcorn, microwave options, and more

## Sam's Place West:

- Gluten-free bread for sandwiches and burgers
- Tio's Fajitas: Corn tortillas available upon request. Tacos, nachos, refried beans, sides, and toppings.
  - **Avoid Mexican Rice: may contain wheat**
- Salad, Smoothie, and Coffee have Gluten-free options
- Regular and seasoned fries (fried in common fryer)
- Coolers: salads, fruits, non-parfait yogurts, and drinks available as gluten-free side items
- **Avoid Brick 525 Pizza (Gluten-free pizza is available at Sam's Place Murray, Fresh Plate, Second Floor of the Commons at Pi-upon concept opening)**
- Look for more options in our mini markets such as bars and prepackaged foods such as chips, popcorn, microwave options, and more

## Sam's Place West Chick-Fil-A®

- Gluten-free buns for grilled chicken sandwiches, grilled nuggets and chicken breast
- Waffle fries (fried in a separate fryer from fried chicken) and lemonade.
- Try grilled chicken without a bun and add lettuce, tomatoes, and pickles with fries or a fruit cup
  - **Avoid regular sandwiches and breaded chicken**

<https://www.chick-fil-a.com/stories/inside-chick-fil-a/whats-gluten-free-at-chick-fil-a>

## Sam's Place West Quiznos®

- Salads only (dressings are suggested to not contain gluten)
- Avoid sandwiches
- [https://www.quiznos.com/wp-content/uploads/2022/05/Quiznos Nutritionals U.S E2-2022.pdf](https://www.quiznos.com/wp-content/uploads/2022/05/Quiznos_Nutritionals_U.S_E2-2022.pdf)
- [https://www.quiznos.com/wp-content/uploads/2022/05/Q-US-Allergen E22022.pdf](https://www.quiznos.com/wp-content/uploads/2022/05/Q-US-Allergen_E22022.pdf)

## Student Union Building (SUB)

- **The Break:** Smoothies with added spinach/kale or supplements
- **Sam's Place/Second to Naan:**
  - **Breakfast:** BYO breakfast bowl
  - BYO bowl (spinach, rice, or fry base with toppings) with side of carrots (instead of pita chips) and hummus, French fries (fried in common fryer), yellow rice, white sauce, and green chutney
    - Falafel (fried in common fryer)
    - **Avoid naan and pita chips and meatballs**
- **Coolers:** salads, fruits, non-parfait yogurts, and drinks available as gluten-free side items

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## SUB Plaza Food Court

- **Boar's Head Deli:** Meats are gluten-free (gluten-free bread available, look for signs, one of the two lines has a separate area to make sandwiches with purple equipment to reduce cross-contact) or make any sandwich a salad.
- **Pizza Hut:** Gluten-free crust not available at this location. GF Pizza is located in select locations: Sam's Place Murray, The Commons: Pi (Second Floor), Fresh Plate
- **Chick-Fil-A®**
  - Gluten-free buns for grilled chicken sandwich and grilled club sandwich
  - Waffle fries (fried in a separate fryer from fried chicken), lemonade, and grilled chicken salad
  - Try grilled chicken without a bun and add lettuce, tomatoes, and pickles with fries or a fruit bowl
  - **Avoid regular sandwiches and breaded chicken**
- <https://www.chick-fil-a.com/stories/inside-chick-fil-a/whats-gluten-free-at-chick-fil-a>
- Coolers: salads, fruits, non-parfait yogurts, and drinks available as gluten-free side items
- Look for more options in our mini markets such as bars and prepackaged foods such as chips, popcorn, microwave options, and more.

## Rawls College of Business (RCoBA) Chick-Fil-A®

- Gluten-free buns for grilled chicken sandwiches
  - Waffle fries (fried in a separate fryer from fried chicken), lemonade, and grilled chicken salad
  - Try grilled chicken without a bun and add lettuce, tomatoes, and pickles with fries or a fruit bowl
  - **Avoid regular sandwiches and breaded chicken**
- <https://www.chick-fil-a.com/stories/inside-chick-fil-a/whats-gluten-free-at-chick-fil-a>

## Einstein Bros. Bagels® at RCoBA (also in The Commons):

- Salads, twice baked hashbrown bites, smoothies, coffee drinks, juices, and lemonades
- See coolers for yogurts and other gluten friendly options.
- [Einsteinbros.com: Nutrition Guide 7/21](http://Einsteinbros.com: Nutrition Guide 7/21)

## Starbucks®

- Gluten-free egg options (sous vide egg bites), coffees, teas, and select pre-packaged snacks
- <https://www.starbucks.com/menu>

## Sushi with Gusto®

- Products have ingredients listed on packaging. Eat at own risk.
- [http://www.sushiwithgusto.com/wp-content/uploads/2018/10/swg\\_web\\_nutrition\\_chart\\_10.2018.pdf](http://www.sushiwithgusto.com/wp-content/uploads/2018/10/swg_web_nutrition_chart_10.2018.pdf)

## **Gluten-Free Dressings on Campus:**

Balsamic Vinaigrette (Contains Soy)

Blue Cheese (Contains Milk and Soy)

Creamy Caesar (Contains Milk, Eggs, Soy, and Cheese)

Honey Mustard (Contains Soy and Egg)

\*Honey Mustard Single-Serve (Contains Soy and Egg)

Golden Italian (Contains Soy)

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Zesty Italian (Contains Egg, Soy, and Cheese)

\*Light Reduced-Fat Italian Single-Serve (Contains Soy and Cheese)

\*Fat-Free Italian Single-Serve (May Contains Milk)

Fat-Free Italian (Contains Soy)

Reduced-Fat Ranch (Contains Milk, Soy, and Egg)

Handmade Ranch (Contains Milk, Soy, and Egg)

Regular Ranch (Contains Milk, Egg, and Soy)

Raspberry Vinaigrette

\*1000 Island Single-Serve (Contains Soy and Egg)

1000 Island (Contains Soy and Egg)

**Avoid any Asian style dressings that may contain Soy Sauce**

\*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 due to food production shortages, always ask if you are unsure or need assistance. We are happy to share packaging and product information to improve the transparency of our food items. If you need added support, remember to reach out to the Campus Dietitian if you should have concerns and dietary needs.

Please ask our managers and culinary staff for options that can be made without gluten. Visit our [registered dietitian](#) to learn about other opportunities on campus.