Celiac Guide @ SDSU Dining

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Disclaimer

At SDSU Dining, our team is committed to clearly identifying our menu items with respect to:

- Their nutritional information.
- Relevant dietary considerations such as whether the items are gluten-friendly, vegan, vegetarian, etc.
- Their ingredients which may cause allergic reactions.

Our team undergoes regular training to ensure accurate labeling and proper food preparation methods aimed at minimizing cross-contact risks. Even with us employing such labelling and food preparation methods, however, some degree of cross-contact is unavoidable. Please note that our dining centers are not certified allergy-free or gluten-free, as some items served may contain allergens. Menu items from our third-party dining partners may have different allergen management practices. SDSU Dining does not design the menus of any of our third-party dining partners and shares them with guests for informational purposes only. Consequently, Aztec Shops, Ltd. and SDSU Dining accept no liability for menu items from our third-party dining partners, cannot independently validate any nutritional information provided by our third-party dining partners, and cannot guarantee that any menu items prepared by our third-party dining partners are free from allergens or safe from cross-contact. Guests should contact each third-party venue directly with any relevant nutritional and allergen-related questions. For additional questions about building a personal meal program focused on specific dietary needs and preferences, we strongly recommend scheduling a meeting with our registered dietitian, Amanda Nazario (aashbynazario@sdsu.edu).



Baba's Pizza

Location: Charles B. Bell Jr. Pavillion

BABAS PIZZA

- Opt for the gluten-free crust.
- 2. All toppings & sauces are gluten-free.



Aztec Market

Location: All Throughout Campus



- 1. Chocolate & Banana Overnight Oats
- 2. Matcha Overnight Oats
- 3. Strawberry Parfait Pack
- 4. Vanilla Parfait Pack
- 5. Thai Pasta Salad
- 6. Chickpea & Feta Salad
- 7. Small Tossed Salad
- 8. Cheese & Grape Cup
- 9. Hummus with Veggies
- 10. All Fruit Cups

Broken Yolk

Location: South Campus Plaza



- Spicy Vegan Bowl
- 2. Any Omelet + Fresh Fruit
- 3. Machaca + Corn Tortillas
- 4. Chilaquiles Bowl
- 5. Baja Breakfast Taco
- 6. Gluten-Free Pancakes
- 7. Any Burger or Sandwich Lettuce Wrapped
- 8. Greek Salad
- 9. Very Berry Salad

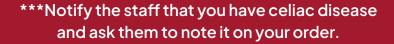


Carbonaro's

Location: South Campus Plaza



1. Opt for the gluten-free penne.





Epic Wings

Location: South Campus Plaza



- 1. Boneless Wings
- 2. Bone-In Wings
- 3. Bleu Cheese Sauce
- 4. Ranch
- 5. Garden Salad
- 6. Fresh Cut Fries



Eureka!

Location: South Campus Plaza



- ***Notify the staff that you have celiac disease and ask them to note it on your order.
- *= Ask for all fried items to be made in separate fryer from gluten-containing foods.

- 1. Truffle Cheese Fries*
- 2. Crispy Glazed Brussel Sprouts*
- 3. Orange Chili Glaze Wings*
- 4. Firecracker Wings*
- 5. Grilled Broccolini
- 6. Al Pastor Fish Tacos
- 7. Roasted Veggie Tacos
- 8. NY Steak
- 9. Seared Salmon
- 10. Asian Chicken Salad
- 11. Eureka Salad
- 2. All Burgers Lettuce Wrapped





Location: South Campus Plaza



All items at Everbowl are gluten-free (except the toasts!)



The Habit

Location: Conrad Prebys Aztec Student Union



- 1. All Burgers Lettuce Wrapped
- 2. BBQ Chicken Salad (No Dressing)
- 3. Grilled Chicken Salad (No Dressing)
- 4. Garden Salad (No Dressing)
- 5. Santa Barbara Cobb Salad (No Dressing)
- 6. French Fries*
- 7. Sweet Potato Fries*
- 8. All Sundaes (No Cone)

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The Grill @ Aztec Shops Terrace

Location: Aztec Shops Terrace



 All items at the BYO Stir Fry Station are gluten-free (except for the udon noodles & mongolian sauce).



