

Dairy-Free 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

BABA'S
PIZZA

1. Opt for their dairy-free cheese option as a topping.

***Notify the staff that you have celiac disease
and ask them to note it on your order.

Aztec Market

Location: All Throughout Campus



A Z T E C
M A R K E T

1. All Pre-Cut Fruit Cups
2. Matcha Overnight Oats
3. Thai Pasta Salad
4. White Bean & Kale Salad
5. Small Tossed Salad
6. BBQ Chicken Wrap
7. Grilled Vegetable & Hummus Wrap
8. Hummus with Veggies

Big City Bagel

Location: All Throughout Campus



1. Opt for any bagel sandwich without cream cheese or sliced cheese.
2. BCB Fit
3. Just The Seeds Avo Toast
4. Hot Bae
5. Supernova
6. Opt for smoothie & acai bowl with dairy-free milk

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Broken Yolk

Location: South Campus Plaza



1. Wellness Wrap (No Feta)
2. Acai Bowl
3. Smoked Salmon Avo Toast
4. Classic Avo Toast
5. Spicy Vegan Bowl
6. Steel Cut Oats
7. Two Eggs + Toast + Fruit
8. Greek Omelet (No Feta)
9. Baja Breakfast Tacos (No Cotija)
10. Very Berry Salad (No Goat Cheese)

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Carbonaro's

Location: South Campus Plaza



1. Opt for any pasta shape (except ravioli).
2. Pomodoro, Arrabbiata, & Aglio E Olio
Sauce all dairy-free.
3. All vegetable toppings dairy-free

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Eureka!

Location: South Campus Plaza

Eureka!
Discover American Craft

1. Crispy Glazed Brussel Sprouts
2. Ahi Poke Stack
3. Lettuce Wraps
4. Opt for any burger with no cheese
5. Napa Chicken Sandwich (No Havarti)
6. Al Pastor Fish Tacos (No Crema)
7. Cobb Salad (No Blue Cheese)
8. Southwest Garden Salad (No Cheese)

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Everbowl

Location: South Campus Plaza



All items at everbowl are
dairy-free!

The Habit

Location: Conrad Prebys Aztec Student Union



1. Opt for any burger or sandwich with no cheese.
2. Mango Miso Crunch Salad

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The Grill @ Aztec Shops Terrace

Location: Aztec Shops Terrace

the grill

at Aztec Shops Terrace

1. Avocado Toast
2. TBA Ciabatta
3. BYO Stir Fry Bowl (all items are dairy-free).

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Halal Shack

Location: Charles B. Bell Jr. Pavillion



THE HALAL SHACK

1. All Protein Options are Dairy-Free
2. All Toppings Dairy-Free (Except Mozzarella)
3. Hummus is Dairy-Free
4. All Finished Toppings Dairy-Free
5. All Sauces Dairy-Free
6. All Rice Options Dairy-Free

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Panda Express

Location: Charles B. Bell Jr. Pavillion



1. Chow Mein
2. Fried & White Rice
3. Super Greens
4. Eggplant Tofu
5. Black Pepper Chicken
6. Kung Pao Chicken
7. Teriyaki Chicken
8. Mushroom Chicken
9. String Bean Chicken
10. Broccoli & Beef

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Sushi One N Half

Location: South Campus Plaza



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

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Shake Smart

Location: Charles B. Bell Jr. Pavillion



1. Opt for almond or oat milk for smoothies.
2. Opt for plant-based protein powder for smoothies.
3. Dairy-Free Bowls: Original Acai Bowl, Dragon Bowl, Rawcai Bowl, Buzz Bowl
4. Peanut or Almond Butter Toast
5. Avo Toast
6. BYO Overnight Oats
7. BYO Chia Seed Pudding

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Subway

Location: Charles B. Bell Jr. Pavillion



1. All Bread Options Are Dairy-Free (Except Italian Herb & Cheese & Flatbread).
2. All Protein Options Are Dairy-Free (Except Meatballs)
3. All Sauces Dairy-Free (Except Baja Chipotle, Cheddar Cheese, MVP Parm, & Peppercorn Ranch)
4. All Veggies Dairy-Free

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Which Wich

Location: South Campus Plaza



1. All Bread Options Are Dairy-Free
2. All Protein Options Are Dairy-Free
3. All Sauces are Dairy-Free (Except Pesto & Ranch)
4. All Vegetables Are Dairy-Free

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UTK

Location: Next To University Towers



UNIVERSITY TOWERS
KITCHEN

1. UTK offers a vegan shredded cheese option.
2. All items @ UTK are build your own. Please contact the Registered Dietitian Amanda Nazario, MS, RDN for any specific questions.

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