



## Allergen & Dietary Awareness Guide

This chart identifies the presence of the top nine food allergens, along with indicators for vegan, vegetarian, and pork-containing items for SDSU Dining venues. It's designed to help individuals quickly assess whether a food item aligns with their dietary restrictions or preferences.

### LOCATION:



*Third-party owned-and-operated unit*

This information is as of the SDSU Fall 2025 Semester.  
Dietary information is reviewed and updated each summer in advance of the fall semester.



## COMMON ALLERGENS

	SOY	GLUTEN	FISH	SHELLFISH	TREE NUT	PEANUT	SESAME	MILK	EGG	VEGAN	VEGETARIAN	GLUTEN-FRIENDLY	DAIRY-FRIENDLY	CONTAINS PORK
<b>MAINS</b>														
BONE-IN WINGS												X	X	
TENDERLOIN STRIPS		X							X				X	
BREADSTICKS	X	X						X	X					
<b>SIDES</b>														
ASSORTED VEGGIES										X	X	X	X	
GARDEN SALAD										X	X	X	X	
BUFFALO CHICKEN SALAD		X							X				X	
BUFFALO CHICKEN PIZZA STICKS	X	X						X	X					
FRESH CUT FRIES										X	X	X	X	
BUFFALO CHICKEN FRIES (NO SAUCE)	X	X						X	X					
CINNABITES	X	X						X	X		X			
<b>SAUCES</b>														
BLUE CHEESE							X	X	X		X	X		
RANCH	X							X	X		X	X		
MILD								X			X	X		
MEDIUM								X			X	X		
HOT										X	X	X	X	
EXTRA HOT										X	X	X	X	
ORIGINAL BBQ	X									X	X		X	
HONEY BBQ	X										X	X	X	
GARLIC PARMESAN	X							X			X	X		
LEMON PEPPER	X									X	X		X	
SWEET CHILI	X	X						X			X			
CINNABITE FROSTING								X			X	X		

## SDSU DINING NUTRITIONAL 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) using this [LINK](#).