Halal Shack

Location: Charles B. Bell Jr. Pavillion



- GF Protein Options: Chicken, Hot BBQ Chicken, Falafel, Black Beans, Chickpeas
- 2. All Toppings Gluten-Free
- 3. All Dips Gluten-Free
- 4. All Finished Toppings Gluten-Free (Except Pita Chips)
- 5. All Sauces Gluten-Free
- 6. All Rice Options Gluten-Free



Sushi One N Half

Location: South Campus Plaza

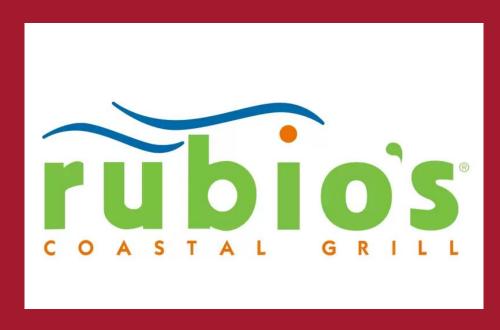


- 1. All Bases Gluten-Free
- 2. All Protein Options Gluten-Free
- 3. Spicy Mayo & Yuzu Pepper Sauces Are Gluten-Free
- 4. All Toppings Gluten-Free



Rubio's

Location: Charles B. Bell Jr. Pavillion



- 1. Hot Honey Shrimp Bowl
- 2. Grilled/Blackened Salmon Taco
- 3. Grilled/Blackened Wild Mahi Mahi Taco
- 4. Classic Steak & Chicken Taco
- 5. Grilled Gourmet Steak, Shrimp & Chicken Taco
- 6. Mexican Street Corn Taco with Shrimp
- 7. All Salads & Bowls
- 8. All Sides (Except French Fries) Gluten-Free
- 9. All Salsas



Shake Smart

Location: Charles B. Bell Jr. Pavillion



- 1. Chocolate Frosty
- 2. Vanilla Thrilla
- 3. Banana Split
- 4. Strawberry Fields
- 5. PB Squared
- 6. All Greens & Veggies Shakes
- 7. All Exotic Shakes
- 8. BYO Greek Yogurt Bowl (Except Granola & Overnight Oats) Gluten-Free

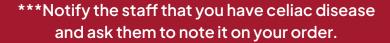


Starbucks

Location: Conrad Prebys Aztec Student Union



- . Potato, Cheddar., & Chive Bakes
- 2. Kale & Mushroom Egg Bites
- 3. Bacon & Gruyere Egg Bites
- 4. Egg White & Pepper Egg Bites
- 5. Berry Trio Parfait
- 6. Oatmeal





<u>Subway</u>

Location: Charles B. Bell Jr. Pavillion



- All Protein Options Gluten-Free (Except Teriyaki Chicken & Meatballs)
- 2. All Cheese Options Gluten-Free
- 3. All Condiments (Except Teriyaki Sauce) Gluten-Free
- 4. All Vegetable Toppings Gluten-Free



Which Wich

Location: South Campus Plaza

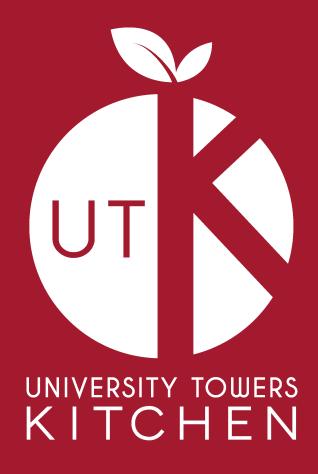


- Make any sandwich a bowlwich to make it gluten-free
- All Protein Options (Except Black Bean Patty & Meatballs)
 Gluten-Free
- 3. All Cheese Options Gluten-Free
- 4. All Sauced (Except Which Wich & Thousand Island) Gluten-Free
- All Vegetables (Except Crispy Onions) Gluten-Free





Location: Next To University Towers



- UTK offers gluten-free buns, noodles, & tortillas for any meal.
- All items @ UTK are build your own. Please contact the Registered Dietitian Amanda Nazario, MS, RDN for any specific questions.



The Garden Restaurant

Location: Cuicacalli Suites



- The Garden offers gluten-free buns, noodles, & tortillas for any meal.
- gluten-free and menu offerings change daily! Please contact the Registered Dietitian Amanda Nazario, MS, RDN for any specific questions.

