

# MADE WITHOUT GLUTEN



## A GUIDE TO EATING WITHOUT GLUTEN ON CAMPUS

### DEDICATED STATIONS

**ALLGOOD** IS OUR ALLERGEN-FRIENDLY STATION LOCATED IN THE PIT, OFFERING FRESH, BALANCED MEALS **MADE WITHOUT THE TOP 9 ALLERGENS**, PREPARED WITH DEDICATED EQUIPMENT IN A SEPARATE KITCHEN AREA. STAFF ARE SPECIALLY TRAINED IN ALLERGEN SAFETY, AND STRICT PROTOCOLS ENSURE SAFE PREPARATION.

**GOLD  
DOT  
PROGRAM**

### SPECIAL PROTOCOLS

ALL OF OUR TEAM MEMBERS ARE TRAINED REGULARLY IN ALLERGEN AWARENESS, CROSS-CONTACT PREVENTION, AND COMMUNICATION BEST PRACTICES.

### MENU TRANSPARENCY

INGREDIENTS AND ALLERGENS ARE LABELED ON OUR ONLINE MENU PLATFORM AND IN DINING LOCATIONS. YOU CAN FILTER ONLINE MENUS BASED ON WHICH ALLERGENS YOU NEED TO EXCLUDE. IF YOU HAVE ANY FURTHER QUESTIONS ABOUT A MENU ITEM, PLEASE ASK A STAFF MEMBER OR MANAGER.

**STRESS LESS PANTRY** IS A SPACE IN THE PIT DEDICATED TO THOSE WHO NEED ACCESS TO SPECIALTY FOODS. TO LEARN MORE ABOUT STRESS LESS, OR TO GAIN ACCESS, PLEASE REACH OUT TO OUR REGISTERED DIETITIAN ANDREA.



**WANT TO LEARN MORE? SCAN THE QR CODE!** →

Items identified in this guide are currently available and generally prepared without gluten-containing ingredients. Because ingredients and products may change without notice, please consult our dining website for the most current information and speak with a manager on duty regarding any allergen or ingredient questions. Last Updated 02/2026

# BENSON

## CHICK FIL A

- MADE WITHOUT GLUTEN BUN
- GRILLED CHICKEN FILET
- GRILLED NUGGETS
- WAFFLE FRIES
- BERRY PARFAIT
- FRUIT CUP
- KALE CRUNCH SALAD
- SAUCES: BBQ, CHICK-FIL-A SAUCE, HONEY MUSTARD, POLYNESIAN, ZESTY BUFFALO, RANCH

## LA SABROSA

- CILANTRO LIME RICE
- BROWN RICE PILAF
- ANCHO-LIME CHICKEN
- TACO BEEF
- VEGAN CHORIZO
- CHIPS
- TOPPINGS (PICO, LETTUCE, BELL PEPPERS/ONIONS, MILD SALSA, SALSA VERDE, SHREDDED CHEESE)
- CHILI LIME VINAIGRETTE

## FOREST GREENS

- VARIETY OF DELI MEATS & CHEESE
- MADE WITHOUT GLUTEN BREAD
- SALADS
- ACAI

# REYNOLDA

## THE PIT

- ALLGOOD STATION
- ADDITIONAL STATIONS: SALAD BAR, YOGURT BAR, OMELET
- STRESS LESS PANTRY
- VARIETY OF SLICED BREAD AND BAGELS, PASTA, CEREAL, AND SWEET LOREN'S COOKIES.

# NORTH

## VILLAGE JUICE

- SMOOTHIES AND SMOOTHIE BOWLS
- MADE WITHOUT GLUTEN BREAD
- SALADS & GRAIN BOWLS

## HILLTOP

- VARIETY OF SLICED BREAD, BAGELS, PASTA & CEREAL
- STATIONS: OMELET, YOGURT BAR, SALAD BAR

# ZSR LIBRARY

## SMITH'S CAFE

- WHOLE FRUIT
- BILLY CAKES
- CHEESE STICKS
- UDI'S BAGELS & MUFFINS

# THE QUAD

## THE POD/SUBWAY

- BOBO'S OAT BARS
- RXBARS
- NOKA SMOOTHIE POUCHES
- CHOBANI YOGURT
- MANDARIN ORANGES
- OH SNAP! PICKLED SNACKS
- STARKIST TUNA

## ZICK'S

- CAULIFLOWER PIZZA CRUST
- MADE WITHOUT GLUTEN PIZZA CRUST

**CONVIENENCE MARKETS:** LUNDBERG BROWN RICE CAKES | GIMME ROASTED SEAWEED SNACKS | PIRATE'S BOOTY AGED WHITE CHEDDAR | LESSER EVIL POPCORN | OVEN-BAKED PARM CRISPS | FLACKERS FLAXSEED CRACKERS | BLUE DIAMOND NUT THINS | MADE IN NATURE DRIED APRICOTS | CUBELE'S CONFETTI BAKED COOKIES | AMY'S FROZEN CHEESE ENCHILADAS | AMY'S FROZEN BROCCOLI AND CHEDDAR BAKE | HONEY NUT CHEERIOS | RXBAR | MADEGOOD GRANOLA MINIS | MAVUNO HARVEST DRIED ORGANIC MANGO