



Below is a list of items found in the main areas of the dining hall that are made without gluten. Always remember to be your own best advocate, and never guess about the ingredients of an item.

Grains & Seeds

Chia Seeds
Sunflower Seeds
Quinoa
Millet
Rice

Protein Options

Grilled Chicken
Plain Tofu
Hummus
Hamburgers
Hot Dogs
Fried Eggs
Hard Boiled Eggs
Yoplait Yogurt

Deli

Ask the server to change gloves, and use all requested items from a new container, including condiments

Chicken Salad
Tuna Salad
Egg Salad
Turkey
Ham
Salami
Roast Beef
American Cheese
Swiss
Provolone
Cheddar

Condiments & Beverages

Heinz Ketchup
Heinz BBQ Sauce
Heinz Mustard - All Varieties
Heinz Mayonnaise
Frank's Red Hot
Balsamic Vinegar
Red Wine Vinegar
Rice Milk
Soy Milk

Always ask a manager if you are unsure about an item - **never** assume something is free of gluten, peanuts, or tree nuts, especially if it is made with several ingredients.

Be creative! Use items from My Zone and those listed here to create your favorite meal

Make every station a "safe station" - ask servers to use clean pans for sautéed veggies, or to change gloves and get something like a plain baked potato from a new pan

But please remember, any questions about ingredients or possible allergens should be directed to a manager - every time!

For questions or concerns, please contact Emily at emily.branch@sodexo.com or 401-865-2663