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

BABAS PIZZA

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



Aztec Market

Location: All Throughout Campus



- 1. All Pre-Cut Fruit Cups
- 2. Matcha Overnight Oats
- 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





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



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)



Carbonaro's

Location: South Campus Plaza



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



Eureka!

Location: South Campus Plaza



- 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)





Location: South Campus Plaza



All items at everbowl are dairy-free!



The Habit

Location: Conrad Prebys Aztec Student Union



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



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).



Halal Shack

Location: Charles B. Bell Jr. Pavillion



- 1. All Protein Options are Dairy-Free
- 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



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



Sushi One N Half

Location: South Campus Plaza



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



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



<u>Subway</u>

Location: Charles B. Bell Jr. Pavillion



- All Bread Options Are Dairy-Free (Except Italian Herb & Cheese & Flatbread).
- 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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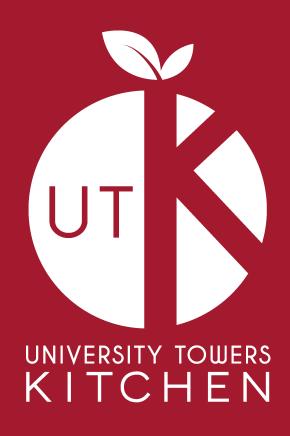
Location: South Campus Plaza



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







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

