



# 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>SIDES</b>														
CHOW MEIN	X	X					X			X	X		X	
FRIED RICE	X	X					X		X		X		X	
WHITE RICE										X	X	X	X	
SUPER GREENS	X	X								X	X		X	
<b>CHICKEN</b>														
ORANGE CHICKEN	X	X					X	X	X					
BLACK PEPPER CHICKEN	X	X											X	
GRILLED TERIYAKI CHICKEN	X	X											X	
KUNG PAO CHICKEN	X	X				X							X	
STRING BEAN CHICKEN	X	X											X	
MUSHROOM CHICKEN	X	X											X	
<b>BEEF/SHRIMP</b>														
HONEY WALNUT SHRIMP	X	X		X	X			X	X					
BLACK PEPPER SIRLOIN STEAK	X	X											X	
BEIJING BEEF	X	X						X						
BROCCOLI BEEF	X	X					X						X	
<b>SIDES</b>														
CHICKEN EGG ROLL	X	X					X	X	X					
VEGGIE SPRING ROLL	X	X												
CHICKEN POT STICKERS	X	X					X						X	
CREAM CHEESE RANGOON		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](#).